

Episode 52 – When We Remember We All Need Support With Roe Queens Transcript

[00:00:00] Hi everybody. Welcome back to this life of ours. I'm Coach Emily B your host, and as promised today we have a guest. Uh, I have recruited, invited, offered an opportunity to one of our members to come to the mic and share her experience with you. Um, she has an experience that really is not that different from most members in Birch and Stone.

But perhaps you might look at her from the outside and think she's doing an over there, she's a coach. Does she need support? She supports me. We, we see leaders all around us, and we see people who are guiding and supporting and offering help. And I think it, it can, we can lose. Where does their support come from?

What do they do for support you all? We all need support. Every single one of us, even the person you see walking down the street, that just looks like they have it all together, they need support, and they likely access support somewhere. [00:01:00] I think the more together our lives are, the more support we probably have.

Strength isn't about doing things on your own. It's about recruiting, support, finding what's right for you. So with that, uh, we're going to take a, a quick break just to do our fun little jingle. I hope you get up and dance a little bit. I always find a little pep in my step when the, the Life is Ours song comes on and plays.

So let's get into it.

We are back and I have the honor of talking to and, and learning from Rosemary who many of you know as Roe Queens and we get to know today. This is the first I'll hear of it, which does this Roe Queens name come from?

Maybe you've seen her on Facebook or Instagram or TikTok or maybe you've seen her in a local studio. Maybe she's been your support. Maybe you've been a member alongside her at Birch & Stone and you've been impacted by her. Today. We get to hear her story. Hello to you, Roe. It's great to have you. It's great to be here, Emily, and let me tell you, it is truly a privilege and honor to be here with you.

Thank you. I, I got you. [00:03:00] You seem to be my outsider looking in when I look at your social media. You seem to be a woman of influence. A woman who likes to motivate people, a woman who honors her word. Tell me about you. Who are you? What? Who is Roe Queens? You know me so well. You know me so well. Well, you must share yourself so well then.

Yes. Yes. Well, you know, I. My name, Roe Queens came about in 2015. Well, 2015 I retired that I would say from the city government and I was in the transportation field, highway, bridges, and roads. So this is New York City. You are? New York City, New York City, department of Transportation. And I was in the highway, bridges and Roads area, not the Mass Transit MTA Highway, bridges and Roads.

'cause a lot of people get confused with that. Mm-hmm. With the transit. And I was director of community affairs. So I used to go to a lot of meetings and [00:04:00] there were more than one Rosemarys in the agency that I worked for. So I particularly not only worked in Manhattan, but then I was in Queens and I was executive assistant to the borough commissioner of Queens.

And everyone would know me as well, no called Roe from Queens, not Roe, from Brooklyn or the Bronx called Roe from Queens. And that's how they knew me. So. That was my email handle. Okay. And I kept that. And I kept that. Everybody knew me from Roe Queens. It suits you. I have to tell you, before you and I had the opportunity to actually meet and I got to see you on a workshop, members first were like, Roe Queens is here.

I was like, who? Who? I feel like we should lay out the carpet, who's Roe Queens? And you all, this is so true. I mean, the way you come into workshops, Roe. You come in ready to receive and ready to give. That's what I see from you. You're ready to [00:05:00] support and you're ready to take what you need for support.

And I think that's something that leaders can have a hard time doing, finding support, and allowing themselves to access that support. So I do wanna know what allows you to do that or how do you do that? But before we get to that, I wanna know what do you lead? What do you do in your personal life? Well, in my personal life, I retired in 2015 and I said to myself, I had to do something.

I, I'm not a woman that can stay home. I'm on the go. I was always on the go traveling and in fact, in fact, I was involved with the union. I was a union representative for the social services employees Union local 3 7 1. We used to handle case workers, social workers, community coordinators as myself and I used to travel a lot.

And this was in retirement or be, no, this was before retirement. Okay. Well, I know was always involved with community. Yeah, a lot of you [00:06:00] all retire and then you go get jobs and then you go get busy and you're hard to pin down. But you know, when I retired I was on the, in the Retirees Association, Uhhuh VC 30 seven's Retiree Association, and I was the Associate Political Action.

Vice President. Where'd you get your drive? I think it's my, my dad. May he rest in peace. Mm-hmm. My dad was very involved with things. He was American born but raised in Italy and he was involved in politics even in Italy. So I get that drive from him. He motivated you. He, he really, and he still today, he, I get his vibes that he's motivated me more.

Yeah. And a fighter. And a fighter for rights. Mm-hmm. For a good reason. A good cause. Yeah. What are you working on right now? Right now, actually currently I'm working with the Department of Transportation volunteering. Um, I belong to the [00:07:00] Leftist Liberty Kiwanis. Mm-hmm. And what I'm doing with them is we serve the community of children and all safety education program.

That's what I'm currently doing. And that's one of the projects that I worked with DOT, was reaching out to the community. And Kiwanis thought, Hey, this is a great idea. You know, maybe we can bring them down to the schools. And that's what I'm doing. There's a local PS 63 school that I went to an elementary school and we are working now to, to have a meeting next week with the principal there of having the staff, the DLT staff come down and do a safety education program.

Love it. So just still contributing, still offering. All the time. All the time. You know, I am very blessed that I was working for the city government 35 years. Mm-hmm. And to be able to retire at such a young age. So this [00:08:00] is my time to give back and yeah. This is not just with children, this is for adults and seniors also.

Yeah. Yeah, and that's one of the things I wanna do next is go to like a senior center and, and do some sort of training for them also. I love it. Where do you get your motivation from on a day to day? I know your inspiration comes from your dad, but let's say you wake up tomorrow and you just feel like, ah.

I just feel a little down or I feel like I don't know if I have the energy or maybe it's rainy and I just kind of don't want to. How do you get into action? The first thing I do in the morning is I do my daily prayer. Um mm-hmm. That inspires me in the morning. And um, then, you know, I also see that when I do these things, I'm helping the community, I'm helping friends of mine, and I make them laugh.

Yeah. And the little things that I do for them makes me [00:09:00] happy. Mm-hmm. So it contri, it's full circle. I contribute. Just contributing. Yeah. And that fills your cup back up. Yes. Yes. Wow. Gives you purpose, you know, and that's one thing within birch and stone, a lot of people are tossing this word around right now.

Purpose. What's my purpose? What am I here for? What am I doing? This actually makes me think back to the fall retreat where. When we first got there, there was a, an excitement and a happiness in the air, but there was also a bit of a tension and I was trying to figure out where's this coming from? And it ended up being, when I gave people permission to not need to leave with something, like, just be open to the weekend.

Don't feel like you have to leave with some profound thing that you figured out this weekend. Everyone started to relax and their takeaways started showing up. It's like, oh, now here's what I'm here to learn. When we go in and we can just be open to what's available, I think what's available finds us.

Right. So where [00:10:00] are you, where are you finding this motivation on a daily basis? I find this motivation from the people that I speak to every day and try to motivate. Yeah. When I see a smile on their face and then they say to me, Hey, Roe, you know, I needed to hear this. Yeah. It's so important and it makes me feel good.

Mm-hmm. This is just what I needed to hear today. Mm-hmm. There is impact in that, isn't there? Very much, very much. Yes. We can think, especially in times, like right now, we can think that, oh this one action's not gonna matter. Or saying this one thing not gonna matter, or in our goals, doing this one little thing that won't even matter.

Yes, it does. These little things that might be little effort on your part to say this sentence casually makes a big impact on the person that was in the right place at the right time to hear it. And you put yourself in those positions to be able to offer that. And you know [00:11:00] what? Even my simple posts that I put on, mm-hmm.

Mm-hmm. The comments that I'll get from people. Thank you so much. I am so happy. This is, I really needed this. Okay. Tell me more about that. Tell me about the motivational work that you do with others, not just, yes, you motivate yourself and yes, you're inspired through your dad, but then what are you doing on a daily basis or a weekly basis where you are motivating other people to show up for themselves?

Well, basically what I'm doing is that I'm, I'm actually teaching them to have self-confidence in themselves and in order for them to get out of the rut. Mindset to stay positive because it's

all in the mindset. If we are not around positive people, our mindset is not going to be positive. Yeah. So, and I tell them, listen, you have to get out there, you have to join things.

You have to be involved in things. Find something that [00:12:00] you like to do. You know, we can't say that we don't have time because we do have time. We get up in the morning, we should be thankful. We get out of bed each day. Let's do something for ourselves. Find something, whether it's coming on Birch & Stone, getting in the workshop.

Inspire someone. Maybe something that you're going to say at a workshop is going to really help someone. Or even volunteering yourself somewhere is going to help someone do something. Find something that you like. Don't stay home. Don't be in a rut or go to the gym. Move a little. You said you have to be involved in things.

Yes. I think this is so crucial you all, when we're involved. Meaning being an action, being out and doing the thing. It can feel like we're involved in something. If we're home and we're planning the thing, it's like, yeah, I'm involved. I'm part of [00:13:00] this. I know what I'm about to go do. That's very different from actually walking out your door and doing the thing.

So bring yourself out to places where you, you are involved in a way that. You're communicating back and forth with each other or you're putting yourself in a room on purpose where you are not gonna know everything. That's how you learn. That's how you grow. Absolutely. Absolutely. I couldn't agree with you more and that's how I learned Uhhuh.

That's now whatcha working on? What are you learning? I'm learning now that more and more I'm enjoying what I'm doing and, and I wanna do more and I wanna do more. I enjoy every day's a learning experience for me. Yeah, you all, do you feel that just expansive mindset there? Every day's a learning experience for me.

I enjoy what I'm doing. I want more. When we wake up and we check our thinking and we find those as our thoughts, that's a good day. That's about to happen. [00:14:00] Absolutely. Absolutely. Absolutely. I, I think I had mentioned to you that, um, researching on doing a podcast for myself. Yeah. Tell me. 'cause that's another way to open up a communication and I want it to be inspirational daily, you know, inspirational.

Whether it's a quote or something. And I wanna, I'm working on that now. I'm, I'm, I have someone helping me to get me started. I think that's fantastic. It's, it'll be fun. It'll be good. You're showing belief in yourself. You're showing belief that, wait, I do make an impact. When I'm able to get out there and my voice can be heard, it impacts people in a way that I like seeing That feels good.

To see that I can create that impact in the world and I want more of it. This is, you're striking me as someone who's not afraid to live. No, I'm not. You're just out there doing the thing and no one should be afraid to [00:15:00] live because we should be blessed that, again, we'll get outta bed each day.

Mm-hmm. Mm-hmm. And we should be thankful and, and live your life to the fullest. What if we were to, to lower the bar, to, if I just wake up and get up out of bed? I've done enough, like I am completely worthy. If we could lower the bar to that, would it allow us to step into our life and say, okay, I've got nothing to prove today.

I've already done everything I need to do. I've woken up and I've expressed gratitude for being in another day. I'm here to soak it up. I'm here to contribute. Would that allow us to get out of that? I think we get stuck in all or nothing thinking if I don't have a perfect purpose or if I don't have the perfect plan, or if I don't know all the steps, then I better wait.

I actually talked about this on the live this morning. Mm-hmm. Many of us are living through waiting. You know, you're right, you're right. Why are we waiting? Let's, let's do it now. Far from the moment. From the moment. Yes, bro. When I do my [00:16:00] next New York City meetup, we have to meet in person. I would love that very much, and I really would love the idea that you do come to New York.

I do. I even drove the streets of New York the last time I was there. Oh, wow. So I'm gonna bring it to the Borough Queens, so you can see where Roe Queens is. Yes, please. I wanna go right to your workshop and say, hi, I wanna meet all these people you inspire, which I will say that I wanna, let me just say it out loud and on the recording and for everybody.

Yes. Roe does work for WW. Yes, I used to work for WW, but here's what I want you all to hear. This is not in competition at all. When you, if you are a member of WW and you're a member of Birch & Stone, you are getting such a wholesome, supportive network thrown at you from so many different angles. I think they're so complimentary of each other.

What happens is, and this is the human brain and probably a little bit of business and [00:17:00] politics, but the human brain comes in and says, wait, wait, wait, wait, wait. We're competing. There's not room for everybody. And that's fear. There's fear of missing out. There's fear of not being enough. There's fear of being discounted.

What I want you to hear from the coach's perspective, this is, there's not enough support out there. We need more support. We need more platforms to open up. Even you launching a podcast, I could easily say, oh gosh, there's more competition. Another podcast starting. That's not at all my first reaction. First reaction is, yes, go spread your voice, because we all have, we're going to speak to a certain audience.

As our best self. We're going to attract people that really are aligned with what we are thinking and doing and believing and working on. That's the same for WW, same for Birch and Stone. Both companies working on amazing things, both companies doing incredible work. Both [00:18:00] companies. There's plenty of people that need the work and plenty of people that could be participating in both companies and be supportive of one another.

I totally agree with you on this and, and it's an excellent point that you bring up. But I also would like to add about Birch & Stone is that, you know, it has so many different workshops we have. Mm-hmm. And one of the ones that I've been on, there's other ones also, is the grief and growth. Yeah. I couldn't have joined Birch & Stone at a better time.

Yeah. You know that my father, excuse me, my father had passed away. Mm-hmm. Mm-hmm. I didn't know what grief was until I went into that workshop, so there we go. Yeah. It really set my mindset to cry. I was able to cry. I had no emotions about, I didn't know what grief was until I came on. See? See, that's the [00:19:00] difference there.

Yeah. And together it all works together, right? Yes. So you're learning about your food, you're learning about mindset. You're moving your body, you're doing all of that with WW and that's fantastic. And then when you get to the point where, wait a minute, there's still this

feeling and maybe I wanna eat over it, or maybe I wanna do something else over it, how do I, what do I do here?

I. That's where, oh, this class at Birch & Stone, Grief and Growth, this might help alleviate that feeling by helping me understand where is this coming from? It doesn't mean, now I'm gonna stop tracking. Now I'm gonna stop going to WW workshops. No, this, thank you, WW, for leading me to, oh, this might be called grief.

Now I know. I'm gonna log into grief. And, and learn more about this. Wow, this works together. Now I'm understanding more about myself while still having the tools and structure of tracking and accountability. Absolutely. And I also learned, you know, the [00:20:00] fact about the mindset, again, that's so that was always so important for me.

Without my positive mindset geared in that direction positively, I wasn't gonna lose weight no matter how much I can track food. Measure my food. It's all in the mind. And I needed to find out why I was so angry all the time and upset. Why do I get upset with people when they say things to me? You know, just let them as Mel Robinson, I love her book, the Let Them Theory, let them do what they have to do.

And I was taught about this. Yeah, why am I angry now? I know why, because. So many people were torn about that, right? They're like, let them, I'll tell you, I'm not gonna let them walk all over me and let them do this and let them do that, which then brings in the, yeah, and then let me, and that's where your choices come in.

That's where your decisions come in, and that's where the mindset comes in. What am I making it [00:21:00] mean that they're doing that? Right. So many of us, and you're learning this in Birch & Stone every time you log into a workshop, so many people, right? We think, and we're just by nature, I think we're kind of conditioned to believe this.

We think that what we're feeling is because of what's happening. So maybe it, is it raining again now? Yes, it is. So maybe I would think that, okay, it's raining and so now I feel depressed. I don't feel depressed because it's raining. I feel depressed because of what I'm making the rain mean. I'm making the rain mean

oh, I can't go outside and walk the dogs now that has me feeling depressed. Someone else could look at the rain and say, yes, walk the tulips and they're gonna be feeling excited. And that also is not because it's raining, it's because they're thinking this rain is a good thing. It's watering my flowers.

Our thinking is what creates our feeling, and that's what you're learning right now is wait a minute. I have control over [00:22:00] this. Yeah. Yep. 100%. It's not just I, I do not like the saying it is what it is. No it's not. It is what you think it to be. Right. And that's not woo woo. That's just our brain looking for when we say, I say this all the time, what we tell ourselves, it describes what we're seeing around.

But it also is a prescription for your your brain for what do I do next? What do I do next? So if I look outside and I see, oh, it's raining. I don't like the rain, my brain is looking for, okay, what do we do that doesn't include rain? She doesn't like the rain. Right? So it's prescribing my next move to me too.

So also I wanna mention about Emily with Emily does with the music. Emily M yeah, Emily. Yeah. But the music is incredible. I, you know, you never really, I've never realized how much music can really help us? Oh my gosh, it's the moods, our moods, and all that [00:23:00] class. Let's put a plug in please for Grace Notes with Emily M. You all,

if you know Emily M maybe you've seen her in a Zoom square before and you've not seen her behind a mic. You have to log in. You have to log in, and you have to see Emily M in action as a coach and as a lead in grace Notes this class that she teaches on Tuesday mornings. It is a brilliant way into your feelings.

So many of us, we don't wanna feel, it's like, uh, Uhuh. No, I know. Like if I were to just say, Hey, let's talk about the passing of your father, it'd probably feel like, I don't know if I wanna go there. Right, right, right. If instead, I just start playing like, hallelujah. And I let this music start playing.

Your brain is gonna take you to where you need to go, and it might take you right to your father. Right. And now that, that helps zoom you into, oh, here's where my brain is at, here's where my thinking's at. Now I know what to access coaching support on. [00:24:00] Right. It's, gosh, it's such a powerful, thank you for mentioning that class.

Oh, no. Of course. Again, I'll say that the, the, the coaching skills are, are really amazing and it's very unique. Every coach has a, a unique style Yeah. Coaching style and. Yourself, coach Dani. Now we have Coach Patrick. I need to get on his and see coach, meet coach Patrick, you know, and Coach Beth and Rebecca.

I don't wanna miss anyone. All of them are just really wonderful. You know, everyone has their unique style they bring into a workshop. And what I love, what Emily, Emily did with her music, she'll go on her social media page and say, Hey, what music do you wanna hear? She'll say that. And I said to her, how about Saturday in the park?

She goes, I love that song. That's a great song. The spring is coming. It's time to walk in the park. Let's play Saturday in the park. It's so fun. It's like you all, if you are needing a group of [00:25:00] people to just kind of do life that. I mean, there can be days where you feel like I'm great, I don't need support.

I bet if you've been logging into Birch and Stone or WW, if you've been logging in and you've, you've come to know people. It becomes so concrete and such a part of your day that moves you forward, that you look forward to, that you learn from. It's like there's people all over the US now that I'm like, I wanna know, Hey, how'd that go?

How'd that go? How's your hair cut? How'd that conversation go? Did you make it to the bat mitzvah? How was the wedding? How's that trip to Italy coming? I there so many lives that we get to be a part of, and I think that energizes us. I mean. It has to because it's exposing our brain to so many possibilities.

And when we stay tucked in this little corner of our little worlds, wherever we are, we don't, we can't see above the skyline. It's like, oh, we're just stuck in this little bubble, right? This virtual world in-person is so important, [00:26:00] and that's why we do these meetups, but virtual it allows you to see beyond the mind's eye, and I think it opens us up to this possibility of what's out there in life.

And I'm gonna mention, um, also Coach Dani. Mm-hmm. She does the care for caregivers. That's so important. Oh, yeah. The caregivers that, so there's another class, you all mm-hmm. This is I love you, Roe I'm like, I wanna I love you too. That's why I'm so happy to be a part of this group. I wanna learn all about you and you're like, you all, you need to learn about birch and stone.

So we're gonna get to roe in a moment, but yes, we have have a class on Saturdays as well called Care Without Collapse. Many people are caregivers, right? And not even like that's your title. Just you have another title, a full-time principal, a full-time counselor, a full-time firefighter, a full-time.

There's so many positions, right? Or maybe you're retired and you wanna do your thing, but you've found that now you're in a position where your parents need care. [00:27:00] Your adult children need care because they're in a different situation. Or maybe your health took a turn that you weren't planning on, and now you need extra care.

This class is a place to learn how do I, how do I show up and offer care and give care to myself without the collapse of overwhelm and exhaustion and just being buried by your feelings? Mm-hmm. Yeah. That's, that's a class I hear feedback on every single, and it's important for everyone to know. Very important, very important aspect.

And you know, if every people wanna know who was really Roe queens, you know what, I'm the real deal. And I'll always say that I'm the real deal. I'm me. You know, I'll say it as it is, but for a reason. You know, say what you mean. But don't be mean. Don't be say what you mean. But don't be mean. Don't mean, yeah.

Yeah. I dunno. Do you have a mean bone in there? Not really. Not really. That's right. Not, not really uhuh. [00:28:00] You know, some people could take my kindness of a weakness and that happens with a lot less. Yeah, I bet we could not but strongly. You know, we're strong. Yes. And I bet the more you learn about boundaries, the less that happens, the more we get to protect our own strength and not let it become a weakness.

This is for everybody, all of you. Your strengths can turn to a weakness if you overuse them. So if you're working 60 hours a week, if you're exercising five, six hours a day, if you're anything that you are overdoing, bring it back. Bring it back to a level that's maintainable, that's sustainable, that you could picture yourself doing at age 95.

If it's a no, stop now. Adjust, pivot, create an existence that you want to be part of that you're excited to wake up into. Not that you have to keep up with. You designed. Right. Do you, it's something else I didn't mention about my Tiktoks.

I get [00:29:00] people that say, Roe, you're crazy. Whatcha doing? And I say, well, I'm inspiring. I mean, listen, I get on and I do sometimes I do a Saturday night dance party and I haven't done one. It's time for me to do that on Saturday night, get dressed and dance a little. And you know, and people laugh. It really does.

And I, and I do get other members that say, I haven't seen what some of your videos, Uhuh, you haven't been dancing. And some of them do join me and do a duet. Yes. And again, here I go, I wanna, I'm inspiring someone for doing something kooky that some other people might think. Because you know what that does?

One, it, it adds just fun and a different energy to your day, but it also invites people to possibility. It's like, wait a minute. If she can do that and not die and not pass out, and the sky didn't fall, maybe I could go try something. Yeah, you all, use those of us that are getting up in front of you and willing to look [00:30:00] foolish.

Use us as permission to go do your thing. Go for it. Right? It's like the worst case, you're gonna feel something. You might feel uncomfortable, you might feel unsure. That's it. That's it. That's the worst thing that's going to happen. And so many of us are stopping ourselves from our life because we're afraid to feel that feeling and something that really, that really touched me last week.

Mm-hmm. I had two members that came up to me in the workshop and said to me in the side room, are you okay? You are quiet. And I really, you know what I was like. So emotional I got because they know me, they know me, they know me. And if I'm not quiet, they, yeah. Yeah. So it you, you form these connections where you get to know what, like what you said, the real deal.

I'm not gonna come and just put on a happy [00:31:00] face if I'm not okay. And they know, they know me very well. Are you okay? You are quiet, you know, and this, you're not yourself. And it's very touching. It is touching, especially when you're, when you're in this position of influence, to be able to let your guard down and say, no.

Right now, I'm not okay. And, and being checked on probably makes me feel a little more okay. Thank you for seeing me. Thank you for noticing. Thank you for having the courage to ask me. This is another thing. The higher up, the higher up you are in people's perception of who you are. Correct. The scarier it is to, for them to approach and say, are you okay?

Right. Because there's self-confidence gets in the way. Who am I to ask Roe queens if she's okay? Right. Everybody. We we're all, if we could just level humanity, we are all just trying to figure out the next step. [00:32:00] Absolutely. Look at the next person. Tap 'em on the shoulder. Are you all right? Tell me about you.

Tell me about your day. That'd be, I mean, that would take the grocery line forever if it wasn't just a fine. How are you? Fine. Well, let me tell you exactly. Exactly. Exactly, exactly. It's so true. And you know what's funny, the get it back for a moment with me with the scale. You know, you know, being that we mentioned about WW and all, and, and the funny thing about my personality and all is that when they come in the morning, they come rushing to me.

Oh, you know how it is, Emily? Okay. Because I do as a guide. Well, this check is, and I'm like, calm down. Calm down. What's wrong? What's, oh, I don't know. I just, why are you negative? Be positive. You haven't gotten on the scale. This, this is, don't worry. So whatever. It's, it's just electronic device. Yeah, you know, you know what you do in that moment.

It's like you're able to anchor to the [00:33:00] present moment where, hey, look, even if this number is something that you're not looking for, here we are. We're still together. We're still learning. We're still figuring this out. Everything's still okay. I'm still happy to see you. I'm happy to take your weight for you.

I'm happy to have a conversation. I'm excited to teach you the topic, right? Like the world keeps going even if we don't like what the scale says. Exactly. And And I just love the fact

that they're comfortable with me. 'cause I want them to be and they have trust in me. You know? And they do share things with you and I think that it's so important.

Same thing will be coming to the workshop. Yeah. Right. They'll get comfortable with one another. A hundred percent. A hundred percent. I've shown up on some workouts or workshops thinking this is what we're doing with our hair. This is what we're doing with our outfit. Yep. This is what we're doing because this, they're gonna accept me just how I am.

Just, I even give the scale. I give the [00:34:00] scale a name because, uh, Fridays and Saturday mornings, I'm an Italian restaurant at the party room. So they come in and we give an Italian name. Well, I don't know, but if he's gonna be, you know, I give a, I give a funny name, an Italian name, and they get on, oh, you know what?

He's gonna be. Angry at me my weight. Don't worry about it. Just get on. Did you enjoy yourself? Yeah. You enjoy, you are here today. Start tomorrow fresh. Yeah. Tell me about the experience of this week. Right? The whole thing. What was your week like? You know, another powerful question I think we can ask people that kind of stops 'em in their tracks when they notice a gain is, why wasn't it more?

It instantly pivots. Absolutely. I can't believe this. That's all. Yeah. No, wait, why not? Oh, well. Let me tell you what I did do. I got sleep a couple of nights. I did refill my water. Yeah, you've done some things and if it is didn't equal weight loss, it doesn't mean the whole week was a wash. You still did things.

Oh my God, I was on a cruise. I [00:35:00] can't believe this. I only gained a pound. You should be proud. You were on a cruise for seven days. Uhhuh. You know what You did Tell me. What did you do? Oh. You track, did you keep track? And if you didn't track, but at least you moved. Right? You moved around. Movement. That's a lot.

And to me, when I, when they come to me, I am, I just love it. I just love it. Yeah. Because, and I tell them too, you know, you all inspire me. That's why I am here. You all inspire me. Mm. I love that you do that, and thank you for doing that. I think if we, I wanna know about your member experience, so if you mm-hmm.

And I know when I was, when I worked for WW I would also log in as a member to, to get my workshops and, you know, 'cause Right, right. Coaches need coaching you all. Like we all need to listen to it. But it would, it sometimes is challenging to be a member if members recognized you. Right. It's like, oh, well, okay, now I want to support, and that's, I think, just a coach's creed.

We switch gears and we're like, yes, I [00:36:00] can support. Right. What's it like being a member where you're not a lead? What's it like to just be in that seat where you can, you can contribute, you can take, you can come and go. When I do go to a workshop mm-hmm. Which is lately I haven't. You know, 'cause I work, but when I do go, I'm me, I'm ro.

Yeah. Okay. I'm just Roe a member. Mm-hmm. And I'm there to listen, observe. I need to take in what they're speaking about. Yes. You know what I'm getting at. I need to listen to them. I'm there for me. I'm not there leading. That's leading by example. It's like, look, I'm not just gonna stand up at the front of the room and spout this all out to you.

I'm gonna also show you my action. Here I am sitting in my own, in a workshop of my own as a member. Here I am accessing mindset work at Birch and Stone as a member. Right here I am doing the [00:37:00] work while also presenting learning. It goes hand in hand. We're never done learning you all. And I think you said that earlier, didn't you?

No. We're never done learning. I, I'm never done learning. No. Yeah. No. When I was a teacher, I used to teach, uh, I've taught fifth and sixth grade. I taught Pre school and I taught college. Very nice. Oh, a whole different, I guess I had to see the whole gamut, but, um. I, I remember he hearing someone say, and then it solidified in my mind, and this might not be the way they said it, but the way I heard it was the day I walk into a classroom and I have nothing left to learn, I have no business being in there.

I don't care if I'm a teacher or a student. Mm-hmm. I'm in there thinking there's nothing for me to learn, time to go. You're right. Like that's not where you need to be. We always have something to learn. There's possibility around every corner. And I think to some of us that's terrifying. It's like, oh my.

We're never done? No, by design, we're never done. Let's keep growing in a way that's sustainable. So for any of [00:38:00] you that're in a hurry to get to goal or a hurry to get to your weight loss, why? Why? It still is a job after you've reached goal. Make it a job that you enjoy, just like you would probably enjoy taking your showers, you enjoy getting dressed, you enjoy being with your family.

Make it part of your routine, something that you like showing up for. How has your, how has your thinking shifted since you became a member at Birch & Stone? Um, well, let me tell you, it's improved. I feel that I have more confidence in myself. I really do. I'm thinking positive more. I'm not afraid about things to experience and learn.

You are learning where it all comes from. Yes. You learn you're the driver, right? Yeah. And again, that all comes because of the workshops that you attend and Yes. What we receive from the coaches. Mm-hmm. And from the other members. [00:39:00] Mm-hmm. And it's so important. I'm so glad you said that. 'cause it's not just the coaches, it's the members too.

I, last week there was an incident where, um, someone was being coached and I offered coaching feedback and then someone just so quietly in the chat said, I went through something similar and for me it was grief. And I just mentioned that out loud to the person. 'cause they were driving, they couldn't see the chat.

I said, or this person says this, it could be a, an experience of grief. And she just burst into tears and said, that's it. You could just see the unlock happen and the loosening of her whole body. We're learning each other so well and we're learning about just human nature and what we do. That there was, there was a pull for that member to say, wait a minute, this might be grief.

And then for some reason I saw that chat. I don't often look at the chat 'cause it's distracting if I'm coaching. Mm-hmm. Saying it out loud and seeing the relief. It's like that is the power of a community that cares and [00:40:00] that listens and that gets and most important, it is a safe place. Yeah. Yes. There's all walks there, isn't there?

Mm-hmm. Safe place. Yeah. Yes, it is. Comfortable being comfortable. What encouragement would you offer someone who's just getting started with their own work and figuring

themselves out? I would tell them. Go for it in a slow pace. Mm-hmm. Journal, always journal. I'm a journaling journal. What is it that you really wanna do gradually?

What are your goals? Yeah. Prioritize it. What is it that you really wanna do? I like that. That can, and go for it. And go for it. Gradually slow. Rome wasn't built in a day. Yes. And okay, I'm glad you're saying that. So you all, if you're somebody who's like, okay, I like this plan, uh, until she got to the slow part, if you're wanting it to go fast, the only reason is you [00:41:00] believe you'll feel so much better once it's done.

And here's what I want you to hear, it feels so much better once you're in action at once you start taking action, you start feeling better right away, because that's the last time you have to feel like that. Now you're in action. You're constantly changing, you're evolving, you're growing, you're shifting.

Right? And be you. Be you. Just be you. Natural you. That's number one. Don't try to be anything more. Just be you. 'cause when you become you, everything comes natural. Yeah. It's the easiest version of you to be. The best version of yourself. Is that right? The best. The best, the best version of yourself.

All right, you all. I have one clothing question for you to think about as you've listened to Roe Queens and, and sharing her what she did in her work, what she's doing in her retirement, how she's motivating people now, how she's still contributing towards lives in the city and making an [00:42:00] impact. What's one thing that you wanna do this week?

Your future self will thank you for? Just one thing. You don't need to move a whole mountain. Just one thing that you're thinking, gosh, it would feel so good to get going on that. Maybe I'm a person who can, yeah, put yourself in the room. Figure out what your next step is. Where's your support? Maybe it's in a WW room.

Maybe it's on a virtual. Maybe it's in a Birch & stone workshop. Maybe it's in both. Maybe it's in your journal. Maybe it's on the phone with a best friend. Where is your support, because you deserve it too. Absolutely. All right. Remember, self-care and self-love is so important. Self-care and self-love. And you all look for Roe queens on Facebook, Instagram, TikTok.

Follow her videos. Find a Saturday night dance party. We gotta talk to [00:43:00] Coach Dani because Dani's doing the schedule now. I think we need to get a dance party on there with you leading it. I would love to do something. S moving. I've started doing dance. Uh, well, I don't dance, but I put a little music on Thursday mornings for Rooted Weight Health just to kind of wake us up a little bit for 30 seconds of movement.

You see some people now standing up and I'm like, wow, we're progressing so we might be ready for dance Roe. Absolutely. I'm there. I'm there. I'm there. You got me there. And I look forward to seeing you in New York. Yes, I have. We just have to, we just have to make sure of our schedules that we're yeah, and that's number one is the schedules.

You'll have to email me. Let me know when you're go, when you're a guide, because I wanna go, I wanna watch you support your people that will energize me. It'll feel so good to watch you do your thing. Um, just watch the impact that you're making. I definitely wanna get back there. The last time I was there, I got a little slap on the wrist, not from an officer, but from [00:44:00] a member because I listen,

I sat through the same green light for six cycles. I'm like, this doesn't happen in Vermont. That turns green. And you go, you don't. You don't just not go. And I could see the parking garage right up at, I'm like, we're so close. And there was this big wide lane to the right. Nobody using it. I'm like, well, I could just.

And get around and go in. And I did. I got right into the garage and then I got to the meetup and I told them, sorry, I'm a few minutes late. I waited through the same green light and then I went in the empty lane and around and they were like, the bus lane, you can't drive in the bus lane. I'm like, oh my, no, not here.

Not in New York. I got right where I wanted to go. I was like, well that was, oh, they do that in new, lemme tell you, they do it in New York. Anything goes in New York City. I mean, you go, I see people on in, in wheelchairs going in the bike lane and that's their dangerous too. Wow. Well that's another topic.

Know, can I Uber into the [00:45:00] city? We'll see. Alright, well thank you so much for being here and being part of this conversation. Thank you for having me. Like again, it was really a privilege and honor. Thank you so much. Ah, I can't wait to hear your podcast once you're, once you're ready. Well, you know what, I'm gonna have to have you on.

We're gonna have to have one of these conversations. I, this is all a learning experience for me. You know, I'm gonna experiment it and see how it goes. Little by little, you know, small, a little. I give it a little quote. Do something you all, she just gave you the formula to unlock your life. We're just gonna see how it goes little by little.

Do something little by little. Remember, Rome wasn't built in a day. All righty. Thank you. Thank you so much. I'll see you in workshop. I'll see you too. You all share this episode with someone you care about. Help us spread the word and spread the support. We'll see. And always remember that you are amazing in that you are beautiful.

Roe Queens, loves you. Thank you.