

Ep 214 Solo Unicorn

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SPEAKERS

Jen Marples

Jen Marples 00:10

Jen, hello and welcome to the Jen Marples Show. I'm your host. Jen Marples, founder of the Jen Marples agency, mentor to women worldwide, and your number one champion and cheerleader dedicated to helping you embrace and rock midlife. The Jen Marple show has one goal, to empower you so you can go out and empower the world. So each week, I'll bring you conversations with incredible women who will inspire us, educate us and motivate us to live our best lives. I also pop on solo to share my best advice, tips and tools to help you unapologetically go for your midlife dreams, embrace your age and become unstoppable. If you are looking for a change, ready to up level your life in business or pivot into something new, then this is the show for you. And know this, you're not too fucking old to step into the midlife spotlight and claim all that you desire. It's your time to shine, and I am so glad you're here. Hello, beautiful ladies, welcome to the Jen Marple show. You've got me today, very quick and dirty solo episode, and I've got something really exciting to share with you. The Jen Marple show is a media sponsor of the unicorn women's vitality micro Conference, which is happening on June 17 in San Francisco, and it's happening inside this really fabulous, huge event called human tech week. Human Tech Week is I'm going to read the exact details so you do not miss one little bit of what human tech week is all about. It's the premier global event dedicated to exploring how technology can unlock human potential. It's held annually in San Francisco, and this week long gathering brings together visionary founders, investors, researchers and enterprise leaders at the forefront of human well being, performing some longevity, all in one place in San Francisco. What I love about this, this whole technique is, or this event, rather, is founded by a woman, Nicole Bradford, who has been in human resources for a really long time, and now she's in investing and really looking at AI and how AI and tech can help us really, truly live our best lives. So from performance to health to wellness, well being our mindset the future. So how we can optimize, sort of all levels of our life, yet keeping the human aspect to it. Because, as we know, you know, you think AI, and you think, okay, it's an editing tool, but there's so much happening with AI. And I think what's really important for y'all to know, and I'm going to tell you about this micro conference that we're putting on in June 17 I'm involved in this, is that in the age of AI, we really need to make sure of a couple of things, first of all, that we know what's going on. Secondly, that women's voices are heard and that we're not being erased from the equation. What it means for us, what it means for our health, what it means for our longevity, what does it mean for health care?

How does this impact the workplace? So all the things that I know you care about specifically, of course, how it is going to impact the people coming behind us, meaning our kids. Because this is all happening at such rapid fire pace. But what I'm really bullish about and excited about is how AI is already helping so many of us make big leaps in all aspects of our lives. And so I was asked to be a part of this about a month ago, and my colleague and longtime friend Jen Kim, who is a friend of the Jen Markle show. She's been a guest on the Jen Marple Show podcast. She is the captain of this day, which is the unicorn women's vitality micro conference. And so this is the only day of programming within human tech week that is solely centered on women and women's solutions. What I'm really excited to let you all know about is we're going to have four panel discussions. It's Tuesday, June 17. The event's going to start at two o'clock in San Francisco. I will have links, so stay tuned. I'm going to have a discount code for you. I'm also going to have links for you that I'm going to pop into the show notes. So if you are outside of San Francisco and you want to join us for the afternoon? Please do. I would love to see you, but certainly if you're in the Bay Area, I would make every effort to attend, and I've got a really great discount code and like, tickets are like, buy a ticket, get a guest free. So we're going to make it really easy for you all to attend, because I do feel like this information really needs to be accessible. So I'm very excited that we have accessible ticket prices so you can attend. So our vitality conferences, like I said, is really going to focus on the health, well being mindset and the future of women and so I'm just going to take you through our four panels that we are leading. So Jen Kim is the captain of all of it. She's going to be introducing everyone. We're going to start the afternoon with the breath work. Work. And then we're going to go into the first panel, which I'm going to be moderating, which is all about how basic systems need to be transformed right now within women's health and the system at large, because that impacts our economic power. So really, the first panel is going to be a deep dive into the current landscape across research, healthcare, workplace and investment, and yes, the urgent transformation needed to unlock women's full potential. And you know, this is where I play, and I'm all about you all know you're not too fucking old, and so we're going to start at the top. And I'm really excited that Jennifer garrison is going to be speaking on this panel, and she's faculty at the Buck Institute for Research on aging, and she has her own study within the Buck Institute that is exploring our ovaries and how they're aging and how that impacts our longevity. And so it's really thinking about ovaries outside of just reproduction, but how it impacts our longevity. I cannot wait to listen to what she has to say. Also, on this panel, we are going to have Leslie Taylor, who is the co founder and CEO of best yet for women, and she is building this beautiful platform that's going to support women in all aspects of life. She's got five pillars. So it's going to be menopause, health, well, being, mindset, career, everything that you can think of that we need in the life and beyond. That's what her company is going to be focusing on. She's super dynamic. She's been in health tech and the digital health world for years. And then I've got Priyanka Vaidya, who is a venture partner at coyote ventures. And what I love about Priyanka and coyote is that they are aggressively funding companies in women's health and femtech, so everything that they're doing is in support of all of us. And so the second panel I'm very excited about is called women's health innovation, the critical role fetech plays in women's equality advance. Equality, advancement and opportunity. You all know, I'm super passionate about this, so this is going to be, I have to read my fun little descriptor that I came up with. It's going to be a dialog on how femtech innovations are dismantling barriers and transforming women's health care access to unlock personal, professional and economic opportunities, like I've long said on this podcast, if we don't have our health, we've got nothing. I can't tell you to go why on? CFO, your life. If you feel like crap or your hormones are off, you don't know what's going on. You're having a hot flash, you're having brain fog. You don't

have access to resources. I've got three queens on this panel. Dr Sophia Yen, who's the CEO of Pandya Health. She's been on this podcast, got Sylvia Kang, who is the CEO of Mira, and that is a fertility device that she's created. So I'm really excited. So she's gonna explain to us how we're gonna track our hormones throughout, like our reproductive years and beyond, through menopause and beyond. And Io and Cavill, who is the CEO of Amira, and she's created a really cool product. Well, they've created a really cool product that helps us with our hot flashes. So it's a wearable, and it senses when we're about to have a flash before we have a flash, and it's a cooling pad, and it cools us off. So I'm just so giddy with excitement that there's women this smart in the world focused on solutions to help us live our best lives so we can go out there and thrive. So I'm going to moderate those two panels, and then I'm gonna pass the mic over to Jen Kim, who I mentioned. And the third panel is called the embodied innovator, leading with presence, power and purpose. And so a dialog about what happens when creativity, wellness and tech intersect inside women leaders. So this is really important because, like I said, we are coming into this new era of life, and we have got to keep up with what's happening in the world, and we've got to really sink into this is where I think women are really going to shine, and where these women, I'm going to read them to you in a second, are really going to help us understand the importance of us really stepping into our feminine leadership and looking at alternative ways of leading which might not be so obvious. Got Dr Amy Albright, she's the CEO of Holon at Suki Ball. She's a therapist and a plant medicine advocate. And Hannah, Viva Laplaka, Hannah for short, who's a leadership coach, and she's also an investor in AI. So all these women are going to bring their experience to bear to help us basically lead with presence, power and purpose, because we have a real opportunity right now to really lead the way the good Lord meant us to lead, not to lead like a man leads, but to lead how we're uniquely designed to lead. And if you didn't recognize Hannah's name, she was also a recent podcast guest. I'm very excited to see what she's got to say on the panel. Our final panel that Jen Kim is moderating, and this is, oh, this is a. Topic that's close to my heart. You all know this, so it's connected to thrive community as the engine of innovation. So on this panel, they're gonna explore how relationships, collaborations and care cultures drive innovation and sustainability. And there's some incredible women on this panel, Lee Richter, she is a founder and a multi hyphenate investor, so she invests in multiple different companies. Grace Kreivanger, who is the founder of the Hirebury, and you might recognize her name because she's also been on this podcast, and Dr Alesia Apple, she's with UC San Francisco, and she is a fabulous woman, and she talks about how we feel stress, and how we can mitigate stress in all the ways. And I've seen Alesia speak, and she's incredible. And that, again, that panel is moderated by Gen Chem. You can just hear by this lineup. I've already gotten so much exciting feedback about this, and we've been working fast and furious with the organizers to put together these dynamic panels with these incredible women to bring you this mind blowing day that's going to impact all of us. So we're, you know, like I said, **we're talking about women's health, wearables, longevity. We're going to talk about menopause, we're going to talk about telehealth, we're going to talk about hormone support. We're going to talk about the science and the research around aging, and we're going to learn so much,** and then the best of it all, y'all, my favorite thing is we're all going to come together, explore all these topics that are very interesting to us, and then we are going to connect, and you're going to make new friends. It's a great networking venue. It's a great way to make a new friend. It's a great excuse to, like, grab that friend and **bring that friend and have this really enlightening and illuminating day with all of us, women and you are included in this that want to make this world a better place, and we want to make sure women's voices are heard. We want to make sure people care about our health. We want to make sure people care about us in the workplace, and**

now we're going to leave no stone unturned. So consider this a little bit of a I want to kind of call it like our mini little march on Washington. It's like, you know, we're mad as hell, and we're not going to take it anymore. So we're going to be up on that stage explaining everything that's kind of going on, the state of the state, within women's health, career, the workplace, the longevity, all of it. We're going to talk about solutions, and we're going to have the most incredible women driving these conversations. And then we're all going to come together and rally, and there's going to be this group think on how we're going to make it all better. And hopefully there's going to be other women and other men in the room are going to take notes and go, god darn it, like I want to be a part of this, and I want to help make the world a better place for women. And so I get really passionate about this, as you know. And my driving force here, too is also not only thinking about all of you, me, all of us, like thriving in midlife and going for all what we want to go for, but also having the tools so we're able to do that, so we're healthy and we're good, so we can go smash all those barriers we want to smash and achieve all we want to achieve. But I'm thinking about my girls. I'm thinking about my girls who are turning 18 this summer. I want them to live in a different world than we live in now. I want them to live in a world where we're not fighting for equal pay, where it's not revolutionary to invest in women's health and really care about women after they turn 40, after the reproductive clocks turn off. I want them to live in this world where they don't have to think about that stuff. They're just all in on being fabulous and working and doing all the things and starting families. But they don't have to have starting a family or going through like a hot flash be a hit against them when it comes to working. And I know all of you, we've all had those hits. I had way back when, when I was going through fertility treatment and when I was dealing with my endometriosis, and then when I was pregnant, and there wasn't the support that we needed, there weren't, certainly weren't all these services and products to support us. So I'm so excited. So I think feel like this is a big flag and a big stake in the ground, and let's all rally and be a part of this together. Let's see each other. Let's support these women on the stage. Let's all come together and support each other. Let's make some new friends and really enjoy something that maybe you wouldn't think you would enjoy, because it's part of human tech week, but it's the unicorn women's vitality micro conference inside human tech week. So we have this beautiful programming inside this huge container around what's possible for humanity. And I'm just thrilled to be a little part of this and be a little bit of a voice and like a co later, of great women, including you all, who are going to come out so we can, you know, basically, be the change that we want to see. So I've got a great discount for you if you. Can come use code unicorn 30. It's going to be popped in the show notes that will get you 30% off all tickets. Either if you want to do a day ticket, you can do day ticket, there's a three day ticket. You can choose kind of like, what you want to do, and every ticket right now, if you buy one ticket, you get a guest free. So with if you do that, and you pop in that 30% discount. It makes this event, then this beautiful programming really accessible for most. So I really hope you can join us and be part of the fun. Be part of the movement we're making change. We're going to y n T, F O, the hell out of this beautiful day of programming at the unicorn women's vitality micro conference, June 17, inside of human tech week in San Francisco. And certainly I would encourage you also to stay for all three days if you can. If you're interested in all this and interested to see there's just these incredible speakers, just go onto the website human tech week.com check out all the beautiful speakers they have over the three days, and certainly check out the June 17 program. So I've just gone through it, but you're never going to remember all of it. So that's on the website for you to check out, but see what's up. And let's be part of the future. Let's do this together, because tech is coming for us. But I think this is a huge positive, and we need to show up. We need to be seen, we need to be heard. And so this conference is

going to really help all of us show up the way we need to be showing up as we walk into this new era. But I'm really excited to hear from all these women, so I really hope you'll join me always reach out if you have any questions, everything will be linked to the show notes. Make sure you're subscribed to my newsletter, because I'm going to be sending out more updates about the event. So that link is also in the show notes. This is a great time to get on board if you're not part of my community, because there's lots of exciting updates coming up. If you're watching this on YouTube, the links are down in the notes below. So please join us, and you can stay tuned. And the next coming weeks, I'm going to be debriefing. So if you can't attend, because I know a lot of you are across the country, around the world, you can't attend, never fear, I'm going to be sharing the greatest tips, tricks, tools, research, all the great information that I learned at the conference. I'm going to be sharing that with all of you in the future. So never fear, if you can't come, I gotcha, and I'm going to be sharing that with you. All right, ladies, thanks for listening, thanks for being here, thanks for believing in yourself. You're listening to this podcast so you know you're not too fucking old to go do the damn thing, whatever that thing is, trust that know it to be true, because it is to give yourself a pat on the back for being here. And, you know, watch out world, because all of us are going to why and TFO the hell out of it. So love you. I will see you next week, and I hope you can join me June 17 in San Francisco. You.