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SPEAKERS

Jen Marples, Gwendolyn Osborne

Gwendolyn Osborne 00:00

A lot of us don't see ourselves for what we really have. We don't see the greatnesses we're so used to being suppressed and pushed down or concentrating on working around things or taking care of other people. It's a lot for women, right? From being a child as a girl that is expected of you. I just think that you have to be able to say, what is your inner Wonder Woman what is great inside of you? Let me know that I can support that I'll be there for you. And if we continue to do that for each other, we will keep lifting each other up.

Jen Marples 00:38

Hello, and welcome to the Jen Marple Show. I'm your host Jen Marples, a former public relations agency owner turn 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, everyone and welcome to the Jen Marples show. I am broadcasting live today from the meet in Malibu event put on by modern day wife. And so there's a lot of activity in the background, which is so exciting. And it's just been a fabulous day of women supporting women. And in that vein, I'm interviewing incredible women and my guest right now is Gwendolyn Osborne. She is an actor, a singer, a speaker and entrepreneur and the CEO of La Malik, which is a beauty company that she's going to tell us all about. Gwendolyn I'm so thrilled that you're with me today. Thank you for being on the show. I'm so

Gwendolyn Osborne 02:00

thrilled to be here and all your pink and white to Jen.

Jen Marples 02:03

Gwendolyn appreciates my pink so I love her. I love her. She's like, Mike Yeah, there is a there's rationale between pink nails and everything. My kids are like, Mom, are you ever gonna wear something that's not pink on your nails? And like, No, it's not on brand. So Gwendolyn, take us through sort of where you've been give us an overview of your acting career. And then take us through to your entrepreneurial venture with llama Lake.

Gwendolyn Osborne 02:24

Absolutely. You sure we've got drinks, you want to get a drink? I am from England, originally bath England. I don't know if you've heard of that. It's where they take Britain. So it's very beautiful. Pretty you get kind of boring. So I was like, Okay, well, I'm going to be done after I do. My school in London Performing Arts did that I'm going to America. My mum had actually lived here. So it wasn't completely new to me, landed here and became a teen mum really young. Yes. But instead of recoiling and saying this is going to hinder me, I said, You know what, to my unborn baby, we are going to create a life together and we're going to create one that's never been done before. And we're gonna get out there and have our dreams fulfilled. I will help you fulfill your dreams as I'm fulfilling mine. I'm going to show you that is going to prove that I'm grateful for you being here. And I did. So she's in her 20s Now she's also an actor. I can't say her age because she's like, stop it. Stop telling my age. You know, actress. She was my inspiration. She showed me the seriousness of life, right? I had to really step up to the plate now of becoming a responsible adult. Long Term Goals, short term goals, the perspective of life and what you want to fit into it. Right. I decided after I had done everything I could with modeling and acting in Miami, I was coming out to LA came out, boom, that's prices, right. And I was on price right for 12 years within that I broke the ceiling of what their vision of what models on television were I was the first model to have a baby and come back on the show. And then I was like well I did it once with Drew Carey. Let's do it again. Why didn't have a baby with Drew Carey was the host on the show. He was fine with it. The producers at the time were fine with it. They supported it. Why not? Women watch and support the prices right? So let's show them that real women. I'm the longest running woman of color on a daytime game show. So after that, I was like, well, it is time to do something else. So I was also the first one to retire. I left the prices right with no like real idea. I just knew I had a feeling there was something more. I had kind of fulfilled that look at me and I can put on great makeup and hair and all the stuff but the inside of me was not being fulfilled. I ended up actually getting tapped on the shoulder by the director of Wonder Woman. And she asked me to be in her next movie. Wonder Woman 1984 So I was one of her Amazon's she told me Gwendolyn you can be whichever Amazon you want. That's up to you. So me being like Miss I got to achieve the best. I became one of the I in athletic Amazon's there were only nine of us that were out there competing with baby Wonder Woman. And it was one of the most extraordinary experiences of my lifetime. Going back to London after 20 years of living in America and having to, you know, feel movie background from it's crazy. It happened that way. But being around these other Amazon women, that were all fantastic in their own ways, and had accomplished so much in their lives. Some of them are Olympic champions. I saw myself, I reflected, I was like, I'm not just admiring you. I'm seeing me. I am one of you. I gotta go back. I gotta go back to America. And I got to really find me. And it changed my life. I came back I started by had started meditation. I started saying, You know what, I'm going to become a teacher, because I want to be able to show everybody else that if you can start taking control of your own mind, if you can realize that you can take that space to breathe and think for yourself, you can achieve and accomplish anything you want. Acting is taken off, I'm back in the studio singing again, I'm like into real estate. So I'm doing

really well with that right now. That's actually the first time I've ever said that anywhere, Jen. But I have to say it because it's the truth. And I have to feel proud about it. And now I've got an oil called Luma leak. It's an anti aging facial oil. And I just also combined with another company called Uber Lam. So we also have the perfect fucking giftset, which is a candle. It all smells smells like a Caribbean spa, because that's where I feel the most beautiful. And so while you're meditating, you can put your oil on and you can light your candle. And you can fill the whole world of Gwendolen and feel so good about yourself. So that's me, boom.

Jen Marples 06:39

Well, I love it, I'm going to need the oil, I'm going to need to do some meditation. light that candle. I love it. And so many women I talked to are so multi passionate. And so this seems to be a recurring theme, especially during these interviews at this wonderful event. And also you're a mom. So there's all these things that we're doing because women are so capable of doing it. So with all of that, what would be your biggest pieces of advice for female entrepreneurs out there? Or women who are thinking about exploring entrepreneurship? What would you tell them?

Gwendolyn Osborne 07:10

I would say first of all, know that it is not easy. It is not easy. It's something that you have to really like, dig deep inside of yourself and believe in what you are, your business is, is in because you got to do it for the love of what you're doing it for nothing else. Because honestly, if you're only out there to make some money, it's just not gonna work. There's just if you start counting the hours and minutes that you put in for the amount of money you're getting back, it'll eventually pay off. But you've got to believe in what you're doing. But once you do, and you can put that hard work in, you will start seeing the efforts coming back and you'll be you'll feel the value for what you're doing. So stick at it.

Jen Marples 07:49

I love that advice, specifically with llama Lake, because there are a lot of women who want who wants to start specific product based businesses or something they've started food businesses, beauty products, clothing. And I know starting a product business, there's a lot of capital needed to get some like that off the ground versus selling services. So what specific advice would you give to those women who are thinking about a product based business?

Gwendolyn Osborne 08:14

I mean, I would say the same thing that would say about anything, honestly, like, I go back to where I started as a young mom, yeah, I didn't really know how to do anything. I was a teenager, I had to reach out start asking questions, right start reaching out to the people that you admire, and that you see are doing what you want to be doing. Ask them how they got there. With my daughter at the time, I actually learned about the Alliance for Minority Affairs. And so I like to help other mothers with that. So you know that if you are a minority, and your child does well academically, you can get into private schools, there are ways of being able to get into places that you don't know about because it's kept secret for some reason. And I do feel it's the same way with business as well. So keep asking, and then you can get funding. There are grants for small businesses, depending on whether you are a minority, there's that too. So just continue to, to ask, don't be scared to ask because it is hard to be vulnerable. But that's the best way because we're all just humans having a human experience.

Jen Marples 09:13

Thank you for saying that. So in that same vein, what do you think some of the biggest challenges are for women today?

Gwendolyn Osborne 09:20

I don't really focus on challenges a lot, but I would say that the challenges are societal norms, constantly trying to be aware of them, even with in ourselves, right. I'm gonna say something to you. That's gonna sound really weird right now. So I was with my cousin. We dropped by this new house that's been built in my neighborhood, beautiful house. And she says Wow, that's a panty dropper. Cool was like wait, Record scratch scuze me. Listen, can we change that to underwear dropper? Because you said that because of how you've been almost brainwashed by society, that that's a man that owns that house. And that should improve As a woman to be able to sleep with him, you don't even realize you're saying it. And you know, she's a well qualified woman works well for herself. It's like, just getting past those things. And being aware of them, being mindful of them, and then learning how to deal with them, and working through them. Because it's just like anything else that's negative in your life, you got to see it, face the truth and move through it.

Jen Marples 10:23

I'm so glad you said that, because I go off on tangents about microaggressions against women of just because it's societal conditioning about, everyone has a knee jerk reaction, some beautiful woman walks in, you're like, everyone has a knee jerk. Oh, her life is so easy, or it named 50 Different things that popped to mind. Or just like you're saying with the house, or I this literally just happened. And I live in a place where there's a lot of badass businesswoman. But it was the same thing. It was like, Why do you think a man owns the house? Like, what is the husband do when you see the house? What about what the wife does?

Gwendolyn Osborne 10:55

Exactly. That is the thing that we owe all of us as a society, like, and I'm talking about internationally, more in some places less than others, we have to get out of this space of thinking that because honestly, I can go down a rabbit hole with this because I start thinking like, so why do I want to look pretty? Why am I putting on makeup? Who am I trying to impress? Why do I want to put on heels today? Why am I making myself feel uncomfortable? You know, I start asking myself? Is this for impressing them that like, every single question I start asking myself is about? Is this something that I love? Is it because I love it? Is it because I like it? Does this make me feel good? Like constantly asking those questions is what will really bring you always back to your genuine, authentic self? And I think that that is what becomes behind any brand, because people can feel it when it's not.

Jen Marples 11:44

I'm so glad you said that. So the next natural question after that is what do you think women can do better to support each other?

Gwendolyn Osborne 11:53

Think we're doing it, Jen? This is it. We have to sit down and we have to chat. And we have to say you know what? What is it about you so when I talk to people on my podcast, so tea with Gwen is my podcast, I'm always trying to find somebody's inner Wonder Woman, a lot of us don't see ourselves for what we really have, we don't see the greatnesses we're so used to being suppressed and pushed down or concentrating on working around things or taking care of other people. It's a lot for women, right? From being a child as a lot as a girl that is expected of you. I just think that you have to be able to say, what is your inner Wonder Woman what is great inside of you, let me know that I can support that I'll be there for you. And if we continue to do that for each other, we will keep lifting each other up. That's what's been happening in my life. When I got back from working on Wonder Woman, this is when the pandemic happened. Wonderful, right? Just film this motion picture movie, I'm supposed to be able to go on the red carpet now and show up all the muscles I built up. It took six weeks of training six hours a day, I couldn't even come back and be on a red carpet. I had to figure out a way. And I was like, You know what? The Wonder Women that I left on set aren't the only wonder women in my life. They're around me everywhere. So I just got an Instagram and I was like, I'm gonna start doing lives. Who do I know? I reached out to HOLLY ROBINSON PEETE. She was the first Yes. Just got her star on the Walk of Fame, too. You know, and I just started talking to women asking questions, let's find out. How do you do this? How do you live in your life? Do you drink water when you first wake up? Or do you have coffee? Like what do you do? How do you sleep? Do you sleep? Seven hours do you sleep for like, what do you do to make yourself feel good and feel great every single day? The more that we can do that and share that with each other? Because not everything's for everybody, right? So if you can pick and choose what works for you, as long as you're doing that, you're on the right path. That's what we got to do.

Jen Marples 13:39

Well, you said two things that are really important one is to ask the worst that's gonna happen. Someone's gonna say no. But look, you got all those yeses. And that's usually what happens. And that's when I tell a lot of women when you're wanting to do something, you see somebody who's fabulous. You're like, Oh, I love that company. She has to go find out how she's doing it. Ask what are the life hacks? You look so fresh? How are you sleeping? Do you have a weighted blanket? What are you what are your secrets? But I think a lot of women were programmed to just kind of try to figure it out on our own. And then where does that leave us? Right? And then the second bet that you said was asking the right questions of the right women to see also where it's going to lead. So let me ask you this question. Did you have a son or two?

Gwendolyn Osborne 14:22

I have two daughters and one son. Yeah, three kids.

Jen Marples 14:27

Fabulous. So a lot of women, you know, feel like they just carry everything on themselves. Yeah. And a lot of women have stepped back to raise children, and now they're wanting to get back into the workforce. And it's really sad. But I've talked to so many women that like I just was raising kids. Like that wasn't hard. So what would you say to those women who kind of stepped out for a while to sit back and find their inner Wonder Woman?

Gwendolyn Osborne 14:51

I feel like the best way for you to find that is you need to take space. The only way that you're going to be able to do well at anything is to practice right and that is one thing you learned with meditation is that it's Always practice, you don't ever have to feel like you've got to get anywhere. And I feel like it's the same with balance, right? Balance is never achieved. It's a balancing act is a continuous balancing act. So it's the same thing you need to do, you have now got to practice how to take some time for yourself, and start really using that time to figure out what that little girl used to like to do when she was bored. What did she do that made her have fun by herself, what makes you smile from the inside of your body out that nobody else can explain why. Once you find that, you can start saying right now I'm going to use that time I found to do this with it or to do this with it. And the more you practice doing, the thing that you love, the more you're gonna go, right. Here I am, here she is, she's back. And I'm now going to start reaching out to other women that are in this same field I'm in and that love what I love, you're going to start building a community, it's just going to happen, and you're going to feel more satisfied with yourself. It is a very vulnerable, scary place. I'm not gonna lie it is. I went through that with a divorce that same time, but you know what, getting to know me and getting to feel who I was again, it's like, amazing. It's like chocolate. I mean, I love chocolate, especially German chocolate.

Jen Marples 16:13

I actually think that women stepping back into their power and reclaiming who they once were and going towards those paths. It's a radical act. And it's the highest form of feminism, because I think when you're standing in your power, we're going to make smart choices. We're going to show up to vote, we're going to help make change those kids that are behind us, like my girls, I've got two daughters, they're looking at mom, starting something new. I'm 52. So it's like if I'm empowered, my son, especially he's gonna think benefit the most his future wife can thank me because my son is around all these strong women. So it's a radical act really come back to one. So let me ask you this question. What do you wish for women?

Gwendolyn Osborne 16:51

Do I wish for women, I wish for equality in every way. I wish that women more than anything, it makes me emotional, didn't feel like they would have to get educated just to be able to be with the right man, that would feel like they could get their education and maximize their potential. As much as they want to, that it's available for them to do and it doesn't feel like a fight, that it's just there, just like it is for males, you know, that they don't feel like they're, I felt like a piece of jewelry on a man's arm for a very long time. When I was in my marriage, he's, he's a celebrity. And it felt like I was like, that was fine. That was I was doing what I was supposed to do. I was a pretty model. So I should be on a man's arm. And I should just be pretty. That is not enough, right? Like, we need to know that the inner sides of ourselves, every side of us, every piece of us is celebrated. That is my wish is that they can take everything inside of them and pull it out and not feel scared. And just be who they are. Have success whether that be financially, whether it be a marriage, whether it be just to have children and stay home, that's fine. But as long as it's what you want, that you can achieve it.

Jen Marples 18:07

I love that and what a wonderful way to end because it's really all about what you want. And accepting it reveling in it and standing in that and not giving a crap what anybody else thinks and just embracing it. I feel like I could talk to you forever. I want to go on your met. When's your meditation retreat?

Gwendolyn Osborne 18:25

Oh, I've got one coming up in September. It's in Costa Rica. Please come. Yes. She's like, she's looking at me with his eyes. Like I mean, Gwendolyn

Jen Marples 18:35

so funny. I just was like, kind of joking, but there's actually a retreat. Okay, so we're gonna put those details in the show notes. Gwendolyn has been so amazing talking to you. I could talk to you for another hour. But alas, we have to wrap it up. So let everybody know where we can find you support you find out about the meditation retreat, anti aging oils and candles.

Gwendolyn Osborne 18:54

Yes. So listen, I want to Instagram all the time. So at its Gwendolyn, it s GW e n d o n, or low Malik, which is ello mo li qu E, you can go to my webpage if you want. It's a hello at GW N dash Osborn. And you can actually find everything on there. And I mean, I'm started speaking everywhere. I've started really telling everybody how to find their inner Wonder Woman because I truly believe it's there. And also anything to do with meditation you will find on the website as well as on Instagram. It's all in the BIOS. It's right there. Thank you so much, Jen.

Jen Marples 19:28

Thank you so much. And I love that you're speaking out on how to find your inner Wonder Woman because you're very eloquent. You have such a great story to tell and I got all I got all the fields and got all emotional so you have a gift and I'm glad you're out there to share it. So thank you for being a guest today.