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SPEAKERS

Jen Marples, Mara Marini

Mara Marini 00:00

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Jen Marples 00:19

Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turned business and life coach and motivational speaker dedicated to helping female entrepreneurs achieve the business in life they desire in their 40s 50s and beyond. Each week, I'll be bringing you conversations with incredible women who are rocking entrepreneurship and taking courageous action while also dealing with all that midlife entails. I'll also be dropping in solo to share thoughts, advice, tips and tricks that will help you live your best life. If you are thinking about pivoting in your career, starting a new business or looking for a second act. Stick around as I guarantee you will be inspired. And know this, you are not too fucking old. Hello, everyone, and welcome to the Jen Marple Show. Today I'm interviewing Mara Marini. And as you can hear from all the noise in the background, we are live at the meet in Malibu event put on by the wonderful ladies at modern day wife. So there's gonna be a lot of chatter and excitement and laughter in the background. But that just lends to the excitement of this fabulous day. So Mara, thank you for joining me today.

Mara Marini 01:29

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

Jen Marples 01:32

So by way of introduction, Maura is an actress and she's an entrepreneur and you might have seen her on Parks and Rec I watched her bed the other night and I was like laughing hysterically. She's also been on Shits Creek and she's been on Blackish.

Mara Marini 01:44

She wrote a film yet co wrote a short film.

Jen Marples 01:48

She co wrote a short film with Jane Lynch, who we love Jane Lynch. She's hysterical. And she's also an entrepreneur. So she is a Jane of all trades. And so she is going to tell us all about what she's doing and what she's working on right now. Mara, thanks for being here today.

Mara Marini 02:02

Thanks so much for having me. I'm excited to be here. So I am an actress. I'm originally from Canada. I knew I wanted to be an actress. Since I was like four years old. My parents didn't really know what to do with me. So I begged them to put me in acting school and they're like, we're in the middle of Winnipeg. We don't know what to do with you. So I started memorizing out of my mom's Shakespeare book, she found an acting class to put me in and then all the rest was history. Everything was like how do I get to La every year but quote, Every everything was how do we get to La How do I get to LA. I left home at 17 and went to York University for their theater program. And then he auditioned for the American Academy of Dramatic Arts, which took me to LA at 18 and I've been here ever since. I love it so much. It's been such an adventure. I've gotten to work with some comedy legends, which has been so much fun. And from everything from you know, Parks and Rec shifts Creek was amazing. I just wrapped on film and I'm headed to Detroit next month to shoot another film. So yeah, it's been a whirlwind, but it's so much fun.

Jen Marples 02:58

So I know you mentioned also that you've got a wellness business as long as you a couple of different questions, but tell us about your wellness business before I dig into the other stuff.

Mara Marini 03:06

Absolutely. So for me it's always been about like diversifying right because I think it's it's so easy to kind of just lock on one thing but I think it's so important especially COVID really was a big eye opener for me like that was the first time my industry completely shut down. I'm like, What is the future look like? Oh my gosh, and that's where I really kind of dove into like researching other things and this kind of came across you know my lap and I'm really big on you know, wellness and what is and fitness and eating healthy but I started diving into the science behind collagen because I had been on powdered collagen is my entire life. I had really bad joint pain for as a kid and my parents took me to a bunch of doctors and the doctors didn't really know what to do. They're like uh, you'll probably get arthritis when you're older but tried to take college and glucosamine and so I took it but I still had joint pain. And then my girlfriend who's actually kind of big in the soap opera world. I wanted her to come here her name's McKenzie Westmore, she introduced me to this special liquid collagen and she's like, You don't understand Mara, this is completely different from anything you've ever tried. The problem with the powders and pills on the market is the molecules are too large for us to absorb. So we're actually only absorbing that product on average of 18% which is a huge waste of money, you know, and this liquid collagen she's like this is absorbed at 98% It's completely bioavailable. The biochemist behind the formulation found the exact molecular size and weight of our own collagen molecules. So we're able to completely absorb it. And that's why the 3060 90 day results are so fantastic. And I was like I don't know I've tried every single collagen but whatever you talk a big game, I'll try it. And within three weeks, my joint pain completely went away which for me was like such a big deal. Because that's never it'll go away for a few days but always came back it has not come back. I've been on it for like over two years

now. Then I started noticing my workout recovery so much better. I'm sleeping better. I feel better all around. Then my hair because of Parks and Rec I was platinum blonde, and I thought it was only doing one episode. So I was like, Okay, well, I'm gonna switch things up and I'm gonna dye my hair chocolate brown. And I did that. And in less than a week my agent calls they're like, um, the network called, they want you back you have to go back to platinum. So you can imagine in one week from going to platinum to dark brown to platinum, how fried my hair was, it was like would not grow past here. And now it's the longest has ever been my lashes grew my nails, I've all the nail technicians at my salon on this college. And so for me, it was like, it was such a huge vast difference from like the powders. And then the company is really fantastic. And it's like the really on the cutting edge of all science and using this college and hyaluronic acid matrix for other products and wellness, such a again, big part of my life. So just incorporating that and some other bioavailable nutraceuticals into my routine is like made all the world of difference. And so I just like to share that with people and make an impact and add value.

Jen Marples 05:55

I love that because I'm gonna need it because I always have pain. I do yoga all the time. And I feel like I'm getting either carpal tunnel or arthritis or something in my left hand. I don't know if it's from overusing the phone. And then doing yoga, I don't know. But I literally like sign me up for some collagen. Like, I'm 52 I need all the college and I can get Oh, thank you I'm like, but like the joint pain because you start to get that just from like overuse and whatever my best

Mara Marini 06:19

friend's mom called me crying because she was on painkillers. Her joint was so, so so bad. And in less than a week, she said she noticed a difference. And now she's like, I'm gonna take this till I die. This is like insane what it's done, because now she has no joint pain. And I'm like, Oh, it makes me so happy.

Jen Marples 06:33

That is incredible. What I love about your story is that you're diversifying. So I have a lot of women who are listening who are either entrepreneurs or exploring entrepreneurship. And that, I know that a lot of women don't just do one thing. So it's nice to have a little bit of a rounded out, especially being a woman in Hollywood. So I want you to talk about this a little because I do actually have some friends who are either musicians, they are still pursuing acting dreams sort of by nights and having corporate jobs by day. So I just love your perspective on like, what it's like to be a woman in Hollywood, since it's a very unique perspective to have. And I probably already know the answer. But I would love to hear your perspective on that.

Mara Marini 07:14

Yeah, I think you I think, especially the entertainment industry, it's so fickle. I think, you know, we're lucky because in sports or something, you definitely have a shelf life, you know, once you injure yourself or something happens, you've got to find another passion. So with acting, it's nice, because you can still keep going, the roles change, but you still have that opportunity. But you are at the behest of other people, you have to be cast, you have to you know, so that's why also, writing was such a big part for me too, because I'm able to write for myself, often the things I write are things I want to be in. So that's been a great joy. I think it's so important, especially if you know, acting is something you want

to do and is a big passion of yours. As you pursue that to also have other things you're passionate about and that fulfill you spiritually whatever that is because it can get a bit draining if you don't have thick skin because it's like, the No, no, no, can be a lot. But I think also it's so important to know that that no is so not personal. I've been on the other side of casting. Like literally, I've seen a producer, watch someone's tape. She literally just said her first name and he's like, ah, fast forward or she looks like my ex wife. So this woman not only drove there got ready did all this stuff, memorize this worked on this, and you're not even watching her audition. So it's so not personal at the end of the day. But I think if you really love it, you have such a passion for you just gotta keep going and keep going. And you know, Jennifer Coolidge, she spoke at my graduation. I love her. And she's like, you know, I wasn't the most talented one, even though I think she's insanely talented, obviously. But she's like, I just kept going, you know, I just kept at it. And so I think as a Capricorn I'm very big on like persistence, and like climbing up that mountain getting that goal. So yeah,

Jen Marples 08:58

I think that's just really great business advice, too, that you just dispensed is like the nose aren't personal. And just to keep at it. So with that, what would your advice be to women who are exploring entrepreneurship? Right now?

Mara Marini 09:11

Yeah, that's a great question. My advice to women that are exploring entrepreneurship is just go for it. There's going to be nose but you know, so many people like what was it Thomas Edison, or what's that famous quote, where he's just like, 500 nose and then like, the 501 time is like, the time if it's something you truly have a passion for. You only have one life, like, just go for it. Because I think it's so easy to be like, Oh, I don't know what I'm worried about. People are gonna think if I like if I do this, or are they gonna make fun of me or am I? Who cares if it's something that you love and you want to try? Just go for it? Because, again, we're here for a limited time, like, do what you love. You know?

Jen Marples 09:53

Why? Well, I love that. And then that same vein, what do you think some of the challenges are specifically for women? And just in sort of life and in business,

Mara Marini 10:03

as a woman, it can be very child. I mean, even in Hollywood, right? Like, yes, it's getting better with the me to movement and everything has made more awareness. But when I first came to Hollywood, it's such a different business for men than for women, like, a guy goes into an audition. And it's like, all boys rose club, they exchanged numbers are gonna go to the gym together later. And when they get in the room, it's like, again, boys club, like, Hey, man, what's up. And as a woman you go in, and it's sort of this like, all the women who kind of look each other up and down. Now it's gotten better. But it was very, like, hard to make friendships in that arena, because it felt so much like a competition versus with guys that was not. And then when you get in the room, there is this level of, you're either a sex object or a little girl. And it's really hard to get that even footing that the guy got to come in with. And I think you don't experience and times changing helps, of course, but it should be called a different industry, I think for men and for women, because it's such a different experience. Plus, there's double the rules for guys and double the girls competing for the less role. So it's interesting. And then on the flip side of any

business, I think it's just sometimes I think, as women we can, how do I word this? Because I think it's, especially as a Canadian, I feel like I would find myself always like, oh, sorry, sorry. Like, I don't want to, like, take up too much space, or you know, and I think really coming into your own and being like, No, I worked just as hard to be here. I deserve this to

Jen Marples 11:27

love that. You said that. Because we just had another guest on who had said this exact thing. Just take up space. So I'm so glad you said that. And I think and a lot of women who listen to my show are more at midlife. And so a lot of these women have lost themselves through motherhood or just working and just maybe they haven't worked for a while. And like who am I anymore? And so it's coming in and reclaiming yourself and taking up that space. Because yeah, it's we're always apologizing. Wow, even even in like, say you're in a meeting and like, oh, sorry, I didn't want to interrupt you or sorry. So just stop, just throw the story away and just start.

Mara Marini 12:03

I totally agree. I totally agree.

Jen Marples 12:05

What do you think women can do better to support each other?

Mara Marini 12:10

Oh, gosh, great. Another great question. I am loving this movement. That's kind of been I feel like happening more recently is just women supporting women, especially with you know, social media and everything. I do feel that love. It can be really hard because people want to hate is when you're when you start getting successful or any modicum of success, there can be some level of jealousy, because I think we're always taught, there isn't enough. You know, you've got to be competitive, because there isn't enough. There's not enough men, there's not enough this. And I am such a big supporter of women, like if a guy messages me and just slides in my DMs and I see that he has a girlfriend, I message that girlfriend like I cannot stand it when women kind of go against women. Because for me, it's like, I think it's so important that we stick together. Because if we did, we could rule the world, we just have to all be on the same.

Jen Marples 13:03

Hallelujah. I'm just gonna tell a funny story. I was at an event with my husband and I walked away to go talk to my friends. And some woman started hitting on him at the bar. And I told this to a women's group I was running and they were like dying. And she could barely clearly see that we were together and like having dinner, we were having dinner for like 20 minutes, they went to find a friend. And then she comes up and starts hitting on him. And then she said to him, she's like, her opening line was you could do better. These women I was talking to they're like, Oh my God, our my cut her and RESNA. And like for me, I just felt sorry for her. I just said, how sad and tragic is this? That you are going to go right in and you're going to knock down a fellow sister. So what happened in your life that made you so insecure? So I just felt sorry for her. So I just sprinkle compassion on her from afar. You are

Mara Marini 13:53

a good person. I want to say I would do that because like truly, she's obviously miserable. But my Italian cipher come out real quick. Gosh, that's despicable. Honestly, like, I just can't picture doing that. Because you know what I think too. Karma is a bitch and you do that that's gonna happen to you. And he might leave you for that person. I don't know. I just feel like it's such a bad energy to be putting into the world for yourself.

Jen Marples 14:19

Yeah, I just wanted to share that it's I don't even care. It's just like so funny. And my whole thing is then if like if my husband wants to find somebody else, then fine. Like, I'm happy with myself. So I wasn't always like this, but you reach a certain level of whatever that is. What do you wish for women? What do you wish for women to experience right now?

Mara Marini 14:38

I wish for women to like experience, a really deep self love. I think we are constantly bombarded with advertisements and language. Everything is you could make this and you'd be better. You could buy this and you'd be perfect. You can do this to yourself and you'd be then you deserve love. And we're all deserving of love are all deserving of following our passion. is in our dreams. And I hope as time goes on some of the advertising and the messaging that we get and young women get is more reflective of that.

Jen Marples 15:11

Really glad you said that. I've got two teen daughters and the the messaging. It's intense because they're like, Mom, I want one. Well, I'm gonna go and diet pills, and this and that are blah, blah, blah. So it's really hard. So I'm really glad you brought that up one day, hopefully, that will change.

Mara Marini 15:25

It's hard to read. Like, I remember being that age. And just like, I hated my body, I was just hated everything about myself. And it took so much time and like self work and all that stuff to really love myself. Because it's such a, you really have to go inward for that. And I think that that's not taught enough. It's always like, appearance, and then you know, how can you be perfect and make yourself more attractive to XYZ. And, yeah, I get it, I get it.

Jen Marples 15:54

Right now. We're just not going to care what anybody thinks. And we're just going to make ourselves happy. Well, it's been so fun chatting with you. So my final question is, Where can we find you support you watch all your show? Oh, my

Mara Marini 16:04

gosh, you're so sweet. Thank you. So I'm at pop gloss PLP GL OSS, basically everywhere on Instagram, Twitter, Snapchat, and then on tick tock, I'm at pop glass with an underscore at the end. But I'm basically on everything as pop glass.

Jen Marples 16:20

And then where can we find YouTube clips that we can watch a view? Are you on any current shows right now? Yeah, so

Mara Marini 16:25

if you go to my Instagram, my bio has a link to watch a bunch of different clips. The movie I just filmed is going to probably be out while probably not to like next year, but then I just shot another movie that's coming out later this year. And then I'll post all of that on my socials as well if you guys are interested in following so.

Jen Marples 16:42

Well, thank you so much. It's been an honor to chat with you today. This was so fun. And I have to I do have to mention that my husband just got his Canadian citizenship because Lizzie who's over here my assistant for the day her grandmother, my mother in law was Canadian. And so I'm always happy to meet a Canadian because who knows where all this is gonna go.

Mara Marini 17:01

I said yes, Canada will take you Canada is

Jen Marples 17:06

our neighbors to the north are so nice. Well, thank you, Mark. It has been such a pleasure.

Mara Marini 17:10

So much fun. Thank you for having me.