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SPEAKERS

Christina Glickman, Jen Marples

Christina Glickman 00:00

Nothing is going to pass you by unless you let it. And really that encouragement I think is so wonderful that you give to so many every day, which is that you didn't miss the boat. Like it's time now it's not too late. Go for it. And I think that that message is so powerful and that especially women need to hear all the time

Jen Marples 00:30

Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turn business a 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 today I have a most fabulous guest. And I know I say that about all my guests. But Christina is probably my most colorful and most eclectic guests, I'm going to say because she is really she's the style icon and as soon as you go follow her because you're going to do that as soon as you listen to this podcast episode, you're gonna see how fabulous she is. And you're gonna want her to be your personal stylist. So she's not one, she's just going to inspire you to step up your fashion game. She's laughing at me right now, but it's the damn true. So I've got Christina Glickman here with me, she is a TEDx speaker. She is an author, she is a podcast host a mother of four, probably the hardest job on this whole list. And the creator of the extra love army. And she is based in Chicago, which is a town near and dear to my heart, because my family, my parents are from the area. And I just love that town. So lucky you to be living there, Christina, welcome to the show. And thank you for being here today.

Christina Glickman 02:15

Thank you for having me, I have admired you from afar for quite some time. So to get to have a conversation with you is truly my honor. And I'm just so happy to be here. I love everything you talk

about, I am a fan of your show and listen to it. And I think we speak a lot of the same language. And it just excites me to be here. So thank you.

Jen Marples 02:36

Thanks, Christina. And I, you know, I feel the exact same way about you. And just so you all know, Christina is, you know, making big moves in the world as a midlife woman, and she is an inspiration to me, and she's going to be an inspiration to you. And we kind of have this mutual fandom about each other. But I think one of the most beautiful things you all about midlife is going out there and actually creating and making new relationships and new friendships and finding people that you admire, because we met each other online through Instagram. And so there's been a couple of my guests who that's been how we've met is through social media. And so that is the beautiful power of social media. I know a lot of people does social media, I will never do it. Because I think I look at the positive and everything. And I know Christina does, too. And I think it really opens up your world. It expands who you get to know, all over the world, actually. And you get to choose who you bring into your life. So I'm so lucky that I chose to bring you into my life and that we're having this conversation today. Well, I can't wait to dig in, you guys are just going to love everything she has to say in her story. So I'm going to kick it off with asking Christina, darling, give us your sort of the 1000 foot view of where you are today and how you got started.

Christina Glickman 03:50

Yeah, first of all, I love just sort of the foundation of the words, midlife, I'm going to be 50 and October. And the reality of where I am today, you know, forget a bio is that the real work that I've been doing, sort of championing of women didn't start until about a couple of years ago. So when I think about the people in my life that I that I work with, they're always kind of surprised that I didn't really this part of me didn't, wasn't born until I was almost 47 or 48. And I think that that's something in and of itself to talk about, which is just sort of where I am today is that I'm a speaker for women. And I kind of go around and talk about unapologetic confidence in many different forms and platforms and all the things but I think, the real message, it's so funny, because as I talk about this, and this is what I do every day, it's my life's work. It's so cliché, you know, it's so cliché about becoming you and be you and confidence and all these sorts of buzzwords, but I think what drives me every single day is I so want women women, especially at this age in this chapter, to be able to understand that anything's possible for them and that the world is yours for the taking. And that I'm not special. I mean, no offense, you're not special, right? You just actually have drive and you wanted to do something. So you did it. And we don't get the encouragement enough that we can recreate ourselves. Maybe we were in motherhood for a very long time and just really focus there. But you know, my background is that I was in advertising for about 12 years, I was in client service, stop to stay home with the kids for a while, and everyone kind of knows that path. But ultimately, I was lacking creativity in my life. And the truth of the matter is one day I just said to my husband, he's a creative director as well. And I just said, we start taking pictures of my clothes. And he's like, okay, he's like, for what I'm like, I don't know, I only got on Instagram, by the way, because my teenage son was on it. So I'm like, I don't know, I guess I'll get on there. And he started doing that. And then this is the part of the story I just want to share. Because I think this is why women are shut down. Is that immediately I got? What are you doing? Are you trying to be an influencer? Are you tagging your clothes? Are you trying to be a model? Like all the questions that came at me when all I was really doing was trying to express a part of me that made me happy. And so I made a conscious

decision in that moment, to put the guardrails up and I decided, I'm just going to do things that bring me joy. And where it goes, it'll go, well cut to two years later. And you know, I have a book and I did the TEDx talk, and have a podcast and created this this love army movement. And I say that not because it's a laundry list of successes, but it's just stepping into the things I wanted to do. And had I really listened to sort of outside noise, I'm not sure I would have been. So I think that what I try to talk about all the time with women, again, whether or not your dream is that you do just want to get up every day and you want to meditate, like I don't care what it is you want to do, I'm not talking to these big huge life goals, you don't need to come out of the gate and want to do a book or do something like that. I just want you to be able to walk through your life peacefully. And that is means that it's on your own terms. And I think that's really hard, especially when we're not, we're not surrounding ourselves, usually with a narrative that promotes that.

Jen Marples 07:08

Thank you for saying all that. And it's, you know, we have a shared sort of message to women. And that's, you've got to do you and be happy with who you are. And it doesn't matter, neither of us will ever say you need to do X, Y, or Z. It's all about yes, if you want to meditate everyday, if you want to have the best garden, if you want to be the CEO, if you want to sit on a board, if you want to run a fucking marathon, like, it's whatever the hell you want to do. And I'm glad you shared the story about when you showed up on Instagram, because it's something I talk about a lot too. It's like you've got to go. And you cannot give a shit when people think

Christina Glickman 07:45

you just can't. And that is so hard. I mean, being yourself is exhausting. If you have to pretend to be someone else, right? And we all know and listen, I my work is about unapologetic confidence, but I have a heartbeat. So I get scared, I get nervous, I get worried. But the difference is that it doesn't paralyze me from moving forward. And I think that, sadly, so many women, right? Everyone has a story to share, to teach to learn all the things, but we don't because we're so afraid of how everyone else will react to it. And what a shame, right? What a shame to hold back who we are. But again, I understand why. It takes a lot of courage to show up as ourselves because it's kind of like if you really see me, will you like me? And that's tough. But I think that the way we do it is by conversations like this, it's by actually doing it and coming out the other side. I don't know if we can hear it enough. I need permission to do it. Because I see you do it too.

Jen Marples 08:46

I think that's a great point. And I know both of us feel like any success perceived or otherwise that you would see me have or Christina have. It's all of our success because we're showing what's possible. And it's not always easy. And you had the people giving you shit on Instagram. People have been vicious I started posting on Tik Tok people are vicious. But what I counseled women every time I speak to women, and this is young and old, because I'm in a lot of these different groups and women in their 20s Or like, I might feel too young and I said the thing with women, we're always going to be judged no matter what we're going to you're too old. You're too young, you're too fat, you're too thin, you're too fashionable, you're not fashionable enough blah, you know goes on and on and on. Never will there be a perfect time for you to say anything. So you might as well say whatever the fuck you want.

Christina Glickman 09:34

Yeah, I mean, that is just can you just like tattoo that for everybody? Because that's just the truth. I mean, it's just kind of like you'll never please everybody and so when you stop the pursuit of that is when you find freedom. For me personally, I don't think I'll stop caring or stop worrying or because that's not my nature sadly. So what I said I say is that as long as it doesn't stop me from movement, right because I'm an empath I'm an Enneagram two I'm a people pleaser, I'm all these things that actually are not great qualities. And so for me to deal with that, I have to always go back to sort of honoring the commitment to myself, and what is it that I want to do, and understanding that the consequence to an action for me is not life or death, the people I love will still love me. And I just kind of always take the temperature down a bit, right? Because the reality is that and I'm quite sure you say this all the time, too, is that no one cares about us. They don't care what they're doing, because you're too worried about you. That's human nature. I'm not worried sitting here talking to you that you're thinking that you might not like my jacket, because you probably are worried about your jacket, like, whatever. It's just, that is how we are. That's our DNA. So to think you're walking around thinking about me, I mean, don't flatter myself. I'm not the center University don't care what I'm doing. But that's how we work. We think everyone's thinking about what we're doing. It's like not really, I'm thinking about you for like a nanosecond. And then I'm like, What am I making for dinner? Right? It's like, I don't have time to think about you. But yet I operate, not I but we collectively will operate as if you're poring over an email, I sent a text emoji I Santa, you know. And so that's a lot of stress. Instead of just being able to walk through life as ourselves, The Good, the Bad, the Ugly, nappy, so apologetic for it. I have to explain everything. But that takes a lot of work. I mean, I think that that's a lot of intention. I don't think we just magically show up that way. I think it's like a very much declaring I want to live in that freedom, and then trying to do our best to do it. Some days, we do great. Other days, you suck, right?

Jen Marples 11:37

You laid it out beautifully. And yes, I do preach this a lot. And no, it's not an overnight, you wake up and you're like, I have Teflon for Iran. You're wading through my veins, and it's all good. I'm also an empath. I'm a highly sensitive person, I ask myself all the time, like what am I doing to myself, trying to make myself more and more visible, and the more visible you are in mine, because my mission is to serve women. So it's a higher calling? Yeah, because I was just talking to somebody about this before, like, if I was really sensible, I would just be doing what I always did and make money, whatever. But I'm not sensible, because I'm being guided by this higher power to serve women. And so I put everything through that filter. And like you, it's like taking things in, and then kind of like assessing them as to what they really mean. And a lot of the times, you know, people aren't thinking about you. So if we if you take away one thing, ladies from listening today, know that people aren't thinking about you the way you think people are thinking about you. It's a blip of a second, they might do something. And furthermore, if someone is actually chatting about you and talking about you a lot, then sprinkle compassion on that person, because that person really needs to look at their own life because they're not happy, unhappy people don't talk ad nauseam about or happy people, I should say, don't talk a lot about other people. We know that. So let me ask you a question. So then when you were starting and making this transition, because I know this happens a lot? Did you find it hard i You did kind of say that you found it hard to get on Instagram and take in all of that, was there a certain element because you kind of came from that advertising world kind of that corporate environment, and there's all that that comes with there's a little bit we get like a little bit ego boost from that, and you're dealing in a different environment,

to then going out on your own and really being able to tap in and follow your soul's calling, or did that take a little bit of work and a little bit of practice to be able to kind of move forward in that way?

Christina Glickman 13:25

I gotta tell you, it was a lot of ignorance, because I never had a plan, I still don't have a plan. Everything I talk about is connecting the dots backwards. I'm not just saying that everything has unfolded in front of me. And I don't mean I haven't manifested or worked hard for it or, but I have been so true to doing the work that I want to do that a hit is unraveled. So the reason I say that is because I never said okay, I'm going to do a book. And then after that, that's going to lead to a TED talk. And then after that, it's truly been like I wake up for the day, I think about how do I get to serve women in the way that I like? And how does it make my creative energy come alive? And I have this whole other element of me that's all about fashion. And so how do I bring that into the mix? And I really make my decisions in that way. So that's what I say ignorance because I never, I never stopped to think about it. I never stopped to think what is like my brand and who I am like, sounds funny, but how I coach women now, right? We talk about your forward facing brand and how you want to show up on Instagram and all the things I never did that. I just truly did me. **And what ended up coming out of that I think was, you know, the magic of stepping into that sort of unknown space allowed me to just be as authentic as possible. And it worked because I was the most free I ever felt because I wanted nothing from anyone, right? I wasn't looking for approval. I wasn't looking to be validated and I wasn't looking for you to tell me it was okay to do it.** And anyway, and I think so. Love that comes with and that says My opinion is just the gift of aging, and seasons of life and chapters. I didn't have anything to prove to anybody. It's just the work I wanted to do. I don't think I could have said that when I was 30. But having gone through a lot of life experiences, I was at a stage where it was like, Nope, this is about me, I wish I would have found that earlier. And so when I am talking to women much younger than I am, I'm always wildly impressed that they're even in these conversations, because they weren't a part of my world at all. No one was giving me the ticket to think about myself. And I think we need to do that more and more, because, you know, we need more women using their voice

Jen Marples 15:38

100%. And I'm glad you brought up the sort of the timeliness of the conversation and the fact that you're also talking to these younger women, because I do have these conversations with them as well. And I think it's also a factor of how we all grew up in the 80s. And the 90s. And the more is more is more and there wasn't any How are you feeling? No one gave a shit. If you were how you're feeling and suffering, they didn't care if you're working element, like no one cared about our personal wellness, in that corporate environment for a very long time. And I think that tide is shifting. And I think with millennials and generations after, I think that's going to shift and that can only be for the good because, you know, I burned myself out. I don't know if you did, but like most of us did.

Christina Glickman 16:17

I mean, we did and not to derail where you're headed with this. But what I think is so funny is that all the adjectives that I worked so hard to achieve, which was I'm available 24/7 The real life Siri, I have hustle I work so hard look at me because I am the pillar of working myself to death is everything that makes me cringe. Now, I don't want any of those things. But that used to be how I was defined. And I loved it, I wanted you to know that I was always available to work. Okay, that's what I'm doing. I'm working so

hard. I'm not taking a lunch, I'm going to work all these hours. And now when I see that I have a little bit of I feel feel bad for someone. Wow, I think you got it a little wrong here. But yeah, that's what made us feel valuable. Right? Like, I must be valuable if I'm busy.

Jen Marples 17:05

And that's something I know we're working hard as a society to get that in check. I mean, I think we need that we need the drive to move forward, obviously, but not to the peril of our own health and our families and relationships and all of that. Because same thing was like who am I if I'm not running this PR firm and working 150% And like, Well, I wasn't till I wasn't I crumbled and fell apart. And I was I didn't die. But you know, I felt like die.

Christina Glickman 17:28

That's the part, which is why I love the work that you talk about so much, though, because it's also it's nice if we can proactively get to a stage that we don't have to be a puddle or you know, have that burnout or be just completely destroyed before we say mercy, right? Like, why do we have to get to the stage of I'm a total at zero before I'm willing to make a change. And I think that that's what we're trying to do a little bit with younger generations to say like no need to take care of your health and wellness and your mental ability. And, and by the way, there is no reward here for killing yourself in your business, because there's just not but I don't think we were told that.

Jen Marples 18:08

No, I remember I had a Chinese doctor when I was trying to get pregnant way back when and she literally told me she's like, you're not going to get an award for being on the two boards of the charities and running your PR firm. And oh, by the way, going through fertility having your babies and blah and going on and on and on about all the things I'm like, doesn't everybody do this? Right? No, they don't. But women are where we are conditioned and programmed. And so it's this unprogrammed. And going back to another point you had said about just working to the bone and also the ease in which we can actually embrace and adopt the not caring, and all of that because we it's just all part of that. What we'd had to do to kind of get through and survive, I think sort of in the in the working world to date. So a lot of these things just need to be undone. So it's like not caring because we had to care so much. And then just the freedom of you know, trying something new and all of that and I did actually read a very interesting article and I was gonna do a little bit more research on it was something out of the UK, some woman was studying hormones and like interviewed a lot of women like the brain and the brain science behind getting kind of towards the Paramount menopause into the menopause phase, that we actually are more, we are more calm and centered and we can really singularly focus right now it's actually a great time to focus on sort of this big mission, because everything to date was driven by us procreating I mean, just like the biology of it all. So it's fascinating. I can't even get into Boxall misquoted, but it was like something I bookmarked and I'm gonna go into a deeper and just the way and also reframing the woman's brain fog that maybe it's not fog, whereas we used to be able to multitask and do all these things. That's very much probably like babies on the hip and like, you know, growing food and taking care of the trips type thing versus okay, we don't have to do that anymore. So instead of it really being brain fog, it's actually a lot allowing us to really deep in or to really dig deep and focus on something versus doing 75,000 other things. And I've never heard it presented

20:07

that way.

Christina Glickman 20:08

No, maybe it's a purposeful part of our evolution, but how we then channel our next whatever. I love that

Jen Marples 20:16

interesting. So I'm gonna, I'm committing to everyone to do more research on this, and I'm going to report back because I've never heard it laid out that way. And it also puts it into this positive light. And I had another guest, who had mentioned she read a study about women in their 70s how actually, that's when our brains become equally left and right. So we tend to go back and forth the whole time. So at 70, we're actually going to be like at our best. So you guys were basically teenagers right now is what we're saying. Love it. So I'm going to I'm going to commit to two more research. I'm

Christina Glickman 20:48

here for that. I love it. So let me ask

Jen Marples 20:52

you this. Apart from what we've already talked about, what do you think some of the biggest challenges are for women at midlife? Cuz I know you talk to a lot of women? I'm sure there's a lot of recurring themes.

Christina Glickman 21:01

I do. And there are, there are there are I mean, one of them at midlife is truly not even recreating but identifying who we are. Because, again, there are so many things that happen to us that strip away at who we think we might be, and the badges that we wear. So whether or not it was that you used to be sort of like the stay at home mom, but I'm going to forget the pandemic for a minute, because that's a whole other like, challenging of identities thing, but just normal life of midlife is that, you know, you were taking care of small children. Now you're not or maybe you didn't have children. But you were also working all the time. But now you want to do something else. It's this recreating in this moment in time, something else for ourselves, because most of us don't want to keep doing what we've already done. And I think that the stumbling block is that that word change is usually kind of negative, right? Like, you hear, Oh, you've changed. And that's usually with a negative kind of tone. And the reality is that we are meant to evolve and change, we are meant to, you know, not be static. And so I think that, number one, it's understanding that we are meant to grow and expand and look outside ourselves and be curious. So it really is a little bit of a rebirth, if you look at it in that way. And it doesn't have to be a certain age number or a decade or whatever it might be. But I do think there is this moment in time in midlife, where you almost like, you get another start in a way, if you want to take it out, you could have that start any day like but there is there a natural I think, emotion that happens with this midlife section, which is where have I been? Where do I want to go? How do I feel? It's a pronounced reflection period of time. And again, I didn't say on midlife, should I do something else, it just kind of happened to fall in that space. But now that I'm in it, and I hear women that have had challenges in it, there's also a lot of like, you know, am I worthy enough of it? Do I deserve this? There's a lot of the fact that we have spent most

of our lives doing everything for everyone else. So now to turn the dial that it's about me that it's my time is not natural for most women that have been caretakers, all the things to everyone. I don't mean it like a victim mentality. But we are really sort of wired to do everything for everyone else. So when you get the moment that somebody pauses and says, Wait, how are you? And what do you want? It's almost a little jarring. Because then that calls into question, what do I want? And I don't know. So if I don't know something wrong with me, and so you can see how the spiral happens, which is why I really love to just take things really slow. You know, give yourself some grace, take a beat, take a pause, not all of us are sort of lucky enough to kind of already identify what we want to do, most of us don't know, I think that's okay. My whole thing is you need to try life on. So do one thing, you start off and you think that you want to do X but you want to do Y like that's great. But most of the time, you know, I always say movement is hope we don't make the movement because we can't see the outcome. Therefore all these incredible women that have all these incredible gifts, just stay where they are. And that to me is like devastating. Because they don't really want to

Jen Marples 24:23

I know and there's so much to unpack there. And again, I see the same thing obviously happening with all the women I talked to. And it's just taking that one step and not to beat yourself up and knowing you're not going to take pen to paper for your first journal entry. It's like everything like Jesus himself is not going to come down and tell you what what you're meant to do. It's not it's not going to happen like we wish it did. But it doesn't. And that's

Christina Glickman 24:50

also not like lighting the candle and like putting the classical music on and my house is quiet. And all of a sudden all this incredible thoughts come on me like for me personally only life happens in the middle of chaos. Like, my ideas happen and I write them in my iPhone or, and again, everybody operates differently. But once I stopped waiting for a moment to happen for me to get somewhere instead, it was like no, today's today's today, like, Nothing's different is going to happen in next week or one year like today's it, it's now. So I either make movement into the future meat, or I don't. And by movement, it could literally be like, I'm gonna sit here and just know that I'm supposed to be working on something. Okay, well, I don't know what it is, I guess I'll try tomorrow, like whatever it might be. But to your point, we seem to be waiting on something that's not going to happen. And that's our crutch. Because that can I mean, if it does sign me up, I'll buy you know, buy a box of

Jen Marples 25:45

it. Right? Yeah, well, we'll see a sign us up for that seminar, whatever that is,

25:50

I'll take the monthly subscription. I don't care what it goes.

Jen Marples 25:54

But it's the truth. And I do see a lot of women too. And I was in there. And we were all probably there of us needing to make a change. And it's terrifying to make the change. But we have to figure out what's more terrifying staying in your current situation where you're not happy, you're not present with your kids, or you hate your job or you you whatever, whatever the hell it is. Sunday, you just have to wake up

and realize, okay, it's What's scarier is not trying to go towards something. And then the other point, you said, is just taking this one step. And other guests have said it too. We've all said it's just, it doesn't have to go anywhere. It's just a step on the path. don't ascribe it. Any like, don't give it any pressure, don't give it a meaning nothing. It's just it's something that you're doing.

Christina Glickman 26:37

It is. And I also feel that like, I mean, I remember the moment where I was just like crying. And I was like, I'm so unhappy. And I don't know what I'm doing. And again, great husband, great kids, like, we have all the thing that I want to say great. I just mean, happy, everyone's fine. What's so frustrating is when you don't know what you want to do. So it's not that easy. It's not like, Oh, I've always wanted to be an x. And so then I'll go take classes. But if you're like most women, all you know is I know there's more for me, but I don't know what it is. And then you're just like stuck. And so I go back to all the things that everyone talks about, which is like, what are the things that give you joy? And I mean, it's like, if somebody asked me that, I bet my coffee like that gives me joy, like I mean, start there start somewhere, without making it that there has to be a direct correlation to what you're doing. Because if you remember that everything's temporary. So attaching ourselves to something bigger than that, sometimes it stops us from pursuing it, because you're like, well, that's a waste of time. Like, why am I doing that? I'm not gonna go do this. But it's just, I think, the declaration that no, you know what I'm worth it to figure this out. So every day, I'm going to be a little intentional. And I'm going to, I'm going to do my best, I don't know, I'm gonna read a book about something I'm going to do listen to a podcast, I'm going to surround myself by somebody that's creative. I'm going to put myself into energy that makes me come alive. I'm going to audit my life to see where my priorities aren't like all that is a step into who you are, right? And it's only because somebody has probably encouraged you to pause to do that work. I mean, again, I only did this two years ago, I never did this. I'm always like, imagine what could have become, because I just never did that, you know, I was just on the hamster wheel.

Jen Marples 28:25

Well, I think it's also divine timing, because I do believe things happen and unfold as they should. And so if anyone's listening, and this is just becoming into your awareness, like this is the first step in listening to podcasts, and listening to a lot of different podcasts, there's a lot of great podcasts out there to listen to, and it can just get you thinking. So that's the that can be the first step it's walking with a podcast is getting you thinking, and thinking about what could be different and what you might want your life to look like. And so that's another thing too, it's just kind of like envisioning maybe how you want your days to be, it doesn't even need to be like what you're doing. It's just how do you want to feel like what do you want, you want more time with your kids or your kids or off to college, you're gonna have all this spaciousness when he because there's a lot of that happening to like, what do I now do with all this spaciousness.

Christina Glickman 29:09

And I think it goes back to what you talk about every day, which I can't wait to see on my Instagram, and I see your videos of us telling me I'm not too old. And it's like, but you really aren't too old for any of it. And too old can begin any at any stage you want it to be. But the idea is that nothing is going to pass you by unless you let it. And really that encouragement, I think is so wonderful that you give to so many

every day, which is that you didn't miss the boat. Like it's time now. It's not too late. Go for it. And I think that that message is so powerful and that especially women need to hear all the time.

Jen Marples 29:45

Literally, you've only missed the boat until someone's reading your last rites. Yeah, like I don't want to get modeling but it's like, and hopefully that's when we're all 100 years old, because I'm just thinking about you know, you guys, Christina, we're having a fun interchange because of the iris Apfel collab at a h&m and how it was selling out and she couldn't get these fabulous and I don't even know about it. I was like I was late to the game so I can buy anything

30:07

that I like. She's like, What is she? 100? Ready? 100 is 100 and she has a collab with h&m. I mean,

Christina Glickman 30:14

that's why and again, not to be rude, but it's like, it's just excuses, right? They're all excuses. And, and I'm fine with it when I know that I'm making an excuse, but when we're hiding behind it, it's not okay. So if you say to yourself that you aren't happy with the way things are, okay, what are you willing to sacrifice to change that? I don't mean to ignorantly I understand. We all have livelihood issues or obligations, I know that we don't just get to like run through the rainbows, but you have the agency to choose. And so to your point earlier, the consequence to not making a change is greater than I ever want to, I don't want to live like that. Life is just not guaranteed in that way. And I don't want to show up every day, kind of half assed,

Jen Marples 31:03

I'm going to also say that if you don't make that change, and something is burning, and you are burning the candle at both ends, and you're having massive stress, because of whatever situation that you're in, your body is going to tell you one day and force you to stop, because that happened to me, right? You know, you guys can listen to my one of my very first podcasts like my body was breaking down, I was still pushing through after cracking crowns. And you know, I don't know, like I had, I was getting dizzy standing up, like my body was actually breaking down from all the stress. And that was one of the reasons why I decided to do all this. It's always been a driving feature. I never want any woman to get into a place where their health is at risk. I almost blew up my marriage because I was so miserable. I mean, when you're not put together, I mean, forget about sleeping well. I mean, adrenal fatigue, the whole nine yards, I just, yeah, burned it all down. We don't want to get to that place. You don't want to get to that place almost as point of no return. And you have no perspective and your body's shutting down. And your life is an absolute chaos. So if you take one thing away from this, just be present, be aware. And what I always like to tell women to is just be intentional about your life. And that's what you're saying to just be present. Because a lot of us, it's how we've been conditioned. Everyone's busy. And on this hamster wheel. It's Monday, Friday, Monday, Friday, everyone's like sliding into Friday night going, oh my god, oh my god, where's my glass of Chardonnay, right? You know, we might still have those weeks. But is that how you want to live your life?

Christina Glickman 32:27

I love Jen, just how you show up in this space? Makes me think that anyone can kind of change that path. I mean, the success of your PR firm and all the things that you had, most people would say, how could you ever give that up? Or how can you know all the things but you know, at the cost of what and so again, why I love sort of your storytelling is that you walked the walk. And so like you're here now to shed light, because there's many women that listen to you that are still in that. And we also it's a little bit like an abusive relationship, right? That you just sort of think that that's normal and how it goes. And when you get the freedom to experience walking, sort of peacefully. Like, I feel like that's what I've created now and where I'm at and what I hope to continue to do, you don't go back. Now that I'm in this, because I'll have like my low moments where I'm like, Oh, my gosh, I should just go back to advertising because I know I could make that paycheck. And I can get insurance and I could like, do all the things. I'm like, Are you out of your mind? Like, are you out of your mind? Right? So it's like a constant? **What am I willing to do to get this piece, and it does take work, but at the same time, you know, think about all the other Joy you're spreading, whether it's to your friends, or your spouse or your children, because you're actually walking authentically in your life. And that, to me is just something that's priceless that you get to have the ripple effect on other women, that it's possible that it's possible. It's hard. And I always like to say, you know, people seem to think that I sit on a golden toilet seat and birds are chirping over my head every day. I work really hard at it. I mean to have that peace. I work hard at that. It's not just like oh, I wake up it's glorious.**

Jen Marples 34:12

Yeah, no, that doesn't happen for anyone and we have to stop that like think somebody's less like and I was gonna say like when you do a lot of work in and I've done work on myself therapy so much work and I continue to do works continue to seek out help and everyone should do that. It's though these checks and balances. I think that's what you have in place too. So if I because I can default my default is Go Go Go drive into the ground. And so I have but I have sort of triggers and checks and balances to go so I can consciously see myself going into a pattern. It sounds like same with you. And then you can reel yourself back in what do I need? Oh, do I need another yoga class? Do I need to say no to a couple things. Getting to that point takes time, energy practice and a lot of self awareness. Heaping.

Christina Glickman 34:56

It does I call for me what's been a lifesaver. I call it the IQ test is that every Sunday I sit down on my calendar, and anything on there that makes me go do that now in reason, right? We all got to do stuff. I see if I could take it off. And I mean, lunch with someone. I mean, I don't do very much at night because I really don't love it. But like, if I've got two things back to back, I know, I'm gonna be miserable. It's too much for me. I don't like it. I'm a homebody. So I'll be like, Okay, I need to like, shut that down. So now, when I look at my week, usually 95% of it is like in flow. Because I made it that way, instead of like, shoving it in and getting it all done. And I'm like, no, no, I want to be able to have my week feel good. And so I really I do this IQ test, it has been a savior for me, because we all know that when you look at your week ahead, you're like, I'm gonna die. I mean, sometimes those happen. I mean, let's be clear. Sometimes we just get our asses kicked, and that's fine. But I mean, I don't want to live that way. That's how I used to live like day after day after day. And now it's like, for the most part, everything is really good. You know, it's like I don't I do very little, I don't want to do. Because the reality is, we do so much we don't want to do that we think we have to,

Jen Marples 36:09

you're speaking my language, because my key message is saying no, say no, say it often say as much as you can, and then only say yes to the thing. But

Christina Glickman 36:17

new adapter to that in the last couple of years. I was like, you know, I do more. And now I'm always like, and the other thing, this is really random, but I don't know if it'll help you. I also don't like to cancel things, because it makes me feel bad about myself. But then I would be on the fence and then I'd waffle and then I feel bad. So now when something comes in, if I know, I'm not going to either want to go or I shut it down immediately. And I just say I'm so sorry, I can't attend or not even sorry. But I won't make it. I don't give you you know, my 10 pages of why. But these are all small things, though, that I've added to making my life happier. Because I get to just do it my way. And again, I just did not know I could live like that.

Jen Marples 36:58

Well, you ladies are hearing you're here for there's two women living like that. And it's absolutely possible. And again, it takes a lot of self awareness. It takes practice. And don't you don't need five paragraphs to say, literally, I get them you get them. I can't make it because that's it. And I've been traveling and I have this and I have that and oboe blonde had been to Bora Bora, and then I and then I have a client meet. I don't need to know any of it. No full stop. So let me ask you this question. What do you think women can do better to support

Christina Glickman 37:25

each other? Oh, well, first of all, I mean, so many things. Number one is invite others into people now say horseshoe instead of circle because it keeps people. But I would just say that one of the things is to look outside yourself and bring other women into conversations into groups into whatever it might be only because so many of us want to be asked, it's very difficult to feel included. And what I've found is that most women don't have a good sense of belonging, and they feel lonely, or they feel they're not a part of something. And I think when you can feel you're part of a community or something, give more confidence, because you're not alone. And it normalizes the struggle that we're in. So that goes along with just like supporting women. I mean, I feel like if you could say this statement to everyone, like I would say to you, how can I support you? How can I support you? And maybe because we a lot of the times, especially with other women, good intention. We're not really even listening, we're already preparing what we want to say next, because we want to be a helper, maybe they're not looking to be fixed. Maybe they just want you to hold space and just listen to their conversation. Maybe they don't want any reaction from you at all. So I think it's really giving voice to how can I support you? How can I be that friend that you're looking for? Because I think we assume what our audience wants. So for me to be supportive of women, it's really an unconditional, what do you need from me? You want to go off and make socks? I'm gonna buy all those socks you make, like, I mean, I joke, but it's like, what do you need? And if we gave each other the space in that way, imagine what we would do? Because I wouldn't be afraid because I know you have my back. So I would know that no matter what I did, I was sort of safe. Oh, I love that. I mean, I say this, but you know, I talk about this extra love army that I've had the past couple years. And I mean wholeheartedly that in some of the scariest relative moments in my time and the past couple years. One in particular, the TEDx, which was hard for me. I mean, I literally had

that extra love army, like on my shoulders. And I kept saying, like, doesn't matter what happens here, because I'm so held in this space of incredible women. Forget my family that there was no risk. And I always say like if you could approach everything in our lives if we all collectively treated one another that way, imagine what women would do. There isn't competition in a bad way. Competition is fine, but not at the expense that we all don't have. Have a place. There's room for everybody. I just think that, sadly, we don't get everybody because it takes so much. I think courage to come out and use your voice and do all the things because it's not usually welcomed.

Jen Marples 40:16

Thank you for saying that it's really, really powerful. And it's one of the drums I beat Super loudly is that, yeah, we've got to go above and beyond. And I'm glad and like not forcing your agenda. But it's like if you weren't being inclusionary. And I'm always I've always been included, I was raised by an include er, who was my grandmother was an infant. So it's like, generation, you

Christina Glickman 40:35

are with me, from the moment I met you, you were a champion, right? You were. And by that I don't mean just like, you know, a heart emoji. But like, you see people and you tell them, like, keep going. And you do like, all those things count. And we do that one by one, right? That's it. It's how do you get to show up today? And how can? How can you make another woman feel included or important or it doesn't have to be disingenuous, find your people find somebody whose work you like, and literally say to them, how can I support you?

Jen Marples 41:09

Or I see you and I see you working hard. There was a woman I felt like for years, and I bought some of her like food products. And something happened one day, and I was just you know, I'm gonna make an extra effort today and just say, you know, I see you, I see how hard you're working. So nice way to go. Like, I've been on this journey with you for a really long time. And she was like, blown away. But I tell people this all the time, I said, if you can't support your friends by, say, buying what they have or shopping at their store, whatever it is, you can send a friend a text and just say I see how hard you're working, like keep at it.

Christina Glickman 41:40

Well, and even for like with your podcast, right? I mean, get down to business. When somebody says to Jen, how can I support you? Well, you could say, gosh, you know, my podcast, you could subscribe to it, you could leave a review. That's because the work you're doing is putting into the world, on your own accord. Like, that's how you get your feedback. That's how you get a lot of people wouldn't even know that, but they want to support you. But if it became part of your conversation of how can I support you imagine? And so again, any conversation if you have with a friend next time, and they're sharing something, even to be asked, that is such a big deal? I think

Jen Marples 42:17

it really is. And so that's that's our marching orders, everyone Yeah. Say to your friend, say to a colleague, how can I support you? What an amazing world this is going to be. There's 10 Other things

we can tell you guys to do. But let's focus on that one right now. Because I love that. So let me ask you a final question before a few final final questions, right? Yeah. What do you wish for women at midlife?

Christina Glickman 42:38

Oh, I wish that they felt that there was no place they don't belong. Like any space, they show up. They're meant to be there. There's no proving there's no like, I earned this spot here. I belong.

Jen Marples 42:53

And you did. Like I was just talking to somebody before. It's like you earned it just by being alive. There's nothing else needed just by being your beautiful self.

43:00

That's it. They'll stop. That's it.

Jen Marples 43:04

We have a couple final little questions to ask before we wrap up. Sure.

43:07

Do you have a favorite book or a resource

43:10

you want to share with my listeners?

Christina Glickman 43:12

Oh, well, my favorite book of all time, is The Giving Tree which is a children's book The Shel Silverstein, because it really is for so many reasons. But number one is that I feel that I led my life that way for so long, which is I became a stump and had nothing else to give. So for me, there's a lot of life lessons in that book for me and my children. So that's my favorite book. And I don't do this is kind of random and weird to say, I don't do a lot of like, that self help book. But when I wrote was writing my book, and then the work that I do now, I was so careful, because I really wanted my thoughts to be my own right. And I just didn't want to you know, like, I love Oprah who doesn't love Oprah. But I don't want to talk like Oprah right? Because then they're not mine. So I actually have some work to do now to go backwards to a lot of favorite books, because I now feel just more steady in my own Sealegs about my own work. So I'm looking forward to more books now than ever.

Jen Marples 44:14

I love that there's actually quite a few people out there writing books. And that's I've heard that from other authors as well. It's not to fill your head with other people's voices, other authors just just kind of stay true. It's too noisy.

Christina Glickman 44:26

It's too noisy. And you'll hear something that somebody says on it's so good. And then I'm like look at that. Stop mine. I don't want that. So that's interesting. You say that.

Jen Marples 44:35

But children's book we can I think we can learn probably most of everything in life by being in kindergarten again and reading children's books. We'll just leave that right there. Do you do anything special every day? Do you have a ritual or practice you want to share?

Christina Glickman 44:47

I do not have anything special or a ritual but I have a cadence to my every morning which for me, I think I found in the pandemic because it gave me a sense of normalcy. And so when the pandemic my kids, my children are Montessori kids. So they always write on a whiteboard the day. And now for two years, every day that I get up, I write on the whiteboard with a diffuser, what the day is, and I have my coffee and I get up before my house wakes up no matter what that is. So I can have like five minutes because as every woman knows, you don't have to have kids. The world's coming at you emails, Vaxxer tech, it doesn't matter. And so my daily, daily morning, is always starting off with a whiteboard. And I write that down with a diffuser. And so the day goes

45:32

home. I love that. I love it

45:34

a moment in peace,

45:35

peace. Final question for you.

Jen Marples 45:38

What do you think the best thing is about being at midlife?

Christina Glickman 45:42

Ah, I mean, I first of all, I just think it's the best thing ever. I'm sure you get this answer all the time. But it is truly seeing myself for the first time and the level of acceptance and liking myself for exactly who I am. And not apologizing for it. So it allows you to do anything you want. And again, I think that's the gift of aging.

Jen Marples 46:05

It really is what a beautiful way to end it. I could talk to you forever. I wouldn't fly to Chicago, we have to have drinks and put on some fancy.

46:13

Please.

Jen Marples 46:16

Got to figure out a way to get out there. We will make something like that happen soon. Yes. The final final final question. Where can we find you support you subscribe and hear more from you. While you're

Christina Glickman 46:28

so sweet. Honestly, everything for me lives on my Instagram page just at Christina Glickman, and it's a it's a place I think that has a beautiful community of women lifting women. And that's all about what you do too. So thank you for having me today.

Jen Marples 46:42

Thank you. It has been such a joy. I'm so happy. This is like one of these gifts, you guys. It's like figuring out you want to do what you want to do you meet incredible people along the way. And I mean what again, this is life's greatest gift. Truth. It really really is. So I hope you have a fabulous day Christina. Thanks for being on the show.