

Episode 21 Women Supporting Women

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SPEAKERS

Jen Marples

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I just want to go a little deep into this women supporting women concept because we need to do a better job. We need to do a better job because we are the answer we have been waiting for. In current times, if we can band together, if we can support each other, lift each other up, lock arms, we are going to go farther faster, it's going to be better when we're together. And when one of us rises, all of us rise. Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turned business a life coach and motivational speaker dedicated to helping female entrepreneurs achieve the business in life they desire in their 40s 50s and beyond. Each week, I'll be bringing you conversations with incredible women who are rocking entrepreneurship and taking courageous action while also dealing with all that midlife entails. I'll also be dropping in solo every week to share thoughts, advice, tips and tricks that will help you live your best life. If you are thinking about pivoting in your career, starting a new business or looking for a second act. Stick around as I guarantee you will be inspired. And know this, you are not too fucking old. Hello, and welcome to the Jen Marples show everyone Happy Monday. Today, I want to talk about my favorite topic in the whole entire world. And that is women supporting women. That is what I'm all about. And I firmly believe this world would be the most amazing place if we got out of our own way. And we just supported each other full stop. So I'm going to go on a little rant and roll and rave and it's all going to be good hang in there with me, ladies, I just want to go a little deep into this women supporting women concept because we need to do a better job, we need to do a better job because we are the answer we have been waiting for. In current times. If we can band together, if we can support each other, lift each other up, lock arms, we are going to go farther faster, it's going to be better when we're together. And when one of us rises, all of us rise. When we see one woman be successful, she is opening the door for another woman to be successful, and so on and so forth. So just want to get into this a little bit today. And leave you all feeling empowered to empower. Yes. Okay. One of the things I want to talk about is how it starts when this whole concept of empowerment starts when our kids are young. And I just had this recent situation where my girls they had a best friend had. Well, it's in repair right now. But they are dealing with a situation where we've all had it happen to us. And if you've got young girls, it's probably already happened to you where the best friend stops talking to them. And quite frankly, was being a little bit

mean. And they didn't know how to deal with it. And so we sat down to talk about what was going on. And I decided to speak to the mom who was a dear friend of mine. And I said, you know, I would want to know if my girls were not speaking to somebody all the sudden under try to understand what was going on. And so I did talk to her. And we sort of hashed out a plan, we agreed that we want to empower our girls to be able to, you know, if they want to expand networks, that's fine, but they don't need to leave anybody out. And this is really all about sort of opening up the circle of friendship and welcoming more people in versus needing to be harsh and drastic and leave people behind and go off to find new friends. So this isn't about us meddling into the friendship and saying that they needed to be best friends and have the situation be what it always was rather giving them the tools now to go well, if you want to expand your network and you see other friends, and that's perfectly fine. But we don't need to turn our backs on our old friends. So you know, so far, so good. I know, you know, my girls are 14, they're in a time of expansion. They're all about to go to high school. It's one of those pivotal moments. And I said I need to take this opportunity to not only bring the awareness to them of what's going on and give them some tools to deal with it. And also explained to them that the world is richer and more vibrant when we actually expand our circle and allow more people in instead of sort of putting our all of our eggs in one proverbial basket, which is what a lot of girls like to do. They'd like to be very have these small groups and they'd like to exclude. I have done some research on this and it goes back to sort of caveman times of aligning yourself with the right group. that you think will keep you safe, you know, from lions and tigers and bears, but we don't need that anymore because we don't live in those times. So it's kind of just breaking down those natural tendencies. And I don't know, it's really fraught. And it's really, it's a tender time that I said, Okay, this is a really good time to put this women supporting women concept into play at a young age, because that's when it begins. So we need to start. Now we need to have all of our girls be empowered to make good choices, and to be expanding these circles and not to be exclusionary. And this is not about being friends with everyone, but you absolutely in my house, you have to be kind to everyone. And so getting these tips and tricks and tools in their tool belt early, is going to prevent a lot of what happens later in life. And that's just like that exclusivity. And you know, keeping circles tight and putting women down, like we just need to get over it, we have to do so much better. So that was a really important bit that came up, I said, Let's really be mindful of how what we're modeling for our girls, and all the young women behind us, and see if we can't do better and give them the tools to make good decisions and be inclusive. And look at everything is an opportunity. Like we are a sisterhood like we are not about putting people down we were about lifting others up. So that was a real interesting point. So that's just kind of point number one, let's start and be mindful and look at our girls look at the kids look at the generations behind us and see what we can do to help them navigate this better. So we can kind of eradicate the BS that's out there of us not supporting each other because we don't want to do that anymore. Number two, let's do a better job, everyone, let's not judge other women, let's not gossip, let's not judge somebody for how she's parenting or the choices that she's making. Everyone's doing the best that they can. And even if you think they're not, it's not it's not your place, it's not your place to pass judgment, every one of those little judgments or those old gossip sessions, it just disempowers us. It really does. So when you are, you know, involved in, say, a conversation and some women wanted, they decide they want to talk about another woman just try to change the subject, you'd be the one to make the change and to rise above and change. No one knows what anybody's going through. And it's really so 1982 Like, let's not do this anymore. There's so many we have so much other work to do in this world to rise up. And we all want to be at the executive tables,

we all want to be making the same money as men, you know, you should listen to me you're not to fucking all like, we got shit to do. We got to like, we got to work, we got to find our dreams. We're raising kids. We're doing all these things like so let's understand and appreciate that everyone is doing the best that they can. And let's not judge, and let's not gossip, because it really, I mean, what does that get us maybe have a little hit of like, Oh, I feel so connected to somebody, but you're actually not. Because you're feeling connected to somebody at the expense of talking about somebody else. We've all been guilty of this. I'm not saying I've never done it. But let's do better. Number three, let's make a concerted effort to really be supportive of our friends, and connect with our friends, and especially our friends who have businesses, let's go out of our way to support them, check in on them. Even if you're not going to buy anything that she's selling a service that she's providing, you can still check in on her, you can send her a text, Hey, I see you great job like way to go. You can say hmm, gosh, I saw you started that new business like way to go. I know you've been thinking about that. Those little things add up to so much. So don't underestimate that. And or go out there and actually talk about their businesses or see if you can make a connection for somebody. I do this all the time for friends. And actually people know me as the job. It's no surprise. But as the oh, I'm looking for a new job, I want to start a business. They're always coming to me and I'm happy to be in that role. I just dropped everything the other day to help somebody with a resume because she wanted to apply for a job and she's at midlife. And so every single word mattered. And I was happy to do that for her. So just look for those opportunities to help your fellow females out there especially because right midlife especially with businesses and all of this it takes so much work to do all of it. So let's just be really mindful that we are making the effort to support other women in business. Number four, let's lead with love and not judge by had two things come up recently, where they were like little I want to call them microaggression sounds really horrible. But it was just like a little micro dig let's just call it a micro dig veiled under some empowerment language. So it was something small I just taken a picture with some of my board members at a party and a gal that I used to be good friends with but don't really speak for that much anymore. Just ping each other on she pins on Facebook every now Again, and she sent a note made a point to send a note to say, Oh, you are so powerful, blah, blah, blah, you don't need to be posing, the way you are posing in a photo. So she was equally in the same breath. She was saying, Wow, you're so powerful yet I'm judging you, because of the way you posting a photo. And it was basically kind of that traditional sorority photo with some women in the back. And I actually directed the photo and we I was in the front kind of that sorority photo with the hands on the knees, just because we had a small frame, and we needed to fit everybody in. And it was it was a functional thing. And I loved the photo. It's great. We posted it everywhere. Who cares. So the point I want to make is think about those little like, by you saying, Oh, you're so powerful and great, yet, I'm Judging You by how you're showing up in the photo, like don't bend your knees. Well here, what I'm here to tell everybody is, I don't give a shit. I don't give a shit what anybody thinks about how I'm posing in a photo. And it's disempowering to send a stupid little note like that, because it's just this little disempowerment thing. Think about those things that happen. Are you saying those things? Are you receiving those things, you don't have to take it. So think about that, if you've been called to say something like that to somebody, because it's not empowering. But another thing that just recently happened is I met someone, we had joined a lecture together. And then we connected on Instagram. So I didn't really know this person, except that we were going back and forth and had a shared interest in this lecture topic. And so I was following her. And then I realized one day, or saw one day that she had posted about everybody, what do you think about women who swear

and blah, blah, blah, and she was going on about how can people make points without swearing? And of course, I was like, well, the tagline of my show is you're not too fucking old. And okay, whatever. I don't know if it was directed to me or not, I don't really care. But the point is, again, going out. And this is somebody who was classifying herself as a female empowerment type person, for women in life. So it was very, was very off topic from the content that she was normally posting. And so then I started reading some of the comments, and it opened up this Pandora's box of judgment. And I was horrified. So all of a sudden was like, yes. Why can't women just not swear? And then it was like, gosh, I work with somebody, and this woman, it was my boss, and she has tattoos and she swears, and it's just so awful. So it just it was like I was horrified. Looking at all these comments, everything was like, just taking stabs at women, boom, boom, boom, boom, boom, I'm like, Oh, my God. So I quickly deleted her blockchain just got out of that world. Like, I couldn't get out of there fast enough. And I'm like, what is it women? Like, why do we do that? Why do we have to pass judgment? It's like saying, Can you believe she wore like shorts? And she has cellulite? Or can you believe that she has pink hair. And she's like, 60, and she's a lawyer. Shit, every time you even think something like that? It disempowers women, even if you don't say it out loud. So really think about the thoughts that come into your head, I get really fired up about this. And I'm constantly shocked if people come up to me and go, did you see so and so I think maybe she had a facelift? Or did you see so and so and blah, blah, blah, who cares? You guys, everyone is living their life, she had a facelift, if that's gonna make her feel better, great. It doesn't it's none of your business. It's none of your business what anybody does. So let's all lead with love, and not judge. Another point I want to bring up is that we need to really look outside of ourselves, we need to look outside of our circle, and who we are always with, and look to see how we can lift up other women, though, that are outside of our traditional sort of networks, because we need to be doing that with our own networks. But I have always been involved with nonprofits I have, my mom has, she was sort of the leader in that for me growing up. She's She's a great role model. So I've always been doing nonprofit work and always been giving up my time throughout the years. And now I'm on the board of the sparkle Foundation, which is based in Northern California, and we help struggling single moms who have fallen on hard times. And so of course, this causes near and dear it fits with my whole mission in life that you know, I know I come from a place of privilege. My parents love me, I got to go to college, and I am an educated white woman. And so that comes with a lot of responsibility. I cannot sit here and not try to help others. I'm very, very fired up about this, that if you come from a place of privilege, we need to be better and try harder to help lift others up. And I looked up this quote that I've seen bandied about and I think it was John F Kennedy. I found this on the interwebs. If I got it wrong, I apologize but I did a little research. So the quote is for of those to whom much is given, much is required. So that basically means that for all of us, I'll speak For myself, I was given a lot, I was given a great education, I had a loving home, I am educated, and I have been able to hire women. For my businesses I've been, I've been able to hire other women assistants, I've hire women, only basically to support my business. And then through the sparkle foundation of my nonprofit work, I dedicate a lot of my own time, money resources into supporting women who need help. Because ladies, there are for all of us who yes, our day to day lives might have some challenge, but you really don't know challenge until you, you look at a lot of the women who are you know, they have been widowed, they are single moms or the husbands have never been involved. And they've got multiple children, and they're working minimum wage jobs. And they're just trying to make ends meet and they need a boost. That's where I put my time and effort, you all can figure out where you want to put your time and effort. But I think it's very important to look

around and see how you can help. And it might be a dress for success. There's so many charities and things to get involved with that, we need to do a better job of lifting up the women who do not have the resources to help themselves. It's our duty to do that. I'm going to bang that drum really loud. I'm very proud of the sparkle Foundation, the board that I'm on, and the incredible work that we do there. So you guys can figure out for yourself what that is. So you can tell I'm very, very fired up about this. So we just need to do a better job in general, because you know what? society wants to pit us against each other? And no, no, no, we need to be locking arms and be working together to make the world a better place. And to support all of our friends, all of our colleagues, everyone, everyone in our network and outside of our networks because we're stronger together. You all we are so much stronger together. We're going to go farther together. We're going to change the world together. We're parenting together. We're doing everything together. Let's do it. What do you think? I just get so fired up about this. This is the way out the only way out of kind of the muck we've been in the past couple years. And what we're dealing with ageism in the workplace, just you know, getting our equal seats at all tables and taking all the other women with us as we're grabbing those proverbial seats. This is what we need to do. I know this is going to be my life's work. So I bid you a wonderful Monday. And just really think about how you're going to support your fellow woman today. All right, I love you all. Have a fabulous day.