



7 Ways to Keep Riding the EBC Retreat Wave

By Charmaine Hammond

WOW! What a powerful, transformative and enjoyable 3 days. The Evolutionary Business Council retreat was definitely a highlight for me in 2022. From deepening connections in the breakouts, to learning rich content on a number of topics, to being inspired and getting strategies to support my business ... I am a firm believer of putting tips, tools and to dos into action and I thought I would share some of the activities I am doing to keep riding the wave of the EBC Retreat.

- 1) **Send a LinkedIn connection request** to the people you met at the retreat. This is a great way to stay connected and build your social footprint. Remember to personalize your connection request.
- 2) **Write a LinkedIn recommendation for the Speakers and panelists** whose sessions you observed and can authentically. If you have not done a LinkedIn recommendation, here's instructions: On the speakers LinkedIn Profile, underneath their name and tag line you will see three dots. Click on that and scroll down to "Recommend" When you click here it will allow you to write a customized recommendation. This is a good strategy and practice to get into beyond the EBC. When you attend events and are inspired by speakers, share a recommendation. At the EBC the speakers and panelists all volunteer their time and a recommendation is a great way to appreciate their contribution.
- 3) **Schedule time to work on the takeaways.** You likely left the event with ideas, and to do list items. As you heard the speakers and panelists say, it is important to stay in action with what resonates for you. Susie Carder reminded us that scheduling time to work ON YOUR BUSINESS is so important.



4) **Follow the people you met on social media.** One of the many benefits of the EBC is the connections and relationships you build. Make sure you are connected to people you met on the different social platforms and engage in the EBC member group.

5) **Create a video or written testimonial for the EBC.** Member and EBC retreat attendee perspectives on the event and organization is a great way to help future prospective EBC members and event attendees in learning more.

6) **Follow up on the Asks.** Some of the EBC Retreat attendees put out an ask in the chat box and if you saved the chat, why not schedule some time in the next few days to follow on those asks that you are able to support.

7) **Celebrate YOU!** One of the themes that was woven through the speaker presentations, panelist comments and break out room discussions was about resilience, celebration, honouring yourself, opening your heart and self care. What are you doing today to honour you?