

Ep 99 Sheryl Moore

Mon, Feb 06, 2023 3:30PM • 38:07

SUMMARY KEYWORDS

women, business, hr consulting, feel, people, midlife, started, challenges, life, hr, important, fashion, step, helping, confidence, dress, love, years, undergarments, wardrobe

SPEAKERS

Sheryl Moore, Jen Marples

Sheryl Moore 00:00

If everything's aligned, like don't be afraid to make a change. So many times we're like, oh God, we're just in our comfort zone in our little box in our little bubble like, like how I felt like I was that way, like, Yeah, I know I'm gonna get paid every two weeks. I don't have to worry about doing this or that, but I want it so much more and like my personality craves more. So I had to just kind of say, You know what, I'm just going to step out and just step away from any sort of box. There's no box that I'm gonna go after what I want. I want to be known as an industry expert in this I want to be known as the top stylist or designer. And if I just stay like, Oh, God, I can't do that. I'm never gonna grow. You got to want to grow and you got to step outside of your comfort zone.

Jen Marples 00:50

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 this, you are not too fucking old. Hello, and welcome to the genmark will show today I have a beautiful guest Her name is Terrell Moore. And she's just fabulous. You're going to fall in love with her as I have. She is just a bright light. She lives in Southern California and she runs an HR consulting company kind of by day. She's also got a styling business as well as a fashion business called things to do by Sherelle. So she is a jack of all trades, and she's an empty nester. And she's just showing us all what is possible at midlife starting an HR company and fashion business designing clothes. She's doing it all and she's an inspiration for all so you're gonna love her as much as I do. So she Well, welcome to the show. I'm so glad to be spending this time with you today.

Sheryl Moore 02:17

I am so excited to be here today. And I just love you. And I just think this is awesome. Thank you so much for having me. Well, let's

Jen Marples 02:23

get cracking. So tell us how you got to where you are today. Because we all we all don't know. But I happen to know that you spent a lot of time in HR and that you just recently started this business. But then you also got this fashion business. So I know everyone's going to be interested to know, okay, she's running two businesses. But how did you get to where you are today? Take us, take us through the whole story

Sheryl Moore 02:46

of sre. Okay, well, so, you know, what I actually started my career, gosh, is like, what, 30 years ago, goodness, I started in entertainment. So you know, in entertainment, it's up and down. Right? So I said, you know, I need to keep moving forward. So I always dressed up. And so when I would be on like movie sets and video sets, people would always ask me, what did you get that dress? Or how would you put your outfit together who helped you. And I just love fashion. So I just, you know, bring things to the set and do things like that. But I also knew that I had to, because those jobs were not always forthcoming, I had to find something else. So I got into human resources, right. So my regular nine to five was working as like an HR manager for a company, but I always had that thing about styling and it helping people dress for work and stuff like that. So both businesses were in place, however, the HR is comfort, right, I was getting paid nine to five. And that was my breadwinner. And then I just decided, You know what, I still want to do that fashion, I still wanted it to help you know other women feel confident and and know how to dress or just help them, you know, with their confidence, whatever. So I launched my professional styling, working with a couple of, you know, celebrities, helping them dress and that they will put my name out there, but still maintaining my regular nine to five HR job here for the last you know, 27 years, most recently became a business owner actually, as of last year, as we launched the inside HR consulting with another business partner she actually started the business and brought me over as one of the business owners and it's been great ever since. But also still doing my styling on the side helping professional women that don't like to shop which I didn't even think that existed but it does. There's some people that don't enjoy going into a store they don't feel confident or comfortable dressing themselves or whatever. So I was still doing not, because you know, when you work in HR, you're always meeting people and networking with, you know, beautiful women all over everywhere. So I would offer my services of helping them put things together. And then I was fortunate last year to come across some great folks that said, hey, you know, we're having a fashion show, we'd like for you to be a part of it. And I'm like, Okay, let's do it. So actually, I'm going to be presenting my new 12 pieces, and LA Fashion Week here in March of this year. So it's just been an exciting journey. That's, that's where I am. So I'm, like you said, By day, I am an HR professional, working with all different types of business owners, helping them with their all of their human capital management, everything from training, payroll, all the wonderful things under HR, but by weekend, I am flying to Texas, maybe to dress someone for the weekend, or prepare their outfits for the week if they have some sort of conference or something like that. So always busy. And that's why my you know, my business is called things to do, because I always got things to do. So when someone calls and says, What are you doing? Sure, well, listen, they already know where it's going, the answer is gonna be I got things to do.

Jen Marples 06:16

Oh, my God, I love this on so many levels. So I want to break it down just a little bit. Because I know for some women listening, they're going to be like, Wow, she has two businesses, not just one. So did you still have children at home when you started the HR consulting business? Or when so when did you kind of come on empty nester? Because I definitely know. And this is what I love about your story, because it's like you have so much energy and so much more time, because those kids are out the door. And we don't have to worry about that anymore. So your little aside, somebody was saying, oh, and he knows tempting us. And the other one was saying, honey, it's not empty nest. It's free bird. It's

Sheryl Moore 06:52

like, oh, my gosh. So yes, I

Jen Marples 06:57

feel so much energy and excitement from you. And I think it's going to be so motivating to so many of us or maybe like sad about kids leaving, but you get to add on all those passions. You're, you're just doing it all. So were there challenges starting? And did you also have any kids at home when you're starting? Or how did that all happen?

Sheryl Moore 07:14

Absolutely challenges. So I'll say with the kids, yes, I have two sons, two grown sons 25. And ones get ready to turn 27, which I love that he's close to 30. Because it's like, Dude, you're almost 30 You keep reminding me how old I am. But you're almost 30 Yeah, so both of them are now out of the home. I mean, this has happened within the last couple of months. So yes, there's that feeling of emptiness. But it's also that feeling of thank you and get all your stuff out, because I need your room for it as an additional closet. But um, yes, there will definitely challenges and I'll just give a little bit of story about my background. I was married previously, for 15 years, and my husband passed away. And right at the time, when both of my boys were one was starting high school, one was starting junior high. And so you know, the challenges of trying to maintain that same lifestyle that they were accustomed to, you know, what happened their father, and But meanwhile, I still had to work. And also I want to, you know, still doing my my styling on the side. So just the challenges of the motherhood of not being able to go to all their games, because there was other things that I had to take care of, to make sure that they were able to go to those games and afford the things that came with that. So those challenges were there. But now that they're, you know, got their own place. They're still challenges because yeah, they may have moved out, but your wallet is they still think it's their bank. So that that doesn't really go away. Because they're, you know, they're out. I swear, like, I got a you know, there's Cash App and my son, he didn't ask, he just did a request for some cash and send it to him. And I was like, how does this work? Because Oh, I thought you knew because I requested it. Oh, well, a phone call would have been better. But yeah, so they don't they don't they go they move out. But they still are attached to you with some sort of way. So I've

Jen Marples 09:01

heard that I was I was hoping that would end the Bank of mom and dad. Yeah, shut down after they got out of college. And they were out of the house. Yeah,

Sheryl Moore 09:10

not in their 20s.

Jen Marples 09:12

Lord help us all. So the kids are out of the house. So did you already have your stand alone HR consulting business before you officially sort of started the stylus business? Or were you kind of doing those two things in tandem?

Sheryl Moore 09:25

No, those two things actually came in a little bit in tandem. So the styling business I did have, I've had that for nine years. You know, I have several clients that are, you know, consistent clients that I've had business women, again, some celebrities, and then I've always worked for, you know, let's say just a typical company where I was the HR manager or director or what have you. So last year is when I was able to move to the business ownership for the HR consulting and that has been challenging because when you're used to comfort you know, you're you know, you're gonna get your check every other Friday to have Want to get out there and do business development and having to have to sell your product and bring in business? You know, I wasn't used to that side of the business. But then I started realizing, I've always had the gift of networking, because I did attend events that support women, you know, especially women of color. I mean, I'm just really big about, I mean, women in general, I mean, we're, we all need to support each other, right? So I noticed that when I'm out there, and I'm talking to people, whether it's about HR challenges, or you know, business, or if it's about styling, I don't have to sell anything, because these are two things that I love to talk about. So that's been bringing me referrals, or people will ask, you know, gosh, I think in my family, I'm not only a consultant for HR, I'm a lawyer, I'm a doctor, like everyone calls me personally, it was such and such as leading What did you call the doctor? Or did you call me before you call the doctor? I mean, I think you should call 911. So just because I'm always talking about what I do, and how much I love it, I think people see that. And so I don't necessarily have to feel like I'm trying to sell but I, I was anxious about stepping away from the, you know, the regular traditional employer to take a step out on my own.

Jen Marples 11:11

Well, you bring up a good point, because for a lot of women listening, they have either recently started a business or they're thinking about it, and I'll put myself in that camp too. Even though I had my PR firm, I ran it differently. Because I put my clients forward, it wasn't me putting me forward and it was in business was done very differently. 1517 years ago, there wasn't social media and all of that. So it was more of a referral based business. But when we have to go out there, and present ourselves and look for networking opportunities, I know it stops women dead in their tracks, a lot of them have like, oh, I don't want to sell myself. But what you said something really important. And that is, if you don't tell people what you do, you're robbing them of your wonderful service. And so when you're clear, and I know you totally are, about what you're doing and what you serve, there shouldn't be a fear. There was actually a quote I had just seen on the Instagram that sort of stopped me dead in my tracks, because it was this woman who was going out to speak like with Tony Robbins, and like go speak in front of like one and a half million people. But she said, if your mission to serve as clear, then you should basically have no fear. Oh, I like that. And I thought that was beautiful. Because I think a lot of women for whatever reason, like you were saying, you kind of feel like oh, I don't want to sell myself and I don't want to like say I do this or I sell that because you don't want to feel salesy, but if you really just step

into what you offer, like you, you're like, I'm very clear, and you want to help people you want to help women look up, you want their frickin companies to run well. And HR is like a key piece of that, right? It's just it's stepping into that. So because we're talking about this, what would be your top three pieces of advice for those women who are out there trying to promote their businesses?

Sheryl Moore 12:55

Okay. I feel like you have to become an expert in the profession that you're looking either to pivot to, like, whether it's, you're now running a consulting firm, or what have you, like, I make sure that I stay on top of, you know, what's trending, what's popular, what's, what's important, what's going to be important to my customer. And I feel like no matter what profession you go to, you have to be the expert. So you feel competent, when you're talking to folks. And then I just like networking, networking to build your brand, like, like we were like you were saying, like, share what you do, feel confident in that and those steps. And once you create relationships, keep your word. I actually learned this from someone years ago, where he this gentleman that I had did like a little assignment for and he said that you know, the thing about you is because I would always do like little side work. And he'd said, I can get this cheaper, or I could just get this somewhere else. But the thing about you if you always kept your word, whether you could do something or not you delivered or maybe you need more time, but you always were very transparent, and what you couldn't do and what you could offer and so that's why I you know, I stayed with your with you. And now he's still one of my clients now, but I was able to bring him over. To me those three things are, are so essential. I got three but

Jen Marples 14:16

have any more than three do you have? There at all? Give it give it to us?

Sheryl Moore 14:20

Well, if everything's aligned, like don't be afraid to to make a change. So many times we're like, oh, God, we're just in our comfort zone and our little box and our little bubble like, like how I felt like I was that way like Yeah, I know, I'm gonna get paid every two weeks. I don't have to worry about doing this or that. But I want it so much more and like my personality craves more. So I had to just kind of say, You know what, I'm just going to step out and just step away from any sort of box. There's no box, I'm gonna go after what I want. I want to be known as an industry expert in this I want to be known as the top stylist or designer. And if I just stay like Oh god, I can't do that. I'm going ever gonna grow? You got to want to grow, and you got to step outside of your comfort zone.

Jen Marples 15:03

Oh, I'm so glad you said that we could have a whole podcast episode just about your comfort zone. And it takes courage. Yes. And that's what I'm shouting from the rooftops, it just takes courage and if you know you really want something, we're the only ones holding ourselves back.

Sheryl Moore 15:19

I 100% agree. And I feel like every woman has their own insecurity. And I feel this a lot of times when I work with celebrities, because you know, you're like, oh my gosh, she's on the screen. And you know, she's like this big thing. And then you talk, you have a conversation with them. They got more issues than you do. And you're like, Oh, wow. Like, I'm not even dealing with it. Right? They're just the same

as anyone else. So I feel like when I go out to events, if I see someone if maybe they said something, or it can be something that someone has on, like the way they're dressed, like when I saw you, you were you were all in beautiful peak. And then you got on the podium, and then I heard you speaking and I was like, Oh my gosh, I need to meet her. There's nothing else to it. I told my friend that was there with me. I have to meet Jen. And then the lady, our friend I caneta. And she was like, oh, yeah, I know, Jan, I'll introduce you. Perfect, right. So you got to go forward and get that confidence to weed people. Again, step out of that comfort zone.

Jen Marples 16:19

What Sherelle is referring to is we were both at an event together in San Diego, and I happened to be speaking at this event. And so a couple things had to happen for us to meet. And it's very important for all of you to hear, because we're talking about stepping out of your comfort zones. And me last year, my whole stepping out of my zone was like I want to speak in front of women, and I gotta get those speaking opportunities and go speak in front of women. And so I love that you brought up Sherelle that oh celebrities they have everybody's human. So everyone has fears any single person that you think has it all together and isn't worried or nervous. everybody's worried and nervous. It's just the difference of having the courage to just push through that anyway and get to the other side. And so I was speaking at this event, and then Cheryl came up to me and we were just chit chatting. She had to go out of her zone and like show up to this women's event. It was like 200 women, crazy, beautiful, wonderful that I had to get out of my comfort zone. I flew down for just the night like from San Francisco down to San Diego and did my whole thing and like met wonderful women. And if I didn't do that, I would have never met Sherelle. We've never connected and we've been working together. And it's just it's been amazing. And it's so I'm so confident in what I can offer. Sherelle is confident what she offers. And so we just want to offer that to all of you that there are people out there for you. There are new friends to be made by just stepping out of that zone. And I love what you said before about the box. Because we put ourselves in our own box. Society does a little bit of number of a number of wanting especially to put midlife women like oh no, no, no, you gotta like be slowing down. Talk to us hang with us. We are getting it. Oh, we are turning that dial up. So it's really just a decision, like make the decision. Say I'm going to I want more I'm going to do more. And then what do I need to do to get there? Absolutely. I just love that you said that. So I wanted to before we kind of get into some heady questions about being at midlife. I want to ask you this because we've got you and you're a stylist. And you know a lot of women and you know, I had Laurie on who you know, photographer was talking about, you know, her fashion and photography is really a way to step into your authentic power. It's not stepping into some suit or some dress that doesn't feel good on you. It's taking out what you want, right? So how can women who are sort of feeling like, you know, it's not life, maybe I've gained a couple extra pounds, like my body's changing what would be some fashion pieces of advice that you could give to all of us to kind of step it up and help that would help us actually kind of regain our power so we can really show up and be seen and do the important things we need to be doing.

Sheryl Moore 18:59

You know what I always like to tell women to you know, especially women our age, like it's like it's time to update your wardrobe right because you made a great point about how you know our bodies. You know, some days I feel so taught and snatched and then some days Oh my god, I'm a lupa. So I feel like when you update your wardrobe, you know we we tend to dress in dark colors because we feel like

dark is a black is got to be slimming. But that's not always necessarily the true. I think for women, all women, here's just some things that I that I always point out to them. Make sure you wear the proper undergarments because that makes your clothes fit better. That's really important and transitional pieces so that when you have those days that you got the Bloat and or whatever you stayed up and ate to have those you know chips and salsa when your husband for the Superbowl three games or whatever he's got me watching. You're here so that next day you feel comfortable putting on something that makes you feel good add color to your wardrobe, because sometimes, you know, like I said, the black is great. But bringing color to your wardrobe, like maybe like me, I'm a pink girl, I love pink. And so adding a solid color will actually make you look smaller than having on all black at times. Plus, it brightens your mood. When you walk in people, you know, notice, you know, people smile at you give you compliments, that also helps to our own confidence and changes. Like our mindset we're in, we're having a bad moment in the day. Because my grandmother said, There's no such thing as a bad day, you only have bad moments in a day. So I just want to say that she's always telling me I know I'm having a bad day. Now you're not you just had a bad hour. But you still got 10 hours left, let's make it happen. So I just think it's all about adding color to your wardrobe, making sure you wear the proper undergarments, transitional pieces that can you know you can wear today, maybe out of bail and assessories just to give me your give yourself a little bit of confidence. And then my biggest thing that I always tell women like ourselves out of we're busy professionals, just like we prepare our meals for the week, like some of us do like the meal prep. Yes, I do that. But I also do wardrobe prep. So I do this for folks. But I also recommend you do that, like, make sure your closet is updated. And you pick your looks for the week. So you know, you got three missed business meetings this week. Right. And you know, you might have to drive into the city or what have you. And sometimes the mornings don't you don't wake up every morning, feeling so gracious and doing your yoga, you wake up some morning you're arguing with your husband, you're yelling at kids, but taking money out of your account when you didn't know about. So if you have your outfits already prepared, I literally put everything down to the shoes, the underwear, the jewelry, so all I gotta do is just grab that hanger. And I know Okay, I gotta meet with such and such at 10 o'clock, and then my look is together, and I'm out the door. I don't have to have that. One more stress in the morning. That's just some of my little tips there.

Jen Marples 21:59

Oh, I love that. Those are those are such great tips. And I know that the undergarments, that's really important. I was trying to explain that to my 15 year old daughters who one is fighting, just fighting. She's like Mom, don't even say the word bra. Like you guys want to go get fitted. Like, all right, look at that's another battle. We'll wage that war some other day. But I love that idea of planning because it also makes me feel calm. Because if you have those things planned out, it's one less thing to worry about. So if you're going for a presentation, you're going to have a lunch with somebody, you're going to speak somewhere or going to a networking event. And like oh god, I've got that taken care of it's one less thing to think about, you can just think about being present and showing up and being fabulous. Right? Yes,

Sheryl Moore 22:41

absolutely. That's exactly it. Oh, God, we

Jen Marples 22:44

could talk about that forever. But those are really amazing. Those are really amazing tips. So what would you say to the woman right now who is on the sidelines? And it's like, you know, I really want to try something new. But she's just too scared to begin, what would you say to her?

Sheryl Moore 23:00

You know, what I always think about, you know, your, your transferable skills, right? Maybe you feel like you're stuck right now. But you guys, you're let's say you're working and you're an accountant, but you really, really, really want to open up a flower shop. I know that sounds but I this has actually happened to one of my friends, when she thought well, I can't do that. I'm like, wait, what, why can I never ran a business, but I'm like, But you run the business of your home, right? You, you have transferable skills that you use every single day, you manage this, you take care of that all of these things still work within a business. Now you're just gonna have to step out and maybe meet new people maybe learn a new trade, you know, invest in yourself, I think at this point in our life, we need to be investing in ourselves, whether it's taking a class, or whether it's joining a networking group, because let me tell you, these are the best i i'll just say, getting some sort of career coach or you a business coach, these things are so essential for us, it's going to help you take that next step into doing what you're passionate about. And they're going to give you advice that you know that that can take you to the next level.

Jen Marples 24:07

That's such great advice. So you said two different things. Well, first of all, it's like you can do it in the transferable skills. Because women in general, we all tend to discount the skills that we do have. And even if you haven't been working for 10 years, you certainly have probably like you started running a home, you were probably raising kids, you're probably doing something with the PTA you probably ran a fundraiser, I'm saying all this shit that I did. And but we discount that, you know, we discount that that doesn't mean anything that you can't do anything. And by the way, you are also in your 40s or your 50s or beyond. So you have life skills, yes to work if you're not working now. So don't discount all of that. I'm really glad you said that. And then the other thing is very important is finding the people. If it's a friend who's doing it, if it's a networking group, a mastermind, a coach, somebody out there even listening to this listening to this podcast, like listening to tons of podcasts on how to start a business there Is all that information. So just put yourself in the way of all of that. Right? That's what you're saying. So I think that's, that's really great advice. So I'm gonna switch it up a little bit. What do you think the biggest challenge right now is for midlife women.

Sheryl Moore 25:13

I know, for me, it's like balancing work life. And just like reading, I feel like I always have to, I'm like rediscovering myself. Like I'm learning as every day, I'm learning something new about myself. Things that I thought, you know, maybe 20 years ago, that was sufficient. Now, it means nothing to me. I feel like you know, now that I'm older, and my emotional intelligence has come into play. And I feel like relationships have changed. Right. So those are some of the challenges that I that I've been seeing here lately, because I've made a shift. So not everyone's always happy for you, which I've learned which you think I'm always happy for folks when they progress or they accomplish something great. But I've seen a site of negativity this past year that I don't think I seen before, or maybe I was just in my own head, and I didn't pay attention to. But I think it's those things, you know, balancing work life changing relationships, not maybe not knowing where the right resources are. Those are just some of the times

and then of course, just be pre menopausal and still trying to deal. Do all the stuff that you're just supposed to do. Emotions going on it just trying and learning to say, I'm sorry, and I will do better, is what I've learned in this last year of this season of my life.

Jen Marples 26:34

Oh, it's a great season. It is. And there's a lot of resources out there. But I'm glad you brought that up because there is especially in that perimenopause phase there is those those emotions, the ups and downs. And then when you hit it, so I'm in like, I guess postmenopausal. My kids were saying to me the other day like Mom, are you going crazy? I'm like, I don't know, maybe I actually am. But let me talk about a good stop saying I'm crazy. I think too. It's like, we're all just we're running fast and furious. We just have to kind of stop and I'm like, they're like, I'm refusing to answer the question. You've asked me three times. All right, that's fair. That's fair. I'm not being present. Actually. Why are you asking the question? Like, okay, Mom's gonna slow down. But the other thing you brought up about just sort of the overwhelm and wanting to get things done, and I think this is a great time to for all of us to just really take stock and realize that we're in charge, and we don't want to be sort of sacrificial lambs to our schedule that we can make changes to be able to be sort of in control as much as we can. Because I think control I think that's probably crap anyway, we're really not in control of anything. Yeah. But the perimenopause thing is no joke. And that's a whole other podcast episode. Ladies. This is my favorite question. What do you think women can do better to support each other?

Sheryl Moore 27:50

You know, what, I think that you have to show up for other women, I think it's important that we are there for them, even whether it's just like the listening ear, show up to their events, show up and attend, offer feedback, positive feedback, we all need that. Participate on on social media networks, if like, if I have friends on social media platforms, I make sure if they post something, you know, I always like it, or I'll give a shout out. You know, I want to make sure that other people know what all mentioned, you know what they're doing, whether it's an event, whether it's you, whatever, they started a new business, they started a new career or a job, whatever, I think it's so important for us, we need that we need that support for each other, we need to be there for each other. And to me, it's just showing up. I may not have a resource for you now, but I'm here to listen to you. And he just needs to vent, you just need to call me and tell me, oh, gosh, this is what my day was today. I'm here for that. Maybe you just want to meet for coffee, or brainstorm. Maybe there's something that I have that I can offer. It's so important that we do that for each other. I always say that we're all that we have. That's what I tell my girlfriends, we're all we got. So let's, let's make sure that we are active in each other's life, when we're talking to each other, that we use our active listening skills, because you're not sitting there and you're pouring your heart out to me and I'm over here, you know, answering these, these payroll questions or what have you that I'm actually listening in the moment with you. I just think that's important. And love on each other. Yeah,

Jen Marples 29:22

love on each other, and showing up and you had said something before about a challenge of when you do step out and you start to do something different. And this is at any age, people experienced this when you start to if it's leveling up, or if it's really stepping into who you are. It's, it's really trigger. It's nothing about you. It's just those people that are gonna have a problem with it. It's just reverse

psychology, they're seeing that you're doing something that they don't have the courage to do for themselves. And that's what that means. So, and we have to push through that I always like to challenge everybody have something we all have triggers. You're like, why is she triggering me? Yes, because she's on a cool vacation. Maybe I need to like work harder. Do that vacation or she had some type of business success, you're like, God, I really need to be like, I need to like really hammer on my YouTube, or whatever it is, there's always something to be learned by why you're triggered. But I love like, we do have each other that I mean, that's, it's one of the best things in life. And we do have to show up. Because if we're not showing up for each other, and you said, you know, going on in social media going out of our way, it's not enough to just say, in your mind, Oh, that's great, what Charles doing, you need to like, like the post and go, congratulations on your fashion show, like, what an amazing accomplishment, and then go the step further and shape it. Like, this is my girl, like, she just had a fashion show, I'm so proud of her. Constantly, you have to be in that mind frame. And that's how we're gonna get all get out of all the crap that we're doing. Here in HR, you know, when you're consulting, and I mean, you told me a story about how, you know, they brought you in for Dei, and you're like, wow, the table was filled with 10 white men,

Sheryl Moore 30:58

that's normally the case.

Jen Marples 31:02

A lot of work to be done here. So, you know, by by us, you know, working together and supporting each other, we're gonna we're gonna force our seats at those tables, and then we're gonna, we're gonna get where we all want to go collectively. And then it's a lot of fun. It's so much more fun if we're doing it together. So much more fun, right? It's more fun.

Sheryl Moore 31:21

It's so much more fun. Because it's like when I say I want to go on a trip. I want all my girlfriends to go, let's look like even if you can't afford it, like, Can I help you? So I just want you there, I guess so, you know, it's important. I want all of us to make it because it's not fun just being at the top and nobody else is there with you. I mean, or what you consider the top.

Jen Marples 31:40

Exactly. linking arms. And if someone's struggling, like just breach the arm behind and drag her up. And then you might be the one who needs to be dragged up in a year, you know, cycle of life,

Sheryl Moore 31:51

because I definitely need to be pulled up. I know that African proverb each one teach one like yeah, helped me up. I hope you are, but we just continue to continue that ladder up. I love that. Yes.

Jen Marples 32:02

I love that. I love that. So what do you wish for women at midlife?

Sheryl Moore 32:06

You know, I wish them the emotional intelligence not to take things personal. I you know anymore. Because you know, when we were younger, like, like, if someone said something you would be like, Oh, my God, what did I do? You know what? Now I don't even buy into that, because everybody has something that they got going on. And it's not about me not taking when I don't I don't take things personal. I feel like, you know, I don't make it about me that person is having a day or having a moment. And that's their situation. It's not necessarily me that I'm doing that to them. Right. I feel like, you know, because it does get greater later, I feel like I'm in a better space, I have more confidence. Like, again, I don't take things personal. I just try to stay focused and and help other women feel the same way. All right. So that's pretty much it.

Jen Marples 32:56

So you said something really good that I have to highlight. It does get greater later. Yeah.

Sheryl Moore 33:02

It does, though, because you filled love now, the things that I used to worry about when I was younger, I don't I don't care about like, I don't care about useless opinions that are not positive. Before I would be like, oh gosh, my mother because she's the queen. Love you, Mom, because she won't be listening. Have you know, opinions. And sometimes those opinions are great. And I love it and I can move forward. But then sometimes it's taking me back two steps. And I'm not and I'm not interested in going back to that place. So I listen. But I keep moving forward. So when I think when you're older you your confidence is there when you don't take things personal. You don't make it about that person or anything. So those uses opinions. And it's not my problem. That's their problem.

Jen Marples 33:44

They keep those on the side.

Sheryl Moore 33:47

Yes, exactly. not welcome.

Jen Marples 33:49

They're not welcome. What do you think the best thing is about being at midlife?

Sheryl Moore 33:54

I think the best thing about being at MetLife is I feel like I have achieved a lot of the things that I saw as a younger woman that I wanted to do. I'm now a business professional, I've traveled I've met new exciting people, I've been able to have confidence to present myself in places that I normally wouldn't, you know, feel comfortable in the past, whether it's stepping up in in meetings, or you mentioned the DEI, because I'm I'm really big in that and a lot of spaces that I go into, really it's typically you know, 50 year old white males and I love it when I'm able to come in and we're or there's other women that are sitting at the table and I just feel like oh my gosh, we're making it right. So I just feel like at this stage in my life I have the confidence I am I'm no longer afraid to be who I am and speak my own truth. Where in the past I probably was a little timid and afraid to shine now I'm not afraid to shine because I you know I always quote things that my grandmother would say cuz she'd always say like the sun you And the moon both shine, right? They have their time and shine. So either you're either one of those, right

and that's it, there's nothing else there's nothing in between. So there's going to be a time for you to shine and there's going to be a time for you to maybe take a backseat to somebody else to get that that limelight. But no, your time is here too. And I feel like at this stage in my life, this isn't I don't have the worries of the past of self doubt. Or there may be times when you you feel like there's a little doubt but, but why I don't need to have that I've already proven that I can get through challenges because I've been through some, and I'm still moving forward and every day is that you that you will open your eyes and your feet touch the floor is another day for you to to do something greater

Jen Marples 35:44

circle and love it. This is such a powerful way to end. I want you to finish this sentence. Not too fucking old to

Sheryl Moore 35:53

live my best life. Whatever it is I choose to do. That's it.

Jen Marples 35:59

Love it. Well, this has been so great. You're such a breath of fresh air. And you're so fun. And I just adore you and you gave so much great advice and so much great insight. And I think we have to thank Grandma too. For her wisdom. She showed up on this podcast. She

Sheryl Moore 36:16

she'd always told me the reason that she's like, always make me read the newspaper, because she's like, if you read the newspaper, you could talk to anybody, right? Because you're like, you know a little bit about sports. You know a little bit about the Dow Jones you even know who died. So maybe if you're single and in someone is a widow now. I mean, this is her word. So you can have a conversation with anybody.

Jen Marples 36:40

Oh my god, I love grandma, for sure. All right, can we find you support you check out more of your fashion sense and all that kind of good stuff. Yay. So

Sheryl Moore 36:49

in terms of professional with HR consulting, we do have a website inside hr consulting.com. I'm also on a LinkedIn not sure Elmore. And then in terms of the styling, oh, I do have an IG page, which is things to do with the to do by Sherelle. And then that's where you'll find all of my, you know, which I'll be updating with little styling tips, but also a shot with all my new clothing that's dropped this week.

Jen Marples 37:14

Oh, so excited. We're gonna link all of that in the show notes. Well, Cheryl, it has been so fun having you here. And I'm glad to know that we're going to be connected for so long and forever and ever. And we're just going to keep on chatting and we're going to keep on taking grandma's advice. Keep showing up reading the obituaries. Maybe that's a dating tip for

Sheryl Moore 37:40

you. She would say that and we me and my sisters would be like, Oh my gosh, really? But hey, you know, I think I actually looked when I was saying Oh, I was like I I was looking at not that I was gonna do that. But just looking like wow, I'm interested to know like,

Jen Marples 37:53

That's so crazy. So funny. So we'll leave it with that, grandma. She's with us right now. It's been amazing having you here today. Sherelle.

Sheryl Moore 38:03

Thank you so much, Jen. This was awesome. Thank you