

Newsworthy Founder: Brave Public Dialogues, Cancel Culture + Gin & Tonic with Michaële Antoine

SPEAKERS

Lexie Smith, Michaële Antoine

Lexie Smith

Hey guys Lexie here, travel enthusiast, lover of puns, pizza and wine connoisseur and founder of THEPRBAR inc., and you're tuning in to the Pitchin' and Sippin' Podcast. From behind the scenes interviews with the media to honest conversations with other PR pros to a look at inspiring brands and entrepreneurs that are rocking the world of PR. In this podcast, we talk tips while taking sips and talking about all the things that make those in the world of PR tick. Let's get started. Today's guest is working to take the training wheels off talk. Michaële Antoine is a master facilitator, educator and consultant focused on equipping individuals, teams and the community with the practical skill set to have conversations that matter. As the founder of Curios, Michaële works with clients to curate workshops and trainings focused on enhancing interpersonal communication, as it pertains to tough talks both inside and outside of the workplace. Her work is rooted in providing intellectual discourse, tools and resources that explore the intersections of communication and self development. Prior to traveling the world as a creative content producer, Michaële worked in progressive roles within higher education. In today's episode, Michaële and I dive into the topic of brave dialogues, specifically how and when to participate, when to facilitate, and we touch on how to navigate a world more frequently succumbing to cancel culture. I don't care if you're a founder, student, a PR Pro, a member of the media or otherwise, there is much to be learned from Michaële in this important episode. So grab your curiosity, consciousness, courage, and maybe a gin and tonic and let's get started. Michaële, I want to start by thanking you for coming on the pitching and sipping podcast. I personally find you your platform and everything you represent. incredibly relevant, unbelievably inspiring, and undeniably important. But before we dive into all things, Curios, I'd first love to start by letting everyone get to know who you are outside of work a bit more. So where are you from? Where do you live? Do you have any favorite hobbies?

Michaële Antoine

Yeah, sure. Well, thank you so much for having me. I am based in San Diego. And I'm originally from Montreal, as we kind of just talked about a little bit before we started but moved to Miami, I was raised there. Gosh, from you know, third grade on so I kind of have a little bit of all over the place background of Haitian descent. And I definitely think that informs kind of the work I do and trying to bridge and connect the dots of language and of communication. And yeah, I mean, what I like to do I live with my partner and we live in San Diego and I lately not a ton because no pandemic vibes. But, but definitely a

reader and knowledge seeker. I love art photography. I love music. So just kind of you know, trying to take it all in

Lexie Smith

Any specific genres, or do you kind of dabble, I guess for both books and music?

Michaële Antoine

I... Well, for Lately, I've been reading a lot of nonfiction books. And then in terms of music No, I actually listened to like I'm one of those people who actually does listen to everything I can go from like System of a Down to you know, Jazmine Sullivan very quickly, like I listened to a wide range of music.

Lexie Smith

I'm in that category depends a lot on my mood is how I describe it.

Michaële Antoine

Yeah, same.

Lexie Smith

Yeah, exactly. Do you have a non not to put you on the spot, but I'm going to put you on the spot. Do you have a favorite nonfiction book that you'd like to suggest?

Michaële Antoine

I mean, I think just for the purposes of this conversation, a book that's really inspired me and, and helped me kind of do what I do is Talking With Strangers by Malcolm Gladwell. So I would definitely recommend that one. I think it's a good kind of introductory book to help people expand their mindset a little bit when it comes to having conversations with people they don't know and assumptions we make and things like that.

Lexie Smith

Thank you. I appreciate that. Let's talk Curios, can you please start by enlightening my audience on exactly what curiosity is and your role in such?

Michaële Antoine

Sure. So I'm the founder of Curios and officially Gosh, we've been I guess in business about a year, maybe a year and a half now from counting the time that it wasn't my full time gig. And Curios is my attempt at taking the training wheels off talk and what that means to me as you know, providing consulting, coaching and also pop up experiences for engaging conversations that are typically difficult. And so in the workplace, that means, you know, feedback sessions, if we're talking about deep diversity, equity, inclusion type discussions, but also outside of the workplace, that means maybe things are a bit taboo, like sex or like race also, which is kind of taboo, unfortunately. And just anything that... that kind of gives us some discomfort, that's that's kind of what I support individuals in navigating.

Lexie Smith

So brand business institutions, that sounds like you kind of work with a sprinkling of such and you offer coaching speaking, can you just real quick kind of go over how people can work with you again?

Michaële Antoine

Yeah, sure. So one of the ways is community so I was it was really important for me when I started this to be able to bring these kinds of conversations to the public. So I do pop up conversations kind of once a month, a month, about once a month, where we focus on a particular theme and kind of I bring in either bring in a, you know, subject matter expert if I need to, or I facilitate it by myself, and we kind of dive in and have, you know, conversations about that topic. Another way, I guess, the more you know, business centric way is for me to come in as a facilitator and facilitate sessions around a particular topic, I usually curate that based on the pain point that the, you know, organization or the team is having, and then I kind of, like support them in navigating what kind of conversation we should be having and consulting. So you know, if you have a HR professional or someone, again, just like a leader of a team that's looking for some kind of consistent support in terms of engaging their team and navigating some of conflicts they might be having. So team dynamics or leadership kind of conversations in terms of folks in internalizing and understanding their own. I support folks in doing that. And yeah, those will kind of be the two main ways, but check out my website. And you know, my Instagram is probably the best way to keep up with what I'm doing.

Lexie Smith

Awesome. And of course, we'll link to those in the show notes. Today, we're going to largely talk about something called brave dialogues. So to kick things off, can you give us a quick definition of what a brave dialogue means or refers to?

Michaële Antoine

Yeah, I mean, I would say a brave dialogue refers to one in which folks are able to lean in to their vulnerability. Because I think that if we're being brave, and there's a quote, I'm going to butcher it, but essentially, it's, you know, vulnerability is courage, like, you can't really have one without the other. So one where you kind of engage in a conversation where you know, maybe the stakes are high, but you're still going to like, lean into your vulnerability, and say what you mean as best as you can at that moment, right. But also be willing to be wrong, and be willing to make mistakes and fumble and apologize. To me, that's kind of what encompasses a brave dialog,

Lexie Smith

let's get into some basic principles of how to participate, and then how to host a brave dialog. Let's start with participating. In 2020, we largely saw the rise of something called "cancel culture", doing air quotes, which basically meant if you set the wrong thing on social media, for example, then you weren't once again, air quotes, "cancelled", called out or shamed. This ended up making many people fearful to speak up in any regard, let alone authentically. So my first question to you is, is there a mental reframe, that we can start with to help mitigate our fear around saying the wrong thing?

Michaële Antoine

That's so that's such an interesting and a very important question. You know, I think that there is a lot of fear based conversation happening right now. And to me, that's not the kind if we're trying to have a

brave dialogue, it can't be fear based. And I'll talk a little bit more about that later. But I mean, saying the wrong thing, we've all said the wrong thing, right? We've all said the wrong thing at one point or another and hopefully can be vulnerable and humble enough to understand that that doesn't mean we're a bad person. It doesn't mean that we are idiots, it doesn't mean that we shouldn't be speaking in a particular topic. But it does mean that we might have some learning to do. And I think that unfortunately, a lot of folks these days, don't understand or don't want to admit that they might not know something I am the queen of not knowing I don't know a lot of things. And I think that it's important for us as a sighted to kind of be a lot more forgiving about not knowing but I also think that saying the wrong thing, you know, in terms of a mental reframe. I think it's important to lean into any conversation with a sense of curiosity. So particularly if you don't know something really asking questions as opposed to thinking that you have to have the correct answers is probably the best way to kind of take the pressure off, take the pressure off of having to know. So that's what I would say in terms of a mental reframe. So like, really trying to lean into that curiosity so that you're not so worried about what's right or wrong, but more what, what you can discover from that particular conversation.

Lexie Smith

So that was great. And this is kind of another question. Tail ending that What do you feel is important for the person who feels like it's safer or better to stay silent to hear? Is it is that train of thinking wrong? if there and you kind of talked about fear, fear based conversation, so maybe let's bring that back to the front.

Michaële Antoine

I think that if you're fearful, which is usually where people stay silent, well, not only is enough, it's obviously not the brave thing to do. But it's also not really a love based response. And I use that term, I know that that might, you know, hit some folks in a particular way. It's very, like touchy feely, to quote one of my favorite movies, Donnie Darko, I think that there's, you're only doing things out of fear or out of love. And I think that if your intention is to learn and to be a better person, and to be able to have conversations with people who are different than you, and really kind of engage in the type of conversation that you walk away from feeling like wow, like, I learned something, I did my best there, I was vulnerable, like the kinds of feel good, right? Even if they weren't maybe feeling good throughout the entire conversation, it kind of necessitates that you put yourself out there. So and I know, obviously, working in the work you do you know a lot about kind of the fears that people have sometimes and putting themselves out there, but staying silent or staying small or not asking the question that you really have that you think could really help you understand something is not going to get you what you want. And also it's very much a rooted in comfort, it's rooted, we have trouble being uncomfortable. But if there's any founders listening, I mean, you probably know that being uncomfortable is usually the main way to grow and to kind of expand and to kind of reach maybe people you wouldn't have reached or to, you know, have opportunity that you wouldn't have had. So I would say that it's I don't know that it's the wrong thing staying silence it particularly if you know, you don't have something to say if you don't have a question to ask if you but I think that if you're staying silent, because you're fearful, rather than staying silent intentionally, because you don't think you have anything to add to a conversation. There's power in staying silent listening. But I think you just kind of have to do it for the right reasons.

Lexie Smith

Okay, now, I'm gonna quote someone and I don't know who it's for. I say it's a Pinterest quote, which is terrible. But growth never comes from our comfort zone, you kind of highlighted that. And I think it's so true, and actually really relates to pretty much every category of life, you don't grow as a person, you don't grow your business, you don't grow in a relationship, etc, etc.

Michaële Antoine

Exactly. And I would add to just to go back for a moment, you talked about, you know, shamed earlier in the question. And, you know, I think that that's the fear, right, like, some people have a fear of, like, feeling shame. But and I wrote a little bit about this on LinkedIn a couple of weeks ago, because I really think it's important to distinguish between being shamed and being held accountable. And I think that sometimes people confuse the two, if you feel shame, particularly like feel, shame is a feeling we all feel right. And obviously, if you know any work by Bernie Brown, you know that shame is kind of something that we do need to get comfortable with in terms of kind of getting out of our comfort zone, because we're going to feel it on a daily basis. feeling shame, and being shamed are very different things. So if you feel some shame, because you said the wrong thing, or because you said something that offended someone, or because you did something that may have offended someone being able to really pause and reflect on that rather than attack and defend, which is what kind of most of our reactions are when we feel uncomfortable, which is shame is it's uncomfortable. That's going to be really different than someone saying, like, hey, like, see, like I, I don't know if you know this, but x, y, and z is kind of an offensive thing to say, and here's why. Right? Like, if someone's trying to educate you, I think that canceled culture is dangerous. On the flip side of that, I do think that canceling people for, quote, unquote, saying the wrong thing at the wrong time. And if it's purely based on ignorance, that's going to be really different as well, you know, we kind of have to be able to call people in, rather than just rely on calling them out and making them feel bad about themselves. Because all of us have said the wrong thing at some, you know, point in time,

Lexie Smith

When is it appropriate to step up from the participation stage and rather become the host or facilitator of a brief dialogue?

Michaële Antoine

I think when you are a lot more clear, and this is my perspective, right? I'm sure there's a ton of perspectives on this, but I think as a host and as a facilitator, and as someone who kind of tries to guide experiences for folks, I am responsible for the group, right? Like I'm responsible to, obviously keep us moving if we have a particular goal or outcome for that particular session. But I also have to be vulnerable enough to one say what I said earlier, which is maybe I don't know, right, like I'm unsure. And we also have to be able to kind of identify our own triggers. So I remember once, I'll give you a quick example, a couple of while ago, actually, now I'm thinking about it makes me feel old, but I was facilitating a training for students, which is kind of how I learned that I love to facilitate. And I remember, we were doing an exercise where I was triggered by one of the responses and my reaction in front of the entire room of like, I don't know, 150 200 students was negative, what was a negative reaction to the question about what triggered me and I, as a facilitator, kind of have to be comfortable enough to reroute and say, like, you know, what, actually, I just responded and correct myself, if you can self correct, and if you can own that, you don't know, I think that that's when you maybe might feel a lot

more comfortable and a lot more, a lot less again, less inclined to get defensive, if you're in facilitating a conversation that, you know, might be Yes, a brave one, but also potentially a difficult one even for you.

Lexie Smith

Yeah, I think to being able to admit you don't know, and being able to admit, you're wrong is one of the bravest things that a person can do that takes a lot of humility to do.

Michaële Antoine

Exactly. And unfortunately, it's not something that's common, you know, and again, even for me, and I speak for myself, I include myself in that statement, I think it doesn't feel good when you're wrong, or like when you did something that makes you feel dumb, or that you know, like, Oh, no, like, how come I didn't know that, like, it just feels uncomfortable. It makes you feel small and makes you feel like you know, all the things, but I think that the better and better we can get at doing that. Just that one thing if anyone listening can take anything out of this conversation and be okay, being wrong. Like, because it's going to happen. So and it's so important. It's so important to like keep in mind

Lexie Smith

laughing in my head because my inner dialogue just now is like, I'm pretty good at doing that in business. But my poor husband, I cannot admit when I'm wrong for the life of me. So I'm like gonna write that down. And I know he listens to this podcast, CJ, I'm going to try harder.

Michaële Antoine

That's funny, but it you know, it's common in our relationships and our work relationships and our friendships like it's, it's a common thing. It's a common thread for sure.

Lexie Smith

Hey, guys, Lexie here interrupting the show really quick to drop a note. Did you know that in a study produced by Nielsen, it was reported that PR is almost 90% more effective than advertising? Well, it is, I swear, Google it. So if you've been enjoying learning about all things pitching in sippin, I wanted to give you an official invite to visit my website, theprbarinc.com spelled t h e p r b a r i n c.com. To learn even more about how you might be able to work with yours truly to increase your influence, impact and revenue with PR. If you're not sure where to start on the site, consider booking a free consultation. All right, I'm done back to the show. I'm gonna shift to a very specific recent event. Now, when the seizure on the Capitol broke out, you posted something onto your Curios account that I found incredibly profound on Instagram. So much so in fact that I decided to share your dialogue across my own platforms rather than speaking up myself because I thought it was so well said, there was one message in particular that really stood out to me within in that dialogue. And it was the concept of there is no rationalizing with anyone who isn't willing to listen. Can you explain to my listeners what you meant by this?

Michaële Antoine

Yeah, I mean, I was watching and keeping up with and you know, taking in the seizures like everyone else, or the attempted like coup and it was uncomfortable to say the least it was scary. It was just really appalling. You know, it was just kind of like whoa, like all you know, people who claim to and that's the

kind of paradox of it like these people are claiming to love this country. And yet, this is the way in which they choose to like showcase that emotion which is just really strange, right? Like, it doesn't even make sense. And as I was watching, you know, I was thinking a lot about the work that I do and whether or not I should say anything often, you know, certain things will happen, especially in 2020 in the past year, that kind of hit home for me. And I shared that clip, because and I shared that perspective, because someone asked me once about whether and how boundaries impacted my work and kind of what places boundaries have and like, like they're all for, you know, leading into discomfort and having hard conversations and being vulnerable. But what does it mean to have boundaries? And I guess I shared that because I think I realized, like listening is my boundary, like my listening, listening is my boundary in terms of who I will and won't engage with when it comes to a hard conversation. I think that at least to me, it seemed clear that if that was the extent to which those folks went to try to, again, like have their voices heard, it's clear that we move beyond listening, because there's a lot out there already, that was kind of trying to tell people like, there's no, there's absolutely no evidence for the fear that you have, like the fear that you have is not based in fact. And I think that for me, and any conversation, and anything that's difficult, especially, listening is a boundary. So like if folks are not willing to listen and hear and actually take in the truth that I'm willing to share, or at least willing to engage in a conversation about what the truth is, then that's the boundary for me. And that's a hard one, it's a hard, very clear boundary

Lexie Smith

If you have a boundary around listening, and if you can't necessarily rationalize with someone who isn't listening, how do you get someone to listen? Or can you? Is there a solution there?

Michaële Antoine

No. And that's not the fun answer. But no, there's there's nothing you can do to make someone Listen, but you know, the work, at least I do is really focused on the kind of intersection of communication and self development. So while I cannot control whether or not you will listen to me, or anyone I engage with will listen and actually hear me and like, take it in and consider it right, I can definitely listen myself. So I can, I can shift how I choose to engage. Because if I'm going to want someone to listen to me, I obviously should lead by example. And as best as I can, as far fetched as maybe the information I'm hearing is, I can try to show up in a conversation in a way that allows someone else to not only understand that I'm actually listening, but also understand like, okay, like this person is putting their walls down, like maybe it's okay for me to put my wall down a little bit. So it's not manipulation as much as it is, like very much engaging with folks. Again, from a space of curiosity, which is what Curious is all about? Like? What questions? Are you asking? How are you actually trying to understand this person's mindset? How are you trying to understand how they got to that particular truth? And I think for me, while I can't control them, I can control again, up to a certain extent, right, because then people just want to be belligerent and mad and angry and violent. And you know, that's a whole nother conversation. But if someone's willing to talk, and I'm willing to listen, and then they're, they're willing to give that back to me, I'm always willing to engage.

Lexie Smith

So you work with brands, businesses, institutions, and I want to kind of talk about personal conversations, verse, those in a place of work. So when we look at how you might handle a brave

dialog inside versus outside the workplace, is there a difference in how we speak? So for example, are the realities of what flies ethically versus legally different? Or, legally? Can you speak up for your personal ethics? Or is the reality that if you do, so you might risk losing your job? So basically, is there a line? And how do we define it and maybe work around or with it,

Michaële Antoine

Everything I'm about to say, like, I I'm not one of them. I'm not an HR professional, but also I'm not a legal professional. So I just want to be clear that this is by case by case, right? Like you really do have to this is a lot of the work that I do is more about culture and fit and organizational communication. Right. So I think that there's something to be said, for the policies and procedures that are in place to protect us and protect our employees from what kinds of conversation they can and cannot have at work. So things like Title Nine, you know, obviously will protect us from certain kinds of harassment and certain kinds of behavior at work that isn't acceptable or things like hate speech, and, you know, we can that's a whole separate conversation about what you can and cannot say legally, like in terms of free speech, right. I think a lot of folks do not consider their personal values or ethics prior to choosing a place of work, and that sometimes can show up later on, it shows up that you like, Oh, I can't, why can't I say this? That's perfectly normal to question, you know, the decision we're making or to question the policy that is in place that says eggs like that, you know, in the grand scheme of things that should be perfectly okay. But maybe you don't find those things out until you're here in you know, so I think that the question of personal ethics versus legal boundaries is an important one. But I think that you really kind of have to, if you have, you have to kind of move up the hierarchy in a way and figure out like, what is the culture of your organization? Where is it coming from? And how malleable is it? If you're one of the leaders on the team like you can you have control and some influence on like how your culture works, and whether people feel comfortable speaking up or not, but then you're getting into like psychological safety, you're getting into a lot of kind of nitty gritty of like, how do I shift this culture so that we can have engaging dialogue, but going to support creativity, and it's going to support productivity at the workplace, etc. But it's kind of complex. And I don't know if that, you know, you're following kind of what I'm sharing, but it's, it's not a black and white answer. It's a little bit of a gray.

Lexie Smith

Yeah. And something I picked out from that, that I think is really important. I'm going to repeat it and address it from both sides of the spectrum, thinking about before you work for a company, understanding what they stand for, make sure you are a fit in from the founder side, I think that's a great reminder to make it very clear what your company mission is, what your values are. And within that hiring process. Consider that and I think actually, that's a I've hired a lot a lot in my life. And I don't feel like I've had conversations upfront that address that. So I think that's a pretty big aha. moment to have.

Michaële Antoine

Yeah. And, and sometimes well, and you know, and I've had the experience on both ends, like I've hired folks, I've fired folks, I've kind of been in the situation where I went into a company and only realized a year in like I mentioned, that was that was me that I was talking about. Realize like that the values aren't in alignment with me. But sometimes it does take like, obviously, you can work on that by asking yourself a lot of questions prior to during your search process. But you can also ask a lot of

questions of the team and the company during the hiring process. But the reality is a lot of people are going to sugarcoat you know, the the culture of things until you get there. But I think if you have it clear for yourself, then at least it makes I think that process a lot more a lot easier to deal with. And and you kind of figure it out a lot sooner, rather than, you know, figuring it out later.

Lexie Smith

Yeah. And you mentioned to not, there's not a black and white answer, and I just want to empathize with you how much I say that to my clients. I'm like, I wish I could give you a specific answer. But life doesn't work that way. Sometimes, the topic of a brave dialogue. There's there is a lot that gets packed into that. So I just want to appreciate and understand and relate to

Michaële Antoine

Yeah, I don't want to lie to you or to anyone listening.

Lexie Smith

Yeah, no, it is now in 2021. And while we can anticipate many of the same conversations to continue, inevitably new ones will surface so when a new I'll call it controversial topic emerges. How can a business or institution dissect whether and how to participate?

Michaële Antoine

I think that the whether to participate very much depends on whether or not they're doing the work internally to be in alignment with what they're about to say. So, you know, good examples of this, because I thought about kind of like for some companies that I can think of off the top of mine that seem to have just and again, this is all from the outside looking in. I don't work for these places. But Glossier, for example, beauty brand, very much in alignment, it seems with not only doing or speaking up when racial injustice has happened, but also doing the work internally to have people come in and give them trainings and give their team a better understanding of what that can what it looks like to be inclusive, what it looks like to have equity in your organization, etc. and supporting for example, like burgeoning small, black owned businesses like they are, they are very tangibly and visibly doing certain things that are going to be that were going to carry a lot of weight, if they speak up when a particular thing happens, particularly was raised, let's say or Ben & Jerry's another great example. It's like you can't be as loud as Ben and Jerry's with their perspective and not do it internally. And as far as I can tell, if you look on Glassdoor, or if you you know, look at kind of what their employees are saying about working seems like it's in alignment. And to me, that's, that's the distinguishing factor. You should never say something if you are only saying something to have other folks see that you're saying something that's just not going to get you what you want. And you're going to potentially get called out in a way that is going to feel uncomfortable, because you're not really being transparent. That's what I say, I would say about whether and I think the win is, you know, that's subjective. And I think that, you know, again, it's never too late, in my opinion, to kind of lean into a controversial topic, particularly if you have something important to say. But I do think that it's important that you're doing inside and outside work,

Lexie Smith

The phrase, the very short phrase that comes to mind as you're speaking, and I'm not saying this encompasses all that you said is maybe not just practice what you preach, but practice before you preach or practice before and then follow

Michaële Antoine

Exactly practice what you preach like practice during before, after. And again, don't be afraid, don't be afraid to be held accountable. I think a lot of companies these days, and again, to me, it's always a reflection of like the leadership, a lot of companies get very defensive companies are you know, and it's interesting, because we're working on a product to help people kind of gain a conscious sense of what their values are, and what their you know, what what a team should be looking for when kind of building this kind of culture throughout. But I think that folks are so afraid of being wrong, just like you said earlier, where we started this conversation and so afraid of being called out and doing the wrong thing. And it's like, this is life, like it's life to be held accountable for your actions. And if our if the accountability is something that you're uncomfortable with, and what are you even doing in business, you know, like being able to be held accountable is very important and evolve and change your perspective. Like you have to be flexible and malleable to that.

Lexie Smith

Yeah. Agreed. One more kind of question for you. Before we wrap things up with my standard more. We're not to say all this hasn't been fun, but I categorize it as a fun question. But before we get to that, as a conversation enthusiast, I'd love to know if you have a particular probably a lot. But if you had to choose right now on the spot, a particular topic or top few topics that you find yourself being most passionate about,

Michaële Antoine

I find myself most passionate about having conversations that talk about like, evolving our collective consciousness, like that's what so someone's trying to be a better person, or if someone's trying to, you know, nitpick at the maybe dark spots of themselves and trying to like, shift those in a way like, that helps all of us like that helps all of us if we all do that work. And that's really what I'm trying to do with Curios and why I'm so passionate about it. So that's what I would say again, like, this has been fun for me, but I know that sometimes like having these kinds of conversations is challenging. So I guess I just want to say like, thank you for asking these and I do think they're, they're important conversations to be having.

Lexie Smith

I agree, thank you for for being willing and able and open to coming in and sharing this with not just me, but everyone listening, and I really hope I'm wagging my finger at everyone listening, I hope you listened. There was a lot in here a lot to kind of unpack. So I even encourage you to re listen to this and let it sink in. Because this is some really powerful and I now have to ask and point out that this is the pitching and sippin podcast. So we've talked kind of about the communications the pitching side, what can we find you sipping So do you have a favorite beverage alcoholic or non alcoholic?

Michaële Antoine

I would say alcoholic my go to is a gin and tonic.

Lexie Smith

Okay

Michaële Antoine

Yeah. And non alcoholic. My go to is tea. Like I drink a lot of tea.

Lexie Smith

Everyone. By the way, there's I have a team producing this show. And Daniela is here in the room with Michaële and I and she can attest that we are consistently surprised by people's variety of drinks. They say we don't have a lot of crossover. So you're the first gin and tonic.

Michaële Antoine

Oh, that's exciting. That makes me happy. I feel like it's kind of like an oldie but a goodie to me.

Lexie Smith

Yeah. That's great. That's great. I love it. Well, okay, last thing, how can everyone connect with you and learn more about Curios?

Michaële Antoine

Yeah, so I'm a small business owner. Like I said, I've only been you know, in kind of operating business about a year and a half. I would love anyone's support if they resonate with anything I said. But the best way to connect with me is to find me on my website at www.curiosbynature.com. On Instagram, it's curiosbynature and that's kind of more of a community aspect of things. There's a book club and there's, you know, conversations that I host now when again about difficult topics, and those are kinds of two main ways and look out for pop up conversations. Again, I host those pretty regularly. And always kind of curating spaces either by myself or with guests to engage in some tough talks.

Lexie Smith

Thank you and thank you again for coming on and really inspiring and leading the way for us all to be brave.

Michaële Antoine

Thank you. Thank you. This is great.

Lexie Smith

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