

83 JM

Wed, Oct 19, 2022 12:48PM • 40:34

SUMMARY KEYWORDS

women, midlife, fabulous, life, called, fun, katie couric, menopause, new york, podcast, instagram, support, perimenopause, met, talked, book, symptoms, listen, hear, meditation

SPEAKERS

Jen Marples

Jen Marples 00:00

Gotta get in the room with women who inspire you and support you. I flew across the country to do it. You don't have to be so dramatic and go to New York, it can be going to a networking group. It can be meeting a couple friends for coffee, but get in the room surround yourself with other women who are inspiring to you, and doing cool things, because you're gonna feel like you can do it too. There's nothing like it Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turned 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 that you are not too fucking old Hello, everyone, and welcome to the genmark will show you've got me today. How are you? Hi miss you guys. I am on Hi, I have just come off this most amazing trip to New York. With my fellow badass and partners in crime Lizzy Bermudez and Julie Gordon white, they've both been on the show here. And they're my travel buddies. And we went to New York for the Naomi Watts, our new company called stripes. And this new company or this new community rather called the swell, founded by Elissa Volkman. And the swell, is this new online midlife community. And Stripes is Naomi Watts, his new company. And it's all beauty products and wellness products for women at midlife. So they put this conference on. And we happen to find out about it just a few weeks ago when we made the Quickie decision to jump to New York and do this. And it was everything we could have asked for and so much more I can't even while I'm going to explain it to you. And that's why I'm dedicating this whole podcast to this recap because what happened at this conference was, you know, as a launch, for Naomi's company and for the swell, and they brought together the most incredible doctors, women, inspirational women leaders in each of their fields with one goal in mind, and that was to educate all of us about midlife and what we're experiencing during menopause and perimenopause. And so I've gotten notes upon notes upon notes, I'm going to do like a very top line summary because I'm here to serve all you and I want you to know, of course, first and foremost, there's 50 million of us. In the perimenopause, menopause states that is a lot of women. It's basically probably all of Gen X at this point in time. And we're all dealing with all these different things. I

jotted down sort of the top takeaways, with the goal of helping all of you so I'm going to just get started and kind of go down my list of what I learned. But I'm going to start with Naomi Watts and her company. So you can find out more about this if you follow her on Instagram. But she basically felt called and compelled to do something to address women at midlife because she was in the throes of actually almost getting into early menopause or perimenopause, menopause stayed in her 30s. Right as she was deciding to have kids. So that was sort of her impetus. And you know, sitting around during COVID, like all of us wondering, you know, how we're going to make an impact on the world and make a change and be of service. And so that popped into her mind. And I'm so glad she did because it's creating something amazing. And there are a lot of women starting products out there. And the more I'm glad the celebrities are doing it, because we need these big shiny lights, we need all of us, sort of the non celebrities to do our part. And we need women with big voices and big platforms to really get out there and be bold and spread the word and take away the stigma of what it is to be at midlife because guess what? There is a societal stigma, but we're here to tell you. I mean, you know, you listen to the show, you know, you're not too fucking old. And so we need to change the language we need to change the narrative. So thank you to Naomi Watts for putting on this amazing events. And I'm actually starting to try her product. So I'll report back on those. And again, the company's called stripes. So the other gal who co hosted was this illicit open, she's fabulous. And she started this myth Live community called the swamp take notes, but this will all be in the show notes. And in the summary, so Joe already, her whole goal is to have this incredible resource like resources All had when our kids were younger, and she was finding that there wasn't anything for adults, she in fact, had started Bauval way back when if you guys remember it was in the i village days, Baby Center days like way, if you scroll back into time she had started that company. You guys, if you're we're all around the same age or listening as you probably remember that community. Long story short, she wanted to create a community similar to that. But for all of us navigating life, as we all know. And the reason I'm doing this podcast and there's all these other amazing women out there is because we wanted to take the stigma away, we want to give you guys information we want to give you just make you all feel empowered to make amazing decisions, rational decisions, informed decisions about all aspects of your life. And of course, I want you to do whatever the fuck you want me to because it's been life and you get to claim how you want to live it. So definitely check out her platform, it's called the swollen it's about to launch. Check that out and see if that's for you. But I'm sure it is two huge takeaways from this event. Women need information and community. Two things I already knew. But it's also very interesting being in a room filled with about 125 women. And those were the top two things. So I'm doing my part and I'm going to give you a little top line here. Okay, so we did a listen, we did Naomi. So I'm going to start talking about some of the speakers sort of an order of appearance, but just give them their main takeaways because I know a lot of what stood out for me is really going to stand out for you. So Amy Cox is this beautiful woman, she used to be an Alvin Ailey dancer. And she teaches classes at the class. A lot of you probably heard of that it started in New York by Taryn Toomey, they've just opened up an LA outpost, but they're all online now, too. So there's a whole online studio. So she's this gorgeous human being. And she took us through this meditation when we started. And I'm going to do a horrible job explaining it. But I want you to visualize this is very powerful meditation, I want you to visualize the hand of your mother on your back in between your shoulder blades. And then imagine the hands of your grandmother. And then imagine the hand of your great grandmother. And then if your great, great grandmother. And think of all those women standing behind you and supporting you, they've been supporting you, you haven't even consciously thought about it, because I certainly didn't, until I heard

this meditation. So we have all that power and all that support for the generations of women who have come behind us. And I really wanted to share that with you. Because I was so blown away by this meditation, it brought me to tears. Just think about that. I'm going to look up the actual meditation and put that in the show notes for you guys to tap into. Because just to be able to sit with that and envision your mom, your grandmother and your great grandmother and all the women all they had to do and fight for to get us to where we are and then think about like if you have daughters think about those girls standing in front of us and I could get teary but but I must go on. I have a lot to share. I have a lot to share. So Amy Cox, she was brilliant. And thank you, Amy for being so amazing and sharing that meditation. Then we had Dr. Suzanne Gilbert lens, and she just wrote a book called menopause bootcamp. So it's available for preorder. I'll link it in the show notes. I haven't read any of this yet. But this is her whole platform menopause boot camp. She's incredible. So she just stated a couple of facts that I wanted to share. So like 51 is the average age that a woman hits menopause and menopause is the day that you haven't had a period for 12 months full stop menopause is actually just one day. So you're there in perimenopause, menopause is one day and then you're sort of in this post menopause phase. So I just wanted to make sure everybody was clear on that. And perimenopause lasts for that eight years, really eight years until you hit that actual day of menopause. Symptoms are very, there is not a one size fits all. And her recommendation is you know, if you're not feeling supported by the doctor you have or any of your caregivers, that you need to seek out the right support because there isn't a one size fits all. And women experience a lot of different things. So I know personally, a friend of mine was told by her OBGYN that everything she was experiencing was in her head. And so she texted our group chat and we all promptly said ditch that doctor and find somebody who actually knows what they're talking about and can support you because this is a very important time of life. So I really want to drive that home. So again, her book is menopause boot camps. I'm sure that's gonna have a lot of good information for us. I'll link that in the show notes. The next person he came on was this woman she goes by the handle mama Gina, her name is Regina Thomas Hauer and she is like 65 badass. Alright clutch your pearls everyone clutch your pearls. The book she wrote the name is called pussy a reclamation so she is all about pussy power. And I even have a hard time saying that word and it's hysterical because you know I was clutching my proverbial pearls as well because a lot of us are disconnected to our sort of essence and our pleasure and her whole platform is to reconnect women with their most powerful source, which is sort of our pussy power. Okay, I said it, Mom, sorry, if you're listening, I just, you know, it's interesting, but it totally tells you it's actually very informative, because there's so much shame. And there's so much negativity around that word. And that was a lot of what she was saying, is obviously a derogatory term used to, you know, call a guy like weak and like, you're a good girl, and all of that. So she's really here to demystify that. And to really have women step back into their power 100%, full essence of power, she is so inspirational, and she's a hoot. And she's so filled with energy, and life that I really enjoy. She actually had, she had us laughing, she had his dancing, she had us crying, there was a whole thing she took us through, so I highly recommend you if you're interested in, tap into her, you know, again, we're all we're a whole human, there are many facets to us. And, you know, she in her Actually, her book was a New York Times bestseller, so I'm going to get it, I'm gonna link that in the show notes. She's fabulous. And then we had Dr. Kelly Caspersen. And she's a urologist. And I was lucky enough to be able to have breakfast with her the morning after the event. And she's just a lovely human. And she, to her big platform is sexual wellness and health. Her whole platform is you're not broken. And she has a podcast by that name, and a book by that name. And so I know a lot of women because we're in discussion, you know, a lot of women's struggle, we all

struggle in midlife, with sex. And what that looks like for us. It's actually a little uncomfortable for me to talk about, because this is not what I normally speak on. But I'm like, you know, all of you have to hear it. If I was profoundly changed by these women and got this information, I knew I needed to share it with you. And so I urge you to check her out for books and podcasts or you are not broken and follow her on Instagram also, because she's constantly coming out with so much great information that you're gonna want to follow her and tap in. So thank you to her to standing up and she's dedicating her life's work to empowering and educating us, and how we can you know, sort of take back our sexual health, wellness and pleasure. We'll stop. All right. Oh, gosh, that makes me sweat. But it shouldn't. Shouldn't but it does. The next fabulous woman who got up to speak was just a fabulous human Amanda theme. And she is so amazing. And her book is men apocalypse. So that's men apocalypse. And she is you know, health and wellness and as a trainer, and she's absolutely fabulous. So what she tells us, I want to say the four things that she had said that are really important for us at midlife is to strength train two to three times per week, we need to get daily movement. So walks are great, we need to move our bodies daily doesn't matter what it looks like, we need to rest that needs to become a priority sleep. As you know, sleep is the new life hack that we never knew about. But now you do. And to also have fun. As I'm recording this, I just posted a reel of my travel buddies and I just totally making assets out of ourselves Junior wrap on the streets of New York now all in our 50s. So we can't have fun. What's the point of anything, right? What is the point of all this whole life if we're not having fun, fun happens to be one of my core values. And that was a through line with a lot of the women that spoke I'm going to digress for a minute, that fun is under value, we need to value fun actually, for health benefits. And for longevity. Fun needs to be part of our lives. So it cannot be serious, serious work kids. This, that and the other doing all the things that we're doing, we literally need to build in fun times because it's good for our health, and it's gonna make us live longer. So I think you got my key message there, have fun. And again, her book is men Apocalypse, and I'm going to link it in the show notes. Next, there was another fabulous woman Her name is Natalie Nixon. And she wrote a book called The creativity leap. And she's just a fabulous speaker. She's got a company. And her whole theory is instead of dwelling on midlife, it's really reframing midlife, because I know I talked to a lot of women who just don't want to be 15. They just don't want to cross the bridge, as it were, and come over to the other side, which is the 50 plus side. And she was very inspirational when she was saying and I want to sort of read one of her quotes that she read to us and was why love getting older. Pausing helps us to restore, take stock and assess so that we can strategically move forward in a more purposeful way. So this is all about getting older, pausing to see and ask yourself what you really want and what you're missing and what you need to add back in and not rebelling against it. It's reframing and then embracing and then going for it and I know it doesn't happen overnight. And an important thing I want to tell you is I didn't wake up I'm almost 53 I'll be 53 November 18. I distinctly remember at four 50 Not wanting to put my birthday cake on Instagram, because I didn't want anybody to know, I was 50. And this was before I had my own awakening about age. And I look back on that I just feel sad when there's some great party pictures to share and some cute outfits like but apart from that, you know, I was like, I ended up, you know, posting, but I wasn't excited about it. I didn't throw myself a huge party, which I did when I turned 40. I threw myself a huge party. And like, why didn't you Jen, and I was still in this deconstruction phase and going through what I know a lot of you are going through right now. And that is the age stigma and really embracing it, but I'm telling you do the work. Take notes, listen to everything. I'm saying listen to all these podcasts, follow these women. You got to make it a priority to accept your age, because once you accept, and then you don't give a shit what anybody else thinks you are free, then you're dancing in

the streets, doing a rap with your 50 Something girlfriends in New York City. It's that simple. It's like a It's something switches just don't care anymore. And then you look at it as a gift. And like Who gives a shit and realize especially when I was in this room, hang with me ladies, Emily featuring badass women at midlife. So many women are doing so many incredible things and we need to be proud of it and shout our ages from the rooftops. So everybody freaking knows it's an okay place to be. And it's an actually an amazing place to be. And this is how we changed the conversation. Right? That's probably another podcast for another time. So that was that one. Katie Couric spoke, ladies, Katie Couric spoke and I was two feet away from Katie. And so Katie is a longtime icon idol to me. And of course, you know, being a woman in media with my PR firm and constantly dealing with the press and looking at Katie shattering the glass ceiling and broadcasting being on the evening news. I've got her her biography on my bedside table. She's such an inspiration and her key takeaway number one was getting all this a gift. And and she's coming from the perspective as she lost her husband to cancer, she lost her sister to cancer and she is just come off of a breast cancer diagnosis and going through treatment. So she's like, I'm 65, I'm going to scream it from the rooftops. And she said, you know, 50 is not the new 30. It's like 50s 50 these ages, we are privileged to get to these ages that we are. And you know, we need to be shouting it from the rooftops and be grateful. And that's not to be living your life in sort of a negative spiral. Like, Oh, I'm so grateful I'm taking scraps. It's, you know, getting old is a true gift. And all you have to do is look around we've all especially with COVID We've seen a lot of stuff happen we've experienced a lot of loss. So again, it goes to this reframe she, she mentioned a funny quote from working girl, which is one of my all time favorite movies. She was like I've never one of those coffee tea and meet girls and like coffee tea. Me. It's a quote from working girl. If you haven't watched it, please go watch it. I could recite the whole entire movie. It's the most amazingly be of all time. It's so good. Anyway, she brought that up just because she was really underscoring just how she sort of navigated the world that she was in in broadcasting and sort of what she had to do the steps she had to take to get to where she is and now she's just launched a new media company. You know, Katie Couric media, and she's like, I'm 65 and I'm launching a media company. You know, to me that's beyond inspirational because it's paving the way it's showing. Not only me, who's you know, a little bit of a generation behind her and it's showing all the young women out there and broadcasting that, you know, she's paved the way for so many and she's she's just seriously nothing short of inspirational. I can have a whole podcast on Katie Couric and maybe that will come. Another doctor that spoke was her name was Dr. Manisha Sood. She is an endocrinologist. So she was talking to us about hormones, really underscoring the fact that a lot of you know women come to her to ask for bloodwork. And so what does bloodwork really mean? And so I wanted to share this one bit, because I was always like, I think let's do blood work. Let's figure stuff out. She brought up one really important point. And that is when you do bloodwork and you do sort of a one day test, you're only getting a one day insight into what's going on versus to really get a deep insight into what's going on, you'd need to do like 1530 days with like a blood test every day. No one has the time and money to do that. So she said simply by stating your symptoms to your health care provider. They should be listening to those symptoms bloodwork is not really going to show anything as it relates to what's going on. And she said, you know, your doctor still might require it based on you know what they are, what they're hearing from you, but it's not sort of the end all be all panacea. And it's not going to be sort of validating anything that you're going through. If you're going through perimenopause, you're going to have a certain set of symptoms, and I'm going to link in my show notes a link to what those sent terms are so you guys have those resources. So the takeaway is, find the care that you need. And if your doctor is not listening to you and

dismissing symptoms, find a doctor who will listen to those symptoms because they can treat you based on just that. Alright, I know that was a lot. And there were a lot of other amazing doctors that spoke and other women that spoke and I might recap them in another episode, but I want to keep this sort of really top line and those were sort of like the top top top top top takeaways. And I need to right now give a shout out to all the women that showed up that are out there doing work similar to me and a lot of these women are also educating more on menopause and symptoms and giving women important information and a lot of women leg talked about Lizzie and Julie, I traveled with them. And I met a lot of women some of that I've had on the podcast, some that we've just been connected online, and we haven't met each other in person. So it was almost like it was our little midlife trade show a route where we got to meet everybody in real life. So you know, I met Sarah Milken, and she is a flexible, neurotic. So she has been on the podcast, you've probably listened to her episode and she's fabulous. And we just had such a fun time dancing around and going to dinner and having this great time so go check out her podcast if you haven't already done it. It's called the flexible neurotic. I met Gabriella Espinosa, who is just a lovely human being and she's dedicating her whole life to women's pleasure and health and she's sort of a yoga teacher turned Sexual Health Wellness Advocate. I've already talked about Amanda theme, and I'm going to tag her again again. She is just a lovely human and so generous with her information and Apokolips her book, I met Katie Fogarty, she's got a certain age podcast, and she's absolutely fabulous. And you know, she's got kids in college, she's got a teen, I was able to have breakfast with her, and just really get to know her and I just feel so blessed. I met Aubrey Hubbell. She's got Hello Hazel. She's the leader of that company, products made for us females at all different stages in life. And she is a fabulous human. Again, my heart was bursting because we've known these women online for a long time and just to meet everybody in person and hug them and just get to know them even better was just there's just no substitute for meeting people in person. I also want to give a shout out to Deb Mullard. She's the president and CEO of stripe. So she co founded the company with Naomi, she's fabulous. She's actually close to where I live. So there was a bit of a West Coast contingent in New York and that was, that was wonderful. And Deb is a lovely human being. I've mentioned Dr. Kelly Caspersen. Again, she is fabulous. And you need to follow her on definitely follow her on Instagram and listen to her. You are not broken podcast and she's got the book. And I'm probably going to have her on my podcast live. These women I mentioning will be on the show too. So we'll get to go really deep into their areas of expertise. I met Lori King, she's founded care beauty, and that's a beauty company. For women at midlife. She's fabulous. And last but not least, I met the beautiful Rachel Hughes and she is a midlife warrior and a wealth of knowledge. And it's just a lovely human being dedicating her life to supporting women at midlife and in wellness. I just want to tell you guys like you've really got to make an effort to go out there and get in the room with folks I have sorted have a wrap up of some, you know, Jim Marples advice for all of us, because you know, it wouldn't be you know, me out here talking if I wasn't giving you some actionable steps to take on top of some wonderful information. But I want to give a little shout out to New York, I swear to God, it's like, if you can make it there, you can make it anywhere. You know, I've been in New York a million times for work and this was, you know, definitely kind of a work related trip but also like a fun girl trip. And an inspiration trip was a bunch of things tied into into one sort of trip. And you know, you do feel alive when you travel and you go to new places. And there's there's nothing like New York, the energy there. It's amazing. You really truly feel like anything is possible. So if you're down in the dumps go to New York. I mean, there's my New York PSA. So my top takeaways as far as giving you guys some actionable steps, not menopause related, but just mid life related and helping you all go out there and kick ass in

life, in business, doing whatever the fuck you want to do is number one, you've got to get in the room. You've got to get in the room with women who inspire you and support you. I flew across the country to do it. If I needed to eat ramen noodles for a week to make it happen, I was going to make it happen if I needed to sell a handbag to make it happen. I was going to make it happen because I knew in my bones I needed to go to this event and they did it. You don't have to be so dramatic and go to New York. It can be going to a networking group. It can be meeting a couple of friends for coffee, but get in the room surround yourself with other women who are inspiring to you, and doing cool things, because you're going to feel like you can do it too. There's nothing like it. Number two, and I've said this before, you've heard me say this. Have courage. You're not going to have the competence at first, have the courage if something feels like it's calling to you. You're like, Oh, I've got something on my hearts. And you're just scared to start. It just takes courage. It's sort of like jumping off the diving board. Don't overthink it. Just get up there. Take one bounce and jump off the goddamn diving board. Just do it. Have the courage to go towards what lights you up? And number three is related to courage. Take the leap. Don't overthink, I hear and I was there guys. I was there with you. But I hear so many women tell me that they're afraid to start. They're overthinking is this perfect? Am I doing a real but I don't have enough makeup on. If you have something burning, you want to share with the world just start. It's what I did. A year and a half ago, I just got on Instagram. And I claimed to I was I claimed my age. And I said I'm here to serve women. I've never stopped. If I didn't take that leap the year and a half ago, and follow my own breadcrumbs and start my podcast and make all these new fabulous friends. I wouldn't have ended up in New York. Everything builds upon each other. So don't think of some end destination. Just take the leap you want to take, it could just be that one friend of mine. She's doing something so cool. Take the leap, ask her for coffee, ask her about it. Join that gym, take that class, do whatever it is take the leap. Do not hold yourself back. Like that Mary Oliver. But I bring this up all the time, you've got one wild and precious life. What are you going to do with it? We have to live life urgently. So take the leap. Number four, then this is important. You really got to enroll people in your vision for support. So whoever is the closest to you, in my case, it's my spouse. So when I started out going all through this launching a new business, I'm in startup mode, it's a very different business than what I used to have running my PR firm. He needed to be on board, first of all financially, because I was going to take a hit sort of walking away from my PR firm and starting something new. So I needed that buy in. Even though I was working like the dickens to sock away money to get my own to get my company started with my own money that I made. That was very important to me. But you know, that only goes so far, and you need to have the support of somebody close to you. If it's not a spouse can be a best friend. It can be a mom, it can mean dad. And the reason I'm bringing this up is because if I didn't have the support system in place, the morning I left to go to New York, I left at Oh dark 30 Like my dad likes to say I was out of the house at four I was up at one I mean I slept for two hours. And my son as I'm recording this, I mean a couple of days out of returning but my son was very, very, very sick with mono, he still has it. And he was having his worst symptoms. When I was leaving, he was throwing up. He was having a rash. He was having sweats. He just felt awful. He's my baby at 17. He's still my baby. And you know back in the day, and this is another podcast for another time. He's had some other health problems that turned out to be nothing but I thought they were serious. So anything that happens to my son, if he's sick, I have an extra high mon radar that goes up and a flag and I wasn't going to go I'm like I can't go I can't leave my son. My husband is kicking me out of the door. He's like, he's gonna be fine. I even texted my son and said, Hey, buddy, to one o'clock in the morning, he was up and like, do you want me to stay home? But he's like, Mom, you know, part of me does, but I'm gonna start crying. He

said, but I really don't want you to miss this opportunity. My sweet son, not gonna lie and tell you it was easy for me to still go. Because I'm a mom. And I'm like, God forbid, what if he painted? What if something happened? This is what used to happen to me used to paint all the time. What if he faints, he's dehydrated, he could fall down the stairs, all of us moms, we go to the worst case scenario. I'm digressing. But I know a lot of you are going to relate. And so the point is, it's not always easy. It's not always gonna go smoothly. But enroll the few people in your vision that can really support you and help you. So it might not be as dramatic as you know, watching a sick child, but to help you guide you and tell you that you can do it and that things are going to be okay. It's very, very important. Number five, get away. And actually one of the speakers talked about this. Get away from your day to day. It doesn't have to be dramatic and going to New York. You could go stay like at a Motel Six for 50 bucks a night. But I can't and I know I've said this to you before I have a whole podcast episode dedicated to it. I titled that you know you got to make the time to take the time Getting away is so good for the soul. If you can strip away all your roles mom, sister, wife, partner worker, this, that and the other, we have so many roles that we get so disconnected to who we are. And so I tell I said this on a previous podcast like I, when I was going through this exploratory phase years ago, I took myself to my mother in law's house in LA, and I just stayed in her pool house. And I had like three days of uninterrupted time, can you imagine, just uninterrupted time, that's a very dramatic way, but you also should go and have a good girls weekend. So this particular getting away, I was not alone, I was the actual opposite of alone, and was surrounded by a million women. And we were just out there to learn to meet to have fun, you know, I just posted this insane, insanely stupidly funny, amazing real, like I mentioned before, Lizzie Julia and I dancing around the streets of New York doing a wrap. Because I don't know that you can access your inner wrap, if you are at home, with all of your responsibilities waiting for you. And so you really remember who you are when you leave your zone. So go on a girls weekend, go somewhere by yourself, you don't have to spend a lot of money, but just get yourself out of your situation if you can, because the rewards are going to be coming back to yourself. Number six, you've got to step out of your comfort zone. If nothing changes, nothing changes. So if right now you're listening to this, you want to make changes, you've gotta start making some changes, and it's gonna feel uncomfortable, they will feel uncomfortable going to an event and knowing no one, it will feel uncomfortable going to a party or an opening, knowing no one, it might feel uncomfortable walking into the networking group, and explaining to the group that you're in the process of formulating a business, but you're here for the camaraderie and support. I'm here to tell you, everything you want is on the other side of that comfort zone. comfort zones keep us safe, but they also keep us stagnant. And they keep us in pain. Because if you stay in a comfort zone of not wanting to change and believing your own BS, you're not going to get to where you want to go. So you've got to push yourself. Enroll somebody, like I said, you know, get a friend, get a friend on board with you to say I really want to work on this. For some of you. It's easier than others. Some are like, Okay, fine. Sure. All ago, I was just on a call this morning with someone who the thought of walking into a room not knowing one single person terrified the living daylight out of her. The good news is you can do it, you're not going to die. But talk to a friend and say, Hey, friend, I really want to push myself in this new direction. Can you help me? Can you like help me like, tell me I can do it. Guaranteed she's going to sign up and be your number one cheerleader to help you do it. And she might go with you on that first, whatever it is that you're going to go to an event, a lecture, a class, a party, whatever it is, but you must get out of your zone and do things that are uncomfortable. Some days, I'm like, This is so uncomfortable. I actually think I might die doing what I'm doing whatever it is on any given day, and then just take a deep breath and I go, if I don't walk through the flames at

this discomforts, I'm not going to get what I want. I'm not going to serve who I need to serve. I'm not going to be the woman I want to be by staying here and staying small and being this comfort zone. Number seven, surround yourself with the people that you envision yourself to be with. And what do I mean by this? Did I think I was going to be in a room with Katie Couric a few months ago, new, did this opportunity pop up? I don't even like I said, when I signed up for this event. I didn't even know Katie Couric was one of the speakers. And I said, Okay, this all must be how the universe works. Because I envisioned myself side by side with these changemakers. And it's so important to put yourself in the rooms and put yourself in the way in the path of these people that you admire that are doing incredible things. Because you nobody's better than anybody else. So let's take that out of the equation. It doesn't matter if somebody is a celebrity has 100 gazillion people on Instagram or two people on Instagram. Everyone has a purpose. Everyone is making an impact. You're making an impact. Everyone is making an impact. But if you see yourself with whatever group of people you want to see yourself with, if it's the women rocking handstands at a yoga retreat, or if it's, you know, doing what I just did, going to this event in New York, you have to do it, see yourself in it, find the opportunities. And then one day you're going to wake up and look around and go, these are all my peers. We're all doing the same work. I like to say if you see it, then get feel it you can be it. It's the same thing if you can see yourself have that thought in your head that you're with these people? Soon enough, you're all going to be in the same room together, trust me on this. So make that a priority. Number eight, if there's something bubbling inside you, trust it. Trust that you're getting a message. That is something you need to pursue. No, I'm not saying you need to burn everything down and drop everything that you're doing. But there's a lot of you out there right now. I just talked to a woman the other day who feels called to support women during through these perimenopause, menopause years. She's like, Jen, I don't know how it's all going to work. I just know that women need information. And I want to be the woman to help them. So woman who reached out to me on LinkedIn, lovely, lovely woman. And I said, You've got to trust that and believe that. You have that inside you, because that's what you're meant to do. I trusted it. And here I am today. So just trusted, don't ask questions about it, follow those breadcrumbs and see where it leads, but trust it. Number nine, be audacious. And do not give a fuck what anybody thinks you've heard me say this before. But really, the audacious piece is what I want you to take away. And it goes into my Marianne Williamson quote that I've read to you all before. And it's just about, you know, who are you not to be fabulous and amazing. Because if you're stepping into your audaciousness, you're giving other women around you permission to do the same. So don't ever forget it. I was on a call this morning, we had a discussion about someone wanting to buy a Porsche and feeling guilty. And it's like you're making incredible money and you're really successful. Why wouldn't you get a Porsche, you're going to show all the other women that it's possible to have a successful business to drive it the damn Porsche cares or give you a handbag, whatever the hell it is. But be audacious because the world isn't served by us playing small. It's not. And what are we showing our daughters are first if we're not stepping into our true power, like, oh, you know, it's okay to be it's okay to be okay. Like dimmer, light. It's heartbreaking. It's heartbreaking to think that aren't my daughters would see that in me. And so I know it takes work. I know it takes work. But just know that you get to be audacious and mature, right? And we need to do that we all need to step up. And we need to step into our power. And you're going to be magnetic, and we're going to all collectively change lives. And number 10. And I've talked about this has been a little bit of a through line here. Fun, have some fucking fun. And it's interesting. Some people might judge people for having a lot of fun. I know, I've been judged in the past, which makes no sense to me. But it's usually if anybody's having a trigger. It's because maybe they're not having fun.

They're not allowing themselves to have fun. I think our life depends on having fun. And according to the medical community, it actually does, it extends our life, it actually changes our cell structure to having fun and being part of being part of a community are like the top indicators of longevity and a happy, healthy life. I'm not kidding you on this. So fun needs to be a priority. And then you'll be dancing in the streets like my girls and I were doing and I was joking on my Instagram and like Def Jam or waiting for our recording contracts. And God help everybody I'm singing on it. I don't give a shit. My voice is horrible. Watch my Instagram real. It's me and Lizzie and Julie. And we're having so much fun. We don't care. We're in our 50s We're on purpose. We're on a mission. We're filled with passion, and we're just having so much fun. And do not care if we've made complete and total assets for ourselves on the streets in New York on a selfie stick. Who cares? We were having fun. I think fun is underrated and we need to overrate fun, like we need to just jump in headfirst into having fun. All right, I have talked a really long time for this solo podcast. And I hope you're still with me. I love you all. Let me know what you think. Reach out. Do you have any questions? What do you want covered more a lot of these beautiful women I have mentioned I'm going to actually have on the pod. So we are going to get more information from these fabulous experts in the weeks and months to come. I promise you that because these women need more than my you know a few minutes of just talking about them and not going to do them justice and what they have to say justice, so I will be bringing them on. But again, my mission in life is to empower all of you of course let you all know that you're not to bucking gold, I want you to be equipped, I want you to have the best information at your fingertips in order to make decisions and to plan for the second half of life which is going to be the best half of life. So with that, I'm going to bid you adieu I have to get ready to go meet some women for a potluck because you know it's fun. It's fun to be with fabulous groups of women we all need to like put that as a priority. Ladies I love talking with you. And again please let me know if you have any questions drop me a DM on Instagram you can email me all my contact information is in the show notes. I'd love to hear from you. And I hope you all have a fabulous day. I adore each and every one of you. I appreciate each and every one of you that tune in and listen and it's just an honor and a privilege to be in your life every week on this podcast in via my other mediums. And again, a final plug for my newsletter. If you're not on my newsletter mailing list, please click the link in the show notes below cuz I'm going to do another bit of a wrap up there about this summit and include a bunch of links so please do that. I love you all. Have a fabulous day. And remember, you are not too fucking old.