WEBVTT

1

00:00:07.000 --> 00:00:07.810

A

2

00:00:08.320 --> 00:00:09.390

I.

3

00:00:10.190 --> 00:00:12.760

There's a secret remedy

4

00:00:13.460 --> 00:00:15.030

hiding underneath

5

00:00:16.329 --> 00:00:19.899

in the sea from which we came together.

6

00:00:21.430 --> 00:00:24.890

cast aside for centuries.

7

00:00:25.180 --> 00:00:27.849

found in chains of slavery.

8

00:00:28.200 --> 00:00:31.809

waiting for the roots to come together

9

00:00:33.350 --> 00:00:42.430

for the sake of humanity in the name of integrity.

10

00:00:43.860 --> 00:00:47.429

use your gift with

11

00:00:47.480 --> 00:00:51.749

for the future of a

12

00:00:51.900 --> 00:00:53.140

protect our planet.

13

00:00:53.810 --> 00:00:57.530

If you wish to live in bees, you.

14

00:00:58.120 --> 00:00:58.870

Shannon.

15

00:01:03.860 --> 00:01:04.519

to

16

00:01:19.630 --> 00:01:26.009

now this is begin to sprout. Women of the world. We shall

17

00:01:26.180 --> 00:01:29.519

races and religions come together.

18

00:01:30.560 --> 00:01:34.610

freedom of the world united for the tree of life.

19

00:01:35.060 --> 00:01:41.050

the darkness with our light. We can heal our pain when we're together.

20

00:01:41.940 --> 00:01:46.760

Women of the world unite, calling all our sisters

21

00:01:46.790 --> 00:01:48.340

magnificence and bride

22

00:01:48.530 --> 00:01:49.640

other

23

00:01:49.720 --> 00:01:51.200

and every

24

00:01:53.230 --> 00:01:54.100

is that

25

00:01:55.510 --> 00:01:56.930

and darkest

26

00:01:57.330 --> 00:01:58.660

words, let

27

00:01:58.780 --> 00:01:59.780

ain't jumping.

28

00:02:00.220 --> 00:02:06.920

Give a voice a sanity.

29

00:02:10.850 --> 00:02:11.540

Me

30

00:02:30.130 --> 00:02:32.520

ya yeah yeah

31

00:02:33.000 --> 00:02:38.430

Aya's aaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaaa

32

00:02:38.910 --> 00:02:42.130

aya

33

00:02:42.660 --> 00:02:44.440

valleys with the

34

00:02:45.650 --> 00:02:51.480

the mountains with the sea.

35

00:02:51.840 --> 00:02:54.149

Boots of the trees with our

36

00:02:56.230 --> 00:02:57.430

with the sun.

37

00:03:01.070 --> 00:03:01.790

The day

38

00:03:02.890 --> 00:03:03.679

birds with the mother

39

00:03:05.010 --> 00:03:05.690

to

40

00:03:11.490 --> 00:03:12.279

do it?

41

00:04:02.880 --> 00:04:05.320

Ya, ya, hey?

42

00:04:05.860 --> 00:04:06.560

Yeah.

43

00:04:06.670 --> 00:04:08.850

hey?

44

00:04:21.959 --> 00:04:24.699

Sheva Carr: Warmest, warmest welcome

45

00:04:25.159 --> 00:04:27.379

Sheva Carr: as we unite

46

00:04:27.559 --> 00:04:33.049

Sheva Carr: together today to empower women through mentoring and entrepreneurship.

47

00:04:33.879 --> 00:04:36.869

Sheva Carr: I want to invite each of you to take a moment

48

00:04:37.549 --> 00:04:39.459

Sheva Carr: to play a little game with us.

49

00:04:41.799 --> 00:04:43.499

Sheva Carr: write down

50

00:04:44.019 --> 00:04:49.389

Sheva Carr: the last 3 winners of the Nobel Peace Prize, go.

51

00:04:55.149 --> 00:04:56.969

Sheva Carr: write down

52

00:04:57.999 --> 00:05:01.849

Sheva Carr: the last 3 winners of the Pulitzer prize

53

00:05:02.519 --> 00:05:03.199

Sheva Carr: go

54

00:05:08.569 --> 00:05:10.519

Sheva Carr: right down

55

00:05:11.349 --> 00:05:12.759

Sheva Carr: the last

56

00:05:13.199 --> 00:05:14.479

Sheva Carr: 3

57

00:05:14.969 --> 00:05:20.749

Sheva Carr: winners of the Oscar for best picture, not counting this year. Go

58

00:05:30.339 --> 00:05:39.879

Sheva Carr: write down the last 3 winners of the super bowl in the United States for football. Go

59

00:05:40.879 --> 00:05:42.599

Sheva Carr: not counting this here

60

00:05:46.371 --> 00:05:48.679

Sheva Carr: I see some giggles happening.

61

00:05:50.059 --> 00:05:54.539

Sheva Carr: It's a good thing we're not collecting. You will not be graded on this test.

62

00:05:56.069 --> 00:05:59.249

Sheva Carr: But now I want you to write down

63

00:06:00.409 --> 00:06:04.709

Sheva Carr: 3 people who meaningfully mentored you

64

00:06:04.749 --> 00:06:07.489

Sheva Carr: and believed in you in your life.

65

00:06:09.059 --> 00:06:09.819

Sheva Carr: Go!

66

00:06:19.799 --> 00:06:24.439

Sheva Carr: How many of you were able to answer the last question

67

00:06:25.429 --> 00:06:26.659

Sheva Carr: with ease.

68

00:06:31.389 --> 00:06:32.949

Sheva Carr: Take a moment.

69

00:06:33.309 --> 00:06:35.799

Sheva Carr: because this is mirroring.

70

00:06:36.379 --> 00:06:39.149

Sheva Carr: What matters to memory?

71

00:06:43.049 --> 00:06:51.949

Sheva Carr: So I invite you with us together, and you'll learn more of the neuroscience behind this little tool we're going to start with in a moment.

72

00:06:54.319 --> 00:06:55.049

Sheva Carr: Tiff

73

00:06:55.559 --> 00:06:57.469

Sheva Carr: focus with me.

74

00:06:58.269 --> 00:07:03.499

Sheva Carr: If you'd like your attention on the area around your heart.

75

00:07:04.649 --> 00:07:06.189

Sheva Carr: the chest staring.

76

00:07:08.319 --> 00:07:13.109

Sheva Carr: Imagine the breath is flowing in through your heart

77

00:07:14.989 --> 00:07:16.869

Sheva Carr: and out through your heart.

78

00:07:18.319 --> 00:07:20.759

Sheva Carr: breathing a little slower

79

00:07:21.119 --> 00:07:23.539

Sheva Carr: and deeper than usual.

80

00:07:28.029 --> 00:07:32.869

Sheva Carr: If you find it helpful, you can count as you breathe in

81

00:07:34.159 --> 00:07:45.769

Sheva Carr: and count as you breathe out, to invite the inhale and the exhale to be even in length. There's a secret. Ha! Bio! Hack in that we'll get to

82

00:07:45.819 --> 00:07:47.029

Sheva Carr: at the end.

83

00:07:49.229 --> 00:07:56.849

Sheva Carr: and as you breathe in through the heart and out through the heart. I invite you to join me in a minute of silence.

84

00:07:58.009 --> 00:08:00.079

Sheva Carr: a moment of peace

85

00:08:00.099 --> 00:08:02.029

Sheva Carr: and gratitude

86

00:08:04.539 --> 00:08:09.499

Sheva Carr: to those people who have mentored you and believed in you.

87

00:08:10.959 --> 00:08:16.679

Sheva Carr: and we'll radiate our love and gratitude to them together for 1 min.

88

00:09:23.339 --> 00:09:25.149

Sheva Carr: It turns out

89

00:09:25.799 --> 00:09:30.919

Sheva Carr: that this type of appreciation to those who've helped you.

90

00:09:32.739 --> 00:09:37.119

Sheva Carr: changes over 1,000 things in our physiology.

91

00:09:39.069 --> 00:09:42.999

Sheva Carr: and gives us access to a guide inside

92

00:09:44.349 --> 00:09:48.359

Sheva Carr: a unique intelligence that's been found in the heart

93

00:09:49.659 --> 00:09:58.889

Sheva Carr: that through research on the electrophysiology of intuition has been come to be known as the source of intuitive guidance.

94

00:10:01.109 --> 00:10:06.749

Sheva Carr: So I invite you in this pause of appreciation for your mentors

95

00:10:09.999 --> 00:10:18.719

Sheva Carr: to listen to that intuition in you, the guide inside you. Is there anything it would like you to know right now?

96

00:10:20.769 --> 00:10:24.159

Sheva Carr: And if you hear something to write it down.

97

00:10:42.439 --> 00:10:51.369

Sheva Carr: it is my great joy to welcome you to the 60 Eighth Commission on the Status of Women. This is a parallel event

98

00:10:52.009 --> 00:10:59.869

Sheva Carr: where the priority theme is accelerating the achievement of gender equality and the empowerment of all women and girls

99

00:11:00.219 --> 00:11:06.919

Sheva Carr: by addressing poverty and strengthening institutions and financing with a gender perspective.

100

00:11:07.129 --> 00:11:07.819

Sheva Carr: Okay.

101

00:11:08.059 --> 00:11:10.019

Sheva Carr: I am Shiva Carr.

102

00:11:10.079 --> 00:11:15.869

Sheva Carr: the founder and executive director, slash president of

103

00:11:16.029 --> 00:11:17.979

Sheva Carr: the Fiera Foundation.

104

00:11:17.999 --> 00:11:24.089

Sheva Carr: The sponsoring organization of this event with ecostock consultative status to the UN.

105

00:11:24.639 --> 00:11:29.179

Sheva Carr: I will put our website in the chat which is fiera.org.

106

00:11:30.979 --> 00:11:32.589

Sheva Carr: Our mission

107

00:11:32.759 --> 00:11:41.039

Sheva Carr: is to take heartbreaking global issues, and with that unique intelligence that has been discovered in the heart

108

00:11:41.119 --> 00:11:44.219

Sheva Carr: accessible to us through the power of love.

109

00:11:44.579 --> 00:11:48.529

Sheva Carr: to build an optimal future together with you

110

00:11:48.729 --> 00:11:50.029

Sheva Carr: or our worlds.

111

00:11:51.469 --> 00:11:54.739

Sheva Carr: I want to acknowledge one of my mentors

112

00:11:55.339 --> 00:11:57.889

Sheva Carr: who led me on a path to

113

00:11:58.159 --> 00:12:02.009

Sheva Carr: get Ecosot consultative status for my foundation.

114

00:12:02.829 --> 00:12:04.399

Sheva Carr: Avon Madison.

115

00:12:05.659 --> 00:12:15.479

Sheva Carr: who, with the United Nations, helped to establish that minute of silence, moment of peace that we began with, and the international Day of peace.

116

00:12:16.329 --> 00:12:21.939

Sheva Carr: Avon's organization or UN. Piece. Messenger organization pathways to piece

117

00:12:22.089 --> 00:12:28.369

Sheva Carr: was the organization in which I first attended the Cswr. 12 years ago.

118

00:12:29.149 --> 00:12:34.389

Sheva Carr: Avon is no longer with us in the body. But I just wanted to call her name forth.

119

00:12:34.909 --> 00:12:38.249

Sheva Carr: because today wouldn't have been possible without her

120

00:12:38.629 --> 00:12:40.119

Sheva Carr: as my mentor.

121

00:12:40.929 --> 00:12:45.219

Sheva Carr: And we are here to honor the power of mentorship

122

00:12:46.899 --> 00:12:49.989

Sheva Carr: for accelerating gender equality.

123

00:12:50.319 --> 00:12:56.199

Sheva Carr: and the the the priority theme of this Csw. And with that

124

00:12:56.219 --> 00:13:07.109

Sheva Carr: I am going to turn it to my esteemed colleagues, and several of our delegates to the Commission on the Status of women this year, starting with

125

00:13:07.709 --> 00:13:09.739

Sheva Carr: Carolyn Colleen, so

126

00:13:09.849 --> 00:13:12.189

Sheva Carr: grateful to have you here.

127

00:13:14.710 --> 00:13:16.920

Dr. Carolyn: Thank you so much for having us, Shiva.

128

00:13:17.330 --> 00:13:29.719

Dr. Carolyn: I'm honored to be here with all of you. And today, as we come into this space. I want to first acknowledge to delegate delegates, heart ambassadors, and our esteemed guests.

129

00:13:30.020 --> 00:13:31.870

Dr. Carolyn: and I want to express

130

00:13:31.950 --> 00:13:36.250

Dr. Carolyn: gratitude to you, Shava and Sarah Foundation

131

00:13:36.560 --> 00:13:40.270

Dr. Carolyn: for having this panel here and giving us this opportunity to share.

132

00:13:40.590 --> 00:14:03.589

Dr. Carolyn: And this today, as I share welcome, I want to take space to say, welcome to all of you beautiful humans who are attending this panel today. I'm Dr. Carolyn, and I am a proud mother of 3 entrepreneur and founder of fierce foundation. And then I'm honored to also introduce the incredible women that are on the panel today.

133

00:14:04.090 --> 00:14:05.890

Dr. Carolyn: So first, I'm

134

00:14:06.080 --> 00:14:12.459

Dr. Carolyn: Shiva, who thank you for that heartmath exercise and that art coherence.

135

00:14:12.650 --> 00:14:13.485

Dr. Carolyn: And

136

00:14:14.460 --> 00:14:19.769

Dr. Carolyn: And then we have here our let. And I'm going to share my screen so that everybody can see our.

137

00:14:19.940 --> 00:14:22.509

Dr. Carolyn: our, our beautiful panel of women

138

00:14:24.550 --> 00:14:26.549

Dr. Carolyn: as I share my screen

139

00:14:26.990 --> 00:14:27.780

Dr. Carolyn: here.

140

00:14:29.850 --> 00:14:32.339

Dr. Carolyn: So here we have our Lent

141

00:14:32.590 --> 00:14:34.640

Dr. Carolyn: and asthma.

142

00:14:34.810 --> 00:14:35.850

Dr. Carolyn: Jessica

143

00:14:36.010 --> 00:14:40.080

Dr. Carolyn: and Luda, who couldn't be here in person. But we'll have a video, for

144

00:14:42.300 --> 00:14:43.649

Dr. Carolyn: I share

145

00:14:45.160 --> 00:14:57.920

Dr. Carolyn: Shiva, who just I just wanted to reintroduce and just say a Shiva. Thank you as the founder of fear, foundation and heart ambassadors and all of the work that you do globally for

146

00:14:58.380 --> 00:15:01.779

Dr. Carolyn: leveraging the heart's power for social benefit.

147

00:15:02.150 --> 00:15:07.700

Dr. Carolyn: And then also, as the Co-vice President of UN Peace messenger organization pathways to peace

148

00:15:07.720 --> 00:15:08.840

Dr. Carolyn: and

149

00:15:08.890 --> 00:15:15.309

Dr. Carolyn: co-director of heart math, healthcare, and integrating heart-based practices into healthcare for holistic well-being.

150

00:15:15.340 --> 00:15:17.480

Dr. Carolyn: That is our beautiful Shiva. Thank you

151

00:15:19.430 --> 00:15:25.430

Dr. Carolyn: and then myself and Carolyn, which I shared. Proud mother, author, entrepreneur

152

00:15:26.015 --> 00:15:30.909

Dr. Carolyn: my doctorate and background is in behavioral organizational behavior and psychology.

153

00:15:32.590 --> 00:15:33.859

Dr. Carolyn: And we have

154

00:15:34.140 --> 00:15:38.699

Dr. Carolyn: our amazing Esma, who will talk about women entrepreneurship.

155

00:15:38.890 --> 00:15:58.799

Dr. Carolyn: and she is the executive level, trilingual, professional, with 25 years expertise in business, marketing and leadership. And she's worked in various large industries with Ceos entrepreneurs and startups from, so that technology sector, both retail biotechnology, nonprofit and government entities.

156

00:15:59.000 --> 00:16:13.080

Dr. Carolyn: and Esma is also coached, has coached and mentored thousands of leaders and entrepreneurs, including her students at the University of Victoria in Royal Rose University in British Columbia, Canada. Welcome, Asma. Thank you for being here.

157

00:16:14.370 --> 00:16:19.060

Dr. Carolyn: and Jessica Jessica will be talking about fire, financial empowerment.

158

00:16:19.190 --> 00:16:20.489

Dr. Carolyn: Jessica will be

159

00:16:20.720 --> 00:16:37.120

Dr. Carolyn: sharing her over 25 years of experience in banking and mortgage and credit, and Jessica's passionate about empowering women in the mortgage industry and credit repair and committed to breaking down barriers and creating opportunities for women and women's financial empowerment.

160

00:16:39.380 --> 00:16:41.320

Dr. Carolyn: Thank you, Jessica, for being here.

161

00:16:41.500 --> 00:16:45.970

Dr. Carolyn: and Arlet Arlette will share on emotional wellness.

162

00:16:46.590 --> 00:17:04.820

Dr. Carolyn: Arlette is the executive director of the greater lacrosse area Diversity Council and founder and CEO of the Wellness network. She has 25 years of expertise in community engagement program, engagement, family therapy, teaching, marketing communications in English and Spanish interpretation.

163

00:17:05.020 --> 00:17:11.299

Dr. Carolyn: and Arlette is passionate about empowering individuals to holistic wellbeing, purpose and fulfillment.

164

00:17:11.420 --> 00:17:13.510

Dr. Carolyn: Thank you, Arlette, for being here.

165

00:17:14.780 --> 00:17:25.899

Dr. Carolyn: and then also Luda Ludmila Barney, who has a video on gender equality. She's the deputy general director for international sales and marketing

166

00:17:26.625 --> 00:17:32.070

Dr. Carolyn: for a global helicopter company and leading humanitarian efforts.

167

00:17:32.370 --> 00:17:44.559

Dr. Carolyn: So she champions also the hungry games, which is a fun name for promoting healthy wellness alongside her corporate responsibilities. And she's also a proud mother of 2

168

00:17:44.610 --> 00:17:47.090

Dr. Carolyn: nurturing children and entrepreneurial spirit.

169

00:17:47.510 --> 00:17:51.639

Dr. Carolyn: and Ludo could not be here physically. But we have a video to share. For

170

00:17:53.600 --> 00:18:08.480

Dr. Carolyn: so, as we talk today with our agenda, and our objectives will be also sharing tools that you can take with you. That will be walking through. So today you'll be able to download those tools here, and we will share that again.

171

00:18:08.870 --> 00:18:09.949

Dr. Carolyn: And so

172

00:18:10.150 --> 00:18:13.109

Dr. Carolyn: with that, I want to move into

173

00:18:13.250 --> 00:18:14.610

Dr. Carolyn: a bit of

174

00:18:15.830 --> 00:18:17.750

Dr. Carolyn: what we're going to go over today.

175

00:18:17.820 --> 00:18:19.870

Dr. Carolyn: So our agenda today.

176

00:18:20.400 --> 00:18:22.539

Dr. Carolyn: our agenda for empowering women.

177

00:18:23.490 --> 00:18:25.799

Dr. Carolyn: I'm going to. We're going to talk about

178

00:18:27.050 --> 00:18:31.230

Dr. Carolyn: women, entrepreneurship, women, entrepreneurship, mentorship.

179

00:18:31.720 --> 00:18:38.749

Dr. Carolyn: financial empowerment, emotional wellness. Gender equality and the science and heart intelligence

180

00:18:38.930 --> 00:18:56.370

Dr. Carolyn: your takeaways today from our our panel. We would like you to be able to build confidence and support for mentorship and entrepreneurship with training for women will give you tools for that, and fostering emotional wellbeing and financial literacy.

181

00:18:56.480 --> 00:19:10.100

Dr. Carolyn: Also, we'd like you to be able to walk away with championing equality, the breaking down barriers and advocating for gender equality and intra and entrepreneurialism, securing access to funding for women entrepreneurs

182

00:19:10.220 --> 00:19:11.220

Dr. Carolyn: and

183

00:19:11.500 --> 00:19:30.310

Dr. Carolyn: being able to have holistic success, being able to have emotional wellness, being able to blend that along with evidence-based practices, into your training, being able to access and address work like balance and develop heart intelligence for strong relationships.

184

00:19:30.760 --> 00:19:38.689

Dr. Carolyn: And today, before we dive into our discussion, I want to share what fierce means to me and the women on this panel.

185

00:19:39.760 --> 00:19:47.480

Dr. Carolyn: So all the women on this panel. We have been impacted by the our mess. This message that we're sharing with you today.

186

00:19:48.290 --> 00:19:56.300

Dr. Carolyn: So to me, fierce is about recognizing the potential within ourselves, even when life's challenges try to dim our inner light.

187

00:19:56.720 --> 00:19:57.800

Dr. Carolyn: Why?

188

00:19:58.130 --> 00:20:00.319

Dr. Carolyn: Because sometimes

189

00:20:00.510 --> 00:20:08.069

Dr. Carolyn: we need to borrow the light that another human sees in us until our light ignites our own inner light.

190

00:20:09.390 --> 00:20:12.519

Dr. Carolyn: Imagine a burning amber within you

191

00:20:12.650 --> 00:20:14.950

Dr. Carolyn: waiting to blaze brightly.

192

00:20:15.290 --> 00:20:20.599

Dr. Carolyn: However, life's challenges and adversities can dim that light.

193

00:20:21.010 --> 00:20:28.270

Dr. Carolyn: and sometimes it's not about necessarily learning something new. It's about remembering something true.

194

00:20:29.160 --> 00:20:32.159

Dr. Carolyn: What I'd invite you to do. Everyone who's in the room.

195

00:20:32.430 --> 00:20:35.069

Dr. Carolyn: I'll invite you to take a moment to reflect.

196

00:20:36.700 --> 00:20:41.300

Dr. Carolyn: take a moment, and think of a time when you felt

197

00:20:41.700 --> 00:20:43.440

Dr. Carolyn: truly seen.

198

00:20:44.860 --> 00:20:47.479

Dr. Carolyn: truly heard, and empowered.

199

00:20:48.960 --> 00:20:50.530

Dr. Carolyn: Taking that moment.

200

00:20:51.360 --> 00:20:52.680

Dr. Carolyn: as you reflect

201

00:20:52.820 --> 00:20:54.419

Dr. Carolyn: who was there for you.

202

00:20:56.690 --> 00:21:03.009

Dr. Carolyn: and as you think about that, what I want you to do is to put into the chat one or 2 words

203

00:21:03.450 --> 00:21:05.880

Dr. Carolyn: that describe that feeling.

204

00:21:07.420 --> 00:21:14.630

Dr. Carolyn: So again, taking that moment to reflect, think of a time when you felt truly seen, heard, and empowered.

205

00:21:15.320 --> 00:21:16.719

Dr. Carolyn: who was there for you

206

00:21:19.100 --> 00:21:22.949

Dr. Carolyn: and in the chat go ahead and put feel free to put in the chat

207

00:21:23.020 --> 00:21:24.530

Dr. Carolyn: one or 2 words

208

00:21:24.680 --> 00:21:26.619

Dr. Carolyn: that describe that feeling.

209

00:21:29.620 --> 00:21:32.579

Dr. Carolyn: I'll give you a couple moments to go ahead and find the chat.

210

00:21:38.390 --> 00:21:40.320

Dr. Carolyn: Oh, I see, thank you.

211

00:21:41.390 --> 00:21:44.490

Dr. Carolyn: Sustained, supported life, giving

212

00:21:44.530 --> 00:21:47.150

Dr. Carolyn: strong, powerful, connected.

213

00:21:47.400 --> 00:21:50.260

Dr. Carolyn: unconditionally loved, powerful.

214

00:21:50.470 --> 00:21:52.640

Dr. Carolyn: vulnerable relief

215

00:21:53.160 --> 00:21:54.969

Dr. Carolyn: ground and strong.

216

00:21:55.490 --> 00:22:00.090

Dr. Carolyn: deeply supported love, empowered, uplifted, loved. Thank you.

217

00:22:00.310 --> 00:22:05.999

Dr. Carolyn: Thank you. All of these beautiful worlds, as as we take that moment to reflect and think about

218

00:22:06.090 --> 00:22:08.850

Dr. Carolyn: what it felt like to be

219

00:22:09.310 --> 00:22:10.560

Dr. Carolyn: supported.

220

00:22:11.420 --> 00:22:30.479

Dr. Carolyn: Thank you for taking the time to do that. And for me that feeling is embodied in the concept of fierce. It's about harnessing our power to overcome adversity. Persevere one step at a time, and for me, I like to say, 5 min at a time.

221

00:22:30.510 --> 00:22:33.879

Dr. Carolyn: And here's why I want to share video with you.

222

00:22:34.020 --> 00:22:36.280

Dr. Carolyn: sharing my definition

223

00:22:40.170 --> 00:22:43.520

Dr. Carolyn: here, I'll share this video just a

224

00:22:43.540 --> 00:22:44.749

Dr. Carolyn: short and good, you know.

225

00:22:51.410 --> 00:22:52.650

Dr. Carolyn: Here it is

226

00:22:56.700 --> 00:22:58.720

Dr. Carolyn: and share my screen.

227

00:23:10.110 --> 00:23:10.950

Dr. Carolyn: Share

228

00:23:11.900 --> 00:23:12.679

Dr. Carolyn: that way.

229

00:23:22.690 --> 00:23:24.099

Dr. Carolyn: make sure you can hear it

230

00:23:31.800 --> 00:23:32.629

Dr. Carolyn: just a moment.

231

00:23:45.670 --> 00:23:46.909

Dr. Carolyn: There is it blank.

232

00:23:52.080 --> 00:23:56.309

Sheva Carr: Do you have a link to it, Carolyn? You could drop in the chat for me to play it for you.

233

00:23:56.540 --> 00:23:58.790

Dr. Carolyn: Yeah, that would be great. Thank you.

234

00:24:08.793 --> 00:24:09.340

Dr. Carolyn: I think.

235

00:24:09.340 --> 00:24:10.549

Sheva Carr: You have it up now.

236

00:24:11.260 --> 00:24:13.762

Dr. Carolyn: Here it is. Oh, this is

237

00:24:23.110 --> 00:24:23.840

Dr. Carolyn: To!

238

00:24:26.530 --> 00:24:37.609

Dr. Carolyn: I was at my wits end, dealing with endless nights of my husband, screaming at me, accusing me of all kinds of things that never happened. But it was a way to control me.

239

00:24:39.540 --> 00:24:50.829

Dr. Carolyn: My definition of love was abuse and manipulation, and being used in some way for something. So that's what I attracted, got pregnant and got married.

240

00:24:54.050 --> 00:25:20.469

Dr. Carolyn: grew up in a small town with many different adversities. In a short amount of time. I had a mom who suffered from mental illness, and I had a dad who worked on the road in a traveling job. The things that we dealt with, such as neglect, abuse. There was sexual abuse. I had both men and women who sexually abused me. They tried to get to my sister and I would protect my sister from them

241

00:25:20.470 --> 00:25:24.359

Dr. Carolyn: and go with them so that they wouldn't abuse her.

242

00:25:24.410 --> 00:25:27.290

Dr. Carolyn: And I actually, when I was 16, I tried to take my life

243

00:25:27.500 --> 00:25:30.630

Dr. Carolyn: because I felt that there was nothing better.

244

00:25:31.110 --> 00:25:34.300

Dr. Carolyn: If this was life, then why did I want to live? It

245

00:25:34.830 --> 00:25:40.049

Dr. Carolyn: was unsuccessful, as you can see. But it didn't mean the hurt stopped.

246

00:25:40.160 --> 00:25:44.989

Dr. Carolyn: And that's how I ended up in my relationship with the father of my daughter

247

00:25:45.070 --> 00:25:47.539

Dr. Carolyn: is because I thought. That's what love was.

248

00:25:48.850 --> 00:26:12.969

Dr. Carolyn: I was in an abusive relationship that I couldn't have friends. I couldn't have family. He was able to manipulate me into quitting my job dropping out of college, so that I was fully dependent on him all the way to the point of where I was fearful for my own life. He promised me that if I ever left him that he'd end my life and his own and our daughters so that we could be together forever.

249

00:26:13.250 --> 00:26:15.579

Dr. Carolyn: and that was a concept that was very real.

250

00:26:16.160 --> 00:26:19.510

Dr. Carolyn: I didn't feel that I was worthy enough

251

00:26:19.860 --> 00:26:23.120

Dr. Carolyn: to find a different situation.

252

00:26:23.640 --> 00:26:36.119

Dr. Carolyn: but I found that, and I felt that my daughter was worthy, and that's how I got up enough courage to leave. So it took me a year to process the concept of leaving.

253

00:26:36.400 --> 00:26:40.640

Dr. Carolyn: and one day, while my husband was at work, I left

254

00:26:41.010 --> 00:26:44.510

Dr. Carolyn: there. I was standing in the line of the Salvation Army waiting for food.

255

00:26:44.680 --> 00:26:48.410

Dr. Carolyn: had no idea where my next meal would come from. And I thought.

256

00:26:48.540 --> 00:26:51.539

Dr. Carolyn: Is this my life? I had to

257

00:26:51.900 --> 00:26:56.799

Dr. Carolyn: think of a way to just move one step further in that line.

258

00:26:56.890 --> 00:27:01.410

Dr. Carolyn: because it would have been so much easier to go back. But I had to take a deep breath and step forward.

259

00:27:01.810 --> 00:27:06.429

Dr. Carolyn: and that was the the monumental step that moved me

260

00:27:06.460 --> 00:27:08.890

Dr. Carolyn: right out of the brickle of abuse

261

00:27:08.990 --> 00:27:14.920

Dr. Carolyn: and right into the circle of poverty, and I would work all night, and then I'd turn around and go to school the next morning.

262

00:27:15.060 --> 00:27:22.890

Dr. Carolyn: Then I always put money aside to try and get a better situation for us, and then I grew my career. At the same time

263

00:27:26.530 --> 00:27:30.410

Dr. Carolyn: I got a house. I had a dog. I've got a picket fence.

264

00:27:30.440 --> 00:27:34.270

Dr. Carolyn: and I started building my career. I'd gotten married the second time.

265

00:27:34.310 --> 00:27:37.649

Dr. Carolyn: I have my second child, and I have my third child.

266

00:27:37.910 --> 00:27:39.600

Dr. Carolyn: and

267

00:27:40.000 --> 00:27:45.779

Dr. Carolyn: I remember one night I was playing outside with my daughter, looking into my house, I thought.

268

00:27:46.050 --> 00:27:47.320

Dr. Carolyn: This is my life.

269

00:27:48.430 --> 00:27:53.980

Dr. Carolyn: because not so long ago I was standing in line at the Salvation Army, thinking, This is my life.

270

00:27:55.360 --> 00:27:59.639

Dr. Carolyn: and fast forward. I was standing in my backyard of the house that I built.

271

00:28:00.010 --> 00:28:01.910

Dr. Carolyn: thinking, Yeah, this is my

272

00:28:03.270 --> 00:28:22.060

Dr. Carolyn: but once, my son, my youngest, was born, and he was born with a very rare lung condition, and that was really where I had to take a space to kind of reevaluate what my career looked like I was traveling all over for my work, and I had created a career that I loved. But I had a very sick son. I needed to be able to start to figure out a new plan.

273

00:28:22.550 --> 00:28:24.979

Dr. Carolyn: and I sat at my desk and I thought.

274

00:28:25.320 --> 00:28:31.720

Dr. Carolyn: I'm tired. I'm scared, and I need an answer. And so that's when I found one life fully lived.

275

00:28:33.140 --> 00:29:01.309

Dr. Carolyn: It was the right message at the right time, so I didn't know that this whole world existed. It was a way for me to realize that all the things that I had been through in my very short lifetime I could use for good, and I could use to help other people see. No matter the adversity that they've dealt with, it doesn't have to be their future. It became very real. Once I realized that there's there's quite a few people who came from where I came from, too, and they

276

00:29:01.360 --> 00:29:06.590

Dr. Carolyn: intentionally practiced creating their own room. And we're living a fulfilled life.

277

00:29:06.890 --> 00:29:19.080

Dr. Carolyn: So now today I am the executive director of one life, helping other people realize that their past is not their future, and providing the roadmap which is education and access

278

00:29:19.270 --> 00:29:22.539

Dr. Carolyn: to people who might not ever even know it was there

279

00:29:23.060 --> 00:29:41.370

Dr. Carolyn: I had absolutely nothing, and being able to emerge from poverty and create a life by design that takes a community. And it takes a community in which to uplift a person. We can change communities and we can build them from the ground up, because we're focused in the passion in finding. What are you meant for?

280

00:29:41.730 --> 00:29:43.870

Dr. Carolyn: I feel very strongly. We're all meant for something.

281

00:29:43.920 --> 00:29:45.039

Dr. Carolyn: It's not easy.

282

00:29:45.240 --> 00:29:46.180

Dr. Carolyn: but it's worth it.

283

00:30:00.030 --> 00:30:02.290

Dr. Carolyn: Thank you for sharing that video, Shiva.

284

00:30:03.660 --> 00:30:09.979

Dr. Carolyn: and thank you everyone for your comments and notes in the chat, I appreciate it. And

285

00:30:10.070 --> 00:30:11.389

Dr. Carolyn: as you can see.

286

00:30:11.730 --> 00:30:26.639

Dr. Carolyn: and because of the impact that the one life roadmap has had on my life in the lives of thousands, I chose the reward, the one life roadmap as a key collaborative program for to be offered within fierce foundation

287

00:30:26.660 --> 00:30:49.649

Dr. Carolyn: and so fierce foundation champions, the holistic support of underrepresented women, intra-prepreneurs, meaning women who work within an organization and have that innovative spirit of an entrepreneur and entrepreneurs meaning businesses that are external to insult and ran by women businesses, and it's powered by the one life roadmap programming.

288

00:30:49.650 --> 00:31:03.570

Dr. Carolyn: And so fears provides access to mental and emotional health resources and connects mentors and fosters financial empowerment and inclusion that and equip women with the skills, resources, and emotional resilience to thrive.

289

00:31:03.950 --> 00:31:10.259

Dr. Carolyn: And from that that's where I was inspired to be able to like as sharing the video

290

00:31:10.420 --> 00:31:11.910

Dr. Carolyn: show women that

291

00:31:12.200 --> 00:31:14.150

Dr. Carolyn: our past does not have to

292

00:31:14.400 --> 00:31:15.700

Dr. Carolyn: determine our future.

293

00:31:16.010 --> 00:31:18.539

Dr. Carolyn: And despite progress.

294

00:31:19.040 --> 00:31:20.839

Dr. Carolyn: there still exists

295

00:31:21.220 --> 00:31:32.129

Dr. Carolyn: significant gender gap in entrepreneurship. So globally, 19 of businesses are women owned, and they receive a mere

296

00:31:32.280 --> 00:31:39.870

Dr. Carolyn: 2% of venture capital funding. And this disparity hinders economic growth and women's professional fulfillment.

297

00:31:40.130 --> 00:31:50.900

Dr. Carolyn: Also, we're going to talk about and share that financial inclusion empowers women to invest in their businesses, however, also not forgetting that

298

00:31:50.950 --> 00:31:57.970

Dr. Carolyn: neglecting mental wellbeing leaves women vulnerable to stress and burn out and ultimately hindering success.

299

00:31:58.290 --> 00:32:06.210

Dr. Carolyn: Having a strong mental health program leads to 21% higher profitability, and 6% higher productivity.

300

00:32:06.520 --> 00:32:12.039

Dr. Carolyn: being able to equip women with mental health. Knowledge empowers them to navigate challenges and build resilience

301

00:32:12.300 --> 00:32:14.210

Dr. Carolyn: and mentorship.

302

00:32:14.860 --> 00:32:23.589

Dr. Carolyn: Mentorship provides invaluable guidance, confidence, building, and access to networks, because, as I shared in my story.

303

00:32:23.960 --> 00:32:30.190

Dr. Carolyn: sometimes you have to borrow the light. Another person sees you until your light ignites.

304

00:32:30.250 --> 00:32:33.680

Dr. Carolyn: And what does that mean? It means mentorship.

305

00:32:33.770 --> 00:32:36.640

Dr. Carolyn: Sometimes we might not believe or

306

00:32:37.375 --> 00:32:43.550

Dr. Carolyn: our light might might not be at the point that it could be in having a community of women

307

00:32:43.720 --> 00:32:45.880

Dr. Carolyn: to hold and support you

308

00:32:46.130 --> 00:32:49.170

Dr. Carolyn: is is is the mentorship piece

309

00:32:49.760 --> 00:32:56.359

Dr. Carolyn: having a formal mentorship program, significantly increases. Female entrepreneur revenue growth and growth

310

00:32:56.460 --> 00:32:58.430

Dr. Carolyn: and survival rates.

311

00:32:58.770 --> 00:33:00.469

Dr. Carolyn: So having women

312

00:33:00.970 --> 00:33:05.209

Dr. Carolyn: as those leaders, as those as those people that can help support you

313

00:33:05.370 --> 00:33:10.360

Dr. Carolyn: as an intro or entrepreneur makes it so that you feel like you can make it

314

00:33:10.540 --> 00:33:11.225

Dr. Carolyn: and

315

00:33:11.960 --> 00:33:17.729

Dr. Carolyn: And how can we do this? So I want to share within the mentorship pillar how you can

316

00:33:18.240 --> 00:33:30.090

Dr. Carolyn: move forward and help women in mentorship by building a successful mentorship program for women which requires careful planning and ongoing support. But it first starts with a roadmap.

317

00:33:30.270 --> 00:33:55.150

Dr. Carolyn: And so, in order to do that for you and for the tools that you can use in which to build a mentorship program or start mentoring within your community. The first thing is where and you're going to have a downloadable tool for you is to be able to identify. What is that goal? What is that target audience? Who are you serving? What do you want to start with? So, starting with like shave a shared like taking a deep breath coming into heart.

318

00:33:55.390 --> 00:34:12.329

Dr. Carolyn: and then understanding. What are those goals? Who are the who are the people that you want to serve? And what do you want to be able to support them in? Is it increased emotional and financial wellness? Is it improved leadership skills? Or is it building a stronger community?

319

00:34:12.560 --> 00:34:14.829

Dr. Carolyn: And then who within that group

320

00:34:14.850 --> 00:34:16.419

Dr. Carolyn: will benefit the most?

321

00:34:16.489 --> 00:34:31.460

Dr. Carolyn: Is it women of particular stages in life? Maybe they are starting off as an entrepreneur in their business. Maybe they already have a business. Maybe they are an entrepreneur within an organization and identifying what that is. So that's first number one, the goals.

322

00:34:31.520 --> 00:34:32.999

Dr. Carolyn: And who are you serving?

323

00:34:33.590 --> 00:34:38.259

Dr. Carolyn: Number 2 is recruiting mentors and mentees. So

324

00:34:38.550 --> 00:34:56.439

Dr. Carolyn: bringing in experienced women who are passionate about helping others. We have them right here in our room, and all of you who are here in this panel. I'm sure that resonates with you, because when we think about and talk about what it felt like to be supported. We, too.

325

00:34:56.500 --> 00:35:00.059

Dr. Carolyn: as we see through being able to help others.

326

00:35:00.080 --> 00:35:13.529

Dr. Carolyn: So that is attracting number 2 is recruiting mentors and mentees and attracting women who are passionate about helping others, and then matching mentors and mentees based on their goals, personalities, and expertise

327

00:35:13.960 --> 00:35:26.000

Dr. Carolyn: while ensuring a commitment to both parties. So the mentee and the mentor having that commitment to come together and invest in that time and in the program expectations

328

00:35:26.440 --> 00:35:40.540

Dr. Carolyn: number 3 is to develop a structured program. So outline the program duration. So how long are we meeting? Are we meeting 3 times are meeting 6 times? What does that look like? So that you have a start and an end date before reassessing.

329

00:35:41.170 --> 00:35:48.149

Dr. Carolyn: providing a framework for those meetings? Are you meeting virtually in person? Are you meeting as as a group.

330

00:35:48.350 --> 00:35:51.379

Dr. Carolyn: What does that look like along with setting goals.

331

00:35:51.990 --> 00:35:55.380

Dr. Carolyn: having discussion, prompts, prompts and resources.

332

00:35:55.740 --> 00:36:04.010

Dr. Carolyn: and also being flexible, being able to flex, flexible, flexible, to meet a woman where she is with her schedule and with her individual needs.

333

00:36:04.550 --> 00:36:09.980

Dr. Carolyn: Then number 4 is providing training and support. So training and supporting mentors

334

00:36:10.390 --> 00:36:14.030

Dr. Carolyn: for us. We call them fierce navigators, and they're all on the call

335

00:36:14.070 --> 00:36:18.489

Dr. Carolyn: and having effective communication, coaching and coaching techniques.

336

00:36:18.680 --> 00:36:30.339

Dr. Carolyn: We also use trauma informed care, bringing that evidence base in, and also we were poised to and excited to be able to

337

00:36:30.950 --> 00:36:34.220

Dr. Carolyn: add or bring in and acknowledge

338

00:36:34.330 --> 00:36:36.820

Dr. Carolyn: heart, math, and heart coherence.

339

00:36:37.110 --> 00:36:37.960

Dr. Carolyn: and

340

00:36:38.090 --> 00:36:46.929

Dr. Carolyn: within providing training and support, offering up facilitated workshops and networking events in order to bring together connections

341

00:36:47.050 --> 00:36:48.980

Dr. Carolyn: and a sense of community

342

00:36:49.530 --> 00:36:53.690

Dr. Carolyn: Number 5 would be create a supportive environment.

343

00:36:53.840 --> 00:36:56.440

Dr. Carolyn: so encouraging an open communication

344

00:36:56.710 --> 00:37:01.130

Dr. Carolyn: and feedback between mentors and mentees and organizing social events.

345

00:37:01.170 --> 00:37:04.649

Dr. Carolyn: So we have an in-person social event coming up this weekend

346

00:37:04.750 --> 00:37:12.199

Dr. Carolyn: in connecting connecting women in order to be able to be either virtual or face-to-face.

347

00:37:12.540 --> 00:37:37.739

Dr. Carolyn: and then number 6, monitoring the progress. So being able to say, hey, this is where we started, and this is where we are. If we met 3 times or 6 times, what is our progress? How are we doing, and how are we building those relationships? If you're helping a woman with as we continue to share as asthma, and we'll share next in leadership. So how are we on our leadership journey and creating those skills?

348

00:37:37.740 --> 00:37:50.700

Dr. Carolyn: What are we celebrating? Recognizing that success and celebrating both the mentor and the ment team, both being able to acknowledge what's been shared and continually being able to improve in the program.

349

00:37:50.980 --> 00:37:55.289

Dr. Carolyn: So a couple tips and helpful tips for mentoring.

350

00:37:55.570 --> 00:38:02.989

Dr. Carolyn: and we'll also have it as a tool that you can download is, consider offering different programs and formats

351

00:38:03.100 --> 00:38:28.870

Dr. Carolyn: to cater to the different and various preferences. So in person, group entering or virtual, and then also ensure that the program that you're creating the community that you create in order to support women is inclusive by recruiting diverse mentors and addressing specific needs of women from various backgrounds, which is exactly what we have in store today. So as I shared, I'm I'm excited

352

00:38:28.920 --> 00:38:34.440

Dr. Carolyn: to share the mentorship pillar today in our panel, and

353

00:38:34.530 --> 00:38:35.989

Dr. Carolyn: to keep in mind

354

00:38:36.100 --> 00:38:42.030

Dr. Carolyn: our our ability to be able to connect and emphasize emotional wellbeing.

355

00:38:42.560 --> 00:38:45.079

Dr. Carolyn: So within our mentorship groups

356

00:38:45.180 --> 00:38:49.280

Dr. Carolyn: using evidence-based practices to support

357

00:38:49.340 --> 00:39:05.560

Dr. Carolyn: our mentorship and our health and wellbeing, such as emotional intelligence. So what we're going to do next is, I want to be able to not take up too much time and pass the mic over to Asma. But first I want to share that

358

00:39:05.830 --> 00:39:24.830

Dr. Carolyn: with. But the mentorship pillar we have been able to one build mentorship within women, and we've supported over 200 women from the launch of fierce foundation to be able to expand their businesses and create a ripple effect in economic and personal growth.

359

00:39:25.110 --> 00:39:35.980

Dr. Carolyn: And so with that, this is the first pillar mentor mentoring pillar. And now I'm going to hand it over to Asma to be able to talk about the second pillar, which is entrepreneurship.

360

00:39:38.980 --> 00:39:43.030

Asmaa I. Methqal: Thank you. Beautiful Dr. Carolyn. Hello, everyone

361

00:39:43.711 --> 00:39:48.678

Asmaa I. Methqal: such a beautiful insight that you gave about mentorship. And

362

00:39:49.180 --> 00:40:16.006

Asmaa I. Methqal: I've been like very lucky to have mentored a lot of women and men for the past 15 years. And so it's such an incredible pillar that I think all of us would definitely benefit from. And I just loved how Shiva brought it all up with that first question of mentorship is just so beautiful. And I'm like so grateful for my mentors as well today. Thank you so much. So now that we

363

00:40:16.500 --> 00:40:28.339

Asmaa I. Methqal: talked about women and mentorship, and we gonna now delve into entrepreneurship. I would love. If you can write in the chat how many of you are already entrepreneurs.

364

00:40:28.790 --> 00:40:44.820

Asmaa I. Methqal: so just put in the chat. I am an entrepreneur, or just yes, so that we will know how many entrepreneurs are here, or are serving entrepreneurs as well, or one opera? Why not so beautiful, seeing so many yeses there. Amazing.

365

00:40:44.890 --> 00:40:54.770

Asmaa I. Methqal: Well, look at that. We are all like that as women going for it and creating our on economic empowerment. Beautiful, amazing.

366

00:40:54.790 --> 00:41:21.749

Asmaa I. Methqal: And so I would love to start by sharing one pivotal moment that happened to me during my entrepreneurial journey. That really completely shifted my perspective about everything. And so it was a late evening on in 2,018. It was during the holidays, and it was just sitting in my living room

367

00:41:21.770 --> 00:41:43.099

Asmaa I. Methqal: and just looking at the wall, and I was having 5 infections in one. I couldn't smell. I couldn't hear, I couldn't taste. I was just like just sitting there and like what is happening to me, and I couldn't just understand what was happening with my body. And then out of the blue. What was even scarier is I heard this loud voice

368

00:41:43.190 --> 00:41:46.090

Asmaa I. Methqal: that just scream, and it's enough

369

00:41:46.260 --> 00:41:47.469

Asmaa I. Methqal: we're done.

370

00:41:47.520 --> 00:41:54.200

Asmaa I. Methqal: and I'm like, What is this? Where is this voice coming from, and it was really coming from me. It was like my own inner voice.

371

00:41:54.240 --> 00:42:09.099

Asmaa I. Methqal: and I could not understand what was happening in that moment, because I was like, I just had the best year ever. I made so much money that year we were super productive. My clients were happy, my team members were happy I was. Life was good.

372

00:42:09.100 --> 00:42:24.919

Asmaa I. Methqal: but something was not right in that moment, and I couldn't understand what that was. And so, realizing that inner voice that was screaming at me. I just remember this quote that I've heard before. If you don't hear the whisper you will feel the slap.

373

00:42:25.050 --> 00:42:43.599

Asmaa I. Methqal: and I was like, Oh, my God! If this was just a whisper, I am so not ready to feel the slap. And so I really took the time to really like try to understand what was happening in that moment, because how can my external success be met with an unfulfilled heart

374

00:42:43.660 --> 00:42:49.260

Asmaa I. Methqal: in that moment? And so I made the variable decision to pause.

375

00:42:50.540 --> 00:43:12.010

Asmaa I. Methqal: and I never knew what pausing was before then, because I was just always going going, and I chose to pause. Everybody was like, Are you crazy? Your agency is going really well. I had a marketing agency. Why are you choosing to pause, and I was like, it is time for me to understand what I want. What do I need and meet myself?

376

00:43:12.130 --> 00:43:21.579

Asmaa I. Methqal: I haven't got any chance to date myself. I would just go and go and going, going, chasing, chasing, chasing, chasing. I never get a chance to meet myself.

377

00:43:21.580 --> 00:43:44.669

Asmaa I. Methqal: and so I pause everything, even if everybody was surprised, and I decided to go to my favorite city in San Diego, and while I was there I started like getting referred by different spiritual guides and different coaches, and just really was ready to just really deep delve a little bit deeper, to just to understand what was happening to me.

378

00:43:45.090 --> 00:43:50.439

Asmaa I. Methqal: And while doing that it was very interesting to me that I've realized that

379

00:43:50.600 --> 00:43:55.180

Asmaa I. Methqal: my whole life and I think most of us do it. We just leave the neck up.

380

00:43:55.970 --> 00:44:16.560

Asmaa I. Methqal: And so we're just about like having 2 squirrels in our head, as you know, many of you have that where we just like going doing, doing, what is the next? And what is the next? And what is the next thing? As soon as we hit a goals like, Okay, when can we go to the next? And we just keep going. And so I was always living in this neck up, and I never got a chance really to pause.

381

00:44:16.690 --> 00:44:18.550

Asmaa I. Methqal: to start, to feel.

382

00:44:18.640 --> 00:44:34.139

Asmaa I. Methqal: to start to feel below the net what is happening. And so during that pausing and during me working with this different guys and spiritual healers and all of those people that were surrounded me and supporting me during that moment period of my life

383

00:44:34.140 --> 00:44:57.739

Asmaa I. Methqal: I was able like to really feel my body, really feel my emotions, all those emotions that are always kept deep, deep, deep down, not ready to hear them, not wanting to and understand them, because the society and it were telling me that they were weak, and that's not the way to go. And so by feeling those emotions, I really realized that I really had a shield.

384

00:44:58.670 --> 00:45:19.620

Asmaa I. Methqal: So I really built this invisible shield within myself. Tonight one be able to connect with myself and not be able to connect with others in a deeper level. I thought I was connecting with people, but I was mostly connecting in a business setting, but like in terms of like deep, meaningful relationship. I was always like on the go. So I never really had the time.

385

00:45:19.730 --> 00:45:25.590

Asmaa I. Methqal: And so when I had that really big realization, I was like, where is this stemming from

386

00:45:25.740 --> 00:45:31.180

Asmaa I. Methqal: what is the shield coming from? At what point in my life did I created that shield?

387

00:45:31.470 --> 00:45:35.209

Asmaa I. Methqal: And then I realized that it was coming from my own background.

388

00:45:35.990 --> 00:45:44.760

Asmaa I. Methqal: I am originally from Morocco. I was born in Morocco in the seventies, late seventies, and in that time it was all about

389

00:45:44.770 --> 00:45:52.790

Asmaa I. Methqal: men and what the men wanted, what the men needed, and all the women. We were just there just to have babies and to cook and to clean.

390

00:45:52.920 --> 00:45:58.370

Asmaa I. Methqal: Literally. They were women when they were born, somebody will say, Oh, another cuccia I mean another kitchen.

391

00:45:58.690 --> 00:46:07.710

Asmaa I. Methqal: and I just had this anger in me. Since I was a kid. I was enraged by society that decided the moment I was born. Who I'm gonna be.

392

00:46:08.140 --> 00:46:14.140

Asmaa I. Methqal: They never allowed me to really create my own identity and define who I want it to be.

393

00:46:14.650 --> 00:46:34.140

Asmaa I. Methqal: And so it was already decided that I was the weaker sex, that I couldn't do much while I can see my brother and my dad having the time of their lives where my mom is struggling, and I am struggling to speak, to claim my voice, to just show that I'm here and that I belong, and that you need to listen to me.

394

00:46:34.310 --> 00:46:42.589

Asmaa I. Methqal: And so through that I was like oh, so it was from that moment that this basically the shield got created.

395

00:46:42.600 --> 00:46:45.660

Asmaa I. Methqal: And I wanted to prove everybody wrong.

396

00:46:46.410 --> 00:47:04.229

Asmaa I. Methqal: I can show you what a woman can do. You tell me. I cannot do this. I'll tell you. I'll show you I can do that. And so I went with that perspective, and with that fire in me, and I know that with anger, because it's an emotion that usually is neutral. There is good anger, and there is bad anger.

397

00:47:04.360 --> 00:47:19.609

Asmaa I. Methqal: but that anger has transformed into this fire that was in me since a very early age, that really wanted to change and really create a quantity in my own community in my own country within my own family ecosystem.

398

00:47:20.260 --> 00:47:29.599

Asmaa I. Methqal: so we all could belong, and we all are equal, and we all matter at the same level, and you cannot dictate my future for me.

399

00:47:29.610 --> 00:47:31.709

Asmaa I. Methqal: I can create it for myself.

400

00:47:31.810 --> 00:47:53.880

Asmaa I. Methqal: And so I was lucky to have very progressive parents, and I had to negotiate with my dad when I could move to Canada. So he's like, no, you cannot move at 18. But you can move when you have a degree. I'm like, okay, fine. Here's my bachelor degree. Can I go now? I was able like to flew and live go to Montreal at the age of 21. So I went very early in a very early age

401

00:47:53.880 --> 00:48:04.800

Asmaa I. Methqal: in Morocco, because usually people don't leave their family ecosystem until they get married, for women. Men can be whenever they want again another equal inequality that was created there.

402

00:48:04.800 --> 00:48:07.800

Asmaa I. Methqal: And so with that perspective in there.

403

00:48:07.800 --> 00:48:20.580

Asmaa I. Methqal: coming back into me, being in San Diego, and really defining and finding the shield. I was like, Okay, so was this shield a way for me to prove myself? Was it like an ego driven thing?

404

00:48:20.910 --> 00:48:30.049

Asmaa I. Methqal: And then I realized maybe some part of it was but the true reason for it. And what I have also been seen, and a lot of women is a protective mechanism.

405

00:48:30.710 --> 00:48:34.769

Asmaa I. Methqal: And so we create this shield as a protective mechanism.

406

00:48:34.780 --> 00:48:41.249

Asmaa I. Methqal: And what our biggest realizations that I've made is, I have led my whole life from a masculine energy.

407

00:48:41.430 --> 00:49:01.620

Asmaa I. Methqal: from this place of chasing and going and and proving myself, and because I was chasing, belonging, and validation and approval, I wanted to show people what I can do, so I can be accepted so I can be appreciated. And so I was always in this action action mode that was created, and that I've also start witnessing in a lot of women

408

00:49:01.620 --> 00:49:12.710

Asmaa I. Methqal: because I made this realization in my 40 s. And I wish someone has told me about this like in my 20 s. To be like, oh, so there are like different energies, and we.

409

00:49:12.760 --> 00:49:28.009

Asmaa I. Methqal: the energies are doesn't matter of the gender of the person. But then, when we talk about the Ying and Yang, and the masculine and the feminine is like the biggest imbalance that I'm seeing right now in the world is that a lot of women are leading from their masculine energy.

410

00:49:29.090 --> 00:49:36.560

Asmaa I. Methqal: And so they gonna end up crashing and burning like I did when I was like, I realized everything I needed to realize.

411

00:49:37.360 --> 00:49:42.430

Asmaa I. Methqal: But then I realized, this is not what I wanted to realize. I was just playing a role

412

00:49:42.650 --> 00:49:51.870

Asmaa I. Methqal: because I want it to be long, and I want it to be appreciated, and I want it to be accepted. And I wanted to look at my dad in his eyes and be like, See, I did it, and I didn't need you.

413

00:49:53.860 --> 00:50:06.929

Asmaa I. Methqal: And so going back with that, I was like, well, then, if that was not it. Then I was literally going in the wrong direction, and I was literally like going up the ladder, and I ended up in the wrong building.

414

00:50:07.000 --> 00:50:13.580

Asmaa I. Methqal: so I need. It was time for me to go down that building and be like, who am I? And what do I want to create?

415

00:50:13.840 --> 00:50:24.269

Asmaa I. Methqal: And it was through that process, and when I take the time to pause that I realized that my essence at my deepest level is feminine.

416

00:50:24.620 --> 00:50:30.669

Asmaa I. Methqal: I love to create. I love to play, I love to dance, I love to innovate, I love to collaborate.

417

00:50:30.840 --> 00:50:45.339

Asmaa I. Methqal: There was all these different layers of me that I just kept hidden that I was never being able to see. But the moment that I recognize that I had the shield and I was able to put it down, I was able to reflect to myself the real essence.

418

00:50:45.790 --> 00:50:56.209

Asmaa I. Methqal: But then, as we know personal growth and personal development, we do so much work, and there's almost more that we need to do right. And so when I was in that process, like

419

00:50:56.220 --> 00:51:18.600

Asmaa I. Methqal: how the moment that really clicked that I knew that I was on the other side, where I was able more to tap into my feminine is when I was invited into an event that was happening in Nashville, and I remembered a beautiful Dr. Carolyn was there with me, too, and I was invited in this first day. It was women entrepreneurs.

420

00:51:18.800 --> 00:51:33.130

Asmaa I. Methqal: multimillionaire, all like in real estate, investment and everything. And then the person that needed to lead the first activity was not available. And so they said, asthma, can you go on the stage and just lead an activity like. So that way we can kick off the day.

421

00:51:34.050 --> 00:51:58.090

Asmaa I. Methqal: I'm a marker. I'm a business consultant. So if someone asked me to go on stage. I'll be talking about data and about fact, about things to do that in that moment, when I was going up the stage. I connected to my intuition and my intuition said, No, no, no, we're not doing that. We gonna do something completely different. We're gonna help this. Women connect to their body because they're always again neck up.

422

00:51:58.160 --> 00:52:02.769

Asmaa I. Methqal: And so I got on stage and I decided to do a motion dance meditation.

423

00:52:02.800 --> 00:52:29.800

Asmaa I. Methqal: I had an amazing. Dj, put some music, and I just started to ask the women to just follow me through movement and just through dancing, and really get them to connect to their body, to their hair, to their skin, to their arms, and just like move. And because it was only women, it was a safe space. I don't even remember what I was saying. All I know I was in flow. I was fully tapping into my intuition and doing what I was doing, and then I left this stage.

424

00:52:30.020 --> 00:52:35.210

Asmaa I. Methqal: and to my surprise I had few women coming running to me, and they're like, Do you teach this?

425

00:52:35.770 --> 00:52:37.410

Asmaa I. Methqal: And I'm like, would you meet?

426

00:52:37.770 --> 00:52:43.940

Asmaa I. Methqal: I love to, that's like, but to me teach you this like I was not understanding that moment what was happening.

427

00:52:44.160 --> 00:52:51.469

Asmaa I. Methqal: but then the biggest realization I made was that these women are are who I was 6 months ago

428

00:52:51.660 --> 00:52:56.740

Asmaa I. Methqal: when I was completely leading from my masculine energy, and I was fully imbalanced.

429

00:52:57.200 --> 00:53:13.750

Asmaa I. Methqal: and what they were seeing when I was leading. That is, they can see my feminine essence and my playfulness, and just completely connect you to my own feminine power, and just be even to lead them from my intuition, and just be myself and completely accepting and loving myself.

430

00:53:14.450 --> 00:53:28.229

Asmaa I. Methqal: And so maybe many of you on here today, you may have some imbalance. And so I put together this little slide, because I know a lot of you may want to like just share like the screen for it, and just to have it.

431

00:53:28.450 --> 00:53:37.229

Asmaa I. Methqal: And so there are few signs for you to recognize if you are in balance, and some of them are that if you have a busy calendar.

432

00:53:37.610 --> 00:53:41.900

Asmaa I. Methqal: if you have a very busy calendar that you don't have time to pause.

433

00:53:42.190 --> 00:53:43.700

Asmaa I. Methqal: you are in balance.

434

00:53:44.060 --> 00:53:58.429

Asmaa I. Methqal: because the feminine gives space to pause, to reflect, to connect to our body, to connect to our heart, like the beautiful Shiva did with us this morning. If your body is aching ways too rigid because of stress.

435

00:53:59.140 --> 00:54:01.880

Asmaa I. Methqal: if you are overthinking all the time.

436

00:54:02.680 --> 00:54:07.780

Asmaa I. Methqal: if you don't trust man or you don't trust the masculine energy in general.

437

00:54:08.300 --> 00:54:18.210

Asmaa I. Methqal: If you are struggling to receive, and that's a big one I've seen with women, I will do workshop, and I will just ask women to compliment one another, and the women will start to weave and start crying.

438

00:54:18.450 --> 00:54:38.399

Asmaa I. Methqal: And I will have to pause everything we're like, okay, this is the next activity for the next 30 min to 40 min, because women are not used to receive compliments, or even to receive gifts or support from another women because we are so in our masculine that we just wanna prove I don't wanna chase and wanna go and wanna do things.

439

00:54:39.090 --> 00:54:47.539

Asmaa I. Methqal: And one of the things that I've been doing like through my program is I was telling women that would like giving is masculine

440

00:54:48.240 --> 00:54:54.850

Asmaa I. Methqal: when you give is a masculine energy. The masculine in you. The masculine energy give

441

00:54:55.070 --> 00:54:59.900

Asmaa I. Methqal: that the women and the feminine is open to receive.

442

00:55:00.740 --> 00:55:03.579

Asmaa I. Methqal: And so we need to change also and shift

443

00:55:03.600 --> 00:55:06.689

Asmaa I. Methqal: between giving and receiving as well.

444

00:55:07.090 --> 00:55:11.139

Asmaa I. Methqal: and if we are emotionally disconnected, if we are very guarded.

445

00:55:11.530 --> 00:55:14.280

Asmaa I. Methqal: we need to control every little thing.

446

00:55:14.930 --> 00:55:18.350

Asmaa I. Methqal: If you feel depleted and exhausted like I was feeling.

447

00:55:18.700 --> 00:55:27.679

Asmaa I. Methqal: I was completely depleted when somebody used that word when we're talking about emotion like Oh, my God! That's exactly how I was feeling. I was completely depleted.

448

00:55:27.790 --> 00:55:42.950

Asmaa I. Methqal: I was completely leading my life from a masculine energy that I was completely imbalanced my whole life, and I never nurtured this other side of me, my guinea side that was really like creating this beautiful harpenny in my life.

449

00:55:43.230 --> 00:55:56.740

Asmaa I. Methqal: And then, if you look at yourself in the mirror and you feel that you have lost radians, or lacking passion and joy, you feel disconnected from your heart intelligence. You're not connected to your intuition. Those are signed that you are in balance.

450

00:55:57.170 --> 00:55:59.239

Asmaa I. Methqal: There's nothing wrong with you.

451

00:55:59.560 --> 00:56:02.930

Asmaa I. Methqal: This is just sign that you have been imbalanced

452

00:56:02.950 --> 00:56:08.759

Asmaa I. Methqal: like I mentioned earlier. I wish someone told to me about feminine masculine energies in my twenties.

453

00:56:08.800 --> 00:56:23.540

Asmaa I. Methqal: I wish someone told me in my 30 is about feminine power, and how I can connect to my own feminine essence and my feminine genius. So I can create a business that is fully aligned and connected with who I am, instead of just going and chasing and creating something.

454

00:56:24.510 --> 00:56:36.009

Asmaa I. Methqal: And so through this realization, I decided to start a fire and for Leadership Academy, where I was helping women to lunch, start a business the feminine way.

455

00:56:36.330 --> 00:56:45.169

Asmaa I. Methqal: and that starts by them getting to knowing themselves deeply and knowing who they are, because for me, entrepreneurship is an inner game.

456

00:56:46.670 --> 00:57:11.099

Asmaa I. Methqal: It's about knowing who you are, knowing your values, knowing where you're coming from, knowing how you operate and what are the things that lights you up, and what are your strength, and what are your weaknesses, and who are the people you wanna collaborate with and work with? Because once you have this foundation? After that, if I come in, and I give you the systems and all the different practices and proven framework that you can implement.

457

00:57:11.180 --> 00:57:16.680

Asmaa I. Methqal: things will work. But if you have all these invisible barriers from a very start

458

00:57:16.780 --> 00:57:28.400

Asmaa I. Methqal: that are stopping you. It makes it very hard for you to lunch or start a business that can be sustainable for you, and that will make you happy, because I want people when they start a business that a

459

00:57:28.520 --> 00:57:31.670

Asmaa I. Methqal: really connect and matches their lifestyle.

460

00:57:32.150 --> 00:57:44.209

Asmaa I. Methqal: and not like, completely neglect your lifestyle and the life you want to create for the sake of business and for the sake of money, money becomes the byproduct of your feminine genius and of your passion.

461

00:57:45.130 --> 00:58:13.730

Asmaa I. Methqal: And so, when I was like working with this Female leadership program and entrepreneurship program, I was lucky to have been invited with different organizations across Canada to. So I can come and deliver this program in 2020. So it was like almost 4 years ago to women entrepreneurs that were their members. And the way I wanted to set it was to be an intimate settings. Because women we wanna talk, we wanna share. We wanna go deep.

462

00:58:13.730 --> 00:58:16.820

Asmaa I. Methqal: And so women needs to feel safe in that container.

463

00:58:16.900 --> 00:58:21.690

Asmaa I. Methqal: We should not also forget that society has taught us to not like each other

464

00:58:21.760 --> 00:58:43.179

Asmaa I. Methqal: and to compete with each other, and to be always afraid of each other like, Oh, my God! Like I need to to cover my back! She may steal my man, she may steal my business, she may still my partner, she may steal my work, etc. And so, when I bring this women together in this intimate container one they are able to slowly start to put their their guards down.

465

00:58:43.180 --> 00:59:03.288

Asmaa I. Methqal: and then we start slowly, starting to recognize their values and where they're coming from? What is their pat? What were their experiences with other women? What were the experiences with other men? What are type of business they wanna create. And then, after that, is that business aligns with their feminine genius, and I am able like to disk that like through the program that I do.

466

00:59:03.580 --> 00:59:24.009

Asmaa I. Methqal: And then I talked to them about energies. I never start with the beginning. So I started with this today because I just thought that would be like something key to understand, because even if we have feminine and masculine energies, there's really 4 quadrant. You can be in your wounded energy, or you can be in your healthy energy, and also recognizing, even if you are in your masculine.

467

00:59:24.010 --> 00:59:48.989

Asmaa I. Methqal: you need to recognize. Am I in my healthy masculine? Or am I in my wounded masculine. If I'm overly competitive, I am in my wounded masculine. But if I am a protector and I'm creating safety, and I am like having a purpose, and I am going up to what I want. Then I am in my masculine. Both of them needs to work in harmony, and that's the beauty of it is the fire and the flow and creating harmony. It doesn't mean that we need to be 50,

468

00:59:48.990 --> 01:00:13.589

Asmaa I. Methqal: one or the other. We just need to identify where you sit in that spectrum, and also allowing yourself and teaching yourself at which moments I can be in my feminine, and at which moment I can go and flow into my masculine and really creating this dance, depending on the situation whether I am talking and I need to make a decision. Maybe it's an intuition based decision that I wanna make at this moment.

469

01:00:13.590 --> 01:00:21.220

Asmaa I. Methqal: Or maybe I need to be in my fire so I can get things done. And I can finalize this proposal or this website, etc. Right?

470

01:00:21.710 --> 01:00:37.860

Asmaa I. Methqal: And so through that I just wanna share like this beautiful 2 women that I was able to support. So the first one, her name was Valerie, and Valerie was coming from Montreal, and she was in the Yukon at that moment, and she was completely lost. She was in her late twenties, and

471

01:00:37.860 --> 01:00:52.890

Asmaa I. Methqal: she doesn't know what she wanted to do. She didn't know what to create in life, and because she didn't have much money. She's like, well, the easiest place to go that is the cheapest is the Yukon. And then she went and went to the Yukon for 6 months to 9 months, just so she can discover herself also, not having to pay a lot of money.

472

01:00:53.080 --> 01:01:05.240

Asmaa I. Methqal: And so she went and came into my program my first program I ever created in 2020. She was a French speaking woman, so it was an organization in Vancouver that wanted me to do it for French speaking women. The container is very small.

473

01:01:05.240 --> 01:01:30.029

Asmaa I. Methqal: and she was there. She's like, I'm ready to learn. I'm ready to grow. I know it's gonna be hard. But I know this is the way to go. She understood that she needed to work on herself and get to know herself so that way she can create the business that she wanted, and we did that. And then, through the process, she was able to recognize her feminine genius, which allowed her like to put a big proposal together, and she ended up getting a huge contract 6 months later in Montreal with political women.

474

01:01:30.030 --> 01:01:31.560

Asmaa I. Methqal: that she was able to serve.

475

01:01:31.700 --> 01:01:42.209

Asmaa I. Methqal: Well, I met Valerie 2 months ago, and we just connected and over dinner, and then she first thing that she said to me, said Esma. I make so much money. I don't know what to do with it.

476

01:01:42.710 --> 01:01:47.120

Asmaa I. Methqal: and I was so proud to hear that because I know how much she was struggling.

477

01:01:47.170 --> 01:02:08.840

Asmaa I. Methqal: I also know how much work she has done for her to be able to completely reframe her limiting beliefs, be able to heal her money story, be able, like to recognize her values and recognize her genius zone and be able like to quadruple and even like 10 x. Like her income, because she knew that she was worth it, and she can do it.

478

01:02:08.880 --> 01:02:33.469

Asmaa I. Methqal: And so, even when I work with a lot of entrepreneurs or business owners that make multi 1 million dollars at the end of the day. It's what's happening between your 2 ears. It's never about the strategy, because you can always learn from other people what they've done, and you can try to create that. But it's what's happening between your 2 ears, this mindset that needs to be shifted and also being able to connect to your heart. So that way you are fully aligned with what you wanna create.

479

01:02:34.570 --> 01:02:45.060

Asmaa I. Methqal: And then the second one, her name is fatu and fatu was amazing. I met her last year. She is from Africa, and she is 86 years old.

480

01:02:45.460 --> 01:02:48.749

Asmaa I. Methqal: at 86 years old. She decided to start a business.

481

01:02:48.910 --> 01:02:56.560

Asmaa I. Methqal: I was like, Wow, here is a woman that is ready to completely change the norm about H and entrepreneurship.

482

01:02:56.560 --> 01:03:21.150

Asmaa I. Methqal: and also about the narrative about her age and what she can do as a woman African woman. And then she told me that she has been in leadership. She had a beautiful, amazing career. But now, like she wants to keep going, and she wants to keep giving. And she wants to create this center where she will be able to help parents that have handicapped children and be able like to serve them, and to support them, and disabled children to help them and support them.

483

01:03:21.560 --> 01:03:25.159

Asmaa I. Methqal: And what was beautiful with fatu is that

484

01:03:25.180 --> 01:03:28.660

Asmaa I. Methqal: she had a masculine container supporting her.

485

01:03:28.720 --> 01:03:30.330

Asmaa I. Methqal: and that was her husband.

486

01:03:30.650 --> 01:03:48.980

Asmaa I. Methqal: His husband was the virtual assistant. We all wish we had like he will go anywhere, she asked him to do every time I am coaching her. He's taking care of everything in the house so that way she can stay focused. She will be sending him to take papers here or check different things for her, and she got the whole support.

487

01:03:48.980 --> 01:04:09.980

Asmaa I. Methqal: and that was a big realization, because for the feminine to flourish, for women to flourish, we need that masculine container, that safety that gets created, because when there is safety. We can flourish, and we can be in our feminine that when there is no safety we go back into our masculine because we need to create safety, and we are on guard, and that that shield goes up.

488

01:04:10.150 --> 01:04:11.320

Asmaa I. Methqal: And so

489

01:04:11.440 --> 01:04:32.499

Asmaa I. Methqal: we just with these 2 case studies, I just want like to express like how it is key to create this element of feminine leadership, like, I truly believe in entrepreneurship. And it's so key. But I've met so many women that will have a business, and we're ready to scale it. They're like, but I don't really love what I do.

490

01:04:32.810 --> 01:04:52.199

Asmaa I. Methqal: I'm like, okay, well, then, let's sit down and let's go inside out. My approach is an inside out approach, and that's why I love about feminine leadership or feminine entrepreneurship. You're starting from you, and what you want, or what are your values? What are you here in the world to do, when to create and to change, and then be able to create that ripple effect

491

01:04:52.200 --> 01:05:03.740

Asmaa I. Methqal: through your program, to claim in your voice, to speaking, to doing, volunteering and mentorship, and supporting other women or queen in this ecosystems that you'll be able to create all around you.

492

01:05:03.740 --> 01:05:12.869

Asmaa I. Methqal: And so from these 2 case studies. And I have hundreds of them. But I just wanted to share this, too. I just wanna share with you what will be like the 5 core

493

01:05:12.910 --> 01:05:21.030

Asmaa I. Methqal: feminine entrepreneurship principles that you can implement yourself within your own community or with yourself.

494

01:05:21.270 --> 01:05:30.230

Asmaa I. Methqal: And so one of the first one which you could hear even for my own story, which I love about it. By the way, because with entrepreneurship we are Client 0,

495

01:05:30.500 --> 01:05:50.670

Asmaa I. Methqal: you are your client, 0 in everything that you create, because your ideal clients are only 2, 3 years ahead. Behind you. And so you're 2, 3 years ahead of your clients. And so you go back to you, being your client, 0 for everything that you're creating. And that's how people can connect with you. So it starts with this inner discovery.

496

01:05:51.100 --> 01:06:00.430

Asmaa I. Methqal: and then it's access to your emotional wisdom, because I promise you, when your body wants to tell you something is very literal. We don't want to feel the slap.

497

01:06:00.610 --> 01:06:07.079

Asmaa I. Methqal: We're definitely not. So we want to hear that whisper. And then starting to connect your intuition.

498

01:06:07.250 --> 01:06:15.040

Asmaa I. Methqal: And one of the key elements with intuition is that when it's a whisper, it's your intuition. When it's loud, it's your ego.

499

01:06:15.170 --> 01:06:37.449

Asmaa I. Methqal: And so just follow your excitement and define at what moment like when you're meeting someone, and we're talking to people. If you are feeling connected to this person, or you feel something is off. Listen to that, and never put logic into it, because intuition will understand things that logic won't. And I'm sure Shiva will have a lot of data to confirm that about heart intelligence.

500

01:06:37.600 --> 01:06:42.699

Asmaa I. Methqal: The fourth one, which is key. And that's why we all here today is to break the norms.

501

01:06:42.940 --> 01:07:10.109

Asmaa I. Methqal: break the norms that women cannot create multimillion 1 billion dollar businesses break the norms that only 3% of women get funding from investors break the norms, about the age, about your location, about the culture. We are all here about recognizing our preconditioning where where we were born, but how we can completely shift that take our power back. Remember our power, which I think is the key word, because at the end of the day.

502

01:07:10.210 --> 01:07:26.249

Asmaa I. Methqal: in a way that any person that we meet, whether we are mentoring them, or coaching them, or doing entrepreneurship, or collaborating, or just being in the room here, if you see, if you love someone values or their strength that mean you already have them in you

503

01:07:27.030 --> 01:07:43.049

Asmaa I. Methqal: right? And at the same time anything that you see we cannot be what we don't see, and that's why it's important for us to break those norms and claim our voices and take the stage and take our space and be able to speak up and create businesses that never existed.

504

01:07:43.690 --> 01:07:44.880

Asmaa I. Methqal: Why not?

505

01:07:44.960 --> 01:08:04.339

Asmaa I. Methqal: We don't all have to be and have an online store and then sell in products and services like we can do things where we can, hey? Let's just gather, and just like how to the moon, and just like, Pay me money, and let's have fun together, like it is possible. So it's all about breaking the norms. And then my fifth one, which is my favorite, is create your constellation.

506

01:08:04.530 --> 01:08:29.460

Asmaa I. Methqal: I don't wanna call it a network because of network. Again, it's very logical. This needs to be connected to this. But a constellation is a constellation of stars, because we all have a spark within each one of us, and we are all here just to spark it through. We can build that spark to be able to create, because that genius you already have it within yourself, that feminine power. You already have it within yourself. You just need to spark it.

507

01:08:29.460 --> 01:08:43.750

Asmaa I. Methqal: And now, through just this session today, if you felt connected to it, the spark has already happened, and then you create this constellation, this star, this other women all around you that are shining, and we're all like shining with each other.

508

01:08:43.750 --> 01:08:48.220

Asmaa I. Methqal: So those would be like my 5 core principles of feminine leadership.

509

01:08:48.229 --> 01:08:50.380

Asmaa I. Methqal: And for my tool

510

01:08:50.850 --> 01:09:07.889

Asmaa I. Methqal: is I wanna offer you a tool? I have hundreds of them again, like I have so many. But the one that one of my favorites really is called the Queen list. And basically the reason why I chose this tool in particular, for this panel is.

511

01:09:08.160 --> 01:09:15.409

Asmaa I. Methqal: I want you to slowly start, to connect to your feminine power and your feminine leadership while you are in your entrepreneurship.

512

01:09:15.740 --> 01:09:23.179

Asmaa I. Methqal: And while doing that I want you to be able to have this best colored container, so sometime it could be the person. But sometime, if it's not.

513

01:09:23.189 --> 01:09:45.680

Asmaa I. Methqal: it can be just something that is a structure. And within this structure, it's basically a very simple tool called the queen list. And it will be basically for you like a digital planner. And it's basically you choosing 5 non negotiable rituals or actions you wanna do every day to

514

01:09:45.700 --> 01:09:47.890

Asmaa I. Methqal: activate and

515

01:09:48.450 --> 01:10:13.230

Asmaa I. Methqal: activate your feminine power or your feminine leadership. You wanna honor that part of you it could be. I'm gonna I'm gonna dance. As soon as I wake up for 15 min it could be. I wanna meditate. It will be that I wanna drink one gallon of water. It could be that I wanna work out. I wanna go for walk in nature. I wanna be walking in water close to water.

516

01:10:13.320 --> 01:10:18.459

Asmaa I. Methqal: Anything that will help you connect to your feminine where you are pausing

517

01:10:18.670 --> 01:10:45.210

Asmaa I. Methqal: when you're not chasing where you are, being, where slowly wanna move from doing to being. And then within those 5 non negotiable items, you can have 3 that are about you just being, and 2 that are action oriented. Like, I need to finish my website today, I need to send this proposal. I need to connect to 5 people. I need to connect to 6 people. And so with this Queen list is one recognizing that you are the Queen.

518

01:10:45.620 --> 01:10:58.339

Asmaa I. Methqal: that you're crying the business and the life that you dream of, and that you want to create. And then using that this structure or this planner as your own ritual for you to start honoring that.

519

01:10:58.540 --> 01:11:07.419

Asmaa I. Methqal: And so for that. I thank you for listening to my story, and wanted to share, and just reminding you that it all starts with you

520

01:11:08.030 --> 01:11:22.359

Asmaa I. Methqal: the moment you are deeply connected, and you're sparking those feminine principles and powers that you all have within yourself. You have so many strength the moment you tap into your feminine that will allow you to really take your business to the next level.

521

01:11:23.010 --> 01:11:24.230

Asmaa I. Methqal: and for now

522

01:11:24.250 --> 01:11:28.140

Asmaa I. Methqal: entrepreneurship won't happen without financial empowerment.

523

01:11:28.490 --> 01:11:36.980

Asmaa I. Methqal: and then I give it to the beautiful Jessica to share with us how we can connect and make a beautiful story with our money.

524

01:11:37.260 --> 01:11:42.079

Jessica Belmontes: Thank you, Asma. Thank you for your beautiful words. Thank you, my dear sisters.

525

01:11:42.230 --> 01:11:43.829

Jessica Belmontes: thank you so much.

526

01:11:44.490 --> 01:11:53.330

Jessica Belmontes: Yes, there comes a moment in life when everything aligns, when you find yourself standing at the intersection of passion and purpose.

527

01:11:53.400 --> 01:11:56.589

Jessica Belmontes: knowing deep within you that you're exactly where you're meant to be

528

01:11:56.960 --> 01:12:03.800

Jessica Belmontes: for me. That moment came with a profound realization of why I do what I do and why it's so important to me.

529

01:12:04.390 --> 01:12:15.110

Jessica Belmontes: At just 6 years old I witnessed the daily struggle of my parents, who left everything they knew in Puerto Rico to come to the United States as they fought to provide for our family.

530

01:12:15.350 --> 01:12:19.519

Jessica Belmontes: with both working tirelessly, alternating day and night shifts.

531

01:12:19.620 --> 01:12:27.170

Jessica Belmontes: just to ensure there was always someone there for me. I saw firsthand the sacrifices they made to put food on the table.

532

01:12:27.260 --> 01:12:31.130

Jessica Belmontes: but despite their efforts, there were moments of uncertainty.

533

01:12:31.170 --> 01:12:34.529

Jessica Belmontes: times when they didn't know where our next meal would come from.

534

01:12:34.710 --> 01:12:37.549

Jessica Belmontes: I remember the weight of my mother's defeat

535

01:12:37.860 --> 01:12:46.610

Jessica Belmontes: in those yeah, early years I watched as my parents navigate the challenges of poverty, and I made a silent vow to myself

536

01:12:46.660 --> 01:12:51.890

Jessica Belmontes: that I would never allow myself to be trapped. In that same cycle of struggle.

537

01:12:52.170 --> 01:13:06.870

Jessica Belmontes: I refused to inherit the feelings of helplessness and defeat that plagued my mother. Instead, I nurtured a seed of determination, a burning desire to create a better life for myself and for my future family.

538

01:13:07.060 --> 01:13:11.569

Jessica Belmontes: As I grew older that determination fueled my drive to succeed.

539

01:13:11.670 --> 01:13:16.730

Jessica Belmontes: Education became my beacon of hope, my ticket to a brighter future.

540

01:13:16.900 --> 01:13:23.899

Jessica Belmontes: I delved it to research. I found solutions, and I became passionate about sharing them with other women.

541

01:13:24.400 --> 01:13:31.919

Jessica Belmontes: being a licensed, licensed mortgage loan originator and an educator on credit, allowed me to work with women

542

01:13:31.940 --> 01:13:35.030

Jessica Belmontes: who were looking to make a better life for themselves.

543

01:13:35.650 --> 01:13:38.759

Jessica Belmontes: With that I want to go into the story of Liliana.

544

01:13:38.880 --> 01:13:44.359

Jessica Belmontes: who embarked on her journey from Guatemala to the United States in pursuit of a brighter future.

545

01:13:44.630 --> 01:13:48.430

Jessica Belmontes: Departing from her homeland amid economic challenges.

546

01:13:48.630 --> 01:13:52.709

Jessica Belmontes: Liliana struggled with the inability to support her family.

547

01:13:52.950 --> 01:13:58.040

Jessica Belmontes: Initially she she thrived by the deteriorating economy in Guatemala.

548

01:13:58.090 --> 01:14:02.649

Jessica Belmontes: sparked significant changes, and, despite her established status.

549

01:14:02.680 --> 01:14:03.890

Jessica Belmontes: Liliana

550

01:14:03.940 --> 01:14:07.980

Jessica Belmontes: supported her mother and extended family. During those trying times

551

01:14:08.310 --> 01:14:16.550

Jessica Belmontes: upon losing her job, no other alternatives in sight. She made the resilient decision to come to the United States

552

01:14:16.970 --> 01:14:25.360

Jessica Belmontes: upon arrival and witnessing the abundant possibilities Liliana realized she could forge a better life here in the United States.

553

01:14:25.800 --> 01:14:33.089

Jessica Belmontes: When Liliana initially arrived, she was unfamiliar with the concept of credit and the requirements for purchasing her first home.

554

01:14:33.420 --> 01:14:39.490

Jessica Belmontes: Assisted by the women of her church, Liliana received the guidance and the access to local resources.

555

01:14:39.540 --> 01:14:42.569

Jessica Belmontes: enabling her to understand the steps involved.

556

01:14:42.860 --> 01:14:54.149

Jessica Belmontes: In 2021 she achieves home ownership, and she also invested in a recreational vehicle, converting it into a rental property that generated passive income for her.

557

01:14:54.580 --> 01:14:58.000

Jessica Belmontes: Liliana's resources were the women of her community church.

558

01:14:58.050 --> 01:15:10.759

Jessica Belmontes: She was given the tool of research online and found the steps in how to become a homeowner through Hudd Gov, which is a website where Liliana was able to get the steps and the tools to prepare herself to become a homeowner.

559

01:15:11.120 --> 01:15:13.309

Jessica Belmontes: And then we also have Maritza.

560

01:15:13.340 --> 01:15:22.720

Jessica Belmontes: who came from Puerto Rico with her disabled daughter, after having lost everything during hurricane Maria, and felt that starting over was extremely difficult for her.

561

01:15:22.910 --> 01:15:30.460

Jessica Belmontes: When I first met Maritza, she was under the impression that she would always be working to help her disabled daughter.

562

01:15:30.590 --> 01:15:40.420

Jessica Belmontes: Maritza now is a homeowner, and she will be retiring from her job in less than 6 months, with 3 passive incomes coming in for the rest of her life.

563

01:15:40.760 --> 01:15:54.489

Jessica Belmontes: Marita today is grateful. She had the resource of family who wanted to help her, and through her family she was able to meet the network of women who have helped her be in her new home and show her how to live a better life.

564

01:15:55.050 --> 01:15:58.630

Jessica Belmontes: I wanted to share a couple, 2 statistics.

565

01:15:58.830 --> 01:16:04.950

Jessica Belmontes: The first one is immigrant. Women play a significant role in driving home ownership. Here in the United States

566

01:16:05.230 --> 01:16:18.189

Jessica Belmontes: a study by the joint center of housing studies of Harvard University found that immigrants accounted for nearly 40% of overall increase in homeownership rates between 1994 and 2,015.

567

01:16:18.500 --> 01:16:30.889

Jessica Belmontes: And the second statistic is a report from the new American economy. That shows that in 2,017 there were 1.2 million immigrant women entrepreneurs here in the United States.

568

01:16:30.920 --> 01:16:35.309

Jessica Belmontes: and more than 65,000 of those women ran their own restaurants.

569

01:16:35.320 --> 01:16:43.619

Jessica Belmontes: food service businesses, and more than 55,000 owned beauty salons, and another 50,000 had their own nail salons.

570

01:16:43.770 --> 01:16:59.619

Jessica Belmontes: With all that being said, our focus must shift from scarcity to abundance, from dependence to empowerment. The stories of Liliana Marica are 2 statements in how women can become resilient in finding resources and networking with other women.

571

01:17:00.120 --> 01:17:10.620

Jessica Belmontes: HUD, Gov. Nerdwalla, Com. Findhelp, Org, and Score org are just some of the resources and solutions that help Liliana and Maritza.

572

01:17:10.800 --> 01:17:18.729

Jessica Belmontes: By implementing these solutions, women can gain the knowledge, resources, and the support needed to confidently navigate

573

01:17:19.080 --> 01:17:24.790

Jessica Belmontes: the home ownership process and build a solid foundation for financial stability and success.

574

01:17:24.790 --> 01:17:29.670

Sheva Carr: Jessica, can you go back a slide? I'm putting those resources in the chat for everyone.

575

01:17:30.000 --> 01:17:31.520

Jessica Belmontes: Oh, I'm sorry, thank.

576

01:17:31.520 --> 01:17:34.869

Sheva Carr: No, you're good. Okay. I got. I got the last one. Thank you.

577

01:17:34.870 --> 01:17:48.709

Jessica Belmontes: All right, you're welcome. So Haddad serves as a beacon of hope, getting women on the path to homeownership with valuable resources and support, and Nerdwallet Com offers empowering tools and insights

578

01:17:48.950 --> 01:17:55.080

Jessica Belmontes: into credit, building and equipping women with the knowledge to establish and maintain strong credit, profiles.

579

01:17:55.200 --> 01:18:00.289

Jessica Belmontes: and find and find help.org provides a wealth of empowerment resources.

580

01:18:00.300 --> 01:18:05.010

Jessica Belmontes: spanning education, housing, health, and even more

581

01:18:05.350 --> 01:18:17.519

Jessica Belmontes: and additionally score.org is a nonprofit organization that provides free mentoring resources and tools to aspiring entrepreneurs and small business owners. Right here in the United States.

582

01:18:17.780 --> 01:18:27.799

Jessica Belmontes: score offers confidential business counseling workshops, webinars, and online resources to help individuals start and manage their business successfully.

583

01:18:27.990 --> 01:18:44.490

Jessica Belmontes: And, in conclusion, let's embrace abundance and empower ourselves and other women to break free from the shackles of scarcity. Let's redefine financial freedom, build passive income streams like Liliana and Marizza and transform our relationship with money

584

01:18:44.650 --> 01:18:52.599

Jessica Belmontes: together, we can create a future where every woman has a knowledge and resources to live a life of abundance and fulfillment.

585

01:18:53.080 --> 01:19:08.010

Jessica Belmontes: And I wanted to share my one tool, which is Nerdwallet Com. If you could put that up again on the chat, because this specific tool actually gives so many resources to women which speak to personal finance.

586

01:19:08.528 --> 01:19:24.079

Jessica Belmontes: It talks about budgeting and saving, investing, banking. It even provides calculators, guides, and articles and personalized recommendations, you know, tailored to your individual financial goals, and also your circumstances.

587

01:19:24.550 --> 01:19:26.309

Jessica Belmontes: So thank you very much.

588

01:19:26.470 --> 01:19:33.360

Jessica Belmontes: and with that I'd like to move it on to our lets, which she will be speaking to the pillar of emotional wellbeing.

589

01:19:43.080 --> 01:19:47.949

Arlette: Thank you, Jessica. Thank you. Asma and Dr. Carolyn.

590

01:19:48.476 --> 01:20:05.239

Arlette: I just wanna share that. Dr. Caroline Colleen was also my mentor many years ago. And I just wanna take this time here today to thinker, because I don't think I have thinker lately. And I think this is a great opportunity to do that.

591

01:20:05.490 --> 01:20:20.759

Arlette: and thank you, Sheva, for having me today. And I see Laurie from Spain. Laurie, it's good to see you here. I'm sorry I didn't get to see you again at the United Nations in New York. But it was nice to meet you.

592

01:20:22.430 --> 01:20:37.949

Arlette: Okay. So the first thing that I want to start before I share my story is a statement that really permeates in my heart, and that I want you to take a moment to think about.

593

01:20:39.170 --> 01:20:43.400

Arlette: And this statement is with love.

594

01:20:43.650 --> 01:20:45.480

Arlette: There is no fear

595

01:20:46.670 --> 01:20:48.410

Arlette: without fear.

596

01:20:48.570 --> 01:20:50.220

Arlette: There is no anger.

597

01:20:51.600 --> 01:20:57.749

Arlette: Take a moment to to think about that in in what that means to you.

598

01:21:12.540 --> 01:21:21.020

Arlette: So it is delayed afternoon here in in Florida, and I am honored to be here to share a little bit about my story.

599

01:21:22.780 --> 01:21:33.119

Arlette: this story that I'm welcoming to to all of you is the story of resilience and empowerment for women's wellness.

600

01:21:33.720 --> 01:21:42.000

Arlette: Again, my name is Arlette. I am the executive director at the Girl Lacrosse Area Diversity Council and the founder of the Wellness Network.

601

01:21:42.440 --> 01:22:03.069

Arlette: I want to start by sharing that emotional literacy and evidence based mental health mythologies were learned along the way on my own journey, and not necessarily from the school setting during my psychology, background and career, but rather and truly brought to life from my inner wisdom.

602

01:22:04.740 --> 01:22:08.289

Arlette: that inner wisdom that is in all of us.

603

01:22:08.320 --> 01:22:10.830

Arlette: that inner wisdom that we all have.

604

01:22:12.080 --> 01:22:19.649

Arlette: My story resonates with many of the women that I have had the honor and opportunity to share space with

605

01:22:20.456 --> 01:22:27.749

Arlette: surviving the patriarchal and societal restraints and limitations that that I also grew up with.

606

01:22:28.450 --> 01:22:40.069

Arlette: So I had lived in Columbia, where I was born until I was 24 years old, and I. I have lived in the Midwest, on the east coast of the Us. On the west coast.

607

01:22:40.360 --> 01:22:44.629

Arlette: back to the Midwest, and now back on the east coast.

608

01:22:45.680 --> 01:22:50.290

Arlette: and my background is in psychology and counsel counseling

609

01:22:50.816 --> 01:23:06.679

Arlette: in program development for nonprofit among many other jobs that a often, as women do throughout our our lives and growing into our older years. I'm now 51 years old.

610

01:23:07.010 --> 01:23:12.279

Arlette: and my story began in the vibrant coastal city of Kartagina.

611

01:23:13.291 --> 01:23:17.864

Arlette: in Columbia with a little girl full of curiosity and joy.

612

01:23:18.470 --> 01:23:26.570

Arlette: This little girl family said that she would always be speaking. She would always be asking questions.

613

01:23:27.020 --> 01:23:34.070

Arlette: and this little girl wanted to be around women, and she was helpful and sweet.

614

01:23:34.730 --> 01:23:39.059

Arlette: eye, whole heart and space for the heart of that little girl.

615

01:23:39.978 --> 01:23:42.969

Arlette: That experience all forms of abuse.

616

01:23:43.653 --> 01:23:45.670

Arlette: That little girl was me.

617

01:23:47.100 --> 01:23:51.009

Arlette: you see. So I I learned by inner wisdom.

618

01:23:51.140 --> 01:24:00.280

Arlette: not only of survival, but the recognition of my inner peace nature, by living with my mother and my aunt

619

01:24:00.600 --> 01:24:05.430

Arlette: after my mother had left a very unhealthy marriage

620

01:24:05.960 --> 01:24:08.730

Arlette: also from

621

01:24:09.020 --> 01:24:10.820

Arlette: terrifying abuse.

622

01:24:10.870 --> 01:24:23.490

Arlette: and without exactly knowing, living at my aunt's Ruth's home, had made a remarkable impression on my life's journey.

623

01:24:24.157 --> 01:24:30.200

Arlette: I was surrounded by women, and my cousin Sandra, who is 6 years older than me.

624

01:24:30.400 --> 01:24:39.769

Arlette: would lift me up the branches of the Kneesbrook trees on our street. This delicious and sweet fruit that only grows in that region of the planet.

625

01:24:39.890 --> 01:24:41.810

Arlette: And Sandra.

626

01:24:42.365 --> 01:24:52.999

Arlette: Said something to me that she among many positive and inclined things that that she would say, and we were always together.

627

01:24:53.518 --> 01:25:03.329

Arlette: Not only when I was little, but then she had had also moved to a town that my mother and I moved from Cartagena, where I grew up

628

01:25:03.600 --> 01:25:08.510

Arlette: after 4 years old, and so her and I had had

629

01:25:09.150 --> 01:25:10.949

Arlette: have been very close.

630

01:25:11.040 --> 01:25:16.700

Arlette: And so Sandra said something to me, and and she said again many things. But this

631

01:25:17.308 --> 01:25:25.269

Arlette: really really stayed with me throughout my life, and still today makes deep mark on my decisions

632

01:25:25.470 --> 01:25:27.710

Arlette: of finding calm.

633

01:25:28.570 --> 01:25:31.520

Arlette: and that is, you are very intelligent.

634

01:25:33.700 --> 01:25:46.570

Arlette: and we're talking about emotional intelligence. When I was told that I was going to be speaking about this. I found it to be maybe a coincidence, but nothing. Life is a coincidence.

635

01:25:46.600 --> 01:25:48.390

Arlette: This is, I believe

636

01:25:48.520 --> 01:25:52.679

Arlette: I have. So, she said, you are very, very intelligent.

637

01:25:53.124 --> 01:26:04.440

Arlette: Little did I know that she was speaking of emotional intelligence, the one that drives to the heart and changes the not so positive connections in your brain.

638

01:26:05.720 --> 01:26:32.429

Arlette: So I go to these words, despite the trials, despite the words that have been told to me, and and say the opposite. I have been told too many times through through throughout my life you will not amount to anything. You're not worthy among many others, and this is the experience of many of the women that I have had the honor to to work with.

639

01:26:33.680 --> 01:26:37.608

Arlette: And still today, when in despair or doubt.

640

01:26:38.900 --> 01:26:40.890

Arlette: I go to this statement.

641

01:26:41.400 --> 01:26:47.599

Arlette: So I went to these words, when I I found myself in my darkest moment.

642

01:26:47.720 --> 01:26:50.000

Arlette: the darkest moment of my life

643

01:26:50.250 --> 01:27:10.199

Arlette: and that is after 12 years of marriage I had suppressed my feelings for way too long, and during during a state of survival, somehow I had managed to help other women while being in denial of my own trials of my own pain.

644

01:27:11.020 --> 01:27:17.809

Arlette: And suddenly I ended up in in the hospital. I couldn't eat, I couldn't drink, and

645

01:27:18.550 --> 01:27:24.079

Arlette: after a week the diagnosis stole by the doctor to me was, you have chronic anxiety.

646

01:27:25.560 --> 01:27:28.570

Arlette: and I was in disbelief again.

647

01:27:28.790 --> 01:27:30.850

Arlette: but but I came home

648

01:27:31.060 --> 01:27:35.349

Arlette: with a bottle of anxiety pills and I and it looked at my son.

649

01:27:36.390 --> 01:27:39.550

Arlette: and I told myself, I will work on this.

650

01:27:41.950 --> 01:27:48.310

Arlette: and every day I will wake up and take force. I didn't know where

651

01:27:48.470 --> 01:27:53.579

Arlette: this force was coming from. I didn't know it was coming from within.

652

01:27:54.470 --> 01:28:05.839

Arlette: and I took my son to school every morning. I would wait until noon, so that I could make longer time, that I would have to take that prescribed medication

653

01:28:05.990 --> 01:28:08.889

Arlette: that I was sold to take 3 times a day.

654

01:28:10.570 --> 01:28:11.999

Arlette: and I took.

655

01:28:12.680 --> 01:28:17.399

Arlette: and it took about 10 days, and and I got on my niece.

656

01:28:17.660 --> 01:28:22.650

Arlette: and every day from that day forward, after throwing away those bills.

657

01:28:23.940 --> 01:28:25.449

Arlette: I started praying.

658

01:28:26.910 --> 01:28:31.890

Arlette: but but that prayer was not the kind of prayer I was taught. When I was little

659

01:28:32.900 --> 01:28:35.790

Arlette: I got on my knees, and I started breathing.

660

01:28:37.490 --> 01:28:46.750

Arlette: and as many of you know there is, there is power in our breath. It our our breathing is directly connected to our brain.

661

01:28:47.460 --> 01:28:49.080

Arlette: into our hearts.

662

01:28:49.830 --> 01:28:51.240

Arlette: into our soul.

663

01:28:52.370 --> 01:28:57.560

Arlette: And I started breathing, and intuitively I I started

664

01:28:58.470 --> 01:29:01.539

Arlette: just listening to my own wisdom.

665

01:29:01.770 --> 01:29:06.220

Arlette: remember remembering my own wisdom. Somehow I had forgotten

666

01:29:06.320 --> 01:29:07.720

Arlette: how I had

667

01:29:08.273 --> 01:29:10.490

Arlette: help myself in the past.

668

01:29:13.800 --> 01:29:21.429

Arlette: breathing in and breathing out and telling myself. I can do this. I will survive this. Nothing will get in my way, and

669

01:29:21.500 --> 01:29:25.499

Arlette: I continue to breathe every day, every morning, every afternoon.

670

01:29:25.760 --> 01:29:27.590

Arlette: and it's

671

01:29:29.260 --> 01:29:30.840

Arlette: is all that

672

01:29:32.472 --> 01:29:40.629

Arlette: that time in in? Did these these 3 longest time, these 3 longest months

673

01:29:40.780 --> 01:29:42.209

Arlette: of my life?

674

01:29:44.640 --> 01:29:48.960

Arlette: that help me through find my inner wisdom.

675

01:29:49.530 --> 01:30:04.109

Arlette: So you see I throw away that that bottle fills after 10 days, and I believe I remember my intervene was there to support me, and I was not alone

676

01:30:04.160 --> 01:30:07.890

Arlette: because I had isolated myself. Thinking that

677

01:30:08.562 --> 01:30:21.230

Arlette: I I could do it on my own, and although that solitude helped me to get recent. I started connecting again with with the women in my life.

678

01:30:21.510 --> 01:30:34.130

Arlette: and so that that time of solitude and inner wisdom and and breathing in allow me to also remember that we're we're not here to to do it alone.

679

01:30:34.370 --> 01:30:35.240

Arlette: Hmm

680

01:30:35.620 --> 01:30:52.530

Arlette: and this is when my breakthrough and healing journey started ironically. I had been supporting women in my counseling practice with nonprofit and and for profit organizations, and I had unconsciously forgotten about me as a way of protection.

681

01:30:53.221 --> 01:31:03.259

Arlette: I was. I was suppressing my feelings, and this is when I realized I had been preparing to help other women through the artists of self love.

682

01:31:03.910 --> 01:31:06.669

Arlette: the art of self, love and wellness.

683

01:31:07.170 --> 01:31:11.030

Arlette: One of those women had undergone brain surgery.

684

01:31:11.680 --> 01:31:17.140

Arlette: She was diagnosed with a brain cancer tumor, and she had also experienced

685

01:31:18.015 --> 01:31:19.800

Arlette: suppressing her feelings

686

01:31:20.010 --> 01:31:24.500

Arlette: and the pressures of trying so hard to do all things.

687

01:31:25.120 --> 01:31:27.579

Arlette: to sustain all things.

688

01:31:27.800 --> 01:31:29.300

Arlette: and then collapse

689

01:31:30.720 --> 01:31:37.300

Arlette: after surgery and and following, being paralyzed from the waist down, she went into depression

690

01:31:37.740 --> 01:31:45.579

Arlette: and was the breathing into wellness tool that started to bring her back to her center.

691

01:31:45.940 --> 01:31:49.919

Arlette: This amazing woman runs her own pastry business now

692

01:31:50.810 --> 01:31:53.109

Arlette: from her wheelchair and from her home.

693

01:31:53.950 --> 01:32:00.680

Arlette: and she is able to sustain financially herself.

694

01:32:02.700 --> 01:32:06.380

Arlette: So with with this great story. There's many

695

01:32:06.910 --> 01:32:16.237

Arlette: amazing stories of other women that have been able to connect with their with their intervening

696

01:32:16.850 --> 01:32:23.140

Arlette: and and really and live the way that we are meant to to live.

697

01:32:23.280 --> 01:32:29.679

Arlette: which is enjoying this journey this this short time, this short time that we are giving

698

01:32:31.353 --> 01:32:35.070

Arlette: without worrying about the external.

699

01:32:35.130 --> 01:32:37.200

Arlette: the the external

700

01:32:37.970 --> 01:32:40.930

Arlette: the external calls, the external needs

701

01:32:41.550 --> 01:32:43.950

Arlette: and really and truly

702

01:32:43.970 --> 01:32:50.130

Arlette: remembering our divine, that we have, we have that divine within us.

703

01:32:50.980 --> 01:32:54.069

Arlette: And so the breathing to wellness is

704

01:32:54.450 --> 01:33:01.780

Arlette: as this tool that was created to and designed to enhance this emotional intelligence

705

01:33:01.830 --> 01:33:06.629

Arlette: that we all have and and promote that overall wellbeing

706

01:33:06.920 --> 01:33:12.346

Arlette: and something interesting that that I'd like to share about

707

01:33:13.840 --> 01:33:40.989

Arlette: about the the brain, and and how science has proven that meditation and mindful mindfulness can change the neuropathic connections in your brain and and can significantly, significantly, improve our wellbeing. Not only mentally, but physically

708

01:33:41.040 --> 01:33:43.780

Arlette: and spiritually.

709

01:33:44.715 --> 01:33:45.450

Arlette: So

710

01:33:45.650 --> 01:33:49.410

Arlette: if you if you go to the statistics,

711

01:33:50.350 --> 01:34:04.929

Arlette: almost more than 50% of the world's population so globally, people are 50% at least with one with one mental health

712

01:34:06.060 --> 01:34:25.830

Arlette: issue. And we need to make sure that we are taking care of ourselves first, before we take care of others, because we're here for a purpose. You know that video told that told it all that the video at the beginning. And I was getting very emotional just watching that video because

713

01:34:25.960 --> 01:34:27.180

Arlette: we forget

714

01:34:27.360 --> 01:34:29.859

Arlette: we forget that

715

01:34:29.970 --> 01:34:32.239

Arlette: us women we're here with

716

01:34:32.340 --> 01:34:35.279

Arlette: with that purpose of love and

717

01:34:35.370 --> 01:34:41.689

Arlette: and yes, there is a lot of work to do. But also we need to go into

718

01:34:41.700 --> 01:34:44.749

Arlette: into our own wisdom and breathe.

719

01:34:45.360 --> 01:34:49.187

Arlette: So I want. I want to take a moment to

720

01:34:50.420 --> 01:34:55.260

Arlette: to remind ourselves to this wisdom, this inner wisdom that we have

721

01:34:56.060 --> 01:35:02.470

Arlette: and ground us into this power of mindfulness and breathwork.

722

01:35:03.246 --> 01:35:08.190

Arlette: And this technique to cultivate this resilience

723

01:35:08.220 --> 01:35:12.849

Arlette: that we have in this self-awareness and inner peace.

724

01:35:12.900 --> 01:35:20.260

Arlette: and to remind ourselves that we we are okay, that we're gonna be okay and

725

01:35:21.150 --> 01:35:25.319

Arlette: in that our wellbeing comes first.

726

01:35:25.850 --> 01:35:28.770

Arlette: So please take a moment to close your eyes

727

01:35:32.310 --> 01:35:33.580

Arlette: in, breathe

728

01:35:34.050 --> 01:35:35.220

Arlette: in deep

729

01:35:36.480 --> 01:35:38.400

Arlette: and exhale from your mouth.

730

01:35:42.170 --> 01:35:43.480

Arlette: breathing deep.

731

01:35:45.120 --> 01:35:47.270

Arlette: and exhale from your mouth.

732

01:35:53.910 --> 01:35:56.460

Arlette: Find an intention for this

733

01:35:57.150 --> 01:35:59.260

Arlette: moment for you.

734

01:36:02.220 --> 01:36:05.330

Arlette: whatever whatever that intention may be.

735

01:36:08.170 --> 01:36:13.609

Arlette: and we're going to practice double breathing to calm our minds

736

01:36:15.520 --> 01:36:16.570

Arlette: like. So

737

01:36:22.920 --> 01:36:25.680

Arlette: you can repeat this 11 times.

738

01:36:26.040 --> 01:36:27.290

Arlette: breathe in

739

01:36:28.870 --> 01:36:30.689

Arlette: and exhale through the mouth.

740

01:36:33.920 --> 01:36:35.379

Arlette: breath in

741

01:36:36.820 --> 01:36:38.840

Arlette: in exhale through the mouth.

742

01:36:41.900 --> 01:36:43.809

Arlette: breathe in.

743

01:36:45.080 --> 01:36:46.900

Arlette: exhale through the mouth.

744

01:36:51.020 --> 01:36:52.710

Arlette: Continue.

745

01:37:22.820 --> 01:37:27.419

Arlette: Now, let's practice equitable breathing for 5 breaths.

746

01:37:27.970 --> 01:37:31.799

Arlette: We're going to do counts of 4

747

01:37:33.380 --> 01:37:39.239

Arlette: today just counts of 4. So you're going to inhale at the count of 4.

748

01:37:39.410 --> 01:37:42.200

Arlette: Inhale 2, 3,

749

01:37:42.390 --> 01:37:43.450

Arlette: 4,

750

01:37:44.540 --> 01:37:51.640

Arlette: pause and hold your breath for 4, 3, 4, and exhale for 4,

751

01:37:51.750 --> 01:37:55.469

Arlette: 2, 3, 4. Inhale. 2,

752

01:37:55.540 --> 01:37:57.080

Arlette: 3, 4,

753

01:37:57.530 --> 01:37:58.620

Arlette: bold.

754

01:37:58.840 --> 01:38:01.390

Arlette: 2, 3, 4.

755

01:38:01.570 --> 01:38:02.790

Arlette: Exhale.

756

01:38:03.190 --> 01:38:05.919

Arlette: 2, 3, 4.

757

01:38:19.420 --> 01:38:24.330

Arlette: Go to a feeling of love or peace.

758

01:38:24.760 --> 01:38:29.599

Arlette: You can't find those feelings right now go to a time

759

01:38:29.860 --> 01:38:32.300

Arlette: where you felt this way.

760

01:38:33.990 --> 01:38:35.550

Arlette: where you felt

761

01:38:36.270 --> 01:38:37.370

Arlette: loved.

762

01:38:39.170 --> 01:38:41.109

Arlette: where you felt safe.

763

01:38:41.890 --> 01:38:44.210

Arlette: where you felt peace.

764

01:38:46.340 --> 01:38:47.889

Arlette: and imagine

765

01:38:47.940 --> 01:38:50.160

Arlette: those feelings right now.

766

01:39:03.670 --> 01:39:06.019

Arlette: and repeat to yourself.

767

01:39:06.650 --> 01:39:08.239

Arlette: I am perfect

768

01:39:09.100 --> 01:39:10.819

Arlette: in my perfect

769

01:39:11.300 --> 01:39:12.600

Arlette: in perfection.

770

01:39:14.620 --> 01:39:16.150

Arlette: I am meant

771

01:39:16.660 --> 01:39:18.390

Arlette: for great things.

772

01:39:22.970 --> 01:39:26.620

Arlette: and great thanks for all those around me

773

01:39:30.490 --> 01:39:33.740

Arlette: for the wellbeing of all beings.

774

01:39:37.510 --> 01:39:38.570

Arlette: Thank you.

775

01:39:40.600 --> 01:39:42.190

Arlette: Thank you for being here.

776

01:39:44.240 --> 01:39:47.021

Dr. Carolyn: Thank you so much, Charlotte. Thank you. Thank you.

777

01:39:47.330 --> 01:39:49.579

Arlette: Now we're gonna go into.

778

01:39:50.030 --> 01:39:51.059

Dr. Carolyn: What is Shiva?

779

01:39:51.890 --> 01:39:52.470

Arlette: Okay.

780

01:39:52.470 --> 01:39:54.229

Dr. Carolyn: You. Thank you. Arlen.

781

01:39:54.230 --> 01:39:54.950

Arlette: Thank you.

782

01:39:56.830 --> 01:39:58.410

Sheva Carr: We have

783

01:39:59.080 --> 01:40:01.069

Sheva Carr: an antidote here

784

01:40:01.130 --> 01:40:03.400

Sheva Carr: to numb zoom gloom.

785

01:40:04.130 --> 01:40:07.810

Sheva Carr: cause. We have been sitting in front of computers now

786

01:40:08.470 --> 01:40:13.290

Sheva Carr: for an hour, and no for almost 2 solid hours.

787

01:40:13.390 --> 01:40:19.240

Sheva Carr: And I wanna thank all of these panelists, and I wanna give your bodies a break.

788

01:40:20.310 --> 01:40:21.590

Sheva Carr: So

789

01:40:21.650 --> 01:40:26.580

Sheva Carr: most of you have your cameras off. Anyway, you're welcome to turn them on or keep them off.

790

01:40:27.280 --> 01:40:29.600

Sheva Carr: I'm going to play you a song

791

01:40:30.040 --> 01:40:38.600

Sheva Carr: that gives us some insights into some of what our let just shared with us, and I want to invite you to get up and move.

792

01:40:38.660 --> 01:40:42.280

Sheva Carr: Sitting is the new smoking, says the research.

793

01:40:42.340 --> 01:40:46.910

Sheva Carr: and so we are here to nurture and nourish you, not damage your body.

794

01:40:47.330 --> 01:40:51.910

Sheva Carr: So here we go. Here we grow.

795

01:40:52.380 --> 01:40:58.315

Sheva Carr: Give me just a moment to activate this screen share for you.

796

01:41:01.780 --> 01:41:05.050

Sheva Carr: Could you be trapping?

797

01:41:05.200 --> 01:41:10.789

Sheva Carr: No one can see you in a move.

798

01:41:11.950 --> 01:41:15.770

Sheva Carr: A.

799

01:41:16.970 --> 01:41:27.159

Sheva Carr: We are in this together, so let us breathe in there, let it go. Our friend. Coherence is the antidote to life that's weird in a cantaloupe

800

01:41:28.798 --> 01:41:38.020

Sheva Carr: they'll keep us in coherent with the love bass law make us more resilient because quarto and belabor, and keep our brain and bodies in the state of vigilance.

801

01:41:38.030 --> 01:41:47.610

Sheva Carr: I know it's times when you feel scared anxiety, and your thoughts, body full of fear. But if you take a step back and focus within, when external stress come, you'll be more prepared.

802

01:41:48.400 --> 01:41:57.800

Sheva Carr: Listen to my words, quiet your mind in a place you won't be disturbed, one hand over your heart, and inhale deeply inducing a joyous feeling cause you deserve it.

803

01:41:57.850 --> 01:42:05.360

Sheva Carr: Appreciation, care, and gratitude. Attention on your heart. Center with the matatus, see our brand, and rewards! Out with dopamine, the chemical.

804

01:42:05.500 --> 01:42:07.729

Sheva Carr: that's all. In a happy move. Happy move!

805

01:42:08.180 --> 01:42:09.630

Sheva Carr: Keep your heart center. Open

806

01:42:09.910 --> 01:42:12.499

Sheva Carr: brain will produce doses of isotopes, and

807

01:42:12.620 --> 01:42:20.499

Sheva Carr: these hormones will make you bond closer while keeping you feeling safe like a mom's nurture. That's close. Now let's turn it to the other side. We're cortisol

808

01:42:20.580 --> 01:42:21.830

Sheva Carr: wrapper. Never let a

809

01:42:22.000 --> 01:42:22.689

Sheva Carr: make it up.

810

01:42:23.280 --> 01:42:27.710

Sheva Carr: Madness, rage, deal, shame, fear, and pain. Make your autonomic nervous system, fight a flight

811

01:42:28.490 --> 01:42:46.830

Sheva Carr: body's on a balance, making ability to heal a major challenge, survival moe, make you vigilant looking for danger, anger, make your heart rhythm or sporadic, and that's why we are in this together. So let us breathe in there. Let it go. Heartfred, in coherence, is the antidote to life the sweeter than a cantaloupe

812

01:42:48.160 --> 01:42:50.249

Sheva Carr: will keep us in coherent. But the love

813

01:42:51.072 --> 01:42:57.719

Sheva Carr: make us more resilient escort a solid, and been there for keep our brain and bodies in the State evangelists.

814

01:42:58.540 --> 01:43:00.240

Sheva Carr: E.

815

01:43:03.060 --> 01:43:05.200

Sheva Carr: Polly, hey?

816

01:43:07.970 --> 01:43:10.920

Sheva Carr: Don't do

817

01:43:18.540 --> 01:43:19.725

Sheva Carr: alright.

818

01:43:20.910 --> 01:43:24.109

Asmaa I. Methqal: But hip, hop, song with like gratitude.

819

01:43:24.120 --> 01:43:26.710

Asmaa I. Methqal: words that's so awesome.

820

01:43:27.130 --> 01:43:28.700

Sheva Carr: Isn't that fun.

821

01:43:29.070 --> 01:43:29.900

Asmaa I. Methqal: Oh, cool!

822

01:43:30.480 --> 01:43:33.610

Sheva Carr: Kofi is the name of the artist.

823

01:43:34.200 --> 01:43:39.000

Sheva Carr: and that is 35 years of evidence-based research

824

01:43:39.150 --> 01:43:44.470

Sheva Carr: summarized for you in 2 min of hip. Hop, how's that? And rap?

825

01:43:45.480 --> 01:43:49.900

Sheva Carr: So the breathing that our let just gave us

826

01:43:51.080 --> 01:43:55.260

Sheva Carr: changes so many things inside us.

827

01:43:56.920 --> 01:44:00.580

Sheva Carr: and how we engage with what's outside us?

828

01:44:02.790 --> 01:44:07.919

Sheva Carr: I want to take a breath. I just wanted to give everybody's body some breath.

829

01:44:10.090 --> 01:44:20.530

Sheva Carr: and we're I love the love that's coming in the chat. By the way. I just want to honor that. And the chat is being recorded with this. So we'll make sure all the panelists

830

01:44:20.680 --> 01:44:25.700

Sheva Carr: get that at the end. And any of you that want this recording.

831

01:44:25.750 --> 01:44:28.050

Sheva Carr: You can write to us

832

01:44:28.390 --> 01:44:30.230

Sheva Carr: at supports

833

01:44:30.490 --> 01:44:35.069

Sheva Carr: at Hart ambassadors.com to request the recording.

834

01:44:35.170 --> 01:44:38.729

Sheva Carr: You are free to share it with anyone that you wish.

835

01:44:41.510 --> 01:44:48.780

Sheva Carr: I want to come back to the feelings some of you put in the chat at the very beginning about how you felt

836

01:44:49.590 --> 01:44:54.730

Sheva Carr: in the presence of someone listening to you or mentoring you.

837

01:44:56.050 --> 01:44:59.040

Sheva Carr: sustained, supported, safe

838

01:44:59.770 --> 01:45:09.169

Sheva Carr: life, giving strong, powerful, connected, unconditionally loved, powerful, supported, vulnerable relief. That was mine. Coda, relieved.

839

01:45:09.690 --> 01:45:17.730

Sheva Carr: rounded, strong, supported, loved, empowered, uplifted, loved, unconditionally loved. Are you hearing a theme?

840

01:45:18.585 --> 01:45:23.940

Sheva Carr: Saw my light, loved, connected, heard, valued, worthy, loved.

841

01:45:28.280 --> 01:45:30.789

Sheva Carr: Now I want to ask you.

842

01:45:31.280 --> 01:45:35.120

Sheva Carr: Maybe we could pause and refocus in the heart for a moment, and just

843

01:45:36.310 --> 01:45:48.940

Sheva Carr: connect with any of those feelings that resonated with you and activate them as you breathe in through the heart and out through the heart, heart maths, quick coherence, technique.

844

01:45:50.060 --> 01:45:54.920

Sheva Carr: focusing attention in the area around the chest, the heart area.

845

01:45:56.290 --> 01:46:02.610

Sheva Carr: imagining the breath is flowing in through the heart and out through the heart.

846

01:46:05.040 --> 01:46:10.140

Sheva Carr: breathing any of those qualities that we just reconnected with.

847

01:46:12.500 --> 01:46:15.649

Sheva Carr: or that appreciation you started with

848

01:46:16.070 --> 01:46:18.419

Sheva Carr: for those who have mentored you

849

01:46:35.920 --> 01:46:42.029

Sheva Carr: as you breathe those qualities in through the heart and out through the heart.

850

01:46:43.690 --> 01:46:51.359

Sheva Carr: Do you feel more like the red line or the blue line. You can put your answer in the chat.

851

01:46:56.340 --> 01:46:58.660

Sheva Carr: Here come the answers.

852

01:47:00.560 --> 01:47:02.130

Sheva Carr: blue, blue, blue.

853

01:47:02.800 --> 01:47:04.370

Sheva Carr: Do we all agree.

854

01:47:05.310 --> 01:47:09.530

Sheva Carr: Carolyn said something beautiful beautiful earlier, she said.

855

01:47:09.560 --> 01:47:15.220

Sheva Carr: Sometimes we're not here to learn something new. We're here to remember. Something true

856

01:47:16.220 --> 01:47:19.319

Sheva Carr: gives me chills to say that back to you, Carolyn.

857

01:47:19.450 --> 01:47:22.209

Sheva Carr: Something true and blue, apparently.

858

01:47:25.650 --> 01:47:26.730

Sheva Carr: And

859

01:47:27.760 --> 01:47:34.340

Sheva Carr: now I'm gonna tell you, or we'll find out in a moment what these lines are.

860

01:47:35.850 --> 01:47:36.730

Sheva Carr: But

861

01:47:37.440 --> 01:47:39.420

Sheva Carr: I'm curious.

862

01:47:40.400 --> 01:47:46.710

Sheva Carr: How did you know? How did you recognize your mentors?

863

01:47:48.720 --> 01:47:51.389

Sheva Carr: Take a moment to contemplate?

864

01:47:51.490 --> 01:47:53.699

Sheva Carr: How did you know

865

01:47:55.290 --> 01:47:57.490

Sheva Carr: someone was a mentor to you

866

01:48:01.520 --> 01:48:06.049

Sheva Carr: and thank you, Jamie Lynn. We can get you the recording of the finale later.

867

01:48:06.810 --> 01:48:16.679

Sheva Carr: How did you know? And if you want to put your answers in the chat. I'm I think it's a curious question. I would like to hear your answers to

868

01:48:18.710 --> 01:48:22.789

Sheva Carr: their patience. Love, intentional presence.

869

01:48:23.380 --> 01:48:25.449

Sheva Carr: Beautiful? Thank you, Jamie. Then

870

01:48:26.620 --> 01:48:28.729

Sheva Carr: how did you recognize them

871

01:48:30.060 --> 01:48:32.660

Sheva Carr: intuitive, knowing presence?

872

01:48:34.750 --> 01:48:37.430

Sheva Carr: Did you read their resume

873

01:48:38.060 --> 01:48:39.290

Sheva Carr: or

874

01:48:39.830 --> 01:48:44.980

Sheva Carr: Google them? A heart connection, says Lori. Or did you feel it?

875

01:48:48.740 --> 01:48:50.460

Sheva Carr: Feel it? Says Asma

876

01:48:51.420 --> 01:48:57.809

Sheva Carr: felt, says Laurie. And was that feeling more like the blue line or the red line?

877

01:48:58.870 --> 01:49:01.709

Sheva Carr: So far? Everybody is saying they felt it.

878

01:49:06.480 --> 01:49:07.850

Sheva Carr: Does anyone.

879

01:49:07.970 --> 01:49:10.860

Sheva Carr: If you're a hard ambassador, and I mentor you.

880

01:49:11.020 --> 01:49:13.300

Sheva Carr: You're not allowed to answer this question.

881

01:49:13.360 --> 01:49:18.309

Sheva Carr: Does anyone know what these lines are a picture of?

882

01:49:18.610 --> 01:49:20.330

Sheva Carr: I want to take a guess.

883

01:49:25.580 --> 01:49:27.919

Sheva Carr: The hard ambassadors are giggling.

884

01:49:30.030 --> 01:49:33.109

Sheva Carr: These are a picture of heart rhythms.

885

01:49:35.350 --> 01:49:37.069

Sheva Carr: heart rhythm patterns.

886

01:49:37.890 --> 01:49:41.919

Sheva Carr: Yes, Anna, you've got it. Heart rate variability

887

01:49:42.910 --> 01:49:48.090

Sheva Carr: beat to beat changes in the heart's rhythm. And this was a piece of research

888

01:49:48.260 --> 01:49:56.719

Sheva Carr: that put the Heart Math Institute, a place where Carolyn generously said earlier, I'm the director of our healthcare division.

889

01:49:56.840 --> 01:50:02.910

Sheva Carr: In addition to having my own community where I mentor people to become mentors

890

01:50:05.310 --> 01:50:08.560

Sheva Carr: because we value mentoring so much.

891

01:50:09.300 --> 01:50:15.220

Sheva Carr: this research put Heartmath on the map published in the American Journal of Cardiology in 90 95,

892

01:50:17.810 --> 01:50:24.780

Sheva Carr: showing that that emotional intelligence that Arlette talked with us about earlier

893

01:50:27.490 --> 01:50:33.289

Sheva Carr: not only changes our feeling, it changes our whole physiology.

894

01:50:33.340 --> 01:50:38.349

Sheva Carr: including the part of our brain, perceiving life and responding to it.

895

01:50:41.360 --> 01:50:49.520

Sheva Carr: So when Jessica, so vulnerably and beautifully shared, witnessing the helplessness, hopelessness, and despair

896

01:50:49.690 --> 01:50:52.810

Sheva Carr: of her parents in the poverty grind.

897

01:50:53.170 --> 01:50:57.910

Sheva Carr: and her antidote was determination and desire

898

01:51:01.250 --> 01:51:04.240

Sheva Carr: that gave her a change of heart.

899

01:51:06.150 --> 01:51:10.880

Sheva Carr: She moved not only herself, but her intergenerational

900

01:51:11.260 --> 01:51:12.570

Sheva Carr: lineage

901

01:51:13.520 --> 01:51:17.100

Sheva Carr: from incoherent physiological patterns

902

01:51:17.260 --> 01:51:19.559

Sheva Carr: to coherent ones that

903

01:51:19.940 --> 01:51:22.899

Sheva Carr: literally change your epigenetics.

904

01:51:24.790 --> 01:51:34.209

Sheva Carr: not just your opportunities in life, the the financial opportunities, but the physiological play out of your life events and your aging.

905

01:51:36.770 --> 01:51:38.129

Sheva Carr: She did that

906

01:51:38.260 --> 01:51:40.929

Sheva Carr: by choosing to take helplessness.

907

01:51:41.090 --> 01:51:45.439

Sheva Carr: hopelessness, and despair, and make determination and desire with it.

908

01:51:45.790 --> 01:51:50.390

Sheva Carr: That is a change of heart, and it can happen in a heartbeat

909

01:51:53.230 --> 01:51:57.300

Sheva Carr: the moment you practice a quick coherence. Technique like that.

910

01:51:58.330 --> 01:52:09.979

Sheva Carr: like the one that we just did. And what's so, Admiral, about all these incredible, heroic women that we've heard speak today? Is they not only did it once?

911

01:52:10.560 --> 01:52:13.780

Sheva Carr: Oh, no. I just lost Internet. Can you guys still hear me?

912

01:52:14.870 --> 01:52:15.830

Sheva Carr: Okay.

913

01:52:15.830 --> 01:52:16.600

Dr. Carolyn: Yes.

914

01:52:16.600 --> 01:52:17.550

Asmaa I. Methqal: Yes, you're good.

915

01:52:17.930 --> 01:52:19.000

Sheva Carr: So

916

01:52:20.070 --> 01:52:27.129

Sheva Carr: when we have these little disconnects from Internet, it's like a disconnect from our intuition. I think it was

917

01:52:27.539 --> 01:52:33.530

Sheva Carr: asthma so beautifully said, you know you're out of balance if your intuition is offline.

918

01:52:35.640 --> 01:52:41.730

Sheva Carr: But I have one of those very supportive husbands who went and got me a cord to put me back online.

919

01:52:43.870 --> 01:52:48.189

Sheva Carr: we need tools to get back online. We need the cord.

920

01:52:49.140 --> 01:52:51.989

Sheva Carr: And what heartmath research has shown us

921

01:52:52.070 --> 01:52:54.500

Sheva Carr: is that that cord.

922

01:52:57.390 --> 01:53:02.919

Sheva Carr: the access to bring that intuitive intelligence back online is in the heart

923

01:53:03.280 --> 01:53:05.790

Sheva Carr: through this special state

924

01:53:06.330 --> 01:53:12.570

Sheva Carr: called physiological coherence. Does somebody just want to read what you see on this slide.

925

01:53:13.430 --> 01:53:15.419

Sheva Carr: the definition of coherence.

926

01:53:15.660 --> 01:53:16.859

Sheva Carr: I'll get you.

927

01:53:16.960 --> 01:53:21.859

Sheva Carr: Okay. This is what it's like working with a group of women. We are all like, yes, we'll do it.

928

01:53:22.590 --> 01:53:28.020

Arlette: Somebody else wanted to read. I I wanna let someone else to read. I I don't know.

929

01:53:30.850 --> 01:53:33.100

Arlette: Psychological coherence.

930

01:53:33.570 --> 01:53:34.669

Arlette: I'd have to be.

931

01:53:34.670 --> 01:53:36.903

Sheva Carr: Physiological. So it's it includes.

932

01:53:37.350 --> 01:53:39.770

Arlette: Sorry. Thank you. I'm reading it.

933

01:53:39.770 --> 01:53:51.300

Sheva Carr: Literally changing us at the physical cellular level. So thank you, Arlette, for that typo and reading cause it allows us to emphasize. This is a physical change. Yes, go!

934

01:53:51.300 --> 01:53:57.190

Arlette: Yes, physiological coherence, an optimal state in which the heart.

935

01:53:57.210 --> 01:54:01.479

Arlette: mind, and emotions are aligned, and in sync

936

01:54:01.740 --> 01:54:09.800

Arlette: physiologically, the immune, hormonal, and nervous systems function in a state of energetic coordination.

937

01:54:10.860 --> 01:54:16.799

Sheva Carr: When that happens, we have access, they change an operating system.

938

01:54:17.780 --> 01:54:21.289

Sheva Carr: It doesn't just change your outer profession. This is what

939

01:54:21.300 --> 01:54:25.860

Sheva Carr: Asma was talking to us about that entrepreneurship is an inside job.

940

01:54:27.260 --> 01:54:34.450

Sheva Carr: It requires a different operating system than the poverty operating system of scarcity and survival mode.

941

01:54:34.910 --> 01:54:39.769

Sheva Carr: and it is an operating system available to everyone who has a heart.

942

01:54:42.190 --> 01:54:45.879

Sheva Carr: Now I looked up the etymology of the word mentor

943

01:54:46.400 --> 01:54:49.199

Sheva Carr: because I got really curious about this.

944

01:54:49.310 --> 01:54:54.879

Sheva Carr: and it's interesting, because spontaneously this morning I was consulting to a hospital

945

01:54:55.740 --> 01:55:07.040

Sheva Carr: where the hospitals are having radical turnover, and we're a bit short on time, so I may, you know, for those who can stay late, I can share with you some of our evidence-based data

946

01:55:07.660 --> 01:55:20.219

Sheva Carr: on how these simple techniques, like the ones that you've been learning today. Turn the dial on personal entrepreneurial success, but also massive systemic organizational success when they're implemented at scale.

947

01:55:21.730 --> 01:55:26.270

Sheva Carr: But this morning I was consulting to one of our large hospital systems that we work with.

948

01:55:26.510 --> 01:55:28.999

Sheva Carr: and their hospitals have

949

01:55:29.040 --> 01:55:41.110

Sheva Carr: horrible turnover, and it's one of the places this kind of emotional intelligence shines in preventing turnover. And so we bring these skills there. And this group of hospital leaders, all women

950

01:55:41.610 --> 01:55:44.460

Sheva Carr: have just onboarded 11 new hires.

951

01:55:45.260 --> 01:55:48.130

Sheva Carr: and they were trying to sort out how to retain them.

952

01:55:49.210 --> 01:55:50.490

Sheva Carr: because

953

01:55:50.730 --> 01:55:55.440

Sheva Carr: new grad nurses don't stay in the profession anymore.

954

01:55:56.050 --> 01:56:01.510

Sheva Carr: They leave within 5 years, and that's bringing the healthcare industry to a critical

955

01:56:01.880 --> 01:56:02.810

Sheva Carr: edge.

956

01:56:03.220 --> 01:56:05.830

Sheva Carr: It used to be the average age of a nurse

957

01:56:05.900 --> 01:56:16.399

Sheva Carr: was 35. You want that right long standing nurses with new Newbies. The average age of nurses now around the world is between 55 and 71.

958

01:56:17.430 --> 01:56:19.960

Sheva Carr: What are we gonna do 10 years from now?

959

01:56:21.710 --> 01:56:26.519

Sheva Carr: So they were problem solving solution, seeking for how to retain their nurses.

960

01:56:27.420 --> 01:56:33.839

Sheva Carr: and I asked them, well, they're all seasoned nurses that have been in the profession for 30 years, they said.

961

01:56:34.320 --> 01:56:38.439

Sheva Carr: what made you stay when you first came on? And do you know what their answer was?

962

01:56:40.910 --> 01:56:48.199

Sheva Carr: Someone on staff personally took them under their wing and mentored them when they arrived.

963

01:56:49.540 --> 01:56:51.829

Sheva Carr: So we helped them develop.

964

01:56:52.370 --> 01:56:54.610

Sheva Carr: create a plan this morning

965

01:56:54.740 --> 01:56:58.460

Sheva Carr: for how to pair each new hire with a mentor.

966

01:56:59.750 --> 01:57:06.369

Sheva Carr: And this is so. A wise advisor, an intimate friend, who also is a sage counselor.

967

01:57:07.390 --> 01:57:13.789

Sheva Carr: The source of it is from the Greek mentor in the Odyssey is from a play.

968

01:57:13.890 --> 01:57:16.779

Sheva Carr: Did you guys know this? I thought this was so interesting

969

01:57:16.910 --> 01:57:19.389

Sheva Carr: the name of the friend of Odysseus

970

01:57:19.480 --> 01:57:21.770

Sheva Carr: and advisor to Telemachus.

971

01:57:22.310 --> 01:57:28.759

Sheva Carr: And this is what I thought was so interesting in light of us. Presenting this at the Commission on the status of women.

972

01:57:29.710 --> 01:57:38.980

Sheva Carr: The Mentor in the Odyssey was often the Greek goddess of wisdom, appearing as a man in disguise.

973

01:57:40.910 --> 01:57:44.219

Sheva Carr: Isn't that interesting? So she's bringing feminine

974

01:57:44.570 --> 01:57:48.120

Sheva Carr: intelligence of listening, supporting, nurturing

975

01:57:49.030 --> 01:57:50.330

Sheva Carr: to Mentor.

976

01:57:52.630 --> 01:57:53.650

Sheva Carr: No.

977

01:57:54.150 --> 01:57:56.660

Sheva Carr: what I want to leave you with

978

01:57:58.930 --> 01:58:05.200

Sheva Carr: is that the ultimate mentor inside each of us is the heart, your heart.

979

01:58:07.460 --> 01:58:13.689

Sheva Carr: It's your heart inside you that recognized your other mentors. Anyway.

980

01:58:14.380 --> 01:58:20.939

Sheva Carr: Just take a moment to point to where you felt it. You all said you felt your mentor when you recognize them.

981

01:58:21.390 --> 01:58:24.500

Sheva Carr: point to where you felt it, or how you felt it.

982

01:58:26.930 --> 01:58:28.740

Sheva Carr: For me. It's right here.

983

01:58:32.690 --> 01:58:36.560

Sheva Carr: The heart, it turns out, has its own brain

984

01:58:36.890 --> 01:58:41.479

Sheva Carr: that sends far more information north to this cerebral brain.

985

01:58:42.000 --> 01:58:44.240

Sheva Carr: Then this brain sends cell

986

01:58:45.000 --> 01:58:46.560

Sheva Carr: 80% more.

987

01:58:47.440 --> 01:58:52.620

Sheva Carr: A brain with its own neurotransmitters, its own complex nervous system

988

01:58:52.780 --> 01:58:54.850

Sheva Carr: and support cells.

989

01:58:55.010 --> 01:59:02.480

Sheva Carr: its own intrinsic nervous system, a heart with a unique kind of intelligence in that brain.

990

01:59:03.450 --> 01:59:07.059

Sheva Carr: There's communication along 4 pathways here.

991

01:59:07.100 --> 01:59:14.100

Sheva Carr: but the heart is uniquely positioned to act as a global coordinator of all the different aspects of our being

992

01:59:15.270 --> 01:59:22.710

Sheva Carr: those feelings. I'm gonna backtrack for just a moment because we're gonna make sure you get one more tool today.

993

01:59:24.300 --> 01:59:28.870

Sheva Carr: The feelings that you felt in the presence of your mentor

994

01:59:30.010 --> 01:59:33.520

Sheva Carr: are feelings that generate coherence in the heart.

995

01:59:34.990 --> 01:59:41.049

Sheva Carr: and you can generate coherence in your heart to access your own inner mentor.

996

01:59:42.370 --> 01:59:44.630

Sheva Carr: the guide inside you

997

01:59:46.160 --> 01:59:48.069

Sheva Carr: that opens up

998

01:59:48.190 --> 01:59:57.679

Sheva Carr: the higher centers of the brain for innovative problem, solving solution, seeking actually the frontal and prefrontal lobes that are often called. Get this

999

01:59:58.460 --> 02:00:03.419

Sheva Carr: the executive function of the brain, the C-suite of your body.

1000

02:00:05.470 --> 02:00:08.630

Sheva Carr: That's where entrepreneurialism lives

1001

02:00:10.030 --> 02:00:14.880

Sheva Carr: and to access that based on 35 years of research.

1002

02:00:16.250 --> 02:00:21.340

Sheva Carr: we can do it by creating this heartbrain synchronization.

1003

02:00:22.260 --> 02:00:27.879

Sheva Carr: So we perceive, feel, focus, learn reason, solution, seek and perform at our best.

1004

02:00:28.010 --> 02:00:29.910

Sheva Carr: the guide inside you.

1005

02:00:31.250 --> 02:00:35.340

Sheva Carr: This is just a slide, showing you exactly what I just said.

1006

02:00:36.200 --> 02:00:40.130

Sheva Carr: the signal going up the vagus nerve and a long

1007

02:00:40.190 --> 02:00:44.999

Sheva Carr: 3 other pathways to open up the CEO inside you.

1008

02:00:47.880 --> 02:00:49.500

Sheva Carr: Now, I'm gonna

1009

02:00:49.890 --> 02:00:52.850

Sheva Carr: skip ahead here and we're gonna do

1010

02:00:53.350 --> 02:00:57.859

Sheva Carr: a technique to access that guide inside which will be available

1011

02:00:58.800 --> 02:01:00.450

Sheva Carr: on that

1012

02:01:00.690 --> 02:01:05.419

Sheva Carr: beautiful QR code and link that Esma's put in the chat for us.

1013

02:01:05.890 --> 02:01:08.159

Sheva Carr: This technique from heart math

1014

02:01:08.370 --> 02:01:10.740

Sheva Carr: is called the Freeze frame technique

1015

02:01:11.580 --> 02:01:16.710

Sheva Carr: where you can pause at any time and talk to the mentor inside your own heart.

1016

02:01:19.940 --> 02:01:29.070

Sheva Carr: And with permission, since we technically have 1 min left, may I go a little over time? Can we take 5 more minutes to do this tool

1017

02:01:30.990 --> 02:01:41.230

Sheva Carr: for those who have to leave, and would like the recording? Just write to us at support at heart, ambassadors.com, and we'll get it to you.

1018

02:01:43.750 --> 02:01:48.229

Sheva Carr: Now, I happen to have these skills because one of my

1019

02:01:49.270 --> 02:01:52.380

Sheva Carr: most important mentors in my own life

1020

02:01:53.380 --> 02:01:59.379

Sheva Carr: had given me these skills as a young graduate student before I started a business.

1021

02:01:59.990 --> 02:02:04.160

Sheva Carr: I was in medical school, actually not a business person.

1022

02:02:05.330 --> 02:02:08.399

Sheva Carr: not an entrepreneur. I was studying to be a healer.

1023

02:02:10.520 --> 02:02:15.069

Sheva Carr: and when I founded my business, my accountant said to me.

1024

02:02:16.780 --> 02:02:22.350

Sheva Carr: as I was signing the Secretary of State paperwork.

1025

02:02:23.080 --> 02:02:30.709

Sheva Carr: Well, it's okay. You won't need this in 5 years, anyway, because most businesses, especially women, owned close their doors within the first 5 years.

1026

02:02:30.910 --> 02:02:33.550

Sheva Carr: that sounding like those nursing students

1027

02:02:37.020 --> 02:02:41.450

Sheva Carr: well, coming by my red hair. Naturally, I took that as a challenge.

1028

02:02:41.780 --> 02:02:44.489

Sheva Carr: and I went out and bought a bottle of champagne

1029

02:02:45.320 --> 02:02:49.699

Sheva Carr: to Cork on the fifth year and first day of my business

1030

02:02:50.420 --> 02:02:52.159

Sheva Carr: or uncork, I guess.

1031

02:02:53.540 --> 02:02:55.440

Sheva Carr: and then I did my research.

1032

02:02:56.110 --> 02:03:00.650

Sheva Carr: I wanted to know why businesses closed their doors, I assumed.

1033

02:03:01.730 --> 02:03:06.990

Sheva Carr: Let's see, put in the chat. Why do you think most businesses don't survive the first 5 years

1034

02:03:07.300 --> 02:03:09.130

Sheva Carr: puts your best guests in the chat.

1035

02:03:16.120 --> 02:03:19.880

Sheva Carr: Carolyn, of course, is going to say lack of mentorship. I love it.

1036

02:03:20.760 --> 02:03:25.270

Sheva Carr: Fear they give up too soon. Wow! You guys are more evolved than I was.

1037

02:03:26.550 --> 02:03:27.950

Sheva Carr: I thought

1038

02:03:28.150 --> 02:03:29.490

Sheva Carr: they went bankrupt.

1039

02:03:31.380 --> 02:03:32.130

Sheva Carr: Nope.

1040

02:03:32.500 --> 02:03:34.750

Sheva Carr: it wasn't for lack of money.

1041

02:03:35.450 --> 02:03:37.310

Sheva Carr: it was for lack of hope.

1042

02:03:38.440 --> 02:03:40.859

Sheva Carr: They emotionally burned out.

1043

02:03:43.620 --> 02:03:48.909

Sheva Carr: I had the secret sauce from my mentor, Doc Childer, who founded Hartman.

1044

02:03:50.000 --> 02:03:55.560

Sheva Carr: I knew how to self-source hope, and my solution, solving mind

1045

02:03:56.790 --> 02:03:58.910

Sheva Carr: from the power of my heart.

1046

02:04:00.930 --> 02:04:11.750

Sheva Carr: and when I hit those burnout points and those unsurmountable obstacles that look like walls, I had the heart grappling hook to turn those walls into stepping stones.

1047

02:04:13.240 --> 02:04:17.840

Sheva Carr: and that's what I want to give you now, and my business has been operational now

1048

02:04:20.260 --> 02:04:22.340

Sheva Carr: for over 25 years.

1049

02:04:26.030 --> 02:04:36.260

Sheva Carr: Well, that is applause to all of you in this room, and the hard investors that are here because a business is only as good as the people it serves and collaborates with.

1050

02:04:39.890 --> 02:04:41.440

Sheva Carr: And so

1051

02:04:41.780 --> 02:04:44.460

Sheva Carr: I want to invite you to write down

1052

02:04:47.210 --> 02:04:53.510

Sheva Carr: a challenge or a stressor that you wish you had a mentor. You could talk to about it

1053

02:04:59.630 --> 02:05:04.889

Sheva Carr: and just take a moment to write down, even in shorthand what that is.

1054

02:05:13.480 --> 02:05:19.750

Sheva Carr: Notice how your reaction to and experience of that challenge

1055

02:05:20.550 --> 02:05:22.829

Sheva Carr: is impacting your body.

1056

02:05:23.740 --> 02:05:27.299

Sheva Carr: your emotions and your thought process

1057

02:05:32.380 --> 02:05:34.210

Sheva Carr: and write that down.

1058

02:05:46.970 --> 02:05:52.950

Sheva Carr: And I just want to acknowledge, like when you have, when you operate your business heart based.

1059

02:05:54.210 --> 02:06:01.580

Sheva Carr: you attract the most amazing teams and people like Miss Melinda Dewey, my coo, who

1060

02:06:02.020 --> 02:06:07.960

Sheva Carr: didn't even coordinate this with me. But she just put the freeze frame technique as a Pdf. In the chat for all of you.

1061

02:06:12.410 --> 02:06:13.780

Sheva Carr: Thank you, Melinda.

1062

02:06:15.830 --> 02:06:18.550

Sheva Carr: I give the heart credit for finding Melinda.

1063

02:06:19.140 --> 02:06:23.449

Sheva Carr: Not only do you attract mentors, you attract your teams. Yes, go ahead, Linda.

1064

02:06:23.450 --> 02:06:29.352

Melinda Dewey: And speaking about teams, I thought I just posted it on the website, too. So what a team.

1065

02:06:31.780 --> 02:06:33.390

Sheva Carr: Thank you so much.

1066

02:06:36.000 --> 02:06:37.280

Sheva Carr: Now

1067

02:06:40.230 --> 02:06:42.459

Sheva Carr: notice, does your current

1068

02:06:42.930 --> 02:06:47.049

Sheva Carr: struggle or reaction to this challenge make you feel more like the

1069

02:06:47.400 --> 02:06:50.159

Sheva Carr: crazy red line or the blue line.

1070

02:06:52.600 --> 02:06:55.719

Sheva Carr: and just know if you feel like the red line.

1071

02:06:55.890 --> 02:06:57.240

Sheva Carr: That's good news.

1072

02:06:59.520 --> 02:07:03.909

Sheva Carr: because it means you're looking through a peephole, and you can't see the solution. Yet

1073

02:07:04.280 --> 02:07:08.349

Sheva Carr: it also means bite out. It's like looking at life through a shaking camera lens.

1074

02:07:08.820 --> 02:07:11.060

Sheva Carr: You're not seeing it clearly.

1075

02:07:12.280 --> 02:07:17.970

Sheva Carr: A mentor helps us see clearly what we can't see, and the heart can do that

1076

02:07:18.090 --> 02:07:20.880

Sheva Carr: when there's no one else around to mentor you.

1077

02:07:22.830 --> 02:07:32.000

Sheva Carr: so shall we access the heart. We're going to do the tool you've already done, and add a step to it to turn it into the freeze frame. So focus your attention

1078

02:07:32.550 --> 02:07:36.950

Sheva Carr: on the area around the heart, the chest area.

1079

02:07:38.690 --> 02:07:49.119

Sheva Carr: Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

1080

02:07:51.180 --> 02:07:55.470

Sheva Carr: If you find it helpful, you can count as you breathe in

1081

02:07:55.780 --> 02:07:58.250

Sheva Carr: and count as you breathe out.

1082

02:07:58.700 --> 02:08:01.949

Sheva Carr: that even inhale, even exhale.

1083

02:08:02.980 --> 02:08:03.730

Sheva Carr: that

1084

02:08:03.980 --> 02:08:06.710

Sheva Carr: Arlette brought us through earlier

1085

02:08:07.240 --> 02:08:12.730

Sheva Carr: begins to balance the autonomic nervous system in that even sign curve.

1086

02:08:14.240 --> 02:08:16.769

Sheva Carr: as you breathe in through the heart.

1087

02:08:18.800 --> 02:08:20.570

Sheva Carr: bend out through the heart.

1088

02:08:25.880 --> 02:08:34.309

Sheva Carr: Now make a sincere attempt to experience a regenerative feeling such as appreciation or care

1089

02:08:35.340 --> 02:08:41.610

Sheva Carr: for someone or something in your life. It might be that gratitude you've been sending your mentors

1090

02:08:53.810 --> 02:08:58.289

Sheva Carr: breathe that feeling in through the heart and out through the heart

1091

02:09:14.170 --> 02:09:17.610

Sheva Carr: from this more coherent place.

1092

02:09:19.030 --> 02:09:21.009

Sheva Carr: Ask your heart

1093

02:09:22.660 --> 02:09:25.980

Sheva Carr: for a more efficient or effective

1094

02:09:27.170 --> 02:09:30.409

Sheva Carr: attitude, action or response

1095

02:09:31.850 --> 02:09:33.479

Sheva Carr: to the stress store.

1096

02:09:34.910 --> 02:09:42.010

Sheva Carr: a response that minimizes your stress. So ask yourself, ask your heart, the guide inside you

1097

02:09:43.380 --> 02:09:45.350

Sheva Carr: for its response

1098

02:09:46.710 --> 02:09:51.490

Sheva Carr: to this challenge and write down the first thing that comes to you without editing.

1099

02:10:27.320 --> 02:10:33.199

Sheva Carr: Now look back at your first of all, if you didn't hear anything right away.

1100

02:10:34.430 --> 02:10:37.359

Sheva Carr: one of my mentors calls Nbd.

1101

02:10:39.070 --> 02:10:40.530

Sheva Carr: No big deal.

1102

02:10:42.100 --> 02:10:43.820

Sheva Carr: I've been in this UN

1103

02:10:44.150 --> 02:10:49.789

Sheva Carr: seminar. Well, actually, half an hour longer than the rest of you, because we came early to party before you all got here.

1104

02:10:50.030 --> 02:10:55.790

Sheva Carr: This phone, I guarantee you, has been ringing off the hook, but I'm not picking up. I'm in a panel.

1105

02:10:57.160 --> 02:11:04.389

Sheva Carr: Sometimes the heart doesn't respond right away, but if you leave a message it calls you back later. So no problem. If you didn't hear something.

1106

02:11:07.030 --> 02:11:13.840

Sheva Carr: I want you to look at your first response and pick a word that summarizes that reaction and circle it.

1107

02:11:14.940 --> 02:11:18.099

Sheva Carr: The response before asking your heart, mentor.

1108

02:11:35.550 --> 02:11:41.529

Sheva Carr: and pick a word or a phrase that summarizes your heart's response

1109

02:11:43.160 --> 02:11:44.580

Sheva Carr: and circle, that

1110

02:11:46.000 --> 02:11:47.340

Sheva Carr: if you heard one.

1111

02:11:53.290 --> 02:11:56.130

Sheva Carr: and what I would have you do

1112

02:11:56.960 --> 02:12:05.509

Sheva Carr: is put those words side by side in the chat. So my first word was conflict, and then my heart's response was explore

1113

02:12:07.530 --> 02:12:09.360

Sheva Carr: one of my core values. Actually.

1114

02:12:11.000 --> 02:12:15.959

Sheva Carr: So you're putting your before and after words in the chat.

1115

02:12:16.500 --> 02:12:18.650

Sheva Carr: Avoidance to reach out.

1116

02:12:25.280 --> 02:12:30.780

Sheva Carr: strategize, to feel through. Don't think through urgency to patience.

1117

02:12:36.710 --> 02:12:38.190

Sheva Carr: love these.

1118

02:12:43.580 --> 02:12:45.700

Sheva Carr: I am an N. Of one

1119

02:12:46.570 --> 02:12:50.949

Sheva Carr: juggling to believe. Thank you, Carolyn. I am an N. Of one

1120

02:12:51.490 --> 02:12:53.389

Sheva Carr: to how this

1121

02:12:53.760 --> 02:12:58.960

Sheva Carr: emotionally intelligent physiological transformation sustains a business.

1122

02:13:00.480 --> 02:13:03.350

Sheva Carr: But I'm just going to share with you.

1123

02:13:03.830 --> 02:13:05.250

Sheva Carr: Briefly.

1124

02:13:05.470 --> 02:13:07.790

Sheva Carr: what happens when you have an N

1125

02:13:07.890 --> 02:13:13.590

Sheva Carr: of almost 12,000 people in 5 large corporations around the world.

1126

02:13:13.930 --> 02:13:18.739

Sheva Carr: they get 50% less tired, 50% less exhausted.

1127

02:13:19.020 --> 02:13:27.229

Sheva Carr: 50% less depressed, less anxious, less annoyed, less angry, and that equals reductions in turnover.

1128

02:13:27.320 --> 02:13:32.070

Sheva Carr: increased employee satisfaction and client satisfaction

1129

02:13:33.200 --> 02:13:36.049

Sheva Carr: holding above 90%

1130

02:13:36.320 --> 02:13:37.909

Sheva Carr: 6 years later.

1131

02:13:38.950 --> 02:13:42.709

Sheva Carr: increase in safety in high reliability. Industries

1132

02:13:42.760 --> 02:13:52.019

Sheva Carr: reduce reductions in employee healthcare costs, reductions in absenteeism and a more common problem. Now presenteeism

1133

02:13:52.620 --> 02:13:54.569

Sheva Carr: where they're there, but not there.

1134

02:13:55.790 --> 02:14:01.850

Sheva Carr: There is so much more that we could share about this. But I am going to honor our time.

1135

02:14:02.350 --> 02:14:08.780

Sheva Carr: Nancy put personally to me in the chat, is it? Okay, Nancy? If I share what you wrote with everyone?

1136

02:14:09.520 --> 02:14:14.070

Sheva Carr: Yes, judgment down, slant to stay the course and use the tools.

1137

02:14:14.760 --> 02:14:21.569

Sheva Carr: Nancy's heart guidance may be the final word for all of us. Stay the course and use the tools.

1138

02:14:22.961 --> 02:14:26.260

Sheva Carr: I have a quotation here for you.

1139

02:14:27.120 --> 02:14:35.640

Sheva Carr: because, as someone who loves to be mentored by others and my own heart and loves to mentor, it's my life's work.

1140

02:14:36.770 --> 02:14:40.670

Sheva Carr: I love this quotation from Steven Spielberg.

1141

02:14:42.020 --> 02:14:47.440

Sheva Carr: The delicate balance of mentoring someone is not creating them in your own image.

1142

02:14:47.790 --> 02:14:51.310

Sheva Carr: but giving them the opportunity to create themselves.

1143

02:14:52.660 --> 02:15:00.509

Sheva Carr: And I want to honor all of the women on this panel who have done that with your lives. And now do that

1144

02:15:00.730 --> 02:15:01.959

Sheva Carr: for others.

1145

02:15:02.360 --> 02:15:08.920

Sheva Carr: And this is what I know the power of the heart to do for us all is to empower us.

1146

02:15:09.040 --> 02:15:11.920

Sheva Carr: to create ourselves.

1147

02:15:12.740 --> 02:15:18.300

Sheva Carr: You've seen some beautiful examples of it today. Perhaps this will be for you.

1148

02:15:19.010 --> 02:15:23.860

Sheva Carr: not something new, but remembering something true.

1149

02:15:24.460 --> 02:15:27.260

Sheva Carr: And, Carolyn, I'm gonna hand it back to you.

1150

02:15:30.010 --> 02:15:33.070

Dr. Carolyn: Thank you so much. Thank you, Sheila. Thank you.

1151

02:15:33.500 --> 02:15:39.380

Dr. Carolyn: Thank you for this beautiful gift and for the scientifically based

1152

02:15:40.470 --> 02:15:41.870

Dr. Carolyn: heart coherence.

1153

02:15:43.670 --> 02:15:45.730

Dr. Carolyn: I appreciate

1154

02:15:46.070 --> 02:15:51.010

Dr. Carolyn: how that brings all of it together, and how it thoroughfares through everything

1155

02:15:51.040 --> 02:15:52.800

Dr. Carolyn: that we've learned today

1156

02:15:53.010 --> 02:15:55.069

Dr. Carolyn: and our our mission

1157

02:15:55.330 --> 02:15:58.309

Dr. Carolyn: and being here today. Thank you. Thank you. Thank you.

1158

02:16:00.430 --> 02:16:01.789

Dr. Carolyn: As we close.

1159

02:16:02.110 --> 02:16:04.169

Dr. Carolyn: Thank you. Everyone for being here.

1160

02:16:04.560 --> 02:16:31.289

Dr. Carolyn: In the chat, we placed our our link to be able to gather all of the tools that we shared today, along with all of the links. We put them all in a nice, tidy one spot for you, so that you can go and download those, and it's at accelerate Jennifer equality.com. It's one place where you can see our information, and you can download all the tools from today. And as we come to a close and

1161

02:16:31.930 --> 02:16:33.250

Dr. Carolyn: and circle back

1162

02:16:33.420 --> 02:17:01.320

Dr. Carolyn: as our objectives from today, recapping, cultivating a network of support and confidence facilitating member men, women, and mentorship programs ex and connect experienced women with inspiring entrepreneurs and 2 breaking down barriers and championing equal opportunities for women, advocating for gender equality by dismantling stereotypes and unconscious bias within the entrepreneurial ecosystem.

1163

02:17:01.389 --> 02:17:07.679

Dr. Carolyn: And, third, we want to leave you with the overall holistic approach

1164

02:17:07.730 --> 02:17:12.009

Dr. Carolyn: to success being able to lean in.

1165

02:17:12.270 --> 02:17:15.899

Dr. Carolyn: And I'm into emotional wellness, intelligence.

1166

02:17:16.100 --> 02:17:25.299

Dr. Carolyn: using entrepreneur, entrepreneurship, training such as leadership, financial inclusion, emotional well-being and heart intelligence combined

1167

02:17:25.400 --> 02:17:29.459

Dr. Carolyn: in which to empower women worldwide

1168

02:17:29.670 --> 02:17:37.210

Dr. Carolyn: to step into intra and entrepreneurialism with mentorship. Thank you. Everyone.

1169

02:17:37.670 --> 02:17:48.570

Sheva Carr: And Carolyn. I just wanted to add that we do provide free mentoring at heart ambassadors and I put a link in the chat. Maybe we could even add it to the

1170

02:17:48.590 --> 02:17:50.170

Sheva Carr: QR. Code. Link.

1171

02:17:51.020 --> 02:17:58.549

Sheva Carr: If anyone would like a complimentary mentoring session with one of our licensed heart math professionals.

1172

02:17:58.740 --> 02:18:04.490

Sheva Carr: It is our great joy to give that to you as a gift, and the link for that is in the chat.

1173

02:18:06.446 --> 02:18:12.559

Sheva Carr: I can certainly stay. I don't know if Carolyn and Asma and Arlette and

1174

02:18:13.120 --> 02:18:17.959

Sheva Carr: Jessica, if you're able to stay, if there are any questions for us.

1175

02:18:18.969 --> 02:18:23.530

Sheva Carr: and lots of gratitude is coming in in the chat for all of you.

1176

02:18:24.070 --> 02:18:31.860

Sheva Carr: Does anyone have anything you'd like to share or ask as we complete our time together here.

1177

02:18:42.200 --> 02:18:48.550

Sheva Carr: maybe we can close with the same song we began with, just to allow

1178

02:18:48.920 --> 02:18:50.690

Sheva Carr: some digestion.

1179

02:18:51.860 --> 02:18:52.910

Sheva Carr: Yeah.

1180

02:18:54.160 --> 02:18:57.180

Sheva Carr: I'm seeing some yeses to that.

1181

02:19:02.760 --> 02:19:05.620

Sheva Carr: Here we go. Here we grow.

1182

02:19:22.250 --> 02:19:23.049

Sheva Carr: A

1183

02:19:23.540 --> 02:19:24.629

Sheva Carr: yeah.

1184

02:19:25.440 --> 02:19:27.990

Sheva Carr: there's a secret remedy

1185

02:19:28.690 --> 02:19:31.160

Sheva Carr: hiding underneath the tree

1186

02:19:31.570 --> 02:19:35.120

Sheva Carr: in the sea from which we came together.

1187

02:19:36.680 --> 02:19:40.130

Sheva Carr: cast aside for a century.

1188

02:19:40.430 --> 02:19:43.059

Sheva Carr: found in chains of slavery.

1189

02:19:43.420 --> 02:19:47.030

Sheva Carr: waiting for the roots to come together

1190

02:19:48.590 --> 02:19:53.980

Sheva Carr: for the sake of humanity in the name of

1191

02:19:54.010 --> 02:19:57.660

Sheva Carr: retrieve.

1192

02:19:59.130 --> 02:20:02.650

Sheva Carr: use your gift with

1193

02:20:02.720 --> 02:20:07.089

Sheva Carr: for the future. I'm a

1194

02:20:07.140 --> 02:20:08.400

Sheva Carr: protect our planet.

1195

02:20:09.070 --> 02:20:12.840

Sheva Carr: If you wish to live in bees, you.

1196

02:20:13.350 --> 02:20:14.100

Sheva Carr: Shannon.

1197

02:20:34.850 --> 02:20:41.269

Sheva Carr: Now this is begin to sprout. Women of the world. We shall

1198

02:20:41.440 --> 02:20:44.740

Sheva Carr: races and religions bound together.

1199

02:20:45.960 --> 02:20:56.279

Sheva Carr: Tree of life, Huck, the darkness with our light. We can heal our pain when we're together.

1200

02:20:57.170 --> 02:21:02.000

Sheva Carr: women of the love united, calling all our sisters

1201

02:21:02.580 --> 02:21:03.550

Sheva Carr: defence and bride

1202

02:21:05.440 --> 02:21:06.440

Sheva Carr: every

1203

02:21:08.610 --> 02:21:09.340

Sheva Carr: sky.

1204

02:21:10.710 --> 02:21:12.190

Sheva Carr: my darkest

1205

02:21:12.590 --> 02:21:13.850

Sheva Carr: words, let me

1206

02:21:13.970 --> 02:21:15.009

Sheva Carr: train your back.

1207

02:21:15.420 --> 02:21:22.140

Sheva Carr: Sanity

1208

02:21:26.110 --> 02:21:26.800

Sheva Carr: me!

1209

02:21:45.360 --> 02:21:47.750

Sheva Carr: Ya!

1210

02:21:48.230 --> 02:21:53.680

Sheva Carr: A. A.

1211

02:21:54.150 --> 02:21:57.340

Sheva Carr: A

1212

02:21:57.870 --> 02:21:59.679

Sheva Carr: flowers with the

1213

02:22:00.890 --> 02:22:06.609

Sheva Carr: with the mountains, with the sea.

1214

02:22:07.080 --> 02:22:09.320

Sheva Carr: boots of the trees, with

1215

02:22:11.450 --> 02:22:12.660

Sheva Carr: with the sun.

1216

02:22:13.430 --> 02:22:14.130

Sheva Carr: Me

1217

02:22:16.280 --> 02:22:17.010

Sheva Carr: the day

1218

02:22:18.140 --> 02:22:18.920

Sheva Carr: with the mother

1219

02:22:20.220 --> 02:22:20.920

Sheva Carr: to

1220

02:22:26.720 --> 02:22:27.510

Sheva Carr: do

1221

02:23:14.570 --> 02:23:15.250

Sheva Carr: to get

1222

02:23:18.110 --> 02:23:20.550

Sheva Carr: ya ya.

1223

02:23:21.080 --> 02:23:21.800

Sheva Carr: yeah.

1224

02:23:21.900 --> 02:23:24.080

Sheva Carr: hey?