

Host [00:00:00] Hello, everybody. Welcome to the Head of the Table Podcast. My name is Sheila Long and I will be your host for today's show. So very excited today to be here. We have an amazing guest and before I introduce her I want to let - you know - I was at her [00:00:20] place the other night and we just had an amazing time. There was a summer solstice and it was really great just a lot of wonderful things going on there. So she's really a great addition to the Malamadoe community. She really provides a safe environment, which is something that we do there as well. So I'd [00:00:40] like to introduce you to Aubrey Prague Legend. Is that how you pronounce it

Pogalne Pogalne.

Host Pogalne? Oh, good thing I verified it. So she runs on - why don't you tell us about your business and what it is that you do

Pogalne Sure. Thanks for having me. I own Ananda Healing Collective, which is located in Shorewood, Wisconsin as well just down the street from Malamadoe. And what we are is [00:01:00] a collective of practitioners that are all working in a collaborative environment to just provide healing services, and we just recently built out a community space which is the event we had with the summer solstice so that we can start to offer classes and workshops and sound healings and other activities. [00:01:20]

Host That is so neat. How did you get interested in doing that? - or

Pogalne I honestly have been really wanting to hold women circles for the last couple of years and I was looking outside of my clinic to try to find a space where I could hold circles and events and just [00:01:40] having a hard time finding something that worked with my schedule and and - you know - worked with the space that I needed and Allison who works in the clinic. She's the [sounds like] sound-view - she learned the clinic. She looked at me one day and was like - you know - we're not maximizing the space here yet.

Host Awesome

Pogalne So, um, why don't we just why don't we think about having a community space here? And [00:02:00] luckily. I have a carpenter for a partner and he built out this space originally and so it was easy for us to take down a couple walls. And I mean, yeah-

Host Relatively. Yeah, we're working on tearing down some walls here too so figuratively and physically in the building. So sometimes that yeah, but that's great [00:02:20] when you have like - it sounds like you have a great staff like yeah remember with Allison.

Pogalne Yeah

Host This helps you and then a wonderful partner who will like work with you and it's able to help you really build your business.

Pogalne Yeah. It's been a huge blessing. Both of them have been and where now we're in the phase of growth bring on other practitioners. So where we actually have a energy worker coming in soon

[00:02:41] starting in July and then I'm sitting down in the next few weeks with other practitioners and - you know - just I'm just going to go with the energy and see what shows up

Host awesome. So you're looking for more people or

Pogalne yeah, we're looking for more practitioners that want to enjoy - want to join kind of like what you said an inclusive environment where we're not only inclusive [00:03:01] within the clinic with each other - right? But we're inclusive in the sense of who walks through the door. We really want to hold a safe space. And not have any bias on age, race, sexuality, income level, anything - you know - we wish the want to meet people where they're at and serve them as best as we can.

Host That is [00:03:21] so neat. What a great model and mission it must feel so great every day just being able to realize that.

Pogalne yeah, it's it's pretty amazing.

Host Okay, wonderful. So that sounds like your kind of like the head of the table there. Like how would you define head of the table?

Pogalne Well, I mean, I have huge responsibilities being [00:03:41] head of the table meaning - you know - I do own the business and the success of the business really falls heavily on my shoulders. So right now we're really working on externalizing and marketing and - you know - I'm going to do that in a collaborative sense with the practitioners that come in but

ultimately the success of [00:04:01]
the business really comes down on my
shoulders because I run it and I'm -
you know - I am the face of the clinic
at this point. I want the other
practitioners to become the face of it
as well and it to be for us to be seen
as a community, but I will always be
the owner and the founder and I'll alwa
ys have to be working every day -
you know - thinking about this
[00:04:21] on the regular.

Host All right

Pogalne to keep it going. So it's a big
responsibility but one that I took on
because I knew I could - you know -

Host All right. Well, that's really great.
It's such a big role model for other
women too or other people out there who
are thinking of starting something and
they have like - kind of wondering the
pros [00:04:41] and cons. So you're
such a great inspiration.

Pogalne Thank you,

Host and I looked at your website. I loved
the video that you did.

Pogalne Thank you.

Host And that was just really told your
story and really epitomizes like
everything that you're trying to build
there. So congrats.

Pogalne Thank you so much.

Host So going but like how did you
[00:05:01] start this? Do you have any
role models or influencers that helped
you out?

Pogatne you know - in all honesty - you know - you were talking about being head of the table and there's - you know - I have had seven years of doing - of being in this position. I moved into that space four years ago. And I've had a lot of [00:05:21] challenging experiences over the last 7 to 10 years that I've accumulated; I've taken those experiences and said what what - well, why did I have this experience? And how can I do I how can I change this in my own environment?

Host Okay.

Pogatne So the reason I started Ananda four years ago is because I wasn't feeling [00:05:42] the safety and the environmental part of our of the business is so important to me in the other places that I was working out of not that they were bad, but it just wasn't the experience that I was looking for and I have had a lot of experiences where I didn't feel a sense of true community within - within the business.

Host Okay,

Pogatne Even though there's different practitioners and we all have our own businesses [00:06:02] and things going on - the sense of truly collaborating and truly being supportive of one another. It's something that I haven't really come across other than - you know - what you're doing here. It is going to

Host Thank you.

Pogatne You're welcome. But in the sense of like a clinical setting -

Host Wow.

Pogalne where were practitioners sharing clients possibly and [00:06:22] like really being a mission [indiscernible]. I haven't I hadn't seen that and so a lot of my experience has come together with just reflecting on my past experiences and going "Well. How can I change this?" and I didn't feel good in that in that situation and why didn't I feel good and how can I change it? So when I have the opportunity to - you know - share a space with somebody how is that going [00:06:42] to be different? How can I provide a safe space? How can I provide inclusivity? How can I provide a space where we have equal opportunity? And so that's - you know - that's really where it comes from and I do I mean I do have role models in the sense that a lot of the therapies that I practice - our practitioners that [00:07:02] really had to get out there and pave the way with their therapy and didn't necessarily have an easy way into being what they are now -

Host Awesome

Pogalne but they just - you know - they have that tenacity and they just kept moving forward and they broke down the barriers and

Host Way to go

Pogalne so that's been a good -a big role [00:07:22] model for me.

Host Yeah, that's wonderful when you just watch and see how other people did it and then it gives you a little more

courage because - you know - that
you're not the first person.

Pogalne Yeah, it's not easy all the time though
- you know - being a small business
owner and a woman small business owner
that doesn't have access to funding the
way a lot of other businesses do it's
been it's had its [00:07:42] challenges
- you know - so

Host you still glad you did it?

Pogalne for sure for sure for sure a lot of
learning lessons, but all right, but
yeah, I'm happy. I'm happy I'm here.

Host Yeah, I'm reflecting back on all of the
different - you know - trials and
tribulations I've gone through as I've
opened this business too. And it's
funny. I [00:08:02] remember I always
go to the Wisconsin Tech Council to
have an entrepreneurship conference and
at the beginning they said everyone who
you start with won't be with you and I
couldn't believe that but we're about
four - four and a half years and now
I've we've been open for a little over
two years, but it was two years
[00:08:22] to formulate the idea, which
I'm sure you understand. Right? And
it's just - yeah that just people have
left pretty much everyone's left on
good terms. It's just people outgrow it
or they're looking for something else.
But -

Pogalne yeah,

Host you just really have to like believe in
what you're doing and charge forward

Pogalne Charge forward and you have to be
willing to have the conver - [00:08:42]

the hard conversations with something's not correct - you know - which that's part of I think the big part of the learning and the growth that I've had - had to have a lot of difficult conversations. And it's just made me a stronger person for it.

Host And I think people respect you too. And then they know where you're heading and that's helping it makes [00:09:02] you a better leader and a better role model.

Pogalne For sure

Host There's definitely a better manager and that's really what we're that's what I'm trying to build is more women who are stronger leaders and who are managers that are more forthcoming with what - you know - information that needs to be shared just so that everybody [00:09:22] can grow in a professional setting.

Pogalne Yeah,

Host and for yours, it's so cool because it's like faith it's healing and just things that are really going to improve their life overall. So do you have any like really great accomplishments; sounds like your whole business is an accomplishment.

Pogalne Yeah, I mean definitely Ananda when I look [00:09:42] at it. It's my greatest accomplishment alongside of raising my five-year-old son. Yeah - you know -

Host that is great.

Pogalne So that's been a part of my path to is - you know - work-life balance and

