

Disrupt Yourself Podcast

EPISODE 114: MARTIN & KYM FREY

Welcome to the Disrupt Yourself Podcast. I'm Whitney Johnson. I think, write, speak and live all things disruption.

We've had two married couples on the podcast so far, and today I'm excited to introduce a third - Martin and Kym Frey. On April 17, 2016, Martin Frey became the first person in the world to climb the Seven Summits – the highest peaks on each continent – and sail the Seven Seas. Kym and Martin have committed to continually challenging themselves - whether climbing mountains, crossing seas or helping others meet challenges.

Whitney: Kym and Martin Frey, welcome to the podcast. We are delighted to have you today. Thank you so much for being here.

Kym: We're happy to be here. Thanks for asking us.

Martin: Pleasure.

Whitney: So let's start with you, Kym. Will you tell us a little bit about where you grew up, what you wanted to be when you grew up, and just a quick background on you and, and where you are today?

Kym: So I grew up on a 300 acre ranch in the middle of nowhere in California, in a town called Dixon. And, um, all my life I knew I wanted to get off the ranch.

Whitney: (laughs).

Kym: And, um, I thought, for sure, I would be married and do the thing where you get married and have children, and support your husband, and that was not the case for me. In fact, I went to college, graduated and got a great job. Um, I was a director of sales for Boeing down in, um, South America. And then I also moved over to a large technology company called Novell where I was one of their senior marketing managers. And I ended up not even meeting my husband, Martin, until I was 40 years old. So I had a good lifetime of, of executive experience before I signed on to get married. (laughs).

Whitney: Fun. Okay. And how are you spending your time today?

Kym: Well, currently... o, obviously, Martin and I... when you get... dig into Martin's, um, adventures, we've been doing lots of adventures and, of course I've been supporting him if I've not been participating in them.

And we have a daughter that is disabled. Her name is Lilly, and she's 10 years old, and she really is my primary focus right now, and making sure that her needs are met, and making sure that she... I'm her advocate for, for anything, um, and kind of holding down the fort while Martin make... you know, does his business, business ventures as well as a, adventures outside the home.

Whitney: Okay.

Martin: Kym just graduated from culinary school, uh, like last week too.

Kym: I did.

Martin: She forgot to mention that little part.

Whitney: Oh, you did? What's your specialty, um, from a cu, culinary perspective?

Martin: I really want to help promote healthful, healthful cooking. So that's where I'm, I'm at with that.

Whitney: Oh, fantastic. Okay, lovely. All right, so Martin, um, same question for you. Where did you grow up? What did you want to be? Give us a quick rundown of your background.

Martin: I grew up, uh, back east and New Jersey, in the Northeast. Had a lovely time, uh, sailing and spending time on the ocean as a kid and, um, camps, so up in Maine and, uh, time later on summers in Martha's Vineyard. And then moved to California, uh, career wise and continued my love of the ocean. Jacques Cousteau was my idol growing up, so spending time in the water was just what I was all about for me.

And then I moved to Utah. I didn't know what to do. I was asked to run economic development for the state of Utah. And I came here I'm like, "Where's the water? Where's the ocean?" And, uh, people said, "Oh, it's about climbing mountains here," and so I started playing in the mountains and then learning more mountaineering skills and, from there, uh, started climbing mountains around the world. And then, uh, just a couple years ago, finished, uh, doing the Seven Summits and, uh, sailing the seven seas.

Whitney: Okay, so we're going to come to that in just a second. You kind of ran over your career, sort of quickly. So you, what did you study in college?

Martin: So I studied uh, mechanical engineering. I had a great uh, time I started out in the defense sector and uh, uh, that was great during the Reagan years and then later on it was I kind of saw this thing called the internet coming into play and thought, "Wow, I'd really love to be a part of it. So I, I had a, got really lucky and um, I faxed off a resume to a company called Cisco that I felt prompted to, to apply for and I had uh, got a response back and pretty soon I was the starting in Silicon Valley a whole new chapter in my life and got to watch Cisco grow from almost nothing to when I left we were 23 billion, and constantly changing and proactively evolving in order to scale so quickly. ah, At the time, we were the fastest growing company in the world.

Whitney: So you have the Silicon Valley career, you move to Salt Lake, you work on the Economic Development Council. Is that right? For 17 months?

Martin: Yeah it was the Governor's Office of Economic Development. Um, When they asked me to come in, they laid off all 35 employees there. Asked me to come in and start the whole thing all over again with a much more business culture. So they were disrupting themselves and reinventing. They had become a little bit bureaucratic and they wanted a whole new play on it to be able to recruit, uh, or start grow and recruit companies to Utah.

Whitney: Interesting. Okay, so the two of you get married. It sounds like 10-12 years ago, you connect, is that right?

Martin: Yeah.

Kym: Yeah. That's right.

Whitney: All right, so that is probably interesting story in and of itself. Do you want to share it very quickly? How you connected?

Kym: Well, it's um, it's a quick story, but we did meet at the governor's ball, probably Martin's first week in Utah when he was um, asked to be the Director of Economic Development we met at the governor's gala, and I sat at his table and we met and then we didn't actually um, get together for another two years. And we had my sister's mutually met and had set us up. So that's it. And it was quick seven months and we were married.

Whitney: You were yeah, you knew. Okay. All right. So here you are. You now have a record in the Guinness Book of World Records. What is that record? Let's start there.

Martin: Well, I'm the only guy to have uh, climbed the Seven Summits, the tallest mountain on each continent. And to have sailed the seven seas. And just this constantly trying to test myself in a way or challenge myself to see what I was capable of. And that led from one thing to another.

My good friend Steve and I climbed Denali in Alaska. And that was the first full on mountain uh, expedition and the mountain I learned the most on. And I'm so grateful for that. We had real difficulties at 17,000 feet, we were stuck in a storm for six days, Steve had cerebral edema, uh, altitude sickness, and we had all of this uncertainty and ambiguity about how it would all play out. And so it was quite a learning experience for me and, and unfortunately, although Steve and I made it to the summit, three months later, he died of a brain aneurysm and uh, that really became a key motivator for me to go on and climb the Seven Summits.

Whitney: Wait, so did he die the brain aneurysm because of the climb?

Martin: Well, no one knows for sure. But it's he was only 46 and he um, you know it's unfortunate to his passing but uh, it became both in honor of him I took his photo up every climb I did after that in his honor.

Whitney: Hmm. Has there ever been a moment where you thought to yourself, I might not make it home.

Martin: Um, never in the sense that my life was in danger but there were certainly moments that I couldn't find the resolve or the, the sense that I could get it up the mountain. We were

going up and down the Losee face a number of times and we're heading to the summit. And we had a huge storm come in 80 mile an hour winds, and it wiped out the tents. And we basically had to retreat back to base camp and start the whole process all over again. And that was emotionally uh, defeating as well as physically, uh, you know, just I was spent and had no idea where I was going to find it to get back up the mountain.

Whitney: So where did you find it?

Martin: (laughs). So, uh, I called Kym on the SAT phone and I said, "Honey, I think emotionally, physically, I'm just done." And she said, "Well, why don't you just try to go through a cathartic release and just step out of the situation for a little while," and I watched uh, Finding Nemo on my iPad and uh, there at base camp and just, you know, of course, uh it's all about just keep swimming. So I sort of cheered up and a day and a half later, I was heading back up the mountain.

Whitney: So you made it up the mountain because of Kym and Finding Nemo?

Martin: Exactly. Exactly.

Whitney: All right, so, so, question for you, Kym. How many mountains had Martin climbed when the two of you got married?

Kym: One. He had climbed Kilimanjaro. And that was it.

Whitney: Okay, so what's your take on this? So you marry this guy. He's climbed Mount Kilimanjaro, and then now you're married. What did you say? or what did you think? Or what did you feel? What kind of discussion did you all have when he said, "You know, I want to climb more mountains?" how did that feel? What did you do, etc.

Kym: Well, you know, I think it was a... There was a good preparation period that Martin is probably didn't orchestrate, but orchestrated quite well subliminal, subliminally to me, because um, he has always been an adventurer. He's always been up in the mountains. If he's not in the mountains he's trying to... He's done an Ironman and we've just always, consistently he's always had something under his belt.

So when he said that he wanted to do these mountains, I did. Maybe it was I was naive to the subject at the beginning but I said "Go for it, let's do it." But because our daughter is, you know, disabled I said, "Do it now because I'm going to need your help later on in life." So he kind of put that, kind of set the ball in motion.

Whitney: Have you ever wanted to go up the mountains? Do you? Do you, do you think about it? You've talked about a few adventures. But so what, what kind of are they mountain? Are they sailing adventures? Or are they different kinds of adventures?

Kym: I have done obviously, some small hikes with him, but nothing to the point where I felt like my life was on, on the line.

Martin: Kym like, Kym, hiked to Everest base camp, which was quite a feat and challenge for her and that was a wonderful way we could share that adventure. And then as I was on Everest, uh, she would write the blogs and I'd call her and tell her what was going on and it made it a bit as much of a family experience as we could even after she left uh, base camp.

Kym: Yeah, I call myself the accidental adventurer because-

Whitney: (laughs).

Kym: I end up get, going on adventures um, by default but I'm happy to be able to participate even though it's not something that I had on my bucket list.

Whitney: Interesting. Um, it, it's an interesting question because people talk about so sometimes you're like, "Okay, let's go do these things together" and then other couples or you know, partners say you know, they prefer to do you know, have someone at base camp and then climb the mountain and then some, then they come back and then they're both at base camp. So it's interesting to hear you, hear you talk about this. And it's also fascinating to me to hear, Martin you were saying that you know, when you didn't know if you could make it up or if you had the resolve to do it, it was the call to Kym and Kym, you were able to say, "Just keep going you can do it."

Kym: Well, I've always known that Martin's able to keep doing it. I have seen him in enough situations where he never gives up. And so I think that was just a moment where he was just spent and kind of tired. And so, me having been full rested and aware of what he was capable of doing, obviously, said, you know, just calm down. Let's get your thoughts in order and just relax a little bit and then make this decision later the next day.

Whitney: Martin, what does that mean to you to know that you can call Kym and she'll, like, she'll help you like, do it?

Martin: Well, it's been part of our partnership that we recognized early on and that we have this you know, mutual support. Kym has done that through all the adventures and you know, from whether it's mountains or oceans, she's been there and um, it provides a great stability and uh, a great source of strength and confidence.

Whitney: Yeah. Okay, so let's talk about the seven seas now.

What got you to want to do that?

Martin: Um, we wanted to do actually something as a family, um, with our daughter Lily, uh, being disabled, we knew retirement, went out the window. And so we thought, while she was still portable, and we could carry her, what would be the grand adventure that we would want to do as a family?

And so we tried uh, sailing we took a little uh, week course down in the Caribbean and try that and took a couple other lessons and finally, I turned to Kym and I said, "Are you having fun with this?" And she said, "yes." I said, "how would you like to take on the South Pacific?" And she said, "Okay", and so that led to us buying a boat while I was, I was actually cross country skiing to the South Pole and we bought a boat in France on a SAT phone and then from there I ended up sailing across the Atlantic meeting Kym in the, in the Caribbean and St. Martin and she had on this I told her we're going on a cruise so of course she's in like a white blue sweater and a floppy, floppy hat. And there she is on the dock. When I pull up I go, "Honey, it's a little bit different of a cruise."

But um, her transformation that happened during those um, nine months we spent island hopping through the South Pacific was amazing. She started with a real fear of the water because she's lost two brothers, one of which drowned. And um, her sense of adventure on the water was um, very limited and slowly by stepping outside of her comfort zone, trusting in me, and allowing me to help shape or reshape that paradigm of that the water is safe and fun and all those sorts of things. She grew into that whole experience. And we

have a great video of her swimming with a whale and it breaching right next to her that is sort of this culmination of her growth process and transformation through that adventure.

Whitney: Kym, so, what was it like for you?

Kym: Well, we did the trip across the South Pacific, well, it definitely wasn't the cruising life that I thought in the beginning, obviously. But boy, we sure had a great time. It, it turned out to be just magical, we would go to all these little tiny islands that you can't get to otherwise, other than by a boat. And we were able to visit with people that we probably would never have had the opportunity to, to meet and they were just lovely. And what we found while doing this traveling, we stopped often, is everyone is kind of the same. We all just want to get to know each other, and um, it was just a wonderful time for us as a family and also to be able to just meet different people on our travels.

Whitney: So did you both have to learn how to sail?

Martin: We did. I learned to sail as a kid-

Whitney: Oh right.

Martin: But sailing a big boat with lots of systems and gear on it is a whole lot different than, you know, buying a sailboat at nine and learning how to sail from there.

Whitney: Mm-hmm (affirmative).

Kym: I always felt that it, because Martin turned out to be such a good sailor, even when I was at the helm, I always knew he was there close by so, there was the fear was kind of taken at that point.

Whitney: Kym at what point on, on this on this trip when like, like Martin was saying you had a fear of the water 'cause your brother, you had lost a brother by drowning. At what point on the trip did you start saying "I've got this I, I'm actually enjoying myself?"

Kym: You know, I think it was just a slow evolution and, him having all the confidence in me and me realizing that if I didn't enjoy what I was doing, that I would have a miserable experience. And so each little experience diving, you know, we went deep sea diving in the Galapagos with lots of whales and Hammerhead sharks and, and that kind of got me eased into it. And then as we just slowly progressed throughout the islands, I've just become something that was - if I didn't jump in, I was going to miss out.

Whitney: Hmm okay.

Martin: When we started diving, my hand would be uh, numb from Kym-

Kym: (laughs).

Martin: Gripping on so tight, and then, and then soon, she would evolve into heading sharks and actually uh, manta rays and all kinds of things. And so, the whole experience evolved for her and, and it's really an amazing to witness that transformation that adventure brings into our lives and it's too bad that so many people are focused on entertainment rather than adventure. An adventure has that growth uh, experience. So there's risk, there's uncertainty. There's all these things that expand our sense of self that entertainment doesn't simply provide.

Whitney: Hmm.

Kym: And I don't do well with ambiguity. So, when we were first sailing, it was hard because I just didn't know what to expect. And then what I learned was to not expect and just enjoy. And that kind of made all the difference in the world.

Whitney: So how did the two of you feel when you finish the seventh Sea?

Martin: Yeah, it was pretty exciting moment. I had just sailed from with a team from China to Seattle so it was a 6000 mile leg across the North Pacific. And it's uh, really rough. There were over 100 mile an hour winds, uh, 35 foot seas just coming across the North Pacific. Um, I suffered from seasickness and real, just the challenge of being on watch for four hours and off watch for four hours for a month and that um, challenge then to pull into the harbor and see Kym and uh, Lily and-

Kym: Your whole family.

Martin: The family, yeah, uh was there. Uh, and to have that special moment of celebration and to have realized that my 11 year journey had come to an end to have uh, completed what I set out to do was just a great feeling and uh, a joy to realize that I achieved what I wanted to and that I was capable of it.

Whitney: How would have been different for you trying to go on these adventures? And again, it's a hard question to ask or answer perhaps, but you have lived enough of your life of not being married to Kym to know that you're plowing through things. What has the, what's the difference been by having her there as a stabilizing force in, her and Lily as stabilizing forces in your life?

Martin: Well, there's no question that um, the opportunity to be part of a family and to feel that support system around you, even when you're alone, out in the middle of an ocean, is truly there. You feel connected to a higher purpose. You're not as stressed in ways that I think I was doing adventures on my own. Where you question a little bit your purpose and is this all I'm about, I remember, um, being on a business trip uh, as a single guy in Korea and realizing because I had the way I'd routed the airlines that actually no one knew I was even in Korea and had something happened, I think it would have been a month before anybody would have even realized that was missing.

And so all of that emotional support does empower you in a way to not take risks, but to feel comfort, um, in spite of the trials of the current situation that you're there, and then to add to that, your ability to call, or to do something we've spent a lot of money on satellite phones and things like that to stay in communication and to um, uh, both draw strength and share the experience, uh, particularly as I had to continue and do some of those adventures on my own.

Whitney: So, Kym, um, one question I have for you is, is Martin is doing these challenging, sometimes scary, dangerous types of things. What did you do to help yourself, like not be scared out of your mind?

Kym: So first of all, Martin I had this agreement that it didn't matter the cost that was involved if he felt like it was a dangerous attempt that he would turn around. And I completely believed him that he would do that because I see how he is normal day. And um, logically, if it just didn't make sense, he didn't do it. So I didn't worry and stay up at night and have my thoughts consumed about his safety. More importantly, I think I was just more

involved because we did have SAT phone, we could talk and I was just trying to be his biggest cheerleader.

Whitney: Hmm.

Kym: To help him and to help him have success while he was away.

Whitney: Okay, so you had a compact with each other that-

Kym: Right.

Whitney: He, he would he would be wise. Um, okay, so let's talk about you. You are on this adventure. You said you just um, went to culinary school or just graduated. You are rearing Lilly, you are on your own kind of adventure. It's a very different one. Um, but talk about this adventure that you're on.

Kym: Well, life is a daring adventure. That is a quote from Helen Keller or, and it's kind of been the force behind both Martin and myself. But um, yes, it's an adventure having a child that, you know you, they don't come with any instruction manuals when they're in any case, especially when they're disabled. So you kind of have to learn along the way. And it's been a challenge in some ways, but in other ways. It's been a really wonderful blessing in our lives.

And doing that is one thing but if I ever have an idea, or if I ever want to do something as crazy as culinary school, Martin's the first one to say, let's go do it, let's figure out how we can make it happen.

Martin: Tell 'em how you got into culinary school. (laughs).

Kym: So I fly in on a Friday night that I want, really wanted. It was the first of the year and I really wanted to accomplish a goal and that was going to culinary school, but I just didn't know how to do it. And I'm sure classes were starting the following week. And Martin quickly got up, went back to his computer and came back and said, here's a culinary school. I think that there don't start till the following Monday. Let's email 'em and he emailed 'em and sure enough, he got me into school. So that's how big of a support he is that he made it happen, when I wasn't sure how to make it happen.

Whitney: I love that. So let me ask you a question about um, parenting 'cause I um, I think many of our listeners have children. I have children. You have a child, um, what's something, Kym, and you particular, but Martin, feel free to chime in as well, that you have learned about yourself as a consequence of being a parent

Kym: This sounds crazy, but I enjoy being selfless. I enjoy being able to take care of someone and, especially with Lilly's needs, it's uh, it's very fulfilling for me. So I would say that. Learning to be selfless.

Whitney: That is so beautiful. You just made me cry.

Kym: Oh thanks.

Whitney: It doesn't sound crazy at all, it's beautiful.

Martin: For me, it's about empathy. Um, I or, we, we tried to fix Lilly's condition for many years. And thinking we could do something or find a solution, and fix it. And finally we just had to acquiesce to the idea that um, Lilly was Lilly and we needed to appreciate everything about her, for who she was and that there was no fix. And so my sense of having to let go of that engineering mentality and just accept uh, the reality. And also, uh, the empathy I have towards others that are struggling with issues that they are either unable to fix or that uh, life has presented in a way with is extremely hard for them to, to change. That I have a whole new sense of um, compassion for them and where they are in their life circumstances as a result of Lilly.

Kym: Yeah and I think that because of Martin's accomplishments, it's easy for him to look past someone who doesn't have the um, wherewithal or the support to be able to accomplish something. He really does dig down and treats each individual as if they're the most important person at that moment, and he has, I can vouch for him having great empathy for others.

Whitney: Well that's a wonderful way for us to segue, for us to talk about your, non, I don't know if it's a nonprofit, but your Seven Summits Seven Seas Foundation. Talk to us about what you do, the work that you're doing in particular with the two of you really engaged around this work with young adults and adults. Talk to us about that and what it is and what's happening with that?

Martin: Well, I started uh, doing presentations and sharing the story of what I learned on my journeys, and adventures and um, we had the opportunity to meet a lot of people. They would come up and share different challenges and trials they would have and as a result of that, I started to build a program that would support or enable them to step outside their comfort zone and to help provide challenges in a way that were enticing for them to try new things and to see just how far they could do it. And then to have them go through that same sort of transformation process that Kym went through in the South Pacific. So those, uh, have been a great part of taking individuals on what we call summit journeys as they uh, we ask them, what's their Everest? And then we sort of say, well if that's your big Everest, then you, you need to break it down and try little Everest or little mountains and new challenges and, and, uh, its' fun and rewarding to see the progress they make.

We also came to realize that there are a number of people who are maybe um, already kind of um, um, floundering or, or perhaps they're adrift and non uh, quite able to get their footing underneath them. They're struggling sometimes from emotional or other challenges in their lives. And so we sort of recognize them as being on their ocean, and um, kind of needing to cross the, cross the ocean and that that's maybe an odyssey for them. And that the goal for them is not to climb a summit, but maybe to get to a safe harbor and to find a place of stability and peace and that we can lay out a pathway for them and some programs for them to get there.

So that's uh, kind of what's been fun for us to uh, be an enabler in both of those kinds of situations.

Whitney: So will you give us, 'cause I know I'm curious and I suspect everyone who's listening is curious. Could you give us an example of what one of your programs or adventures has looked like from a summiting perspective? And then also from a sailing perspective?

Martin: Sure, so the uh, last adventure we did, we took a, a, a group of 18-26 year olds. Uh, we uh, on a Friday afternoon we get 'em altogether. They have uh, a, we're out in the woods and they have to um, go through a series of challenges where they come out into the woods and they find a big wall.

Um, and they have to uh, realize that that's a huge obstacle in their life. And so they write on the wall what all their personal inhibitors are. And then they have to summit the wall um, and then um, there are some other challenges.

And then Saturday morning they go through another sort of team obstacle challenge, like an adventure race and then they come to this cliff, this insurmountable object. And it's a 1,000 cliff, and we harness them up and they actually climb up this, uh, exposed cliff in what's uh, Via Ferrata here in Utah. And that's, uh, and then at the top we reflect on the whole process of what did they learn about this challenge and people have shared it's the hardest thing they've ever done and yet they're so proud of themselves for having done it. And we talk about how that relates to other areas of their life and then they zip line down to celebrate the whole uh, achievement.

Whitney: Wow! That's amazing.

Martin: Um, on the ocean side, um, we've been doing um, training at all the schools in Utah on screen time and cell phone addiction, and compulsiveness there and uh, how that leads to anxiety and depression. And we're also uh, hosting camps this summer. Uh, to kind of do a tech reset for individuals to help them change their relationship particularly with gaming, or social media, or porn, or whatever it happens to be for them.

Whitney: Interesting. And so, is that, so, if you can give us like the information. So you've got this summiting that you're catering to 18-26 year olds. And then the, uh, the sailing piece, is um, are those for, it sounds like for kids that are a bit younger? Is that right? Or no?

Martin: Well, so the summit journeys have been for, we target different age groups and different programs. We actually uh, take executives out as well on different challenges but um, the opportunity is to expand people sense of what they can accomplish. Either in getting to their summit or getting to a place of security and safety, emotionally for them. And so, um, we've offered that now and are expanding our ability to, to do more of that going forward.

Whitney: Awesome. So we, for everybody who's listening, we'll include some links in the show notes if you want to learn more about what they're doing. Um, what Martin and Kym are doing on this. Um, what, so where can people find you? Just so that they know.

Martin: SevenSummitsSevenSeas.org.

Whitney: That's easy. What else would you like to tell us as we start to wrap up?

Martin: I think people need to know that um, this idea of whether if we're sort of in a, find ourselves in a routine, and that there is more joy in stepping out of the comfort zone than there is staying in the status quo. And to disrupt yourself is a joy and one of the biggest joys of my life. That this growth mindset of continually expanding your sense of self and what you're capable of, is huge. But at the same token, if you're feeling distraught or on a rocky ocean, that you can get to a safe place. And that that odyssey isn't a straight line. And that it does take maybe re-engineering some of your paradigms and the way some of your habits and, and mindset, and thinking process has taken you. But that you can then reach that safe harbor. And so for both of those, and all of us go through both sides of this process at different times in our lives and to trust that you'll either make it to the safe harbor and they'll be a lighthouse and the assurance that you've made it across the ocean. Or you can achieve that summit and um, find your Everest and go after it, and that you'll get there.

Whitney: That's beautiful. Kym, any final words from you?

Kym: The only thing I was thinking, and it kind of goes along with what Martin was saying is that you know, we realize that there are invisible mountains. It doesn't have to be an actual mountain that you need to conquer. Or an invisible ocean that you need to cross, or an ocean that you need to cross, that there are invisible oceans. And, the idea again of disrupting yourself and taking yourself on an adventure and trying to get over those invisible mountains, it's, it's a tough job, but um, but you can do it. You can do it if you have the right tools in place.

Whitney: Mm, I love that. I have to say as I'm listening to the two of you talk, I'm like, "I can do this!" And so, I hope that everybody that's listening feels like that they can do it to. Martin and Kym Frey, thank you so much for being with us today. It's been a pleasure.

Kym: Thanks, Whitney.

Martin: Our pleasure, Whitney. Thank you.

When we watch people who seem to, with little effort, live a life of disruption, it can be easy to dismiss what they are doing and not see how we can apply it to our own situations. I'm not ready to scale mountains or sail the ocean, you may not be either, but here are some lessons I think we can learn:

First, Have a plan - When you're doing something that scares the people who love you, make sure you have a plan in place. Just like the compact that Martin made with Kym - that if things took a dangerous turn, he would get himself out of there no matter the cost. Knowing that, she could trust and be a support to him.

Second, Information gives you confidence - in Kym and Martin's case, the satellite phones they invest in to stay in touch, helps them feel anchored, whether away from each other or adventuring together.

Third, Go together and go often - Knowing that their daughter Lilly would require more care from both of them as they got older, and that a traditional retirement (whatever that is!) wouldn't be possible, I love that Martin and Kym have turned their constraints into a tool of creation and do things now. Sailing, for example, is something they can all do together. And they recently all biked from San Diego to Santa Fe (and their nanny following in a support vehicle) so they could experience an adventure together.

Practical tip:

If you feel like you need a little bit of challenge in your life, what small thing can you do today to begin to summit the mountain of the goal you hope to accomplish? If summiting a mountain sounds like too much right now, maybe it's because you're being tossed in the ocean. What kind of support do you need to make it to safe harbor?

In life and in disruption, being prepared for change is what can give us the confidence to face it – face change - when that change comes, and it will. If you feel unprepared for change, sign up for our free email course by visiting <https://whitneyjohnson.com/change/>

Thank you again to Kym and Martin Frey for joining us today, thank you to sound engineer Melissa Rutty, manager / editor Macy Robison, content contributor Emilie Davis, and art director Brandon Jameson.

I'm Whitney Johnson
And this is Disrupt Yourself.