



2021 IN REVIEW:

SELF DISCOVERY AND SELF CARE

By Zac Hayes

21 December 2021

We are at that point of the year again where everyone is taking a step back to see how far they have come over the past 12 months. For many of us, the step backwards is a little bigger, and we are taking into account the events of this year and last – as most of the goals we had set ourselves just were not obtainable in the year 2020.

In my career and as a business owner, I can honestly say that the last couple of years has been incredibly successful. I have seen the growth of my team, both in size and in their professionalism, skills, and determination. Personally, however, the end of 2020 saw me at my own rock bottom. I was overweight, burnt out and not myself anymore. I was struggling to give the people around me what they needed from me, because I had nothing left. I felt like I was failing.

I have always spoken about the importance of mental health, but it's so easy to advocate for something for others and forget to prioritise yourself. I wasn't a priority for myself – and I realised that I needed to make some changes.



In May 2021, I made the decision to move to Brisbane, to begin expanding The BWC. I didn't know whether the change would be temporary or not, but I knew that in order to become the leader and business owner I have been in the past, I needed to make personal changes as well as professional.

In the last 8 months, I have found myself again. I have lost close to 35kg, navigated a divorce, moved 4 times, and have connected with some like-minded professionals that have encouraged me to continue growing and bettering myself. Nothing about the last year has been easy, but I can honestly look back on this year and love who I am because of what I have been through.



I am unbelievably proud of the team that we have across The Business and Wealth Collective. Over the past 12 months, each individual member has shown determination and resilience during times of difficulty. COVID has taken a strain on all our lives – and each day, they show up, hustle, and continue to represent me and our values within the community. For the support and patience, they have shown me over the last 12 months, I am so grateful – which is why I can take a step back and know that the ship we have built will sail smoothly.



For those that know me well, I love to travel – and the last couple of years have kept my itchy feet very firmly on the ground. But now that things are opening back up again and we are learning to live with the virus, I have decided to finally take my long service leave – which just so happens to coincide with me turning 30. In 2022 I will be taking some time away from the business and travelling Central and South America for over a month. But don't worry – I will be back!

2022 will be a year of change and growth in The Business and Wealth Collective. We have several exciting announcements coming early in the year and are excited to share them with you. Before heading away, I am going to spend some much-needed time with my family and friends and enjoy being home before setting off! I hope your Christmas is spent with those you love, and that you enjoy a rejuvenating New Year before heading into an amazing 2022!

The Business and Wealth Collective is a finance, business and advisory group. To find your nearest team member, call us on 03 5849 1661.

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