

Ep 70 Melora Hardin

Tue, 7/19 8:45PM • 14:01

SUMMARY KEYWORDS

midlife, women, life, documentary series, trauma, marple, experience, healing, 50s, collages, unpack, melora, hunter, called, feel, wallpaper, people, courage, fabulous, jen

SPEAKERS

Jen Marples, Melora Hardin

Melora Hardin 00:00

They think that all women want to see women in their 20s. And that is just not true. Women in their 20s want to see women like us who have done it and made it so that they can look to us and say, Oh, that's where I want to go. That's the way I want to do that. And so we are an example for young women and we are a support system for women our own age, and for older women. I think they also can feel some kinship and some peer representation because they know they've been there

Jen Marples 00:39

Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turned business and life coach and motivational speaker dedicated to helping female entrepreneurs achieve the business and 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 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 everyone, and welcome to the Jen Marple show we are recording live from the meet in Malibu fabulous event put on by my modern day wife. And right now I have a most fabulous guest Her name is Laura Hardin. She is an actress. And if you're like me at midlife, you have grown up seeing her in absolutely everything under the sun. And she has been on the office, amongst other things. She's Emmy nominated. She's an actress, director and a dancer. We'll let her tell you about that. And she has just come out with a docu series called Thunder Hunter and me and I'm going to let her tell you all about it. Maura Welcome to the show. Thank you so much for being here.

Melora Hardin 02:00

Thank you for having me. Hello,

Jen Marples 02:02

Melissa is fabulous. You all she has a midlife she's one of us guys. She's in midlife woman doing so many different incredible things. And I'm going to let her tell us what she's been doing. Tell us about the new Docu series and what her plans are for the future.

Melora Hardin 02:17

My documentary is called Thunder Hunter and me and as you said, it is a Series A documentary series, we're still looking for a home for it. So people if they are interested in the way that I describe it, they can follow me on Instagram at Melora D heart. And that's where I'll be telling everybody when it does land where it lands, because I just haven't found quite the right home yet. It's a documentary series about women holding women up about what it really takes to transform trauma, about real life, serendipity and ultimately about what it really takes to heal and evolve and sort of rebirth. Something that has kind of had my subject in its grips, the way trauma really can do and kind of freeze someone's life. And I just sort of had this amazing, serendipitous moment that brought us together. And we you know, we sort of did some incredible healing, I think of the documentary series as an invitation for others to do their own healing. Because when you see somebody being as raw and vulnerable as she is, I think you really do feel like you know, if she can do that, if they can do that, because we do it together, I directed it, I'm also in it, I think it will hopefully inspire people to feel that not because it's the way you should do it or our way is the way to do it. But more like our way is a way to do it. And if we can do it our way you can do it your way. That was really a beautiful thing that came of it. And for me, I also kind of found that there was, you know, I'm very creative. And my subject Hunter Austin is also very creative. And so we ended up sort of going on this very creative journey of healing. And through that I was making a whole bunch of collages. And those collages became kind of something that she would use as a touchstone and an actually as a healing tool for herself. She would go inside of them at a time that she could not hold a vision for her life. The collages and me kind of held that vision for her and felt like a safe place for her that she could kind of disappear into in a very childlike way. Those collages are now becoming wallpaper. So I'm also creating a line of wallpaper, which is an extension of the documentary. They're called storyboards by Melora Hardin and I will also be launching those very soon I also if you find me on Instagram, you'll you'll be able to find out about those as well. And they're they're really kind of crazy mural, like, you know, very sort of dramatic and theatrical and feel. I don't know they kind of draw you in people seem to really enjoy them very large. So it's very exciting.

Jen Marples 04:54

So let me ask you this question. I did watch a longer five minute trailer and it's a very intense story and there's a dramatic experience that happened to her when she was quite young. And we know you said the stat that one in four women have experienced some type of trauma and sexual abuse. And we know that. And so I think it's really important. I'm just so happy that you got that message out there to tackle healing around trauma, because so many women and I talked to so many midlife women like now's the time. When women all of a sudden they've been through, they're working, and they've popped out kids, and they're just keeping going and going and going all the sudden, you're at midlife, maybe the kids are leaving. And now you're sort of left with yourself. And so what do we do? When we're like, we're maybe we're not exactly happy with who we're seeing in the mirror. And there's so much to unpack probably almost everybody. And I'd love to know, if you've found this has something and their background, would you agree?

Melora Hardin 05:42

When I first started this, I had no idea that, you know, as soon as I would tell people kind of what it was about, they would say, you know, oh, that happened to me, that happened to my sister that happened to my roommate that happened to my brother that happened to my father, you know, like people really did speak up about that. And I think that one of the special things about this particular documentary is that it is women in their 50s doing this together, how friends do that. And that's a really unique thing, because women's friendships are unlike men's friendships. And obviously, they're very circular. They're very sort of nonlinear in the way that we process things. And I really tried to capture that in the filmmaking, the way that I made the documentary series, I really tried to make it have the experience for the audience that I had in real time. And so when you say, you know, now's the time, I do agree with you that I think it's remarkable to have so much life experience to be in your 50s and be able to go you know, I've lived on this planet for a really, really long time. And, and it brings you I think, to a certain place where you can have the courage, you can bring that experience, you can talk to a friend, a therapist, a coach, somebody that you trust, a husband, you know, a partner, and you can, I think be brave and you can be you can be stronger and more courageous than maybe you could have been in your 20s. And I think it's really powerful. I will, I've been doing a series for the last five years called the bold type. And, you know, it's a series about, you know, I play a woman who's an editor in chief of a magazine called Scarlet, and then the three younger women, you kind of watch their trials and tribulations within business and within their romantic lives. But I had so many young women come up to me and say, You're my favorite character on the show, because I want to be a boss like you or I want to have a boss like you. And I think that part of the reason that we're struggling to find the right home for thunder Hunter and me is that everyone's calling for more female content more female, you know, stories told by females in a very uniquely feminine way, which all of those benchmarks are hit in my my series. But I think that when it comes down to it, when you got the programmers out there, they think that all women want to see women in their 20s. And that is just not true. Women in their 20s want to see women like us who have done it and made it so that they can look to us and say, Oh, that's where I want to go. That's the way I want to do that. And so we are an example for young women. And we are a support system for women our own age. And for older women, I think they also can feel some kinship and some pure representation, because they know they've been there. And they may say, you know, I didn't get to it when I was in my 50s. But now I'm watching these women do that. I'm ready to do that in my 60s in my 70s. Because really what is you know, our life on this earth is so meaningless. It's so small, we're like a little flick of dust. We're nothing compared to the grand scheme of things, if we can just move the human race a little bit forward by doing our own work. And that's one of the things that I'm most proud of about my documentary series is that it really shows that if you don't take care of your trauma, if you don't heal and work to overcome the things that have happened to you, you just leave a trail of destruction behind you, whether it's with your children, your friends, your partners, your lovers, you just continue to leave a trail of destruction if you take the time and you have the courage because it takes a lot of courage to do the work that it takes, which means going into the dark to find the light which you can do and you will do if you do it, but it is it is hard to do. And I do think you have to kind of be at a certain point in your life. And midlife is a great time to finally say you know I'm gonna really, really clean that stuff up if you haven't already.

Jen Marples 09:42

I just love that you said all of that. It is so important. And I you know, there's some quote out there it's like the healthiest thing you can do for society and communities is empower yourself and unpack whatever it is you need to unpack. And I've got daughters and so to your point, they're watching us, the kids, the young girls, this is my niece who's with me today. She's 25 they're watching us and seeing how we're doing it. And we're doing this for the next generation. And I think being an empowered woman is a radical act. It's a radical act, because you know what? Society doesn't want a bunch of empowered 40 50 60 year old women out there, because guess what, we're going to show up to vote, we're going to make big changes, and we're going to be the change we want to see. So with that, what do you wish for women at midlife?

Melora Hardin 10:22

I guess I just wish, you know, vitality, vitality around your health, around your sexuality, your spirituality. And you know, just going towards those things that keep you turned on and turn it up, turn it on, turn it up. That's what I wished for women. And I wish that they are doing that and keeping themselves in feeling good. From a place of knowing that there's still so much more to come. This is the beginning really, you know, so it's not really about like vanity, it's more about feeling powerful in the world. So that requires health and it requires mental health and it requires physical health. And yeah, so I just wish I wished vitality because we need people to be awake, not woke, but awake. And I think that is very important distinction that really women in their 50s Understand probably better than anyone.

Jen Marples 11:23

I love it. So one of my final questions for you. What do you think the best thing is about being at midlife,

Melora Hardin 11:29

I think the best thing is just where we've come from and where we're going, and that we have all this wonderful experience that we can bring, and you have so much more knowledge and you can have much more distinctions, you can have more perspective, because of all the experiences you've had, and all of the people you've known and the relationships you've had and the heartbreak and I think we have a lot more courage to live in heartbreak. And living in heartbreak means feeling joy in a way that is very profound and deep. And it means feeling grief. And being able to grieve and being able to celebrate comes with maturity can't really do that, as a young person, you're more it's a little more manic because you don't have the you just don't have the bass yet. So we have a lot more bass that makes a great song, you know, to have the bass. Gotta have the bass.

Jen Marples 12:25

I love that. My final question for you is what do you think women can do better to support each other?

Melora Hardin 12:30

I think just let people know that you're available for a conversation or a hug. And to ask questions of those people that make themselves available to say, Can you help me with something reaching out? So reaching out to one another, reaching out in a way to say I'm here for you and reaching out in a way to say, Can you help me? Those are both very important, profound things. And both of those things take maturity, too.

Jen Marples 12:59

I love that. Well, thank you so much for being here. I wish I could talk to you for a long time. But we just alas, we don't have the time. But my final question is Where can we find you on your Instagram support, you find out more about the Docu series and everything that you're up to?

Melora Hardin 13:12

Thank you so much. Well, yeah, I would love it. If everyone would follow me on Instagram at Melora de Hardin, I am active there. And I will make sure that you know my wonderful fan base will know at the minute I know where thunder Hunter and me can be found and also when my wallpaper launches, you know, you'll see stuff about that there too. So that would be very, very exciting. If everyone would follow me there and I'm on Twitter to Laura harden on Twitter and yeah, so that'd be great.

Jen Marples 13:41

Thank you so much for being on the Jen Marple show I just adored meeting you. I'm like kind of fangirling here because literally, it's not often that you meet somebody you've basically grown up with. I mean, we're the same age. So I'm just like looking at you on the screen. But it's been a pleasure chatting with you. And thank you so much for being here.

Melora Hardin 13:57

Thank you. Wonderful to be here. So nice to meet you.