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SPEAKERS

Joanna Klein, Christina Smith, Wendy Battles



And oh my gosh, this is awesome. I'm



Wendy Battles 00:03

so honored to be able to check this amazing summit off with Christina, and all of you that are here today. And I just want to say that I'll tell you a bit about myself in a second. But I just want to say this is really a conversation. And I thought about like having slides, but I'm sure we all spend way too many to talk to each time on meetings on Zoom, looking at slides, and I'd rather look at all of you and be able to sort of be in conversation about this topic of doing it scared doing it anyway. So I'll just say now, feel free to anytime to unmute yourself, please use the chat. If you have questions or comments, and maybe joining you can take a peek at the chat for us as we're going through. But I really want us to have a discussion about this. And I'm going to ask you is because we're going to ask you some questions. And I encourage you to kind of join in the learning because this is all about us learning together as we think about how we navigate midlife and beyond and how we do it with as much joy as possible. So let's do it. Alright, so a little bit about myself. My name is Wendy battles I am the host offers I'm 58. So I feel like I'm a mid lifer. And I'm figuring it out as I know all of you are too and I always feel like this idea of reinvention is a journey. I'm the kind of person like I want to know all the answers right away, I want to have it figured out. And then I realized, it's usually not that way, it's usually sometimes fits and starts forward progress and then stepping back, but it's all part of our evolution in my mind. And I used to have the shirt on that says, I am a reinvention robot. So I have a podcast called reinvention rebels, it is stories of brave and on apologetic women 50 to 90 years young, who have reinvented themselves in interesting, bold, remarkable ways to find new purpose and possibilities. I like to live in that idea that no matter how we are, where we are in our life, what's going on, it's always possible for us to reinvent ourselves. So I'm guessing that many of you have reinvented yourself, ourselves many times in many different ways, as have I over my 58 years. And today, we're really gonna lean into this idea of doing it scared doing it anyway, what does that actually mean? So let's do this. I wrote a couple of notes here. And I talked a little bit already, but how you know, we're reinvention is this process we learn as we go. And I want to tell you about what we're going to do today. And we're going to do really

three things. One, we're going to do an opening exercise for like, click, just gonna do a little thing about yourself, I'm gonna ask people to share if they feel comfortable doing so either unmuting and sharing or in the chat to kind of get this conversation going around this, then I'm going to talk about three what I believe are three key ingredients to this idea of being reinvention rebel. And I want to preface this by saying I believe we are all reimagined rebels, I believe is within all of us to find what I call our inner rebel and reinvent ourselves in any way, shape, or form, on our own terms in a way that works for us. And that's what we're going to be talking about today. Like, how do I get started? How do I do when I'm in the midst of feeling uncomfortable? or feeling a little fearful? How do I kind of get out of the starting block, which I think is and get going even though I don't know all the answers, and I'm not sure how it's gonna unfold. So that's really what we're gonna focus on today. And then we're gonna get down to that power. So we're gonna talk about sort of the why. And then the how like, Well, how do I actually do this? How do I do it when I'm scared? How do I do when I feel fear? But I have an inkling of something that I want to do? How do we actually do that, we're going to talk about three specific ways that you actually can do that, to kind of get started. So I want you to think about today is all about this idea of, you know, reinvention, I'd like to think of is this long journey, there's fits and starts, there's ups and downs, we're going well, and then things kind of go off the rails and we kind of get back on and I want us to think about we're at the starting point of that journey, whatever that might be for you as we're kind of moving into this. So we're gonna talk about that. We're gonna get started at the beginning, how, what are three ways I can do that? And I also want to talk at the end, we're going to talk a little bit about what I think is the key thing that all of the reinvention rebels that I've interviewed possess, and I didn't really talk about the podcast, but basically, I interview really amazing women, between 50 and 80 that have reinvented themselves in all kinds of different ways. And the idea really, is that I believe we can see a part of ourselves in others stories and Their story might be completely different than mine. So for example, I just interviewed this amazing woman who's 62. That's running and triathlons and winning all these competitions. I got bad knees. I really don't like running. I don't like to swim. Like, I'm not going to be a triathlete. Even if I couldn't innovate. He's like, I like it. But I got inspiration from her story. And that's the idea that I might not do those things. But I can lean into some of those stories to get inspiration. So that's really the idea of the podcast is it's a catalyst for all of us to hear stories that inspire us to think well, what can I do? What is my reinvention look like? And at the end is Christina is we're gonna give away some cool swag like this t shirt, and some other things. We've got a really cool prize pack of reinvention rebels swag that I cannot wait to give to one of you today. All right. So on that note, this is the exercise and I want you to just take a moment to think about this question. I want you to think about a time when you didn't feel ready to start something new. Yet you did it anyway. So think about a time sometime in your life when you're like, I don't know, I don't know. But somehow, you kind of jumped forward, and you did it. What was that experience? Like? And, you know, what, what, what got you into from fear into doing it? And I'm kind of curious if there's anyone they'd be interested in unmuting and sharing for a moment about that



experience. Of one I can share, Teresa.



Okay. So, so I've been working with Prince Christina since the beginning of the year. And just before that, and it's actually been years that I had this idea for these No sweat workouts. So I

kept asking people, if it was a good idea, actually talk to somebody at Nike, I talked to somebody at Les Mills, and everybody was like, No, I'm not interested. And so I said, Fine, I'll just do it myself. So I put together tell emotion, which is the videos that Christina has so graciously included in this amazing event. And I just did it, I just said fine, I'll just do it by myself. So I got a production company. And I did a whole day I did 17 of these videos, to help people to get off the couch, you know, help them to move, start moving and feel really good about their bodies, rather than buying a gym membership. And it not working or buying equipment and going to the basement and getting dust all over it. So that was my inspiration for starting tell motion. So, um, so yeah, that was very timely. That was a great question on it. You know, I

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Wendy Battles 07:52

love it. And you know, Teresa, I love so many of the things that you said, because part of what I heard is that other people may not be interested in what we want to do. But when we feel like it's compelling enough, we can find a way. And that's great, because that's what you did. You're like, Well, okay, they're not interested, well, too bad for them. Right, but, right, but I'm gonna do it anyway. And sometimes I think that there's so much possibility in that, because sometimes it's a better result than if we had maybe gone with Plan A, and we get to figure it out. And there's a lot of learning along the way. So I love that you did that. And it feels like you just trusted your gut as well. Like you said, I really think that there's value in this idea. And I'm gonna find a way to make it happen.

U

So that's awesome.

U

I love it. I love it. Thank you so much for sharing.

U

Good message. Great message. Thank you for that. That's awesome, because people the courage to go try something is really amazing.

U

Right? And I mean, I've failed so many times to because sometimes you try it and it doesn't work out the way we expect, which I have learned many times in many different ways. But that's okay. That's okay, too, right? Because I think there's also I think that no matter what we do, whether it's immediately successful, or it's a complete failure, or somewhere in between, there's learning in all of those experiences. And I also think that sometimes when it doesn't work out the way we want, it's really redirecting us to a better path. I was thinking this or something better. So if it doesn't work out, it means that something better is coming along. So when people say no, no, I'm sorry, Theresa, not right now or no, it's a no for me. Like on Shark

Tank, you know that it's it can lead to somewhere else. And I love where you went with that. Thank you. Anyone else that would like to share my personal wants to share something about how you maybe had an idea or you felt scared but somehow you did it anyway, you went for it. And what was that play when you decided to do that?



I



Joanna Klein 10:07

was the age of 65. Five years ago, I decided to become an entrepreneur and I was scared to death. And I'd always been supporting others people in their endeavors. And that I was something was telling me, it's like, this is my time I want to do it. And so I went for it.



Wendy Battles 10:29

I love it. That is so great. So you went for it? And what's one thing you learned about it from doing having that experience of feeling this inkling feeling like now is the time like, What's one thing you've learned from actually doing that? Oh,



Joanna Klein 10:45

well, I've realized how much I've held back on doing things that I wanted to do that were in my heart because of fear. And that it's really just one step at a time taking it forward. And, and gaining the courage, it's possible, it's possible to do what it is that I thought was not possible.



Wendy Battles 11:08

And love that it's possible to do what I thought was not possible, which I think is such an amazing theme for this discussion. And I also heard you say, join us one step at a time. Because it feels like so often, for me, at least I don't know. But for all of you, I have this idea. And I'm like, I got to do everything. And I has to be a certain way. And then I can beat myself up if it's not exactly the way I was envisioning. But when you approach it with this idea of one step at a time, like I'm going to just take a small step. And based on that I can grow from there that I think that's a really powerful way to be able to do it scared do it anyway, that it doesn't have to be as big of a thing. As we often make it we can often in our heads, I think making this big scary thing. Like oh my gosh. But when we break it down, like you're saying, Joanna into these small, manageable steps, that's one compelling way to kind of deal with the fear of doing something new or different, or I haven't done this before. And I don't know what's going to happen. And I don't want to embarrass myself or I don't want to feel bad or I don't want people to say, Well, I told you so why me? I told me that wasn't a good idea. You know, there always are going to be those people sometimes are naysayers, that might try to talk us out of it or like say, Well, I guess you could do that number to talk about one of the key ways we get that one of the house is to you know, get away from those naysayers do but and surround ourselves

with people that believe in us and support and encourage us because that's also how we work through our fear of doing it, and then doing it anyway. So I love what you just said that one small step at a time to kind of get us going and building from there. So those are, as you can see are two great examples. So thank you, Teresa. Thank you, Joanna for being willing to share and talk about that experience, because I think it sets a great tone for this conversation that we're going to have. And I will tell you this, that I myself personally, and you probably can think of like, what is it that gets in your way? What are the things that get in your way of sometimes doing it like you have this fear? Why? What is that for you? And I'll tell you, I'm going to tell you three of mine. And you can see if any of these resonate with all of you. So one is that I don't have all the answers, and I need certainty. And as we know, Life is uncertain. That means so many things every day is uncertain, right that we do or we think so. For me, it's trying to get past this idea of I have to know all the answers, and I have to do it a certain way. So that's that's one of my gremlins. My second one is kind of sort of related. What if I don't do it, Ray, I think is women often too, we want to do everything perfectly. We want because we don't want to we don't want to see it feel like we failed. And I think that sometimes that stops us. And I know that I've spent time in the past getting into that, like it's got to be a certain way and so much of doing it scared doing anyway is like okay, well so what if I mess up? I can I can course correct. So it's kind of getting beyond that mindset of it has to be done right and as be done a certain way because no matter what it is we want to do whatever that goal or dream is. There are so many different ways we could go about it as Theresa just share in this compelling way. Like in her story. People said no. And she said well, shoot, I'm gonna do it anyway. And there's a way around that so I think we if we can not get too stuck on jamming to do it right that can help us work through that fear. And my third one that gets in my way of me doing this is looking what I call looking outside myself maybe looking to other people for the answers instead of remembering that it's all within me. I believe that all of us every single one of us that is here today, who has an idea or thought about something that bubbles up that we are infinitely wise, we are infinitely wise we have so much wisdom within us. And what gets me scared and stems from my tracks is when I don't listen to my gut when I don't. You know, I'm listening to other things and not trusting myself and Shelley's like I agree. Yes, right. It never, ever steers us wrong. And so, so much of our conversation today is going to be about like, how do I start looking more within now, not outside myself. But this idea that if I can shift my mindset to believe that I have all the answers, all the answers I need are within me, now I get it. It's not always obvious. It's not like I have this idea. And all of a sudden, all the things I need to do come to me like that, right? That's obviously not how it works. And I think so much of this is leaning into, as we'll talk about how, for me like, it's about getting quiet, and giving myself space. So we'll talk more about that. But that those are the three things though, that can get in my way. And I'll just ask real quickly before we move on. And then we talked about sort of the three key ingredients of a reinvention wearable, and someone who's willing to do this, I just want to ask, you know, are there other people that feel like any of those things? Or you have other things that resonate with what gets in your way? Yes, and I see, the wholesaler usually say I wish I could have trusted my intuition. Yes. Totally level. I am totally with you on that. Absolutely. So does anyone have any other things that have gotten in their way or have stopped them in their tracks? And then later on, you're like, should I should be gone for it? For me, I



Christina Smith

tell myself a lot of stories. Like worst case scenario stories, right? Like what what if I do this and and you know, I'm do it wrong, and I'm embarrassed. And I have to start over and, and so I can like easily talk myself out of things really,



really quickly.



Wendy Battles 17:05

Me to Christina, I totally hear that. It's so easy for me to get my head like I'm an in my head kind of person. I have to really work hard to get out of my head. And I think so many of us, like overthink things. Yeah, so I totally hear you on that. Absolutely. We're our own worst critic and our own worst enemy. Because, you know, I don't think that anyone talks to me the way I talk to myself, my friends, my family, my husband, no one talks to me the way I sometimes talk to myself about things. So I totally hear you. And I'm going to just take a look and look in the comments for a second and see what else I have in here. Fear putting yourself out there can be hard finances. Yeah, all those things. So you guys get it. Like we all have a thing that's that maybe is our Gremlin that turned to us online. And we just heard from some others. But yes, so it's kind of trying to figure out how can I work through some of these things? Yeah, if I learn more, take another course. I'll be ready. So that I did like, I just need to do X one more thing. 10 more things. Have any more things till I can? I can launch mom guilt? Absolutely. Like I need you right, who am I to put myself in front of my kids, my family, all the people that need me and my mid life that I know you all know is it is complicated. Like I didn't know I never got the memo that said midwife is full of complications. I felt like when I was in like 30s, my 40s I was just kind of like navigating things. And yes, there's there's always challenges to life, right? We all know that big or small, whatever they are. But something about when you get to midlife, it is complicated. And I think about now like, you know, my elderly mom, who's 90, who's sort of slowly dying and needs a lot more support. And just just trying to juggle that with all these other things, being a caregiver among all the other things we're trying to do. So I know you all get the challenges that come up in life. So just figuring out how do we navigate some of that stuff. So thank you all for sharing, waiting in the chat unmuting sharing your stories. Now, here's what I want to do. I want to talk for a couple of moments, about three qualities that reinvention rebels possess. So these women that I interview, they all have these three qualities. And I think this is really important to this idea of doing it scared doing it anyway. And they're going to you know, they're going to look differently for each of us. But let me start with the first one, which is curiosity. So we have mentioned rebels, people who have this dream. And if I want to see a dream, and I wanted to be like you have to move to another country and retire or you have to do something. That's not to be huge. It can be as big or small as you want it to be and what works for you. But the common theme I see among these reinventing rebels is that they are curious. They're curious about themselves. They're curious about other people. They're curious about the world around them. They want to know more they're willing to ask questions there. willing to kind of lean in and find out more. And that's often what sparks something for them in midlife, they're like, you know, I want something to be different. I'm not sure what, but they're willing to get curious. I feel like anyone who's coaching, who's going to a coach, like Christina, or anybody that might be a coach that That, to me speaks to curiosity. When you enlist someone to help you with coaching, you're saying I'm curious about myself? I'm curious about figuring out what else could there be? I'm curious about uncovering my path, whatever those things might be. There's all different types of coaching, whether it's even fitness coaching, right? You never coach at the gym, it's still like, I'm curious about how strong I can be my body. So there is this theme about curiosity, which I think is key. And here's just a great example. One of my guests. Her name is Kelly. She is a photographer, she now does it

professionally. And she photographs, especially in midlife women, but she'd been a teacher for many years, and she had this side interest in photography. So she didn't just say, Well, I'm just gonna quit my job and become a photographer. But she got curious when she started studying other women that have struggled to do this, because there are all these women photographers now that like to capture women that are in midlife and beyond. And they focus specifically on that. So she didn't just say, Well, I'm going to just up and do it. She said, Well, how can I? Who can I lean into? And who can I stay? What can I learn? What do I need to learn to be able to do this? And what does it mean to start a business? And what kind of photography skills do I need to take it from this hobby on the side to doing this full time? So as this is a great example of a reinvention rebel that was really curious. And she asked all these questions, and she did a lot of uncovering for several years, it wasn't just like, Oh, I'm going to start this. Because I have done that the past few like, well, I don't like my job, I'm going to start something new. And I didn't really have any kind of a plan, which I don't recommend. So that wasn't a good idea. But I loved how Kelly leaned into your curiosity, and figured it out. And then at the right time, she said, now's the time for me to quit my job. And she so she started doing it more part down on the side. And then she got to the point where she was doing it full time, and has turned it into this amazing thriving business. Because we all want to be seen in midlife, we all want to see images of ourselves, just young people, but you know, 40s 50s 60s and beyond, show up. And she's figured out how to make that happen. So curiosity is the number one is an important quality that individuals possess. Number two, courage. And I heard Joanna when I heard Theresa, and part of what I hear is that they are courageous, that they had courage, it takes courage to say I've got knows about what I want to do. But I'm going to figure out a way to do it anyway. It takes courage to start a business when you're 65. And you've never done it before. And you've spent a lot of time encouraging other people, but you haven't shine the light on yourself. That takes courage. And courage comes in many different ways. Courage can be in tiny ways or big ways. But people that are willing to reinvent themselves are courageous, let all of you know. If I ask all of you, in what ways have you been courageous, you can tell me all kinds of different things in big ways and small ways. And what I call, you know, there's what I call rise to the occasion courage, your back is up against the wall, something happens, you have to react, and you do it. And then I also there are so something I call courage by choice. A lot of what we're talking about today is courage by choice, I am choosing to be courageous because there is something on my heart that I want to do. And I'm not to do it yet. But I have this calling about this thing like creating these exercise videos and getting people into action with their bodies. And I'm feeling that so as much as I'm scared. I also feel like I am choosing to be courageous in this moment. So that I can do that. So I think that that really makes a difference. One simple example of courage for one of my reinvention rebels is Natalie who is now 62. But at 59. She retired early, she totally downsized her life to save money because she wanted to travel around the world. And she traveled around the world with her carry on bag for three months, and knew didn't know a soul and only traveled with other people, not to places where she didn't speak the language. And I left Japan and had one was where she like was bawling, crying, like trying to figure it out. But she did it. So that's that idea of courage by choice. And she had this inkling like I think I want to retire somewhere else. It's not in the US and now she so she checked out Portugal. She now actually earlier this year moved to Portugal permanently. And to me, it's such an amazing story of courage that we're often going into these areas that are unknown, but something inside this we have this inkling that tells us I want to move forward I'm going to dip my toe in there, and I'm going to try it out. And that's how we get started. So number one, curiosity, number two courage. And then three commitment. reinvention rebels are committed. You know how it is. I've tried so many things in the past where I started, I had a great idea. And then it just kind of fell apart. I had, you know, I was like, Yes, I want to do X, and then I gave up really easily, or it seemed really hard or scared. I didn't do it. But there were other times like with this podcast, because the reason I started this

podcast is that I was meditating one day, when I was kind of figuring out what am I meant to do, which I've thought about in every decade, and had until my 50s yet to figure out what am I truly meant to do? But one day I was meditating. And I heard reinvention reps. I was like, what reimagined? What? reinvention rebels. I didn't know what it was, but something told me Lynnie intuition, you better write that down, say wrote it down. And I just got to lean into it. And that's the overtime I uncovered. It was a podcast. And that's how it all got started. But this was the one time where I was committed to myself, where I made the time and space to do this thing that I felt called to do. And so much of this is about commitment to ourselves, because we give so much to other people. But when we really, really, really want to do something, it's my mommy stories remind me, you find a way.



Teresa found a way. Joanna found a way,



Wendy Battles 26:26

Christina found a way to become a coach when she was doing other things and felt called to do that. So when we can look inside and find that level of commitment, it makes a huge difference. But he was a great example, one of the women I interviewed who is amazing. She's 85, her name is Stephanie Schwartz 85 When she was younger, and she worked as a she was a professor. She wanted to be an actor, in families like that, you know, you need a steady job. You know, that is. So she did on the side, she always did on the side. But once she retired, she wouldn't to full time acting is 85 and a full time actor. And I called her up on it invite her to something she's like, Oh my god, I can't I'm working on three different scripts and trying to do these other things. And so she



Here we go. Okay.



Wendy Battles 27:27

Yes, thank you. And so it's just this idea of commitment. So Stephanie, when I called Stephanie up, she's like, Wendy, I can't go to x with you, because I've got three different scripts I'm working on. Now, how many different roles do you know? Who are like, I'm sorry, but I have another commitment. And this is really important. And I'm gonna, I'm pursuing my dream. So no, I can't go to this event with you today. But thank you for asking. So that's that idea of commitment. So curiosity, courage, and commitment are just what I think are three really important ingredients that we need as we're reinventing ourselves. And that really helped lay the groundwork for this idea of dude scared and do it anyway. All right. So on that note, I want to spend because I'm, I'm really cognizant of the time, and I knew that at some point, we're gonna get to a raffle, and we're gonna talk about some other stuff. And I want to leave time for questions or reflections, that kind of thing. But I do want to get to the how one, right, okay, so this is all well and good. That's great that those are qualities of being a reinvention. Rebel. Yeah. Okay, I'm new to those, but like, how do I do it? How do I get from unscared and I'm not

sure I can do this to Teresa and Joanna, I'm gonna go for it. I'm gonna see what happens. I'm going to trust that it's gonna work out. Alright, so this is what I want to talk about with you. And I want to point out that one of the things that we are offering in this summit that's all free of course, because the whole thing is free, is this, you probably can't see this but it's, it's my cheat sheet. This is my so this is the companion to our talk today. It also accompanies two different episodes I have that are called I just read these notes down why you should do it scared and do it anyway. So that's, I encourage you to one download this guide. After we're done to go listen to these two episodes that will kind of guide you along as well. The first one is from February 23 of this year called why you should do it scared and do it anyway. So that was kind of laying the groundwork a lot of what we're talking about today. If you're like okay, I want to hear this again. Listen to that episode. And the second episode is called Three ways to kick your fears to the curb, how to build your do it scared do it anyway, muscle so those are sort of companions, along with our guide to a conversation today. Alright, so what are the three things you're asking me like what when do you what are gay? Okay, so, number one is we have to develop our self belief muscle, right if we want to do it Do It Anyway, we have to do that. And what I heard in Teresa, and what Joanna said is that they basically had done that, right, they believed in themselves. And so the way we do the way you were like, well, how do I build my self belief muscle? And the way you're going to do that is beginning to ask yourself some questions, because so much of what we're talking about, to help us do it scared and do it anyway is looking with in. It's not looking to other people for the answers, it's playing within ourselves. So the strategy number one, developing yourself believe muscle is some questions that are going to help you start to think about this. And I'll just, I'll just, even though you know what they are, you'll find this in the guide. You know, as you're getting into ask yourself, What's the most peaceful place in your home where you can have quiet time to yourself, because this is all about starting to lean into reflection. To help you get past the fear, you're going to uncover some of these things. So where can you find peace in you know, or can be outside wherever? What are your favorite ways to quiet your mind? Because I talked about how we got this idea of reinvention I was when I got fired. So what ways do you like to quiet your mind to let that wisdom bubble up? Because again, remember, the answers are inside of us. We don't have to look so hard, it doesn't have to be so hard, we can do it with more ease. And what helps you have more faith and determination that you can achieve your dreams. So those are three questions that are in this guide. With, you know, writing prompts for you to begin to noodle about. So that's going to be sort of part one is that this is going to begin to help you develop your self belief muscle, I really believe especially Christina, you said, I get in my head about things. And I said, Man, I do too. When I get in my head about things, the best thing I can do is to write them down, because that's what kind of gets in my way. And for me, I don't even journal all the time. It's not like I'm like a everyday journaler. I wish I could create the time and have that commitment, but not not quite. So. But I do feel like that when I write those things down, that are getting in my head and getting in my way, it helps like create more space to have that wisdom bubble up. Because I think that's part of the problem. We have all this stuff going on. And if we can begin to like, reflect, write things down, get more quiet. And for me, like I'd like to do the dishes and quiet I have to like to click and quiet. I know we're often overstimulated by all the things that are going on around us in this, you know, multitasking world. But when we can lean in a little bit more and get more quiet, we create more space to let things bubble up. Anyone have any experience with doing this? And if so, what what was that? Like?



I think writing stuff down is super helpful or saying it out loud, just to get it off your chest. Yes,



Wendy Battles 32:57

I totally agree. Michelle was saying it out loud. Because I have something that was said out loud. We're like we're speaking into the world. Like whatever that thing is, if it's something we want to do. And so I think that's that's a great idea is to speak it out loud, write down good love chest, create that space makes a big difference.



Anybody else?



Christina Smith

Sometimes when I write things down, I start getting really clear on those stories that I've been telling myself because I can start going is that really what I think like I actually questioned myself, where if I just let it spin around in my brain, it just spins and spins. But when I start writing it down, there's something like, truth to paper, I guess is like I started looking at it and going is that really true about me? Or is it something that I'm making up?



Wendy Battles 33:47

I love what you just said that you can get clarity by writing things down. And I think too, that sometimes, like I'll write things down, and I go back later, and I look at them. I'm also sometimes getting that perspective. If it's, you know, sometimes you step away, you come back a week later, or a few days later, even an hour later, but you might have it might help shift your perspective. So I totally am with you, Christina about the clarity, you can gain what we give ourselves permission to write things down and see what happens. And then person is like, Yep, I'm right there with you saying all right, I love that. Thank you ladies for weighing in about that. Okay, so let's go to strategy number two, which is so remember, this is all about getting over our fears, right? So we can do it scared that you are and are working through their fears because we don't always get over them. Sometimes we do but sometimes it's just working through them making forward motion and in the midst of our fears, and number two is identifying people that are doing what you want to do, and learning from



them.



Wendy Battles 34:55

There are a ton of amazing women that do things related to middle My wife, I am one of hundreds, maybe 1000s of women that are doing that. But I don't see those women is my competition, because I think sometimes we can look into his space and say, I really want to do

that. But man, they're already doing that. And you know that I don't think there's room for me. But I believe there is room for all of us. I believe that Christina has a unique spin about coaching midlife women that other people don't. She has her own unique way that special. When that's true for all of us, there's a way we do something that we bring our unique gifts to it. So even if there are 1000s of other people doing it, they're gonna do it the way that Joanna is doing it, or Karen is doing it, or Michelle is doing it. Or Karen is doing it. Yes, they're doing it, but they're doing it in their way. And you're gonna do it in your special way. So I think we need to move beyond this idea of well, there's not enough space for me, I really can't do it or, or, or I think what sometimes happens is that you can look at people doing things and say, Well, I wanted to do that. Why didn't I think of that? It's a great idea and don't like I missed the boat. But I think that instead of sometimes feeling jealous people because I think I used to feel that way sometimes like oh man, I already thought of that document, I wish I could. So instead of feeling jealous or envious of them, we can use their success as a catalyst for our journey. And instead of feeling all scared about it that might stop us like they've already done that. We can lean into that. And so my idea around this is to look at, you're in the space of whatever it is you want to do or you're dreaming about doing. We got to do some research. It starts with doing some research. Well, who are the people that are doing it? What is it that they're doing? When I was starting the podcast? Like one of the things I learned is that there are tons of other midlife podcasts. But what what made my podcast, a lot of the like podcasts that are really amazing and I listened to them are sometimes topical, they talk about different issues, from managing caregiving to our changing midlife bodies, all those hot flushes, you name it, they all very topical. But I realized that there weren't a ton of podcasts about reinvention in midlife. That's what it was specifically about telling people's stories. And there are again, there's some because I've discovered some. And I've collaborated with some of these women, and they've been on my podcast, and I've been on theirs. Because again, it's all about the collaboration, not necessarily the competition. So it's all about leaning into those things that you want to do looking for examples and figuring out what can I learn from these people. Because I can make a list if I can begin to get some clarity, I will feel less scared. This is all about right. We're feel fearful, but we want to do it anyway. That's one of the ways we can begin to feel more confident is to see that there are a plethora of different ways that we can make this happen. And just because someone says no or other people are doing doesn't mean we can't do it. We just need to trust that we can find our unique spin that we can find our groove that we can find a way that works for us as Theresa and Christina and Joanna and many others of you wrapped up. So really leaning into that. All right, and I'm looking at his comment. This is how I feel about midwifery. We have what are your gifts? And there's midwife? Yes. Yes, Nicole, I totally agree. Right. You're not going to be everybody in the world midwife. But you are going to be drawn to the people that are right for you, you are going to help these women in amazing ways with your gifts, and you're gonna find that just right fit and I am so with you and that that it is just funny that right combination, and knowing that there was a lane that is for you where you can shine, because I think that at the end of the day, this is all about how do I take this goal or dream and do it in a way where I can shine and I can share my gifts with the world and Nicole is a great example of that. That's how she's doing it. Alright, so that's number two. So number one, as we talked about, we're going to be in to develop our self belief muscle by getting more quiet and reflecting. Number two, we're going to begin to look at who are all the people in this space I want to be in what are they doing? We want to study them. We don't want to be afraid of them or emphasize them. We want to study them. We can have gratitude that these people exist so we can learn from them to inform our own thinking about our unique journey. Alright, so that's number two. From ID number three. We do those two things. Right again, we're building our our muscle to do it to go do it anyway. What's another way we can do that? That How we're going to build a reinvention dream? Who would you ask? Because we're imaginary team? Well, that is that core group of people that have your back. It is your cheerleaders. It's the people

who say, Michelle, Karen, you can do this. I believe in you. They're the peep. They're not the naysayers. You're like, well, you know, that's a good idea. But right, the people that are like, basically like, Well, I wouldn't do that. I mean, that's a good idea. But you know, I wouldn't ever do that. And we all know those people and what those people look like, we all have our own version of those people, probably in different ways. And those people can be helpful in other parts of our life. It doesn't mean they're not great people, but they're not great people for our dreams. We don't want those people for our dreams. We want the CANDU people that believe in us. And I'm going to share a quick example. I interviewed this amazing woman, Laurie Thorpe's who had this inkling that she wanted to share her family wanted to move to Spain, they lived in Philadelphia, her husband was from Spain, but he had moved to the US many years before. She had a tenured position at Temple as a professor. So many people were like, You're crazy. Like, why would you? How could you give up? You know, people spend years trying to get tenure, why would you give that up? You know, people don't have your best interest in mind. Yet. They she needed to surround yourself with people that believed in her. So she decided she was only gonna listen to positive things, she was only gonna be around people that believed in this dream as much as she and her family did, when that's what she did. So that's what I mean by hiring the Dream Team. It's identifying those go to people, especially the people that when you're like, in a moment of fear, I don't know if I can do this. I'm really scared. It was great. It seemed like a grand idea. Now, I'm not sure you need to have those people around you that when you have those moments of doubt, they're the people that lift us up, we have our moments of clarity, we have our moments of genius, we have our moments where we're like, totally in self belief, force, like anything we ever moments, we're like, Ah, I don't know what I was thinking, who thought this was a good idea. You know, we can all have that tape in our head. That where we kind of talk trash talk ourselves out of it. That's why you need to reinvent a Dream Team people, you need these people to lift you up and support you and encourage you. So I want to just ask who who has someone that they would call part of a reinvention Dream Team? And what does that person do for you? Can somebody give us an example?



helico



Christina Smith

I have a circle of coaches that we get together. And we talk about what's going on? And you know, what it? Is that how we can help each other? Which I think and Joanna is part of that circle, which is why she's smiling. But definitely, definitely that circle helps. I mean, because Joanna will even be honest and be like, Christina, you don't want to do this summit in three months. So you want to do it in six months, wouldn't that be better, wouldn't give you more time. And it did. So I'm really grateful for her just to be able to reflect truth back at me. And you know, not in an unsupportive way, obviously. But it was like I want to support your vision. And the way I can do that is by asking you some hard questions, you know, or just so that you can get wrap your mind around it. So yes, I think that having support is really important.



Wendy Battles 43:31

What I love about that, too, is that you, Christine is in a group of people that are all behind her.

Yeah, they're also asking her questions that will help her. It's not to purposely hinder her and say, Don't do that, or don't do your Summit, because ultimately, it's Christina's idea, but they were there to support her in moving this dream forward. Right. They asked great questions that helped her not the people that are going like, well, I don't know about that. Christina, you totally can't do that. These are the people like you can do this. But let's let us ask you some questions that can help you do this effectively as possible. So we want that is a great example for reinvention Dream Team. I love it. Example. Yeah, Teresa.



So when I thought about pursuing tele motion, one thing that I needed was a videographer. And I was really nervous about it, because I feel like those people are not really approachable. So I thought I just have to start calling companies and seeing what I get back. And there was one company that when I talked to the producer, he was never negative at all. I told him what I was doing. He said it sounded really cool. They were very supportive. The whole group was amazing. And I know I wouldn't have stepped in I know I wouldn't have given that person money had they expressed any negativity at all. I wouldn't have done it. So it made a big difference that that person was so welcoming and warm and inviting and, and on my side was really great.



Wendy Battles 45:11

The NFL, that's such a great example of, we can find our people. And also that we, we intuitively know what those people look like, like, we know what it feels looks like when someone is positive. But basically, they're on our team about our dream, because that's what this production company did, that's what I hear you say, is that they were from the very beginning, they were like, right there with you, they're like, we can make this happen, we can help you with your vision. And I because I've worked with lots of producers as a voice actor, where, you know, some producers are really hard to work with, they're very demanding, and others are just, it's a joy. It's like a joy to find the people where humanity is, whether it's our friends, or our partners, or colleagues, you know, when you have that synergy, and it just feels like it. I don't wanna say it's effortless. But you know, it is when you just can like, not see someone forever, and then you just pick up and they've got your back that kind of thing, right? So when you get in that flow with the right people on your team, makes all the difference in the world. That's a great example, Teresa, thank you. All right. Oh, yeah, Joanna.



I,



Joanna Klein 46:23

mine has come in several different ways. And as a recovering perfectionist, I've been one who has resisted asking for support, because I wanted to present as having it all together. And so it was very vulnerable, for me to start moving into that place of asking for support. And so when I did decide that I wanted to be an entrepreneur, and I was talking to a friend about it, and she's

like, You can't do this alone. And I'd always been one who's like, I go to all the freebies, and I'd like try to do it all. And I'm like, Well, I'm techie, I can figure it out. And I finally got to that vulnerable place of saying it's true, I, I, I need to make the investment. If it's something I really want to do, I need to make that investment. And, and that was hard for me to, to go ahead and invest financially. And in doing so it was like I truly am investing in myself, it was my biggest step. doing that. So that was huge. And then like Christina said, the coaching, I've got very close girlfriends dudes is on here, my buddies like, I surrounding myself with women who support me, genuinely, you know, and our, our, that's been big for me to move in having a circle of people around me who truly are cheerleaders for me. And that's, that's been big.

W

Wendy Battles 47:56

I love it. I love what you've been able to do. I love how you were the most important thing I heard you say is how you were vulnerable, how you recognized. And I hear I hear such synergy with what you're saying and my story about how I wanted to make it look like I had it all together when you know somebody doesn't really don't like somebody you'd like. So together and other days, you're just kind of fallen apart. And to be able to acknowledge that. And also to say that I am worth it, which is what I hear you say I am worth it, I am worth this money, and worth investing in myself, I'm worth surrounding myself, and using people for help. Because I want to do this and I don't want to just do it, I want to do it and be great at and that makes such a huge difference. Our guests and I feel the same way like I invested in framing to start the podcast because I was doing. And I have done many times I've done things before where I didn't what I was doing, but it was like, well, I'll figure it out. And, I mean, maybe I did some of the disciplines that didn't but man, if I just had the wisdom to say if I could invest some in it, I could have made my life a lot easier. Number one. And there's so much value in saying this isn't just like my side business. It's like a real business, I'm gonna put my money where my mouth is and make a commitment to myself. And that's what I hear you saying? What a difference that makes that is such a great example. Thank you. All right, anyone else that wants to share about anything we just talked about? In terms of the how, and this idea of step one, we're gonna get more quiet and create the space to kind of lean into this idea or whatever the idea might be or whatever bubbles up. Right number two, we're gonna study other people that are doing what it is we want to do, and see that as helpful as opposed to like, the job that they're doing already. Right. And then number three, we're going to build our dream team. Any other questions or thoughts about that?

o

Oh, hi, Shelly.

o

Hi, sorry, I am in the habit I've just been hiking and now I'm outside Starbucks. I have something that I want to add to that. And it's about having your team around you or having people who support you. On the flip side of that, without being negative, I think it takes a discernment on what people are not ready to see you progress. And people you've known even family members, old friends, and they, you know, we all know this, they are uncomfortable when you're moving forward. And so with love, you have to know how to let those people go.

And that can be really heart wrenching. And I'm kind of doing that right now with a couple of people. And I'm thinking about it a lot. But I just wondered if anybody has any great tips for that.

W

Wendy Battles 50:58

But I think, first of all, I'm just gonna say I totally echo what you're saying. And I think it's really hard. And I am curious, anyone have any anyone out to that? Don't challenge a setup or how you've done that? How have you had some of those difficult conversations as you're growing, and maybe people are still where they are, or they're not ready for you to be this new you.



Nobody knows. We're all we're all in a quandary about that.



Christina Smith

So I would say like so. So for my mom, she I think she's really still uncomfortable that I work for myself, that seems really scary and wild to her. She was first American born in her family. And so I think that immigrant thing has a thing with it. We just don't talk about it. I do not bring my business up. I mean, that's the truth of it. Like, because I am not interested in her opinion, on what I do, because she was I mean, not only does she not understand the whole entrepreneur thing, but she also doesn't understand the whole coaching thing. So, I mean, it's just so forward foreign to her, that I just I have compassion for both of us. And I just don't bring it up. And I don't know if that's a great answer or not. But I don't I don't let them press my buttons around the thing that's very sensitive to me. And I protect all that.



I think that that is what even people who are my age, you know, I consider my like younger than our mom's age. I mean, you're You're younger than I am. But these people just don't understand the online business coaching, my creative business, they just don't get it. And so what I don't I don't talk about it, I don't explain it. They don't really know what I do, and nor do they ask, which I don't really think is a great way to continue. But anyway, I work on that. Well, we'll touch base later on that.

W

Wendy Battles 52:59

Anyway, I think what I hear you saying Christina to you is, is really about establishing boundaries around this. And I think that that is so key. And again, your hands, it could be any part of our life, but having boundaries about what we will and won't accept, or what we will not discuss to protect ourselves like we have to protect our mental health. Jimmy that's so key. And I like what you just said, like you understand what you will. And as you talk to my mother about lots of other stuff, you might have a great connection about so many other things. But when it

comes to this particular thing, you know what you need to do to protect yourself. And I do really appreciate that advice. I like that a lot. And I think that that bound having boundaries is so key. Join so you had your hand up.



A couple of things came



Joanna Klein 53:46

to mind for me. Particularly like when do when you were talking about both courage and getting quiet. I think those two can have an impact on this whole issue in that. For me the courage came of being willing to show up and stop worrying about what people thought about me. And that was huge for me I mean not that I don't still have that people pleaser in me that it does every time I go to post something that there isn't that part of me that is afraid but having the courage to go ahead and say is this true for me? And that's where it comes from coming getting quiet is getting quiet and trusting myself like this is true for me so I can stand in this. And then the other piece of it is all people will share advice or info or their thoughts or naysayers whatever it is that they share. And I've reached a point now where there where I ain't boundaries is a really good point but also not totally blocking it out like I let me take this and get quiet again and see what's true. Who, and being clear about who I serve, what I serve what my message is, and then being able to kind of filter what it is that I've received through that lens of what I know to be true for me



Wendy Battles 55:16

that a lot, and to me what that speaks to his self inquiry, that it's this iterative process of kind of looking within and getting clarity, really tuning in to what is most important for me, what am I hearing what's bubbling out. And in being able to do that, it's harder to be like a dance with these people, these other people in our lives. And you know, sometimes it is two steps forward and one step back, sometimes, you know, we have good days, and we're like, I hear you, and it's all good, right? You know, sometimes you can hear somebody, you know, sometimes you're like, Well, who are you to tell me what, you know, you might be thinking like, oh, this, I think that, excuse me, like, in my head, I'm like, fuck with them, or, you know, I have this whole narrative and other days, it's like I can fully embrace whatever it is, they say, and just keep on moving. And I so I like that idea of the self inquiry to help us kind of again, so much of this is about perspective, and clarity. And, like we can, again, we can do it with so much more ease. And when we get more quiet, we don't have to take everything. So personally, sometimes you just take it personally, I'm sorry, you take stuff personally. You know, you don't, and you just let it roll off of you. So I feel like it's, you know, it's this ongoing journey. So I really appreciate what you just said about that you and I think that's so true. One thing I want to say is we're wrapping up, and I know I am cognizant of the time, and I know it's two o'clock, and I knew we we have our raffle we need to get to and other announcements from Christina, but the rest of the summit, but I do want to say that so much of this is we kind of take a step back from this conversation. And we here's what did we talk about? Well, we first kind of talked a little bit Oh, well, what what does it look like for us when we were able to do something when we were nervous or scared, but we did it anyway. So we talked about some of those qualities. And then

we talked about these three qualities of a reinvention rebel, the things they possess, curiosity, courage, and commitment. And then we talked about like how you can start to get off the starting block, and begin to move in this direction. And I think one of the key things to me about all of this is our y, that when we get clarity about our why which often comes from that, again, being quiet, it's so much easier to do something scared when we have a bigger reason. And that's a lot of what I hear using Joanna, that you you when you got clarity. And you got really clear about why you were doing this, and you wanted to do this. And yes, people will say whatever they're gonna say, but you're gonna do it anyway. And you didn't have to be all perfectionist about it, you were just like, I'm finding a way to do this, we get clear about why it makes it easier to do it. It's the fears tonight for me, I feel like that's the key thing I want you to take away is beginning to get clarity. And that's what coaches come in, right. That's where Christina and other people that are coaching come in to help us get to that y so that we can take steps, even when we're fearful and then begin to do it and take those small steps that go into those bigger steps just like Theresa talked about, so I want to just sort of leave you with that thought. And you know, see if there's any last questions or comments before I turn over to Chris.



Christina Smith

I mean, y'all can add some questions and comments in there, too. I just want to mention real quick that if you want to be in the raffle, there's a link there in the chat. You need to go fill out a form in order to be included in that raffle. So while we're wrapping this up and seeing if there's any other questions we can you guys can go do that as well.