

JM Ep 37 The Midlife Conversation

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SPEAKERS

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When we come together and share our deepest truths, we feel more connected and less alone. And studies have shown that the number one predictor of sort of happiness success lifespan is community and connection. And so I really believe at our core, this is what we crave. Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turn business and 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 every week 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 Gen Marples show. I am here to talk to you today about something that's really important. And I think what we're going to talk about today is basically a lifeline. And by that I mean conversation, quality conversation with friends, with colleagues, with contemporaries with new people that you meet, basically, fellow mid life, women. And before we kind of get started into this juicy conversation about conversation, I want to let you all know that I am kicking off a midlife conversation series, and it's going to start February 9. And it's going to be three days, three hours, three conversations. So basically, it's an hour a day on three consecutive days. And we are going to be exploring what it means to be a woman at midlife in today's society. So I'm going to be asking all of you some of the same questions that I asked my podcast guests. And some of those questions include, do you think a woman can be successful at midlife? What do you think the biggest challenge is for a woman at midlife, and so on. So I'm going to keep it a little bit secret. But that's sort of the realm of the questions we're going to be exploring. I think it's really important to have these conversations. And so you all know, I actually started off this whole journey into serving women with hosting live events, and they were called Girls nights in events. And what I found from doing that was women were thirsty for authentic connection, and real communication among women, they didn't have to be anybody that they knew. And fact a lot of women liked coming to these events, not knowing anyone. And they walked away with just a really great feeling of being heard of feeling connected and

feeling less alone. And that was my original intent. I mentioned, say my original intent, it's still my intent, because I do believe that women when we come together and share our deepest truths, we feel more connected and less alone. And studies have shown that the number one predictor of sort of happiness, success, lifespan is community and connection. It supersedes if you're a smoker, if you're out of shape, all of this. And so I really believe at our core, this is what we crave. So I have since expanded. That's why I'm talking to you all every week, I want you all to feel like you're hearing something either from me or from one of my guests that makes you feel like you're being seen, you're being heard you're not in this life alone, that we've got these universal things that we're struggling with and dealing with. And then we can also celebrate, it doesn't have to all be gloom and doom. But at the end of the day, when you get to mid life, we've had a lot of things on our plate, ladies, we have a lot of things on our plate, we've got relationships, maybe those relationships are coming to an end, maybe you're exploring new relationships, we've got careers, same thing, maybe those are coming to an end, maybe you're exploring something new. We got kids if you don't have kids, but there could be aging parents, I mean, there's so much there's just this, I'm just gonna call it richness because I don't want any of it to feel negative. I just think it's life. And this is where we are, but we need to talk about it. And so the conversation series. The reason I'm doing three days is because every time I did a single event, either in person or online, I have done some of these conversations online in the past is that women were craving more like what's next what's next. So I said What better way to have some quality time with a quality group of ladies and to spread it About over three days, it's going to be 12 o'clock Pacific time. So I know that you know, that will vary based on where you are, and I'd love everyone to join have made it very accessible. It's three hours, three conversations three days, 30 bucks, easy, easy. And the key is to come with an open heart and an open mind and ready to talk and really dig in into these important conversations about being at midlife. So we'll start February 9, it'll be a Wednesday, Thursday, Friday 12 noon pacific time, you can click the link in the show notes. To find more information go to my Instagram at Jen Marples, I'm going to be plastering, it's everywhere, it is going to be an incredible experience. So we're going to dig in for three straight days and have three hours of quality conversation about what it means to be a woman at midlife. So I'd love you all to join me. Alright, I'll shut up about that now, except that I'm not because the point of this, of this broadcast today, ladies, is to really underscore the importance of conversation and look at who you're surrounding yourself with. And are you getting enough of this sort of real conversation, we all might have that one friend that we can go really deep with, I really hope all of you have those. And I know it's when we get to midlife, you know, friendships can ebb and flow, we move away, or maybe our kids get older. So we sort of drift apart. If you change jobs, maybe there was a core group that you were really tight with. And you know, just life happens. And everyone's busy. I mean, just look at your life, it is really hard to stay on top of all the people that are in your life, like your kids, your spouses, your significant others, parents, siblings, whoever you've got in your immediate sphere. So I really want you to think about, okay, who do I have who's I mean, there could be a ride or die here. And there. I was really thinking about this the other day, because I went to a friend's house. And I knew she needed me, I know this was going to be a night where I just needed to sit and listen, because she was going through a bunch of stuff. I hope all of you has someone like that in your life that can sit with you, and just sort of bear witness to what you're going through. Because again, mid life, there's some serious things that can be happening. And in this case, for this friend, who I've known for 20 years, I'm like, Alright, I know what I'm getting into here. Tonight, I'm going to sit and I'm going to listen. And listen, I did. And you know, we hash through a couple of

things. And that's just that's friendship, you just you need to show up for your friends. And she's done it for me as well. So if you don't have that, you can find it. And that's why I like to put together these groups of women because women also make connections, and make new friends. And at midlife, it is harder to find sort of new groups, especially if your kids are getting older. And there's that old adage, you know, friends are in your life for a reason season or a lifetime type thing. And, you know, you can kind of put your friends and acquaintances into all those buckets. But I think what's really incredible about being at this phase in life, is that you get to look for new groups of friends, you get to look for new communities to be involved with, it can be as simple as joining a gym, finding a yoga studio, joining a book club, finding something that's related to something you're interested in, you can take yourself to some lectures. I know it's a little harder right now, because we're doing things online, but virtual there, the virtual community, I can't underscore actually enough how possible it is for you to find wonderful groups of women online. By joining mastermind groups, you can join a class. I mean, there's people I know running book clubs, and someone I know is starting a book club, and it's all going to be centered on Byron Katie. And if she launches it, by the time this podcast goes, I'll link it in the show notes. I'm actually her name is Sasha. And I will actually I'm gonna link her Instagram in the show notes because she's going to be starting a book club, just around Brian Katie, how wonderful is that? So you can meet women in so many different ways. And I would challenge all of you to really put that at the top of your priority list. Because if you look around, and you're evaluating and you're going who is my rider die, does that person have my back anymore? Did she move away she just too busy with her own life or this is especially true if you're, you know, trying to start a business or launch something, you just need some different support. The people are out there. And that is the beautiful thing about all of this technology and being on Zoom and being able to meet people on Instagram and LinkedIn and Facebook like everywhere. We are Twitter everywhere we can meet people and strike up wonderful, amazing supportive friendships and have really deep conversations. And so you'll have a man I think the ideal is to have in your bucket who's that person that you know you can call at any time. Then there's the other one you're like, I need to go out and house them. Oh, and I'm gonna call my fun friend and we're just gonna go have fun like we are going to go put money in a jukebox and we're gonna dance be ridiculous together, we all need one of those. And then look at the gal that you can count on to run business ideas by or go, do you think this is a great idea? You know, there is going to be that one woman in your life who's going to be your cheerleader, there's just kind of a default, if you really look. And if you don't find it, like I said, spread yourself around, try some new things. Because this came to me today. And it's this is that old adage, if nothing changes, nothing changes. So just Just look around? And are you are you happy with the conversations you're having? And I have to say a funny aside, I always joke that the best conversations happen in the yoga bathroom. I've been doing yoga for 20 years. So that's, that's my church. That's my gym. It's, it's what I do. And I've made so many amazing friendships. And I've met incredible people, incredible women, through going to yoga and it sometimes it takes a long time even know what anybody does for a living because you're connecting on a soul level. So what I was a couple weeks ago, I was in the bathroom. And this woman and I were chatting, and we were talking about women, supporting women and just being at midlife and how there's so much opportunity. And we were just in such a wonderful animated conversation, she sort of followed me into the bathroom, and I left it was just felt like college, like left the door open and like go to the bathroom. And like we're still talking and then another woman joined in, and then another woman and she's like, I don't actually even want to go to yoga. I want to continue this conversation. And so I was

like, alright, Jen, wake up. Yes. Right. Because I used to do a lot of these conversations. It's time. So that was the impetus for me putting this midlife conversation series together, because I believe women, all of us, you listening, we're hungry for authentic conversation about real topics that matter. And I'm not dissing that conversations about Oh, you look great. And you got a great handbag, that's wonderful. But it's just that surface level. And that's just kind of idle chitchat. And I think the beauty about midlife is, you know, we we have the capacity to go deeper, we want to go deeper. And it also it just really impacts our lives in such positive ways by having these conversations. So I dare anyone to go deep with women in community and into some wonderful conversation. And I dare you to walk away, not feeling, uplifted, transformed, and just really more connected to this world. Because if we're sort of living in our minds, and we're living in our day to day behaviors, working, you know, grabbing kids or dealing with a partner, or whatever it is, we really need to make the time for the conversation because it can feel like nobody knows what you're going through. And in my previous events, especially that were in person, and this has also happened online as well. But when I did my very first event, women shared the most amazing, incredible stories with the group, somebody shared that they had cancer, somebody shared that they had gone through a bankruptcy. And somebody shared that they were nervous and afraid to start their own business. But they felt so protected. They felt loved, they felt they're like that we're in this safe space of women going through life together with them. And let me tell you, a lot of these women did not know each other. So this was not like a group of BFF sharing. This was actually quite the opposite women just meeting for the first time, and they felt safe to share. And to this day, and that was years ago, when I started my first of these events, there's still been a ripple effect of women than connecting with women outside of their group saying I'm so thankful you shared X, Y, and Z because I thought I was alone. I have heard that time and time again. And it's so important. It is so important for our mental health, to be connecting and having these deep conversations with women. It just is. So I'm gonna challenge all of you out there listening to join me join a group, I've got a bunch of people have already signed up, I'm going to have to limit it to a certain amount because I can't have 1000s of people on Zoom because I like to keep the conversations intimate and flowing. So it's called the midlife conversation series. So I'm linking it here in the show notes. And you can go on my Instagram, anywhere you follow me Instagram, LinkedIn, Twitter, Facebook, but we can keep it simple. Just click the link in the show notes. I just have it on Eventbrite, easy, easy, easy. And if you can't make one of the three, that's fine. You can pop in when you want. But it's three consecutive days, three hours of quality conversation, and we're going to explore what it means to be a woman at midlife and I'm going to have some fun questions. Well, maybe they're fun, I guess they're provocative questions that will get us thinking, and that will get us talking. And we're gonna go we're gonna, we're gonna go deep. There's not gonna be any surface level here. We're just going to go deep. We're going to get into it. And it's going to be incredible because it always is You all do, this is the thing. I've done so many of these talks. It's always an incredible experience. And the other thing that happens is the exact right people always show up to these chats. And it's miraculous. And women never want to stop talking. It's just the truth. So hopefully with the three hours, that will give us a lot, so join me. And I would love to see some of you out there on the world listening to this podcast, I'd love to see your beautiful faces. So don't be shy. Please join us. Okay, conversation. deep, important, necessary, absolutely necessary for our mental health, conversation and community. And the community of women that I know are out there listening to this and that are in my realm, I know are incredible. And we all want to lift each other up, and we want to make everybody's lives better. We want to make our own lives better. We care. And this is the way

we're going to do it. We're gonna do it by one by one conversation at a time and we're going to feel more empowered. And we're going to change the world. Boom, that's it. Alright ladies, Happy Happy, happy, wonderful day to you. And I will see you hopefully, at the midlife conversation series on Zoom. Have a beautiful day.