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SPEAKERS

Jen Marples, Shakila Stewart

Shakila Stewart 00:00

I want women to know that there is no such thing as fear. Because there are so many obstacles that come our way that we are forced to conquer. Why not go after something that you do want and conquer that as well? Because it's in you

Jen Marples 00:22

Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turned business 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 that you are not too fucking old. Hello, and welcome to the Jen Marple Show. Today we are broadcasting live and interviewing fabulous guests at the meet in Malibu events put on by the fabulous team and modern day wife. And right now I've got another fabulous entrepreneur in front of me and her name is Shakeela Stewart, she is a premier confidence coach. She is founder of walk this wave movement and she is going to tell you all about it. And she's also an author of chin up, you got this, she has dedicated her life to empowering women and teens. And so she is going to be a fabulous guest today. And I'm so happy to have you here Shakila to the Jen Marple show.

Shakila Stewart 01:45

Thank you, Jen, I'm so excited to be here. Thank you for having me.

Jen Marples 01:49

Shakeela tell me about sort of where you've been with your work and what you do for a living and then how you got to where you are, obviously you're an author, and you do so many amazing things. So tell us all about it.

Shakila Stewart 02:00

Thank you so much for asking me that I am a premier confidence and presence coach. So I help female entertainers get grounded in their faith, their identity and purpose so that they can have a healthy and lasting career in the entertainment industry. And so I really have a passion to empower women to build self esteem and confidence through my movement walk this way. And so with that, I do motivational speaking, I do educational workshop for Teen Girls. And I also have a signature workshop called chin up, you got this through chin up, you got this, we do affirmations, we do posture techniques. But the unique thing about chin up you got this is that which teach women that your obstacles in life are working as your strength. And so we teach them to walk this way with your chin up your shoulders back and your happy face on because you got this. And so the reason why I started walking this way movement, Inc. was because in 2010, my mother passed away. I was 26 years old. And I was a struggling artist at the time. So when my mother passed away, I didn't know what I was going to do. But I had to level up. And I had to adopt my 10 year old brother at the time. I didn't know how we were going to survive. But we did. When I tell you I leveled up, I leveled up I adopted a kid I still can't believe that I was with a judge myself in a lawyer and they trusted me to raise my brother. He went off to get a scholarship in college. I was at school conferencing so I really leveled up and so that's what really made me start Walk This Way movement because I want women to know that there is no such thing as fear. Because there are so many obstacles that come our way that we are forced to conquer. Why not go after something that you do want and conquer that as well because it's in you. And so for me I adopted my brother it taught me that I had a strength inside of me that I didn't know that I had and from that I said you know what, I want to start a movement to get all women to go after their dreams and goals in life. And just because an obstacle arises that does not mean you give up on your dreams and goals in life. So I started Walk This Way movement and we've been on windy city live I've been on a Steve Harvey Show. So I've had a lot of success with it and I originally started in Chicago and I transitioned here and 2017 to La

Jen Marples 04:14

So explain to everybody what the movement is Is it a sort of a course or their lectures or their books like if you join the Walk This Way movement what what happens

Shakila Stewart 04:24

so you can join the walk this white movement as an artist so if you are a female artists and entertainment and you need confidence, you can join the movement. That way you can join the movement through our chin up you got this confidence training program. We offer a two hour workshop where we focus on going to youth organizations, corporate America and I also have a six week coaching program that goes along with chin up you got this is well so women can join the movement that way as well. And we just launched the one pearl campaign, which we have pearl necklaces to let women know that you are the one pearl that Godfather For to give you value. And a percentage of the proceeds go towards teen girls who have been incarcerated or who are formerly incarcerated.

Jen Marples 05:09

What fabulousness that you are doing in the world. Thank you for all that you're doing. It's so important, because you talk to a lot of women. What would you say what some of the biggest challenges are for women right now,

Shakila Stewart 05:21

you know what I would say, having that community where you can be vulnerable, with each other and honest, just about what you are experienced in life, because I believe that no matter what level you are in success, as far as your business, everyone needs a safe space with someone that they can cry to someone who's gonna tell them grow up, put your chin up, you got this, don't give up, this is not your last chance. So I feel like women were so hard on ourselves. And I feel like we really need a safe space where we can be vulnerable, and have a close friend that we can always be honest, and tell them exactly what we're dealing with. And they're gonna find our strength and say, girl, chin up, you got this, or sometimes they just might let you cry. Because sometimes life can get so hard, where you can't even find the strength to have your chin up. But that's when you have a friend to walk alongside of you and say, girl, I got you. So that's the power of community. And I will say self esteem. I think self esteem is a universal issue that when I work with teen girls, and when I work a lot with women in corporate America, I still feel that times we don't feel that we're worthy. So that's really why I pushed to self esteem with the one pearl campaign. And with my signature chin up, you got this class would teach them women look in the mirror and tell yourself that you're beautiful, tell yourself that you are enough, and that you got this. But also to as I said before, get around that community that's gonna help you feel valuable as well.

Jen Marples 06:54

I love that I think probably community is the single most important thing that you can have. Because like you said, every day is not going to be this banner day. And so when you have those low days, that community is going to hold you up and hold that vision for you. And like you said, there's some days when we do need to cry, we just need to cry.

Shakila Stewart 07:11

And that's okay, if you have those days when you're crying because perfect example, I went through a heartbreak. And I was distraught. And in your 30s when you go through a heartbreak, that's hard you are it's not the same as it was when you were 16. So I'm crying and crying. And all of my friends are like chin up, chin up. And I'm like, Oh, ya know, the last slogan now, everyone I talked to is like, chin up, you got this. But at that moment, I didn't, I couldn't even put my chin up, I didn't feel like that I was going to get back up or that I was going to overcome. And that's when I knew that sometimes it's okay, if your chin is down, because you have to be honest with where you are in life, and then you work your way back up. So I do believe that you have to be authentic with where you are. So it's a process to walk in with your chin up. Sometimes you just don't wake up with your chin up. It's a process to that.

Jen Marples 08:04

You have that right. So what would be your biggest piece of advice for a woman out there right now who wanted to start a business, she's got something on her heart, that maybe she's too scared to get started,

Shakila Stewart 08:16

I would tell her write it down. Reach out to one friend that she knows that can encourage her that's going to hold her accountable, to not stop when things get hard. And then I would say go for it. If there's

someone she knows that has accomplished something similar, I would say maybe reach out to her as well and let her know what she's doing. But I would just say chin up literally you got this started. Because if an obstacle came your way today, you will have to conquer it that you didn't ask for if cancer if sickness, if anything came your way today, you would have to force yourself to conquer it. So why not take that same strength that you have within you and go after your dream?

Jen Marples 08:58

Oh, Mike drop I love that. It's interesting just like to to flip it just to say flip because you know, you can rise up when something happens to rise up for yourself when you really want something. I love that. What do you think women can do better to support each other?

Shakila Stewart 09:14

You know what? That's such a great question. And I think I think it's humility. And humility is hard at times, because I think we all want to be the star. Like everyone wants to be the center of attention. Everybody wants to be seen and honestly, even myself at times, but what I've learned is that when you are connected and you're unified, the impact you make is so much bigger. And so I would just say support each other more. Bring someone else along with you, who can encourage you. So that's what I would say just again, it's all about that community, just connecting with the right person and when it's your time to shine, you will shine, but also that community am being friendly to each other.

Jen Marples 10:03

My final question for you is what do you wish for women?

Shakila Stewart 10:07

I wish them joy. I wish women Joy, I wish women peace. I wish women confidence. I wish women enough. I wish when they look in the mirror that they just know, I'm enough. I wish them the joy of where they are in life right now. And even, you know, with myself personally, I know as career women at times, we think we have to let go of love. That's what I thought anyway. And I thought that I wanted to be at a certain level in my career before I invited love in. And I was really missing out on an amazing guy. So amazing. And it just taught me that I was limited myself. And so I just Just wish women just will say at this moment where you are in life right now. Just say I'm enough. Say it's enough. And just grow from there.

Jen Marples 11:04

Oh, what a beautiful way to end I could talk to you forever. That was so beautiful. Thank you so much tequila for being on. I'd love to talk to you more in the future. But in the meantime, let everybody know where they can find you and support you and find out all the great details about Yeah,

Shakila Stewart 11:19

please go to Shakila store.com. And you can follow me on Instagram at Shakeela stored.

Jen Marples 11:25

Thank you Shaquille. It has been such a treat chatting with you.

Shakila Stewart 11:28

Thank you so much. And this was amazing. You're so beautiful. So thank you so much. And you continue to do what you do and you give us platforms. So by you starting your podcast, you're actually helping me out as well. You're helping now so many women, so many women so you continue to do the amazing work you're doing as well.

Jen Marples 11:46

Thank you. That's because near and dear to my heart is always supporting women. So thank you