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SPEAKERS

Jen Marples

Jen Marples 00:10

Jen, hello and welcome to the Jenn Marples Show. I'm your host. Jen Marples, founder of the Jenn 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 power 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 and 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, my beautiful friends. Welcome to the Jenn marble show. If you're new here, welcome if you've been around for four years. I just love you so much. I am recording this the day after my 56th birthday, and the big news is I launched a sub stack after literally thinking about it for two years, like how I thought about this podcast for a really long time. I said it was time I saw a lot of you at an event I had November 11 here in Marin County, California, where I live, at Veronica beard, and I threw it down. I made cookies with the logo, and I claimed to everyone there, I said, next week, on my birthday, I'm launching a sub stack to hold myself accountable. Have all y'all hold me accountable. And she did it. And the reason why I'm so excited about this is that I believe sub stack is going to be a way for us to communicate with each other, and it's what I really liked about being involved with substack and following other authors and friends and being able to engage in community. And you all know, I talk about that all the time. It's like one of my pillars, women, supporting women. We've got to be in community and support each other and share knowledge and resources and the shout outs and all the things that we need in midlife and beyond. And so I was like, All right, she's gonna do it. She's gonna do it, but took some work to get it going. And I would encourage any of you who are thinking about doing it just freaking do it and do it messy and iterate on the way, like with everything in life. I of course, need to take my own advice. But the thing driving me truly was being able to communicate with all of you. And so obviously, the podcast, it's one way conversation. I love it, and it's for bigger, meatier topics, typically, but I love the fact that with sub stack, I'm going to be able to I have so much in my head, so much in my head, that I want to talk about and I can't wait for an event or for a podcast

episode. So this is what sub stack is going to be. I'm going to have thoughts on things happening in the news, how I feel women are being treated, or some really cool something or other that's going to help improve our lives, or just tell, you know, some real talk about the things I'm going through, all with the goal, of course, to help you feel more connected and less alone and all that you're going through. So of course, it's called, get ready for it y n t, f o with Jen. So we all know what y n CFO means. It's you're not too fucking old, but we're shortening it to y n t, f o with Jen. And my goal is to get one out weekly, if not two times a week, but I will commit to at least one a week, and maybe even more it again. It just as the wind blows and I see things happening or going on, or I get some great ideas, or I have a great conversation with somebody, and want to share it with you. I'm going to do it and Y and TFO with Jen is live. So I'm pretty proud of myself that I actually stuck to my guns and made it launch yesterday. I've actually had it on hold for a while. I did a lot of the creative pieces of it, and had first post ready to go, and I was just waiting for my inspiration. And said, You know what, 56 not too old, not too late, we have a voice. I'm practicing what I preach. But really, truly, it was to take one more step forward to bringing us together and having some two way conversation. So I really hope you subscribe. If you're already on my mailing list. That's not going to change. You're still going to get emails from Jen Marples that are not substack, because I need to bring you the fresh pods and any events and things coming up or things that I'm doing that I want you to be involved with so that stays the same. See, if you're not on sub stack, you're not gonna miss out on big things happening. But I would encourage you to subscribe. Don't follow me subscribe, because if you subscribe, you actually get the notifications of all the latest post emails sent right to you, which is. What I love. That's how I remember to read my favorite authors on substack. And so I'm going to make all my content free. There's not going to be gatekeeping with the written content at all. So you can subscribe, and it's free. And then there are two paid levels. There is a monthly slash yearly option, and that's just for you to be able to show your love and support, if that works for you, if not just be a free subscriber, and I'm also going to have the y n t, f o founding member tier. That one is to really show your love and support and get your place in heaven. I like to joke, and that gets you some merch. So I will be sending you some a y and TFO hat with some other fun goodies as a founding member. And within that tier, again, all the content and posts that I write will be free. But with that founding member tier, I'm going to be doing some bi monthly ask me anythings or live virtual events. So it's really just the big change. And then if you're a founding member, you get 10% off any future events I have, which are going to be cranking up next year again. You don't need to do any of the paid. You can just do the free, and you're going to have access to everything in the community. But if you want to go the extra mile and show your support, and I just love to joke about the place in heaven, because I'm so powerful that I can guarantee your place in heaven. Join one of the paid tiers, and I would love to send you, if you look on the first sub stack, I have a cute picture of the hats that I've ordered, and I've been giving them away, and they're so fun, I need to give a special shout out to my girl, Bronwyn, who's been on the podcast. She's my first paying subscriber, and she's got a sub stack as well. Bronwen communications, so follow her and check out her sub stack, especially if you need tips and tools for speaking and putting forth your best effort for anything that you're doing involving speaking in public, she is incredible. This is her God given gift, so please follow her on sub stack. So I'm just really excited to do this, and one of my friends on Instagram yesterday was so funny. She says, Wait a minute, you're giving us a gift on your birthday. I'm like, It's our gift. And I've traditionally done these types of things. I've thrown big parties, I've had that Veronica beard event. I always like to celebrate and bring gifts into the world. It's my love language, by the way, of course, my family got me some great gifts, which I'm very appreciative of, but my love language truly is gift giving, and so this is

the gift to us, because this is going to be enriching for me as much it is for you guys, because I'm going to bring to you just I literally, I have a journal and voice notes filled with things I want to talk to you about. I was like, Where do I put this? Because I would have to have a podcast a week. And so this is actually going to be that place. And so whenever inspiration inspires, or I feel like we need to really think about something, or sink our teeth into something, it's going to be here on substack. I am so very excited about this again. I just turned 56 yesterday. Just kind of joke like, what do I want the podcast to be? It's not going to be 56 things I know for sure, because nobody has that kind of time. But the big news is launching the substack on the birthday, and I will hope and pray you all join me there, because I want to get to know you better and communicate with you and hear what you're thinking and just be in conversation and community and dialog, and also bring all of you together so you can be in community and dialog with each other, which is really important. I know you all will love it. No gatekeeping, just making it loose and free and easy and a no brainer. And we're just going to dig in. I'm also going to be sharing a lot of what other people are doing that I see in this space, and doing more recommendations on books and just products I like services, just kind of everything. There's going to be a little bit of everything in y and TFO with Jen, and it's going to morph just as the podcast has morphed over the years. I'm sure it will morph and ebb and flow and do all the things. So really hope you join me. So getting back to my birthday, you know, what's really interesting is I have this, I don't know now I'm gonna, now you're gonna hear it that I said it, but I have this, like, little rumbling in my throat. I don't know if it's coming with age and not having as clear of a voice, but I'm trying, Alesia, my editor, I'm trying to, like, not be so grainy in my voice, but I feel like our voice has changed. Maybe it's one of those beautiful things of my life. But this is gonna be a quick and dirty because I really want you all to dig in and sink into the to the sub stack, finally putting my money where my mouth is, so to speak, and make one step forward towards that community and connection. But sort of in closing with this pod, I want you all to do a couple things for me on my birthday, and that is, put yourself first and put your health first. You know, I've talked a little bit about my health and menopause journeys, or journey rather, we have one over the years, and I'd be sharing more about that in the future. Future and writing about it in more detail. But if we don't have our health and our mental health, physical health, spiritual health, we really, truly got nothing.

Jen Marples 10:09

All the gurus in the world won't be able to tell you how to find a job, start a business, lose weight, whatever. If you don't have your mental health, physical health and your spiritual health, all these things are interconnected. I'm going to get into this a little bit more later. In this big revelation I had, I shared it in my menopause, 101 solo podcast I had a few weeks back, but just changing up a couple different things in my life, and I had this eureka moment that things were cloudy and now they are so much more clear. And again, I will share more of that in future episodes and future sub stacks, but I was racing towards things that were never going to help me, because I needed to get myself the physical, mental, spiritual self in check. So that is what I wish for you on my birthday is that if you feel like something's off, or you got an ache or pain, or you haven't had a mammogram or a pap smear for a while, please just get that done. Funny note, I was getting so many beautiful texts and messages like all over the place from friends yesterday, but I got one from Kaiser to remind me to book my colonoscopy. I'm like hashtag, not too old, but hashtag, maybe I am old since Kaiser sent me the colonoscopy message. So that's another message out for you. I'm going to be booking that ASAP. You guys need to be doing the same again, pap smears, just checks blood work, just get everything under the hood checked out, and

to make sure that you're running on all pistons, because life's going to be throwing life at you. And so I want you all to feel really good and seek out the help if you need it, and don't white knuckle and muscle your way through anything. And I am guilty of white knuckling. And again, I will share more of this in the future. And I really realized how I was really white knuckling the past few years, so please put your health first. Second is really lean into your family and friends and enjoy the time and being present. I've talked about this a lot, but really sitting with my kids last night and my son, who's far away, sidebar, he blew me away yesterday by sending me flowers and chocolate. Got a little Instacart delivery yesterday, of course, started crying, and I was like, This is what it is. This is all what it is. And all my kids wrote me beautiful cards. All the people close to me in my life wrote me the nicest, sweetest notes. And I couldn't actually record this podcast yesterday because I was going to, but I was so in the moment of receiving, and I went to yoga, and I had a massage, and I went on a walk with some dear friends, and was like, reading all my texts and messages and emails, and just really feeling so special, and it really just puffed up my heart so much that I couldn't even stop. I was just like, I'm enjoying the day, and I'm going to record this podcast the day after. Sorry. Alesia, my podcast manager, was expecting it yesterday, but alas, it was my birthday, and I couldn't get it done. And I guess that's my prerogative, right? But it's so nice to feel the love from family and friends, and I kind of wish we didn't wait till people's birthdays to share sentiments. So that would be my wish for all of us, is that we didn't wait till some wait till somebody's birthday or some big news to share sentiment. So I'm gonna, I'm gonna take it upon myself to just if I'm thinking about somebody right away in that moment, I'm just gonna send them a little text saying, I'm thinking about you, love you, hope everything is good. So family, friends, the people closest to you, just don't wait, spend that time, send that text, and really soak it all in, because at the end of the day, it's what matters most. My third thing is getting on the women's supporting women train, and that we're just all so fabulous and amazing and wonderful because we are at the Veronica beard event. I co hosted with them on November 11. I gave my speech about women, supporting women, and how so many women have fought to get us to where we are today, and we've got to do the work to get us to where we're going to be tomorrow and in the future, and make the world a better place for our daughters. I'm always happy to give my little speech. It wasn't long, but it was to the point and my daughters were there helping my interns. They were helping that night, as they always do with my events and taking video and talking to people. And they just make me so proud. And they're 18 we're doing finishing college apps right now, and just really looking at them with different eyes as young women in the world, like I could start balling right now, but I'm going to, I'm going to save myself. But I loved being able to give that speech and to have them be with me in that room and seeing their mom, who's last week was on the cusp of 56 and who now is to show them that anything's possible and you can pivot and change a million times, especially because we're having these conversations because the colleges make you pick a major and. Say what you're going to do. And they have one has no idea. One has a baby idea, which we all know. I changed my major three times in college. Hello. We all know that can change and morph, and it continues to change and morph well after college. So I was just so happy to have them witness that and just as a reminder to us when we think everything's just impacting us, because that's our natural way of like, oh, life, it's impacting me. I just want to shift. Because when I really reframe everything I'm doing in days when it might feel hard or you're battling uphill, I'm doing it for them, and I'm doing it for my grandchildren. We don't want to be fighting for pay equality. We don't want to be fighting for, you know, access to care, or menopause drugs, anything that's going to make us function better. I'm not going to go into my rant about what's not been done thus far, but we're going to be the ones to do it. I saw Shannon Watts again speak last week my beautiful friend Shireen, who's

been on the podcast. She was on the podcast Aryan poor about turning pain into purpose. And Shannon Watts has also been on the podcast. If you haven't listened to that one, listened to that one, go back and listen. And Shannon just gave some great advice. We can all feel overwhelmed seeing women out there doing a million things, thinking if we do one small thing, it's not going to make a difference. And Shannon really underscored that fact, one little thing, one little thing, will make a difference, because everything has a ripple. And if we all do our little ripples, it's going to turn into a wave. You can go big and run for office, you can go big and run a company. You can go smaller, yet very significant, and just focus on if it's just healing yourself and having a happy home that impacts your kids, that's a ripple. It can be doing something locally, donating money to a charity, all those little things have huge impacts. And guess what? We're already making so much change. So I just wanted to say that to all of you that we're going to be the way forward. We've got to support each other, support each other's charity, support each other's efforts, support each other just in life, and collectively, we're going to make this big wave of change. And that's always a topic near and dear to my heart. And I was just on cloud nine after I had that my event on the 11th, and I heard Shannon speak on the 13th, and I was with other beautiful women. It's just been women doing amazing things, little things, big things, and it just makes me feel so great. So I just wanted to share that with you again. It also goes to why I'm doing the sub stack so we can witness each other, bear witness to the change, support each other, shout each other out and really revel in all the good work everyone's doing. And we can be that change that we want to see. I guess my last one would be just to lead with love and just to really understand and know that nobody knows what other people are going through, and a lot of the times, the ones with the brightest smiles are carrying some of the heaviest burdens I know. I see so many women doing incredible work, and if you didn't know them, you wouldn't know that they were they had battled cancer, or something big happening in their family, or something really heavy with one of the kids. I think it's just the best way to live your life is just lead with love and compassion. Know that everybody's doing the best that they can, and even if it doesn't appear that way, just sprinkle some love and compassion on them from afar and just love everyone. That's what I'm taking into this 56th year, and being more present with my family, especially now that those my babies are going to be leaving soon, but also having this open heart and excitement for what's to come. I know Truly, I am just getting started with my biggest work in the world, just getting started, and with adjusting a few things in my health, spiritual, sort of mental capacity, I'm feeling like I'm really back in sync with what I'm meant to do in this world, which is to serve all of you and lead us all to doing what we want in this world, and to having a voice and taking a stand and really doing what we want, which is ultimately going to benefit everyone else in our lives. So I'm going to leave you with that Scorpio birthday, 56 Whoo.

Jen Marples 19:19

My dad just turned 80. He's got the birthday the day before me, and my mom's gonna be turning 80 in a few months. And so there's some big birthdays happening in our family, and they're traveling and doing their thing. My mom's still working, and they're role models in that regard. We're not giving up, we're not too fucking old, and we're gonna go do our thing. So thank you from the bottom of my heart everyone for being here. I love you all. I love speaking to you, and stay tuned. We're, you know, like I mentioned, the podcast is going to be getting a little bit refreshed, and we've got the sub stack now. We can connect online. We can connect in community. There. There. And like I said, this is one of a few things to come to bring us together as we go into the next year. So make sure you subscribe. The link is going to be in the show notes. It's on my Instagram, it's on LinkedIn, it's pretty much everywhere. So

subscribe, join the conversation on sub stack, and I cannot wait to connect with you there as well, and have a beautiful day, and I will see you very soon. You.