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Angie Viehman 00:03
Hi, I'm Angie Viehman and welcome to Totally Clutch. This is the podcast for women like you to find ways to simplify your business and personal life. Before we dive in, check out our latest course that helps you launch an online boutique in less than five hours by visiting www.thecompleteonlinestore.com/introtraining, start a side hustle or work to replace your full-time income so you can quit your job. If you enjoyed this episode, be sure to subscribe so you're notified when a new episode is posted. rate and review this podcast and share it with all of your friends. Thank you so much for listening. And I hope you're leaving with some great things that can help you move from hustle to flow, because I believe in you and your business. Until next time. All right, welcome back. So, I'm Angie Viehman with Totally Clutch and I say welcome back, because we've taken a summer break. And this is actually our first time back since then, even though it's still there's a little summary out. But today, we're going to be talking about something really, I'm just really excited about this topic. So we're going to be talking about how to reclaim your power. And we have a really special guest with us to talk with us about it. So, women have taken kind of a hit, not kind of a hit, they have taken a hit over the last couple last year and a half right since the pandemic. And you know, we're also having a moment. So, you know, our voices are being heard in a way that they haven't before. And so this opportunity or this can present itself as an opportunity for us to kind of come back refreshed, and really a new kind of climbing from the ashes. And so really, it's giving us an opportunity to understand what we truly, truly want, and know that it can be ours and actually make that happen. So that's what we're going to be talking about today how to live the life that you have always dreamed of, and live fulfilled in the way that you've craved for so long. So I think my guest today agrees with me on this. And so I want to welcome to the show, Duquesa Dean. Duquesa is a public speaker. She's a published author. And she's also a self-development mentor. And what she does is help women achieve their goals - beautiful, seemingly out of reach goals. And so really getting you unstuck. So welcome to the show, Duquesa.

Duquesa Dean 02:38
Hey, Angie, thank you so much. I'm privileged to be here. I'm so excited to share with you and to share with your viewing or listening audience.

Angie Viehman 02:46
Awesome. Thank you so much. Yeah. I think that we are very lucky to have you here today. And I know the listeners and those watching will feel the same way. So Duquesa, do you want to tell us a bit about your background, and how you got into the work that you do now?

Duquesa Dean 03:03
Certainly! Thank you so much, Angie. What I do is help women evolve into the women that they have always dreamt of being understaffing to the authentic lives that call it their hearts. As you said earlier, I am a public speaker. I am a published author, self-development mentor, and corporate trainer working

with many leading businesses in the Bahamas at the moment, I guess I can say that I'm living my best life. But I can tell you that life was not always so easy. So there was a time in my life maybe about 19 years ago when I found myself sitting on my bathroom floor, with a bottle of tablets and a gallon of juice. And as I sat on my bathroom floor, I sat thinking that it was quite ironic that I chose to sit in front of the toilet bowl because at that point in my life in my late 20s I equated my life to nothing more than a toilet bowl, a place that people came to dump on. I found myself in this position though, for a number of reasons. My primary nurturer died when I was 13. That threw my life into a tailspin. And I was labeled a troubled teen because I fought for affection, attention. Nurturing that I lost with that primary nurturer, I felt so lost and isolated, lonely, even though I came from a large family. And so as a teenager, I made a lot of bad decisions. That even ended up with me having my first child at the age of 18. Beyond my teenage years, I had a lot of relationships that just didn't work out, including a first marriage, that I felt that I failed at that particular point in time and there were a number of circumstances that resulted in the failure of that marriage. But being a young mom, you know, at 26/27 with a three year old and a five year old. I was at rock bottom. And so it was a Saturday and I had cleaned the house from top to bottom, I was pretty pleased with the work that I'd done. And on this particular Saturday, the bathroom was the last room that I cleaned. And as I looked around the bathroom, I just had a thought. And that thought was, this is not the life that I dreamt of when I was eight years old. When I was eight, I had dreams, I used to sneak outside my grandmother's house and sit at her stairs and I would look up and I would gaze at the stars, and anything that was moving be it a satellite orbiting the earth plane flying in the sky, or a star falling, I was wishing on it. And my wish was that I would create a life that would be loving and where I could contribute to the world where I could use my gifts and talents. I dreamt about so many different careers. But at the age of 27 I'd already lost my dreams. And so as I sat on my bathroom floor contemplating taking my life, two things happened. I just happened to look up. And as I looked up in the ceiling, we had recessed lighting at that time, there was these rays coming down from the lights. And the rays reminded me that I grew up in church. I mean, I went to church so much. I went to church Sunday morning, Sunday night, Wednesday, Friday, Saturday visitation, full week revival. I knew God and I knew church so well. But during my life as I rebelled, and as I tried to find my own way, I'd actually had to shut God off, so that I could live a rebellious life, and that I could pursue the things that I thought would bring me joy, which ultimately bought me nothing but pain. And I also remembered that I had two beautiful children sleeping in their beds that afternoon. And I didn't want to leave their lives branded as the children whose mother took her life and have them wondering why I didn't love them enough to stay with them. And I can tell you that it took some courage for me to get up off my bathroom floor that Saturday evening, did not take my life. But in that moment, I made a decision. And it was one of the most courageous decisions of my life. I had no idea of how I would make life different for me or my children. But I knew that I had to. And so I made the courageous decision to live.

Angie Viehman 07:47
That's an amazing story. Really powerful. Yeah. Wow. And how lucky for us and your kids that you are still here.

Duquesa Dean 07:58
Thank you so much.

Angie Viehman 07:59
Yeah. So, can you tell us about the women that you work with predominantly? Tell us about them, like where are they in their lives, what do their lives look like?

Duquesa Dean 08:09
Well, you know, that question seems simple, but it's really not. The women that I work with come from varied backgrounds, varied situations. For instance, like Kohler is a woman that I've worked with in the past, and she has come from a middle-class background wanting to open a business, wasn't exactly certain how to do that. And so using some of the guides and the accountability plan sets that I've implemented in our coaching relationship, she was able to plot her way from where she was to where she wanted to be. And so that was a woman craving to be in a business. I've had other women who have had traumatic experiences, women like Brittany who would had suffered loss in her life or in their lives, and really help them to heal the loss, heal the trauma, and come from a place of brokenness into a place of power by forgiving, by actually using some of the tools and concepts that help us to heal us, to release ourselves from being shackled from the past. I've had women like Dina, who was struggling to lose weight. And for some reason, she just kept that weight on for some reason she was unable to release her weight. But as we started to dig deeper into into her behaviors and interactions and getting into the root cause of the why, we were able to establish some patterns and some of the reasons why she was actually eating. And so the women that I work with come from various backgrounds and from different needs. There are women who want to be promoted in their professional careers that needed personal branding improvement. These are women who are focused on career development, who were not interested in family life at that particular time, but going through the ranks of their careers, and these women ultimately got to the pinnacle of success as a result of some of the tools that they use, just by creating their success blueprint. We become powerful Angie, when we step out of victimhood, and we reclaim our power, because we give our power up far too often in life.

Angie Viehman 10:14
Yeah. I'm sure that same of it resonates with me. I'm sure it resonates with so many people listening and watching. Yeah. So you're working with people, like in so many different ways, and focus on so many different goals and achieving so many different things. So how do you help them define what their goals are? Because I think a lot of us, you know, feel like, we're just not happy, but we don't know why. And we don't know what's driving it, we don't really know what to do. And so how do you help them define it? And then how do you help them actually achieve those goals?

Duquesa Dean 10:51
When I got up off my bathroom floor 19 years ago, because often said that when a student is ready, the mentor prepares. And two days later, a business executive offered to mentor me, and using some very powerful tools. And so a few of the things that I learned that I also incorporate in my coaching programs, are the power of accepting responsibility. First of all, we have to accept responsibility for our tacit approval for the decisions that we've made in our lives, and for the approval that we have given other people in how they have taken possession of our lives, the power of creating your success plan. It all starts with the vision. But I wanted our listeners today to understand that our vision is still too small. Many of us, our vision is a year out, three years out or five years out. Yes, that's a great start. But I want

to challenge you to stretch your vision 10 years out, because it's in creating that big picture vision, that we're now able to reverse engineer the steps that will get us from where we are to where we want to go. So it takes increasing our vision. It takes believing the thing that's in our chest, the dream, the goal, the desire that we have as large as it is, acknowledging it for what it is, not playing small, and then making sure that every single step that we take actually aligns with our big picture goal for our lives. What I do today, is really the result of a 10-year plan. From getting up off my bathroom floor to 10 years forward. But when my mentor first asked me who I was and what I wanted to be, I couldn't answer him. I didn't know. I couldn't answer those questions. I can't answer those questions simply because society, family, religion, so many people in organizations have poured their beliefs of who I should be, what I should do, how I should act, into me that I didn't even know if I was doing it because it was what I wanted. It was because it was what was expected of me. So I really had to take the time to get to know me first, to get to know what I really wanted, devoid of anything that anybody else wanted. I had to learn forgiveness. It's such an empowering process of the process of reclaiming your power. Releasing the shackles that we are imposing on ourselves by holding on to hate, resentment, unforgiveness, we're so filled up with that bitterness that we don't have space inside of us to let our lights dominate. Because our light is now covered by the darkness of the things that we're holding on to.

Angie Viehman 13:46
Totally. I was actually having a conversation today with somebody about this ... about, you know, even when you think because of the lives that we've lived, because of how we've been taught to express ourselves and take care of others and all of those things, putting other people first, whatever it is, when we start to dream big, when our life starts to feel fulfilled, it's like that's uncomfortable, it's so unfamiliar that it's uncomfortable. And so, you know, I sometimes feel myself even pulling back from that. So even when I had the realization of like, this is actually what I want. It's like whoa, okay, so that's what I want. But is that really possible for me? So that was so amazing and is so amazing about that work that you're doing is that you are putting people not to just like write some things down and have that be their goal but like, is that really a goal that is true to you and true to what you want and what you need and it's big and scary but like Why not?

Duquesa Dean 14:52
Correct Angie. And you know the reality is, many of us search for belonging. Many of us want to be accepted and to be loved. And so we put aside what we want, to do the things that other people want in the hope that they would accept us, that they would love us that we would then become a part of their family and their fold. And while we may temporarily gain their love and support, we lose ourselves. And so we never find that true happiness by giving up what we want to try to make other people happy.

Angie Viehman 15:29
Yeah, that's really, because we all do that. Right.

Duquesa Dean 15:34
Yeah.

Angie Viehman 15:40

Talking about this stuff, and being aware of how it holds us back is, I mean, maybe it's been happening forever. I don't know. But it seems like that's something that we're just starting to be okay with being vulnerable about. And it's amazing to need those things that we know that they're not... everybody knows that they're not serving them and we still hold on to them. It's so wild to me.

Duquesa Dean 16:05
Yes. Because the unknown is so scary. We stick to the familiar, because we're so afraid. What's out there that we don't know, so we stick to comfort. It takes courage to release that. And to step into the big unknown.

Angie Viehman 16:22
Yes, you're totally right. And so from that standpoint, do you think that it's harder to identify your goals? Or is it harder to achieve your goals.

Duquesa Dean 16:33
I think that that really just depends on the person that you're working with. It's individual, because there are some people from when they're young, they're small, they know what they want to do. They have not had trauma, they have not had conditioning, where they've been told to do a particular thing, or they've been guided to do something they've been given the liberty to be who they are, to pursue and to follow their dreams. And so for them, it's not about discovering what they want, it's more about now putting into action, the steps that will get me there. For another person. It's about reconditioning. It's about reframing the mind. It's about understanding that it's okay to dream. It's about understanding that you don't need to be a product of your environment that you could rise above the environment. And so it's in helping that person now discover, truly, what is it that I want? How do I identify my peak dream. And I want to share with you four ways that I help them to do that either people either of the spectrum, whether you know what you are, or whether you're still trying to discover what you want. And the four questions, ideally, and the first one is, we have to identify where we currently are. Introspection is a powerful tool, as is a reflection. Coz many times we stay busy in life, and we don't take the time to go inside of us to see what's driving us to see what's causing us to make the decisions that we're making, to see our patents identify the patents so that we can breed them. And so, I encourage people to first identify where they are, and why. Where are you currently? Secondly, I asked them to identify where they want to go. And this is a big one. Because a lot of times, you know, like me, when I work with my mentor, I was like, I'm not sure I don't know why I want to go. But the answer is inside of us. It takes a lot of questioning, it takes a lot of thinking, a lot of processing, it goes back to identifying your strengths and your happiness when you're most happy. And so again, my clients to start to really think about where they want to go. If you had a magic wand 10 years from now with no limits, then you can create the life that you want, what would that life look like. And sometimes it takes them two months to be able to craft that. And that's okay, because there's no timeline, it's not a rush. It's about really getting to the heart of who you are, and what's going to bring you happiness. The third step is simply to now identify how to move forward, you've taken the time to identify where you are, you've taken the time to identify where you want to go. Now we have to identify how do we get there. A good coach, a good mentor, never tells their student what to do. They always ask the guiding questions. They always ask so that the student themselves can come up with the answer, because we believe what we tell ourselves. And so

as you ask these questions, they begin to answer and as they answer you ask another question, and another question, just to help them process because we have walked away from processing and thinking, how are we going to action without a real good plan? And so after they've done those three things, my next step is to hold them accountable to taking those. And we have to be willing to consistently put the work in, consistently take steps every day that take us towards our dreams. That's how we reclaim our power, by making sure that what we do today aligns with the future that we have established for ourselves.

Angie Viehman 20:18
That's amazing. Okay, so where are you now, where do you want to go? And what actions you can take to get there? And then the accountability. Okay. That's great. And then you have a free tool for people that does this. Does that kind of tie all of this together?

Duquesa Dean 20:39
Absolutely. It's a it's a free guide. It's a free guide to create your success blueprint, it's, it's really just a quick dive into some of the questions that you should be asking, what you should be looking for, how to go inside you, this is really going to take you some time to do even though it's a quick exercise. I say quick, because I take my clients much deeper into it. But it gives you an idea of how you can establish your life by making intentional choices, creating a plan, and then taking action. It's no different from the house that you live in Angie. Like you know, the contractor built it. But the contractor didn't create the plan, the architect did that and the contractor was able to effortlessly put your home together because he had a comprehensive plan for your foundation, for your plumbing, for your hpac for your walls, your kitchen, everything he executed. And if there was a challenge, he went back to the architect who went back to the client, and they made a modification. That's the blueprint that we need for our lives. We can pick it up, run with it and tweak it as necessary.

Angie Viehman 21:55
That's amazing. And I think an important reminder too for anybody is you can choose this. I mean, people could go through and do this intense, heavy work with you and go deep. And in five years, it could be different. Their dreams, their desires, all of that could be different. And that's not a failure. That's growth. I guess you said this at the beginning, too, that every place that you are, I know, you said so much more beautifully. But you're presented these opportunities to learn and grow when you're ready. And all of this is, you know, you're all of this is coming in stages. And it is a process, right?

Duquesa Dean 22:37
Absolutely. But you have to be ready to take the first step. And nothing changes until you change until your mind says, I've had enough of what's routine, I've had enough of doing things for other people. I'm just having enough of swallowing who I am and what I want. I want something different. And when you're ready to get off that hamster wheel of running the same race and doing the same thing over and over and over and expecting a different result and being disappointed because you're getting the same results, then you find the courage to do something different.

Angie Viehman 23:13

Yeah, that's beautiful. Awesome. Is there anything else to cover that you want to leave people with that you want to make sure that they kind of pull away from this conversation?

Duquesa Dean 23:23
Absolutely. The final thing that I like to share with our listeners today, Angie is that our past doesn't limit us. A lot of times, women and men both believe that because they've made mistakes in the past, that dreams are impossible. But I'm here today to tell you that your past can really establish you for your future. I was branded a troubled I ran away from home, I acted out I wasn't the ideal child, I was told that I would never amount to anything. But as a result of all of the things that I experienced as a teenager, I created a nonprofit for young children to help build self esteem to help them make good choices, to help them build social skills and adequate skills as a result of having poor relationships and domestic abuse. I work with women who are in a situation just as I was sitting in the darkness and contemplating taking their life and helping to guide them from the darkness into a better place and a better life. And so while it is that we make mistakes in our past, while it is that we've given the wrong people, our hearts validates that we have sat on jobs that just suck the life out of us while it is that we've had relationships with our family members that weren't ideal while it is that we grew up in homes without two parents. While it is that we yearn for the love of our fathers. Those things don't have to limit us. Those things can help to create us and to create us by helping us to harness our power and to become the highest and best version of ourselves.

Angie Viehman 25:01
Wow, thank you for being so vulnerable with all of you, I mean with your story. And also, I feel like you've touched on all of every possible thing that somebody has gone through in their life, that has brought up these feelings in his and his made things, he has created something of a barrier for them to live their life. And so thank you so much for sharing this. Thank you so much for the work that you do. And, and thank you for letting me selfishly talk to you today.

Duquesa Dean 25:34
Thank you, I had a wonderful time. Thank you so much for the opportunity. I'm extremely grateful.

Angie Viehman 25:41
Thank you so much. For anybody that is interested in finding out more about Duquesa's work, they can go to duquesadean.com. And I did put the link in the chat to the offering that she's got or the the free option that you have to start and get a taste of what it's like to be answering those questions and to be thinking about things in those ways. So thank you. And please, if anybody has additional questions, feel free to reach out to do Duquesa or myself, I will make sure to pass that information along or pass those questions along. But thank you everybody so much for being here today on our first episode. Thank you for being our first guest back after a small break.

Duquesa Dean 26:30
Thank you, I enjoyed it so much.

Angie Viehman 26:35

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