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SPEAKERS

Jen Marples

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The impact is profound when you decide to put yourself first and to go for it and get yourself out of your comfort zone 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 in life they desire in their 40s 50s and beyond. Each week, I'll be bringing you conversations with incredible women who are rocking entrepreneurship, and taking courageous action while also dealing with all that midlife entails. I'll also be dropping in solo 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. I am recording this wonderful podcast today my solo episode in a library. And I just want to really give a shout out to libraries. I'm in Mammoth Lakes, we have a family cabin up here. And I just you know I came in on a hunch going Do you guys have a private room. And not only is this from private, it's a private conference room. It's soundproofed and it's \$10 an hour. So here's my little public service announcement on behalf of all the libraries, y'all. There are so many resources available to you that obviously that are free or too little to no cost to get your business off the ground. And so shout out to libraries as the new sort of mobile offices. I mean, this is like the new hack. So he heard it here first, I'm in this beautiful room, looking at the mountains, that is sound proofed, that is \$10 an hour. So I can record this podcast when we are on this family vacation because the show The show must go on. And I'm coming off of actually a lot of travel and a lot of big, important and exciting work events that I want to share with you. Because I am on this. Hi, y'all, I am on a high. And I want to share, you know, I'm always going to be sharing tips with you guys. Because of course the whole point of the JennaMarbles show and everything that I'm doing is to help you do whatever the fuck you want to do. And so sometimes we have to step away when we're on a family vacation to get some work done. But I don't consider this work. This is my life's work. It's my passion. It's my mission. So I'm excited I get to do this. I'm excited, I found this library. And I'm excited to share with you today what I want to share with you. My number one topic today is this, you are just one meeting, connection, action, or phone call or an event away from changing your life. You just have to put yourself out there and be intentional about making these changes, and see what sticks. You have to get out of your comfort zone and try new things in order to change your life. You have to I have been experiencing this time and time and time again, since I decided to go for it with gusto over a year and a

half ago, you know, this is my second business. And I'm approaching this business so much differently than I approached my when I had my PR firm, I started that business differently. I ran that business differently. The way I ran that business was very much aligned with how you run a professional services company. Everything was about my clients, my clients were front facing me, my team, we were on the back side of all of it, we were putting clients first we were putting companies first. Everybody was going out there and realizing a lot of success. Because we were we were this a team behind the scenes. And yes, I was out there as a business woman, you know, as the leader of my business, but back in the day, I really you guys, I just didn't do a lot of promotion on it. The only promotion I did was just being part of the networks that I was in. But my business was 100% referral. And this was even before a lot of social media kicked in. I mean, social media did start to kick in, of course, when I was running my business, but it was all referrals. So this business is different. I have to be intentional about going out there and putting myself in front of as many people as possible to spread this message of empowerment, that you're not to fucking all to do whatever the fuck you want. Every time I go out there and see something, realize something utilize a tool that helps propel me forward. I'm going to share that with you because I want you to be able to use that tool to help you move forward. And it's interesting, this is all sort of coming together and there are no accidents a friend of mine, Kim had posted something that Tony Robbins, you know, threw up a reel and of course Tony Robbins is the king of self empowerment and self improvement. And he said and this is a little bit condensed on his exact words. But this bit really sums up what I'm going to be talking to you about today. He said it's important to put yourself in new environments and meet new people because great ideas are not going to interrupt you. They need to be put pursue our new life requires risk. It requires investment in yourself. And that's with your time, your money and energy. So that's, you know, it's a little bit paraphrased what he said, you can see how powerful that is. And it's the actual truth. And I know I've said this before, because you go about your life and you do the same things. It's what's the definition of insanity is doing the same workout routine and expecting to see any change, eating the same food expecting to see any change, dating the same type of guy and expecting to see any change in your love, like parenting the same way and expecting to see any change with your relationship to your kids. And so it goes, we've got to mix it up that in the case of work, because you know, we're talking about entrepreneurship here on the show, and I really want to empower you all, to do whatever the hell you want. That is profound. The impact is profound. When you decide to put yourself first and to go for it and get yourself out of your comfort zone. Say yes to everything. Let me preface this, you're going to say No, first all the stuff that hasn't been working for you, you've heard me say this a million times would really take note to get where I am right now and get into the be put in the environments I'm in right now and be broadcasting from a beautiful library in Mammoth Mountain. I've had to say no to a lot. But by me saying no, I've been able to say yes to a lot and open up my schedule, and to be very intentional to say yes to everything that I think is going to move me towards my goals and expanding my message. So that's, you know, joining networking groups. It's saying yes to coffee with someone, you know, I just attended my second, this really wonderful event put on by modern day wife, these wonderful these Megan's and I'm going to be interviewing them on the show, they might be on actually the very next show, or two shows after this. So Mark my words, they've put together something really incredible, where their whole mission is to bring entrepreneurial women together to showcase their wares, you know, so products, services, all these wonderful things that they're doing. And they're also giving women a forum, to speak their message and to speak their truth and to empower other women. So this last event, I'm still on this incredible high from it. Like I said, when you say yes to something, what's going to happen? So I've

done I've talked about the other event before I did an event A month ago, in Menlo Park, that event was called unlock the vault. This was their second event. So I said yes to it right away, because their first event with that experience was so amazing. And the women I got to be put in front of I was on their business power panel. I said yes, yes, yes, I need to do more of this right away. So they just had this event I was at as I'm recording this. It's a Monday morning, and this event happened last Thursday in Malibu. And when you say yes to something, you have no idea where it's gonna go. So I said yes to being on the business power panel and to attending. And then it was like, Hey, Jen, do you want to be one of our podcast sponsors? Yes, of course. Yes. And then who did I end up interviewing, I interviewed six incredible women, many of them actresses, other influencers, women doing incredible work in this world with this singular mission, to serve, and to help and to empower other women. What I've been put into that with that have just dropped out of the sky, had I not put myself intentionally in an event like this or saying yes, to sure show up, I'm going to do it, I'm going to do the thing I did before. And by saying yes, again, it opens up this next level. And then I also spoke on a business power panel. And then I had women coming up to me afterwards going, Oh, my gosh, your message resonated. And my message, you all know what my message is. It's women supporting women. It's you're not too old to do whatever the hell you want. Bucky want, pardon me, because, you know, that has more impact. And of course, I'm laughing in the sense that I said this very important message about women showing up empowering themselves, because we're going to show up to vote, we're going to build stronger communities, we're going to be empowering the women behind us. And of course, the morning after this event, I woke up to the nightmare that was the Roe vs. Wade being overturned. So I know my mission in life and my purpose, I know it, and I'm so glad I was in that event. And I got to spread that message because we need it now more than ever. And as women we need to band together and stand in our power. And so you can be loud and proud and go out there and do what I'm doing. Or it can be as simple as being confident in who you are and standing in that power. Because you have influence you have influence over your kids. You have influence over maybe the moms you meet at school. We all think just because we're not CEOs somewhere or doing these big things. We have no influence. We all have great influence. And actually one of my lovely podcast guests Melora Hardin, she's an actress if you IMDb her she was on the office. You've probably seen her on the office. She's been on a million things over the past many, many decades. She's a few years older than me so I grown up You're watching her and you probably have to. So she just came out with this Docu series. And there, she's trying to find a home for it. And I'm gonna go into that in further detail when her podcast drops in a couple of weeks. But when one very important bit she said was, the most important thing a woman can do is really take care of herself and unpack any trauma. Because if you think about it, if we go in, if we go if we continue our lives, and we're still reeling from some trauma or some negative experience that happened in our past, we're reliving that our kids are seeing that, or communities are saying that people in the officers saying that the most radical act we can do what she was saying, is to take care of ourselves and put ourselves first and get healthy, healthy and mind, body and spirit. Just by doing that you're having a ripple effect that you can't even comprehend. So that's something all of us can do. And what's so exciting about her Docu series is this woman that she interviews and she helps they heal together through a very profound past trauma is that it's never too late. So a lot of you listening, obviously, we're at midlife, it's never too late to heal, it's never too late to put yourself first and it's never too late to start again, to start something new, and to see what happens. So I digress a little bit, but I'm on such a high you guys and I just I've been experiencing and who I've been meeting, I want all of you to experience the same thing, I want you to say yes to yourself, I want you to put yourself first, I want you to know that by you putting

yourself first. It's not selfish. It's the exact opposite. Think of the air mask, you put yourself first and you're impacting everybody around you, you get to be happy, you get to be successful, you get to do whatever the fuck you want. And I cannot underscore this, I made everybody laugh, because I know I've said it here. And I know I've posted about this on Instagram. But by putting yourself in the company of other extraordinary women who are also sort of, you know, in the ring, as it were, you know, they're starting businesses or, again, could digress for a minute, because it was the first time since I started this podcast in the fall that I actually sat side by side with my podcast sisters. Of course, we all didn't get to talk to each other because we were busy podcasting for hours and hours and hours on end, we got to say Hi, Hello, nice to meet you. But there was this wonderful sense of camaraderie, knowing that we all know exactly how much work it took to get there, and how much work it took to get through our entire day of these back to back podcast with very well known people. So everyone was sort of up leveling and doing something incredible that a lot of us hadn't done before. And of course, you know, when you're broadcasting and interviewing live at events, there's of course, 100,000, things that can go wrong. And we all try to prepare for that. And luckily knock on wood, nothing went wrong, or the audio stuck might not be perfect audio, but we did it. And so it was very nice to be in that company. And I bring that up because as you're building businesses, and or even if you're just trying to make some type of a change, you have, you know, maybe you're you're going through a divorce and or you're trying to make a big lifestyle change, and you just want to get healthy and fit whatever it is, you do need to surround yourself with women who are doing the same thing. Because only they will really understand what it takes. And this is, you know, it's an old adage, you know, I know you hear people say this all the time, but I cannot underscore it enough. You know, I'm part of mastermind groups, I've got a fabulous business coach who is sort of ahead of me in the podcast game, she's probably close to 200 episodes, she's got a global business. So we always want to be aligning ourselves with people that are not only ahead of us so we can see what's possible. And what's sort of they lay the path for us, then we also want to be in the same ring of other women who are building and they don't have to be the building exactly what you're building are doing exactly what you're doing. But the fact that they're doing something, puts them in a different mindset than say, maybe some of your friends and family and we all love our friends and family and they're there and we love them. And everyone's very important to our lives. But I really want to just highlight that you need to surround yourself and put yourself in environments of strong inspirational women. I will say and this is a shout out to my beautiful niece Liz Marples, who was my assistant for the day at this meeting Malibu event. And there's no way I could have done that on my own. And I've got a couple different people in my team and Lizzie Lizzie happens to live in Southern California. So it was easy for her to come up. She did a ton of work for me before the event happened and was just on the ball. So she's 24 going on 25 And she sat there in awe. I could almost start crying because this is what's so important for all of us women in midlife. And this is what I say when we're standing up and stepping out. We're impact Seeing the generations behind us. You know, we were all moved to tears by so many of the women that spoke and certainly the women I had on my podcast, several got very teary eyed because everyone is so committed to their purpose in their mission, and we're all committed to women, and their empowerment and living their best lives. So look at Lizzy, you know, a couple years out of college, she's working in a job. She's like, Oh, I don't know if this is going to be it for the rest of our lives. And you know, by the way, anyone listening, if you are younger, if your mom is listening, playing this podcast, you don't have to have it all figured out. And that's what I was telling my niece, I said, these are stepping stones, like how many stepping stones we've all had on the path of, you know, wherever we end up. And so she came out and I said, What

was it like having an MBA and sort of work, how to put all this together, you know what, behind the scenes of a podcast is and coordination, I also did a photo shoot, we were at a VIP party, we saw all these kick ass Women in Business speak. And then she saw me bang through all these podcast episodes, but she was integral, I couldn't have done it without her. And she said she was just floored, like, we're still both processing everything that came out of this wonderful event. But for her, she's like, Oh, my God, she says, so many different women speak all different walks of life, all different types of businesses, all different life experiences, different ages. And so for her, this was eye opening, because again, she was thrust into this environment, where I happen to drag her into this environment. This one, I'm telling all of you, you don't know what you're going to experience, she had no idea what she was going to experience. I didn't know what my day was going to be like. And so she walked away with she's now like reevaluating a lot of stuff because she just had access to women in so many different industries. So many different industries. Women who spoke that were older had like in broadcasting and finance, who'd had a bus through massive barriers in male dominated industries, other women who had overcome personal trauma, and they've started businesses and just by having faith, and trusting their guts and their instincts and being true to themselves, you know, things unfolded for them. And they've got successful businesses, and all of these women are dedicated to giving back and helping serve women of all ages, shapes, sizes, races, religion, everything, it's so it was so beautiful and incredible to witness, I'm so glad my niece got to experience that. So you all you are one meeting, connection, action call or event away from changing your life. So you have to put yourself out there and be intentional about getting in front of and getting surrounded by women who don't look like you who don't act like you who have different businesses who have come from different circumstances. And it's not just women to put yourself in front of men, as well. As long as that, you know, they're on the same path. I met a lot of incredible men who actually showed up that day to support the women. And it was really wonderful to have their support there. And I had some really wonderful conversations with them. So I'm never discounting man, you guys. I'm married to a man, I'm married to a nice white guy. Who, you know, there's a lot of, you know, the old white man, I will say that because yes, a lot. The old white men have made the rules. And we've got to rally against that, especially now with Roe vs. Wade being overturned and women's rights being taken away. And that that will be another podcast for another time once I collect my thoughts around it and have more of an action plan. But my husband's one of the good ones, you know, he's out there, he's helping me. So behind every strong woman is a strong support network. And I include my husband in that support network. I include my kids, I include my business coach, I include my friends, I include my fabulous business networks, because you know, no one got anywhere alone. No one gets anywhere alone. Even though you might see someone helping a business. There are a ton of people behind the scenes helping their connections. There's somebody who believed in you, there are people that believed in me, I had wonderful female bosses, way back when and then I also had some horrible people that I worked for way back when we've all had that, especially when you get to midlife. So never think we tend to forget that we have got we've got to do it all alone. And it's not about being alone. It is about having the right support. And also, of course, you know, getting yourself out there and getting yourself connected. Because I'm telling you by putting yourself out there, you're going to find new women, you're going to be in community with them. You're going to learn that we are so aligned, like let's put a little network together so we can support each other the sky is the absolute limit. And the best thing about all of these women is when you know when you have those days where you're faltering and you just don't have it. Let's face it, like I like to say some days you're Beyonce, you walk into room and you're like, Here I am, hear me roar for as many

days that are like that. There are the days that you go, Oh my god, what am I doing? Who the hell do I think I am? It happens. We're human. You throw hormones into it. You throw relationships, life events, this is the human experience. So make sure you have those groups there that And hold you up and reflect back to you and remind you why you are doing what you're doing. And then you can sort of live to fight another day. All right, I could talk to you all forever. I miss talking to you guys, one on one. So let's see what happens. I might have to go back to two episodes a week or do something I don't I'm feeling really fired up, y'all I'm feeling I'm not from the south either. So I don't know why I keep saying y'all. Anyway, a couple of ways that I can support you is get on my newsletter. So I do have a newsletter, and I'm committing to kicking it out. My low goal is twice a month, my big stretch goal is four times a month. And so you know, one one out a week ago, I'm hoping to get another get another one out this week. So I'm claiming to you right now my intention, but definitely, we're going to be at minimum twice a month. And that's where I'm going to share, you know, my tips and tricks with you that I don't share on the podcast, of course, and I'll keep you updated on things on the podcast. And I'm doing a lot more events in person. And I'm going to be doing a couple of virtual events. So I'll keep you up to date on that. Because I know a lot of you are all over the world who listen, and I really appreciate that. So this is a nice way for you to just stay in touch, just click on my website, Jen marbles.com. And then you can get on my newsletter very, very easily. And you can also find my link in the show notes. Another way to be in contact with me, if you are really needing some support. And you are, you know, launching a business, you're in the middle of having your business and you feel like you need somebody on your side. And you need a cheering squad slash someone who can really look at your business and actually give you tools because I have run a PR firm, and I ran other people's businesses for them. And they were very successful. Yeah, I'm your gal. I'm opening up three, one on one coaching spots this summer. I don't do a lot of one on one coaching. But I'm opening up three spots because I feel compelled to do it. Because I know how hard it is. And I simply can't talk about how wonderful my coaches and how far I have gotten with her kicking my ass and showing me what's possible without offering you all the same. If you have any interest at all, just go to my website, and you'll see where to find me on there. There's a whole section on one on one coaching, it's click on work with Jen. And you can send me an email or go to Instagram, and click on my LinkedIn or my link tree rather. And you can book a call right away also link this in the show notes. You can book a complimentary 30 minute call with me. And we can talk it out. And we can see if one on one coaching is right for you. I also have another program that I do and it's just called the VIP day. So that's a sort of a one and done. And we meet for a couple hours on one day, and then you've got access to me for 30 days post meeting. This is really good for business owners. And I have, you know, I just met recently with a client into this. And it was so amazing, because it's always great to have someone else with sort of a fresh perspective, looking at your business and giving you feedback, then then immediately implement that feedback. And then we go back and forth for 30 days after and it's really a great way to inject some energy into your business help you find some focus it we can talk about anything if it's marketing, branding, your own personal branding the company message if you're trying to pivot and switch into something else. And or if you're just trying to really hone in your key messages and your key service offerings if that is for you. Finally, I do a limited number of just on demand coaching. And that's just one on one knots for a quick hour. If you just need a quick like Hey, Jen, I just need a little Jen feedback on my company or something I'm dealing with in my life that is available to you as well. And so just go to my website, Jen marples.com To find more information on that. All right, ladies, my final ask of you is this. I am on a mission to empower over a million women at midlife and I cannot do it alone. So if you'd be so kind to

share this podcast with your networks, and also on Apple, you can leave a five star rating. And you could also leave a written review. That would mean the world to me that helps me get this message out. It helps this podcast get up in the rankings. And Lord knows we need more females that are higher in the rankings with everything now more than ever. So if you could do that, I would really appreciate it. So let's recap that again. on Spotify, you can leave a five star rating. There is no way to leave a written review on Spotify. But on Apple, you can leave a written review as well as a five star rating. So if you do any one of those things, please screenshot it and tag me that Jen Marples I'm on Instagram all the time I respond to all of my DMs view do that the first 20 people that do that I'm going to send you my favorite book. That's what I'm committing to you. I'm going to send you one of my favorite books. It's going to be a secret but it's the book one of the books that has really changed my life for the first 20 women who do that. All you need to do is go in there, five star rating, write your review, screenshot it, and then posted on Instagram and tag me at Jen Marples and I will send you a book. It's that simple, and I want to do that. So it's Women Helping Women. So that is my ask of you, and then I'm going to share something fabulous with you in return. Ladies, I missed you. I love you. If you have any questions, if you need any support my DMs and Instagram, LinkedIn, Facebook, always open find me there and reach out to me. I would love to hear from you. And I just want to leave you with this again. Your one meeting, one connection, one action, one call one event away from changing your life. You just have to put yourself out there and be intentional. And then see what happens. I love you have a fabulous day.