

# Beyond the Comfort Zone with Alison Caroline

**Alison:** [00:00:00] Why are you doubting yourself? If it's within your control, one can work on that. But if it's not in your control, then you know, you have to learn to let go of what you can't control, you know? But for the most part, it's, it's a self-doubt.

**Wambui:** Yeah.

**Alison:** It's the confidence. It's not, somebody doesn't have the confidence to just say, I'm gonna try this.

And even if you fail, that's okay, because there's always lessons from failure.

**Wambui:** Yeah.

**Alison:** And it's actually not failure.

**Wambui:** Yeah.

**Alison:** It's, you know, it's, in fact, instead of calling it failure, I would say it's lesson.

**Wambui:** Hi. I am Wambui Mburu, a corporate girl who also has multiple passions. When I'm not at my nine to five, I spend time focusing on growing my small side business that I love.

I created From Stuck to Unstoppable podcast to give you simple, actionable strategies. To help you get unstuck from limiting beliefs and find your purpose. [00:01:00] If you're a professional and nine to fiver or an aspiring entrepreneur and are looking to get out of your comfort zone, use your God-given talents and passion.

You, my friend, are in the right place. Let's get started.

Hi there. Welcome back to another episode of From Stuck to Unstoppable podcast. This is the podcast that helps you break through fear, own your brilliance, and rise into the boldest version of you. Now today's podcast, I am

joined by the incredible Alison Ngethe. Alison is the founder of Body by Alison Caroline, and the Alison Caroline Institute.

She's a woman who walks the talk when it comes to moving through fear. So we talk about the power of doing what lights you up. And the discipline of writing things down that helps you create [00:02:00] clarity. She also talks about when the vision gets bigger, you need to push through the boundaries. So if you've been feeling stuck.

If you've been unclear, this conversation is your permission slip to get back in motion. Hi Alison. It's so nice that you could be here with me.

**Alison:** Thank you for the invite, Wambui, thank you.

**Wambui:** You're welcome. So when people ask you, tell me a little bit about yourself, what do you tell them?

**Alison:** Oh, where do I start? Well, I am 54 years young.

**Wambui:** Okay.

**Alison:** And I am living my passion now.

**Wambui:** You are 54 years young,

**Alison:** and that is, I am 54 years young. Yes. I like the word young.

**Wambui:** I love that.

**Alison:** But I, I also like getting older. Okay. I, I celebrate it and I'm happy about it.

**Wambui:** Very good. You know, you say that last night, it's interesting that you just said how you celebrate your life because, uh, last night I was watching a podcast [00:03:00] between Melinda Gates and Oprah.

And Melinda Gates is turning 60 and uh, they were discussing having this conversation on age, and they were just saying, I don't know why women sometimes wouldn't wanna talk about their age because it's such a celebration.

**Alison:** It is a big celebration. Yeah. And I feel sad for people that either deny their age or say they're younger than they really are.

You know? I mean, there's nothing to be embarrassed about. Yeah. You know, we look back and you are just celebrate what you've achieved.

**Wambui:** Right.

**Alison:** Um, and we are alive, you know, and yeah, we've got to make the best of it. Life is very short, and I know we keep saying that, but truly it's short.

**Wambui:** It is. It is. And and yeah, it's a celebration and just living that, uh, life of gratitude.

Well, I am 59 years old and I am celebrating my life.

**Alison:** Wow. Really?

**Wambui:** Yes, I am friend. Yes I am.

**Alison:** Oh, my goodness. You look amazing. But that's [00:04:00] just a reflection of your soul and your spirit.

**Wambui:** Aww, thank you so much.

**Alison:** Yes,

**Wambui:** Thank you. So you inspire me a lot and, we're gonna dive into your work, Body by Alison Caroline, right?

**Alison:** That's right, yeah.

**Wambui:** Yeah. That's such a power. You've built such a powerhouse business. Tell me a little bit about that , and maybe before even we could get into that, who was Alison before the big brand?

**Alison:** Alison has not changed much.

**Wambui:** Okay.

**Alison:** Alison Caroline is my middle name.

**Wambui:** Okay.

**Alison:** And how I started the brand Alison Caroline is because when I came back to Kenya home, this is home for me.

And I worked for about six years. And when I left, I decided I would open a school because I've always been in the leisure industry, whether it's beauty, spa, fitness, et cetera. That was my chosen career. And I realized that there was a lack of, professional education to the international standard in Kenya at that time.

[00:05:00] So that's what prompted me to open a school. And I did so under my name Alison Caroline Institute. However, anybody that I mentor from now on, I always say, never, never, never name a business after yourself because you have an attachment to it. Because it's your name.

**Wambui:** Yes.

**Alison:** You know? So if I was to do it all over again, I would probably not have my name anywhere there, because now it becomes that attachment to it.

So if ever one wants to sell it, if ever one, you know, so then you are selling your name, you know?

**Wambui:** Right.

**Alison:** But anyway, that's not the question you asked me. So that's not Alison, Caroline.

**Wambui:** It's a good thing. Yeah. Keep talking. Okay. Mm-hmm.

**Alison:** So, I started that and the school is 22 years now. Six years ago I decided to open, like a tiny fitness studio.

So my passion is spin. I love spin. [00:06:00] Anyone that comes to me and says, oh, I can't spin because of the injuries. I'm like, no, then you've not been doing it properly.

**Wambui:** Mm-hmm.

**Alison:** You know? Again, it's all training.

**Wambui:** Yeah.

**Alison:** So that was my passion. I want to get people moving, keep people moving. Some people I meet the minute they turn 50, it's like they feel they have to change.

They even dress differently. Their hair is different. It's like they just kind of settle into, okay, well I'm 50 now, and you know, life is kind of over. No, it is just beginning a new and a new season.

**Wambui:** Yeah. Well, yeah, I see it. Mm-hmm.

**Alison:** Yeah. So, yeah. So, that's the name behind the brand.

**Wambui:** Beautiful. So you were, you said, you mentioned you were away from Kenya, which is home. Where were you away? Where were you before you returned home?

**Alison:** I finished my education in the uk.

**Wambui:** Okay.

**Alison:** And then, my first proper job, like I would say, proper job in terms of [00:07:00] living by myself and having to take care of myself financially.

I moved to Bermuda for three years.

**Wambui:** Okay.

**Alison:** And gained a lot of my spa experience there with a lot of exposure. And then I came back to Kenya now when I was 26, 27.

**Wambui:** Yeah.

**Alison:** And, uh, settled back.

**Wambui:** That's awesome. So, wow. So U.K., Bermuda, and then back home. How has it been back home?

**Alison:** On how many, you know?

Okay. On the whole, amazing,

**Wambui:** yes,

**Alison:** because, each season has had its moments, you know , business wise it can be really good. Then sometimes it can, you know, go on a downtrend. I mean, that, that's normal though. Right. Um, I think, you know, I don't want to get into too much politically, but I think always that affects everybody, you know, and it affects businesses, et cetera, et cetera.

[00:08:00] But generally Kenya is amazing, you know? And when are you coming home? That should be my question.

**Wambui:** You know that talking to you, I feel like packing my bags now. I serious. And I've been watching you and I'm like. Wow. She is taking her spin machines into Samburu. This is the life I want to live.

**Alison:** Yes. Yes.

And let me tell you, this last weekend, we were at the coast and I, and how it is, is that I kind of think of something and I want to push what people say you can't do.

**Wambui:** Yes.

**Alison:** Oh that's impossible or that's too hard. I don't like to hear that. I want to try and push that and make it happen. And we did.

And there was a moment I took when I was on the spin bike and it was sunrise and the sun was rising and I looked behind and I saw this vast ocean and the white sandy beach and it was just amazing. Truly.

**Wambui:** Oh, that image , I [00:09:00] can see it. I mean, 'cause I was in Kenya, in December and we went to Diani, so when you mentioned the sunrise, I remember that sunrise, we would walk on the beach.

Now you're just, you know, painting that image again back to me, it feels so good. It just, you know.

**Alison:** And we take a lot of that for granted. So sometimes you need to pause. And just reflect and just see what beauty we have, and it fills your soul.

**Wambui:** It does fuel your soul. You appear to be very grounded Alison, where does that come from? I mean, you are this, you know, again, you have this power, house in, you know, uh, rather company, and here you're just so grounded, so easy to talk to you. Where does that come from?

**Alison:** Well, thank you. I would have to say my dad, my late dad. Mm. He was an extremely humble man.

**Wambui:** Yeah.

**Alison:** He was very generous. And he used to talk to us a lot, you know? And yeah, I never grew up with proud parents, [00:10:00] you know, parents that are, or arrogance. Yeah. They, they were just very, both of them, my mom and my dad, just very grounded people. Mm-hmm. So, thankfully. Then hopefully you've picked that.

I picked that from them.

**Wambui:** Oh, I have picked it. You know, and that's why I approached you and you was. So generous. I remember when I texted you and I'd said, I'd like for you to be in my podcast. And you said, yeah, I like to help people. And I'm like, whoa. You know, like, that's so generous. So, and your mom is your mom still living?

**Alison:** Yes, yes. Yes. She's very much still here.

**Wambui:** Awesome. So that's, that must make it even, better for you to even just be back home, being with your mom and doing with your love. Right.

**Alison:** For sure. A hundred percent. Yeah. And my inspiration actually probably came from her. Some people ask me, why did you get into fitness?

What is it who brought you into fitness? But I'd have to say, I remember attending aerobics classes with my mom. Yes. At probably the age of 14 or 15. [00:11:00] Okay. Before I got into the terrible teenage years. Okay. What I would do, what I would do as I was told. Yeah. And attending these, uh, Jane Fonda aerobics classes with her, you know, so she's always been in the fitness side as well.

Okay. But later she trained then to be a Pilates instructor and she still practices today at almost 88.

**Wambui:** What, your mum is 88 and she practices pilates?

**Alison:** Yes, she still has her clients three times a week.

**Wambui:** Does she do it at your gym or does she have her own space?

**Alison:** She has her own little space, yes.

**Wambui:** Oh, we're gonna connect with her.

'cause when I come to visit, I wanna go to your mom's pilates' class.

**Alison:** Yes. Nice. We love that.

**Wambui:** Very good. So we did talk about, you pushing boundaries. Mm-hmm. So was there a time when you felt stoppable. 'cause this podcast is called From Stuck to Unstoppable. Is there a time you ever felt in your life that you were stoppable [00:12:00] and how, what was that like

**Alison:** When you say, what if I ever felt that I was stoppable?

Meaning?

**Wambui:** Yeah. Have you ever had limiting beliefs of, oh my God, I can't do that. 'cause we did talk about, and you said you like to push boundaries, but were there times before that things, you know, some limiting beliefs held you back.

**Alison:** Yes. I mean, if I think back opening the college was, um, I came across a lot of stumbling blocks and at some point I was like, is it even worth it?

Because, you know. A lot of people in our education system don't rate beauty or leisure or gym or anything to do with that on a very serious scale. You know, so even to get the proper licenses or licensing, particularly for an education facility, because I just wish that. You know, as Kenyans we would step away from if you are not a lawyer or a doctor [00:13:00] or an accountant or whatever, then you're really a nobody, you know?

Yeah. So we need to step away from that and realize that some of these other careers, yeah. Are just as amazing, you know, at the end of the day, it's about being able to provide for your family. Yes. And you know, yes. So at times



when the standard of college I wanted because nobody quite understood. What it was I was trying to deliver.

Yeah. It was frustrating, you know, and so there were times I would just be like, you know, I'm trying to help everybody. I'm trying to help the people because we have so many, um, university graduates and they don't have jobs. Right. You know? Yeah. If you have a skill. That with your hands or with your knowledge.

Mm-hmm. Like in the beauty industry or the gym industry or the spa industry, you will never go hungry because you're always able to do something. You can work for yourself Right. At any [00:14:00] time. So that, that was my agenda, that's what I wanted to push. Mm-hmm. So yes. But then anyway, I overcame those. Okay.

In terms of unstoppable. No, because when I believe in something, yeah, I will convince you that it's the right thing to do.

**Wambui:** Awesome. That's so good that, you have that, drive and even the mindset to overcome, you know, any limiting beliefs. So what are some things that, maybe a word of advice you would give to women who.

They want to do something, but they hold themselves back. They know they're meant for more, but they're holding themselves back.

**Alison:** So I would ask them to write a list of what is scaring them. Like why do they feel that they can't achieve what it is they want to achieve? So once you put pen to paper, it's like you're talking to yourself.

Yeah. You know? But then you are [00:15:00] seeing it on paper. And I guess a lot of that then would come from self doubt. So again, I would beg the question, why are you doubting yourself? If it's within your control, one can work on that. But if it's not in your control, then you know, you have to learn to let go of what you can't control, you know?

But for the most part, it's a self-doubt. Yeah. It's the confidence. It's not, somebody doesn't have the confidence to just say, I'm gonna try this. And even if you fail, that's okay. Because there's always lessons from failure. Yeah. And it's actually not failure. Yeah. It's, you know, it's, in fact, instead of calling it failure, I would say it's lessons.

**Wambui:** Lessons, yeah. It's a learning moment.

**Alison:** Yeah. It's a learning moment. Yes. And not everything can be perfect all the time. But you've got to try, because if you don't try, then you'll always wonder what if.

**Wambui:** Yes. What if I did it, what could I, what could I have become, or Yeah. [00:16:00] Yes. What? Yeah. And I think that would be the regrets, you know, of not doing something, even worse than the regret of doing it and having that moment where you are feeling, and we are now, we're gonna call it that learning moment.

So yeah, just go out there and go do it . You know, do what it is that you feel like lights you up. And also even look maybe for mentors. Right?

**Alison:** Mm-hmm. Definitely. And then, you know, again, to go with the list, it's also to be organized. So it's okay for me to, let me take you back to the time I did the spin in the Nairobi National Park.

Yeah. Now, that was a moment where I just thought we had just come back from Samburu and Shaba and I was so excited, and I was on this big high of, oh my gosh, we can take this everywhere. You know, you forget then how tired you are and how dramatic the logistics were because you don't just want to just put it everywhere.

Mm-hmm. And I remember approaching the topic of Nairobi [00:17:00] National Park, but now to get people to understand that we're not on movable bicycles. Of course going around the Nairobi National Park because of the animals. So having to like show that it's a stationary bike and that we would pay for the, you know, wardens and so on and so on.

So it's also having a plan. So yes, you can come up with your amazing plan, but then follow it through, write, and I write everything down. Okay. Like, what is it I want to achieve from this, right? So that I can go back later and re-evaluate myself and did I achieve all the different things I wanted or I set out to do.

Mm. And once you believe in that idea, once you see it in black and white on paper, then that also gives you the confidence because you've thought it through properly.

**Wambui:** Yeah.

There's something to be said about that writing word in paper. Just, and again, I think it gives you clarity and like you said,

**Alison:** and reaffirms.

**Wambui:** And reaffirms. And once [00:18:00] the word is in paper, it's actually then sort of like, okay, now I see it. I'm gonna do it. This is the plan. Let me follow through. I like that. You know that advice now? Yeah. That was such a how, you know, you wanna talk a little bit more about how did it go with the spin class in Nairobi National Park?

That was,

**Alison:** again, that was, I think I have been very lucky. My three events have come off perfectly and, but I would have to give a lot of credit to the Sarova hotels as well, because that's who I partner with.

**Wambui:** Okay.

**Alison:** So their team is amazing. You know, if I was doing it all by myself and finding a separate caterer or finding a separate logistics person that would probably be a nightmare.

But the fact that we've partnered together. With the shared, vision of promoting Kenya actually to Kenyans, promoting Kenya to Kenyans, but also to travelers, international travelers and regional travelers. Because why not? Why not do something that you've [00:19:00] never done before?

**Wambui:** Why not do something that you've never done before?

And I love what you said, promoting Kenyans to Kenyans because I think that we have, for a long time not promoted Kenyan to Kenyans. Yes. And as I have been gone, you know, whenever I come home I feel like, oh my goodness, what a beautiful place this is. And it's like I start, I rediscover my home.

So it's important even 'cause we take it for granted when we are there. Yeah. Back in Kenya. So that's a good thing that you have that focus of promoting Kenyans to Kenyans and then to the world.

**Alison:** Yeah. And why I am so passionate about wellness is because we've just said, you know, when you had told me a little bit about your breath work coaching and so on, you know, we don't take, we don't pause anymore.

We are always, we are rushing around. We are trying to do a million things at the same time. And I think that's how life has it dictates itself now, you know?

Mm-hmm. But [00:20:00] wellness has to be part of that. Right. You've got to take that time out for mental health, for physical health. Yeah. So why not create, so my job now is to come in and create it as a fun thing to do instead of another chore to do.

**Wambui:** Oh, a fun thing to do instead of another chore to do. Because wellness is, you know, as long as we are gonna be living, it's gonna be a lifestyle if you were invested in it. Right. So I don't wanna wake up and feel, oh my God, I have to go to the gym. You know? So, you know, so make it fun and for people to look forward.

And you are making it fun for people, my friend. It is just, it's very unique what you're doing. I am loving this. When is the next event for you?

**Alison:** The next event will be in October. Okay. And that again, we'll, I'll take it back to Shaba in Samburu. Mm-hmm. That was beautiful. The scenery there is fantastic.

Have [00:21:00] you been?

**Wambui:** I have been to Samburu. Yes, I've been to Samburu, national Park. And then in January when I was in Kenya with my family, we went to Amboseli. So yeah.

**Alison:** Okay.

**Wambui:** I have a vivid image of how Samburu looks like now. That's a long ways from Nairobi. You're gonna transport all the equipment to Samburu.

**Alison:** Again, yes. round two, but hopefully this use one big one.

**Wambui:** Oh, just one big old, maybe like, I need to eat 18 wheeler to carry all the equipment and all that.

**Alison:** Yes. I mean really, the only cumbersome thing to carry are spin bikes, right. Because of, you know, how they're positioned and mm-hmm.

And the weight of them. Yeah. But once we have all the spin bikes, then the rest is, you know, barbells and kettlebells and free weights and that doesn't take a lot of space. It's the spin bikes that take a lot of space.

**Wambui:** Yeah. And you must have an excellent team that helps you do this.

**Alison:** Absolutely.

And that's why I give a hundred percent credit to Sarova, [00:22:00] because I couldn't do it to the level of standard that I do it without them. You know, I mean, I feel I don't have, yes. Big shout out to Sarova, you know, food and beverage. When, when a client comes along, they've paid whatever they've paid. Right. What are they likely to remember most

**Wambui:** The experience. The customer service.

**Alison:** Customer service. Mm-hmm. Food, beverage. Yes. Sure. Mm-hmm. Isn't it? Yes. Then of course, all the exercise things, but that's what I do. Yeah. So if you are now worried about the service of somewhere or how the food is going to be, I mean, that's stress. Of course. That's a lot of stress.

Yeah. So the fact that that's taken away from me mm-hmm. Enables me then now to fully focus on now the retreat activities.

**Wambui:** Yeah. Focus on what you do best, on what you only you can do.

**Alison:** And my team. I have a good team as well.

**Wambui:** And your team, [00:23:00] let's talk a little bit about your school, your college. So you're providing, obviously the skills sets to young people.

Well, I guess with people of all ages, I would imagine, right?

**Alison:** Yes.

**Wambui:** So that's a, I like that, you are doing that because like we said, obviously there's not a whole lot of employment in Kenya, and not that employment is a solution to everything. So I think you are, you know, I understand now in Kenya we have, you know, the biggest population is the youth.

**Alison:** Yes.

**Wambui:** So you are providing skill sets to the youth and obviously just helping them create that, journey tools. To their own self entrepreneurship or

even self-employment. That is good. So, how long is the course of, you know, how long, how does it work? Tell us.

**Alison:** Yeah.

So the longest course it would be a year.

Okay. But generally it would be up to six months because their diploma, it's not degree level.

**Wambui:** Right.

**Alison:** It's diploma level. And so we have a particular syllabus that [00:24:00] we stick to, we're accredited to the International Therapy Examination Council, which is in London.

**Wambui:** Okay.

**Alison:** They have one, their Africa office is in South Africa.

And yeah, so we follow their syllabus.

**Wambui:** Yeah. Very good.

**Alison:** And then there's our exams, and then they have to sit the international exams. A lot of my students have gone outta the country successfully. A lot of them are on the cruise ships, but like the real cruise ships, you know, not, not the, what I hear sometimes how people can be fleeced and whatever.

It's terrible. It just, anyway, all that makes me very upset. So, but a lot of our students have found themselves on the cruise ships and so on. The idea though, for me and what I would tell them if they were ever to listen to this, is that absolutely go out there and get the exposure. All the exposure you can, but no need or no point in staying out there.

**Wambui:** Mm-hmm.

**Alison:** The idea is to bring [00:25:00] it back to Kenya so that we elevate the standards all the time if everybody just runs away.

**Wambui:** Yeah.

**Alison:** Then we are just left, you know, so we need to kind of come back and try and raise the standards. But anyway, I know that's easier said than done.

**Wambui:** Mm-hmm.

**Alison:** Yeah.

**Wambui:** And it's a good, advice because sometimes we think that the grass is greener elsewhere, but I think, like you're saying, go get the skill set, the experience, you know, bring it back home, and let's, promote our country.

**Alison:** And elevate the standards, the existing standards

**Wambui:** Tujenge nchi. let's build a country. You're doing such an amazing job. So, yeah. So this podcast again, is called From Stuck Unstoppable, and you've really helped a lot of my listeners because a lot of my listeners are women who are, holding themselves back.

They wanna do something, they maybe wanna start a business. They know they're [00:26:00] meant for more, but hold themselves back. But you've given us, uh, some tools and strategies on how to overcome some of this soft doubt. And then just,

**Alison:** I hope so.

**Wambui:** Yeah learning about you, about your business and your passion for Kenya, your passion, especially for fitness and wellness and beauty.

Amazing.

**Alison:** Yeah. Thank you. You know, one thing I would say is to your listeners that if they do want to start a business

**Wambui:** mm-hmm.

**Alison:** I would advise, and maybe I'm too old fashioned, but I would advise only starting a business when you know everything about that business.

**Wambui:** Hmm. Okay.

Starting a business when you know everything about that business.

Why?

**Alison:** Yes. So, because then first of all, you have the confidence. To know what you're doing, okay. You can sell your own product because you are, you know, confident. You're educated in it. You're confident in it.

**Wambui:** Mm-hmm.

**Alison:** Somebody said to me the other day, you know, with the [00:27:00] school I offer, so the whole beauty and the fitness, why have I never offered hair?

As part of the college. Right. And a lot of people ask for that, but I will never go into a business that I know nothing about.

**Wambui:** Got it. I see your point.

**Alison:** So. Mm-hmm. Yeah, so, so start something that you are passionate about, literally, not just because you think it's going to make you money.

**Wambui:** Mm, yeah.

**Alison:** Because the passion will translate itself and it'll be evident and it will show.

**Wambui:** Yes, and it'll show that. Then the first thing really is to be passionate about, and like you said, it will translate when people see your passion. Like, I see your passion. Really just looking at Insta, I'm like, this girl is having so much fun and she's inviting everybody into it. So yeah,

**Alison:** I like everyone to have fun.

**Wambui:** I know. So it shows and it's going to translate even eventually to the money, you know, that you're looking for. Wow. Beautiful. Is there anything else you'd like my listeners to [00:28:00] know before we, end this conversation? And I don't want to end it, but I know you have, it's a little bit late over there.

**Alison:** No, and it's early and I should have said good morning. I forgot the time difference.



**Wambui:** Yeah, I know. Eight hours. Yes.

**Alison:** Yes. No. Why would I tell your listeners? Just do be you. Yeah. Confidence comes with age. I think maybe you can Oh, yeah. I mean, it's true, isn't it?

**Wambui:** I agree. Totally. Yeah. Yeah.

**Alison:** Don't be scared of getting older, like it's a beautiful thing because you have more knowledge and you have. And with knowledge comes more power and you just settle into yourself and then you begin to accept who you really are. You are not trying to be somebody else. You are not looking back and saying, oh, I should have whatever, or should have, could have, would have.

So it's about just being present and being grateful for where we are at now. And if we want to make a change to sit down, put pen to paper and really [00:29:00] write that list of the whys and the why nots and what makes one feel that they can't, what's the obstacles in their opinion? Right? And then go back and reflect and see if they can remove those obstacles themselves because it might actually, their biggest obstacle might be themselves.

**Wambui:** The biggest obstacle most of the time is us, you know, is yeah, we are the biggest obstacles and if we can learn how to just, I'm not gonna repeat 'cause you said it, so well just do those things. I think it would be unstoppable. Yeah. Beautiful. Alison, what's the next thing for Alison and your business? You know, what's, what is the next thing?

**Alison:** So the most exciting thing, which is this year, is that I've actually managed to sell part of my business.

**Wambui:** Oh, okay.

**Alison:** Yeah.

**Wambui:** Very good.

**Alison:** So this school is the beauty spa and fitness. So I decided that, I [00:30:00] would probably sell the beauty and the spa side. Okay. But I would retain the fitness side because of course that goes hand in hand with what I'm doing on a day-to-day basis.

**Wambui:** Yes.

**Alison:** So that has happened. And actually the handover will be mid of this month.

**Wambui:** Oh my goodness. Congratulations. That is a big, big step.

**Alison:** Thank you.

**Wambui:** Beautiful. Very good. So this, whoever is getting the business is getting it all set up by Alison and, lucky them.

**Alison:** And exactly. And other than that, I want to take some time off.

I need a break. Okay. And then I look forward to setting up the retreat in October.

**Wambui:** The retreat in October. Please let me know when you have that retreat because I would like to even just, promote it on my social media and even for my own awareness.

**Alison:** Thank you. I had somebody fly in from Canada for this last.

**Wambui:** It's amazing. People are flying from all over the world to come to your retreat. That is amazing.

**Alison:** Well, [00:31:00] one person. One person,

**Wambui:** one person that's big. That's huge.

**Alison:** And two people flew in from Zimbabwe.

**Wambui:** Okay.

**Alison:** So yeah, so I mean, that's what I want, you know, I just want to share this joy and this passion and, yeah.

So I would appreciate that.

**Wambui:** Yeah, it's good. I can see the joy it's oozing off and, that's just shows the impact if people are flying from different parts of the world. I mean, it's just shows the impact that you are, you are making. And I really appreciate you, you've made an impact on me.

You may not know, but we are the Silent Watchers and we are watching and it's amazing. I'm so honored that you could be in my podcast. I really appreciate it. Now, where can people find you?

**Alison:** Where can they find me? I am very easily found. I'm either in the office, in the gym, or in the gym or at the college, but mostly I.

**Wambui:** Yeah. And are there contacts you wanna share? We can share, you know, your business contacts for those who want to enroll in the college. For those who want to [00:32:00] come for the fitness and wellness, for those who want to go to your mom's Pilates, we are all in support.

**Alison:** That's very sweet of you.

Thank you.

**Wambui:** Yeah. Do you have any social media handles you wanna share with us?

**Alison:** Yes. So our social media handles are the college is, Alison Caroline Institute. Okay. And the gym is Body by Alison Caroline. Mm-hmm. So those, those are the two main.

**Wambui:** And where is the gym located? The physical gym.

**Alison:** This where I'm sitting now, it's in Lavington

**Wambui:** Lavington.

**Alison:** So at the top of James Gichuru

**Wambui:** Oh, nice. Good to know.

**Alison:** On Manyani East Road 1 0 2.

**Wambui:** Okay. Very good to know. So, well, listeners, if you are in Nairobi, please check out Alison. She has an amazing gym, focuses on wellness and beauty.

And you can see she's very well grounded. Uh, so please check out her work. Thank you so much Alison, and I look forward to [00:33:00] talking to you soon.

**Alison:** Yes. No, definitely. And thank you so much for your time and inviting me to be a guest.

**Wambui:** You're welcome.

**Alison:** Have a lovely day.

**Wambui:** Thank you. Have a good day.

**Alison:** Bye

**Wambui:** bye. What a powerful conversation.

Alison reminded us to write things down, and that is when clarity comes, just get it out of your head and into paper. And when you're doing what you're truly passionate about, that's when you start pushing boundaries and showing up fully. So. This is your nudge to get out of your comfort zone and push those boundaries.

Write down things, get some clarity. Do what you're passionate about. Keep rising now. If you know anyone who might benefit from this conversation, please share this podcast with them. And until next time, take care.