

February 2025

the **WOMEN** thrive

Empowered by Vulnerability:

Redefining
Strength in Life
and Business

Your Weird is Your
Wealth: Embracing
Your Uniqueness with
Human Design

Find the
Courage to
Be Real and
Discover Your
Strength in
Authenticity

**Authenticity
Unleashed:**
How Owning
Your Story
Heals and
Transforms
Your Life

Your Diagnosis Isn't Your Destiny

Authenticity in Action:
**5 Ways to Embrace
Vulnerability and Lead
with Strength**

MARSHA D. GILL

The Queen's Gambit: Unmasking to Reclaim Your Center, Vulnerability As Your Strength

The Power of Vulnerability:
Strength in Authenticity



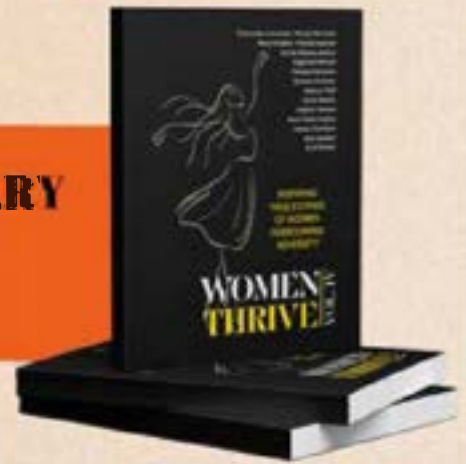
ARE YOU READY TO BECOME UNAPOLOGETIC IN 2025

WOMEN^{VOL.} THRIVE IV

Inspiring **True Stories** of Women
Overcoming Adversity

BOOK LAUNCH

**FEBRUARY
4**



**MEET OUR AUTHORS VIA OUR UPCOMING AUTHOR
SPOTLIGHT SERIES ON WOMEN THRIVE TV THIS
FEBRUARY - STREAMING DAILY**

<https://womenthrivesummit.com/about/book/>

INSPIRING WOMEN SHARING THEIR PERSONAL STORIES OF OVERCOMING ADVERSITY



WOMEN thrive MAGAZINE

Editor's Note

Welcome to the February edition of the Women Thrive Magazine. I can't help but feel excited about our book launch event in Florida this month. The magic of Miami—a city that has long captured my heart.

Miami is more than a destination to me; it's a space that inspires grand visions, bold dreams, and unapologetic confidence. It's where I've experienced profound personal and professional growth and where we will gather to launch the 4th Women Thrive book—women sharing their true and inspiring stories of how they overcame adversity and found their strengths by being open and vulnerable about it.

I'd like to invite you to peel back the layers of expectation, masks and embrace the powerful theme of authenticity. This edition is dedicated to unveiling the true strength that lies in being unapologetically yourself. Authenticity about standing tall in your truth, finding strength in vulnerability, and creating a life and legacy that truly reflects who you are.

For me, this journey of authenticity has been transformative—whether it's making bold decisions like shaving my hair, sharing deeply personal stories, or supporting others as they uncover their true selves. It is in sharing of our stories that we find deeper connection and meaning.

In this edition, you'll read:

- Stories from women who've overcome adversities, embraced their uniqueness, and discovered the power of living in their truth.
- Insights on building meaningful connections through authenticity.
- Practical steps to remove the masks that hold you back from showing up fully in your life and work.

I encourage you to reflect: What would your life look like if you allowed yourself to be seen? To share your truth and your story without fear of judgment or rejection.

Let's celebrate the courage to step into your raw, unfiltered version.

Here's to embracing your truth and inspiring others to do the same!

With Love,

Raimonda

Follow us on social media



[WomenThriveMedia](#)



[WomenThriveMedia](#)



[WomenThriveMedia](#)

Credits

Raimonda Jankunaite / Founder & Editor-in-Chief
Tina Kapp-Kailea / Senior Content Editor
Lea Mislav / Content Designer

content

ARTICLES

- P03 Editor's Welcome Note
- P04 Table of Contents
- P06 The Queen's Gambit: Unmasking to Reclaim Your Center, Vulnerability As Your Strength
- P10 Find the Courage to Be Real and Discover Your Strength in Authenticity: Seven Steps to Realign Yourself
- P13 Women Thrive Summit 2025
- P15 Authenticity Unleashed: How Owning Your Story Heals and Transforms Your Life
- P17 Empowered by Vulnerability: Redefining Strength in Life and Business
- P20 The Power of Vulnerability - Unlocking Confidence by Embracing Your Authentic Self
- P22 Women Thrive Advertising Opportunity
- P23 How Rescuing A Horse Rescued Me: A Story of Transformation and Strength in Vulnerability
- P25 Your Weird is Your Wealth: Embracing Your Uniqueness with Human Design
- P28 Authenticity in Action: 5 Ways to Embrace Vulnerability and Lead with Strength
- P30 Your Diagnosis Isn't Your Destiny



STRENGTH

Empowered by Vulnerability: Redefining Strength in Life and Business / P17



CONFIDENCE

The Power of Vulnerability - Unlocking Confidence by Embracing Your Authentic Self / P20



IDENTITY

The Queen's Gambit: Unmasking to Reclaim Your Center, Vulnerability As Your Strength / P6

"...where there is no risk, there is no forward movement"

- P33 Unapologetic Group Coaching Program
- P34 8 Ways To Tap Into Your Divine Feminine Energy
- P38 Are you in love with being Alive?
- P40 Celebrating the Merit of Your Passion
- P43 Women Thrive Co-Authorship
- P44 Family Matters: How to Avoid Ostracizing Friends and Family Dealing with Health Issues
- P46 Survival to Sensational - The Art of Upliftment
- P47 What is YOUR Story of Resilience?
- P49 A Vogue Cover Model's Inspiring Journey From Cancer Survivor to Custom Hat Maker
- P51 From Executive to Entrepreneur: Career Transitions with Purpose
- P53 Empowering Women Through the D.A.N.C.E of Life: Holding Space and Embracing Embodiment
- P55 Women Thrive Podcast
- P56 Valentine's Special



SELF-DISCOVERY

Tina Kapp-Kailea

Find the Courage to Be Real and Discover Your Strength in Authenticity: Seven Steps to Realign Yourself / P10

TRANSFORMATION

Karen Sarmento

Authenticity Unleashed: How Owning Your Story Heals and Transforms Your Life / P15



SUBSCRIBE TO

WOMEN THRIVE

We hope you will enjoy reading the Women Thrive Magazine. Every month, we bring you the latest issue of the magazine filled with inspirational stories, practical tips, and unique perspectives of our writers and contributors.



Subscribe to the Women Thrive Magazine in print and receive this beautiful publication in the mail every month filled with inspirational women's stories and practical tips to help you rise and thrive in business and life.

Empowered Women, Empower Women

www.womenthrivemagazine.com



**The Queen's
Gambit:**
Unmasking to
Reclaim Your
Center,
Vulnerability
As Your
Strength

by Marsha D. Gill

Growing up, I played my share of board games. Some of my favorite games were Monopoly, Backgammon, and Checkers. While I didn't play Chess, I've always been impressed by the game. Chess is one of those strategic games that require tactical thinking and planning to checkmate your opponent. Life and its complexities remind me of a chessboard. Each square represents different situations, different choices we face, and different decisions made. In chess, the player must be flexible yet willing to take risks. The player understands there are consequences for actions or inaction, a need for balance, and a need for defense.

Every board game has its own set of rules that send its own message. The grand chessboard of life is not without its rules and messages. Women are groomed to play by the rules with precision, most of which demand we wear masks. We are raised to think, react, behave, talk, argue, and deal with situations differently. We witness messages that are void of vulnerability: "You are to give care, not receive care," "Don't say no, it's not nice," "Don't be emotional—people won't take you seriously," "Be agreeable, don't argue," or "Don't draw attention to yourself." It's these kinds of rules and messages that are mirrored by our mothers and echoed by society that shape our beliefs, behaviors, and identities, forcing us to shrink to be accepted, respected, or even loved.

The Masks We Wear

As the oldest daughter, I was taught that survival required mastery and strength. My mother, a single parent who later married, juggled challenges and modeled resilience, but she also mastered self-neglect and self-sacrifice. She didn't really talk about her struggles or emotions, and I learned early on that's what we did in our family; we silenced ourselves, cared for others, and dismissed our needs; that was my inherited emotional reality. My role, our role, was clear: be the caregiver, the helper, the achiever, and the emotional anchor. As an adult, this conditioning shaped how I navigated the world. I wore the mask of the independent woman, the strong woman, the control queen, always on, refusing to show weakness for fear of disappointment or being seen as inadequate and weak.



"I learned that the things I had hidden—my emotional truths, my needs, my empathy, my sensitivity, and my need for connection—were not weaknesses but my secret weapons."

These masks became my armor, my coping strategies, and my survival techniques. Protecting me from hurt, letdowns, and judgment. The masks also left me emotionally starved and isolated me from deeper connections. It took years for me to understand that the masks—whether as a caretaker, independent, people-pleaser, or perfectionist—will help you survive, but maintaining the masks is exhausting and will keep you from being seen and known for who you really are.

The Queen's Gambit in Real Life

What if the most audacious move you could make was to stop hiding behind the masks and step into vulnerability? That is what the Queen's Gambit in real life is all about. It's about a bold opening move in chess, where the queen sacrifices a pawn to gain control of the center of the board. Sure, it's risky, yet it's a strategic risk that establishes dominance and opens the path for future wins. Like the Queen's Gambit—vulnerability is risky; where there is no risk, there is no forward movement.

Reclaiming The Center

I reclaimed my center and changed the game when I discovered the strength in my vulnerabilities. I learned that the things I had hidden—my emotional truths, my needs, my empathy, my sensitivity, and my need for connection—were not weaknesses but my secret weapons.


“...where there is no risk, there is no forward movement”



Marsha D. Gill

Marsha D. Gill is an Army veteran and therapist turned Certified Mother-Daughter Relationship Coach. With an MS in clinical mental health counseling and her combination of therapeutic insight and practical strategies, Marsha has become a trusted coach, speaker, and advocate for helping women break generational cycles to cultivate emotional wealth.

 https://www.instagram.com/marsha_d_gill/?next=%2F&hl=en

 www.marshadgill.com

Unpacking my mother-daughter relationship helped me see the societal and generational patterns, themes, systems, and beliefs that had shaped me. I had a choice, and choice is freedom. I was empowered to break free from all the stuff that no longer served me. Unconscious habits and coping strategies I'd learned from childhood. I could teach myself things I never learned as a child, show up differently, and, best of all, be my true self. Reclaiming my center gave me the clarity and courage to step into my own power and embrace my secret weapons. Here are three ways to embrace vulnerability and reclaim your center:

- Honor your story: Your story is your voice. By speaking your truth, you transform shame into a source of empathy and wounds into wisdom.
- Embrace you: Repurpose and embrace those traits or survival techniques by acknowledging the strength they hold.
- Forge connections: Vulnerability has a way of fostering connection. I encourage you to start small. Share your true self with a friend by expressing a feeling or a fear that's getting in your way. I've learned that openness has a way of inviting others to do the same. It has a way of deepening the bond, and cultivating a space of growth.

We have the power to break free from generational patterns and create a new legacy of authenticity. The Queen's Gambit isn't just a chess move; it's a bold mindset. You must be willing to go there, willing to take risks, willing to let go of old strategies, and lean into the power of being seen and heard. When you lean into your vulnerability, you don't just survive the game of life—you thrive.

Your move...



WOMEN THRIVE 2025 Summit

MARCH 17-21, 2025

WOMEN
thrive



ANNUAL WOMEN EMPOWERMENT EVENT FEATURING
50+ INTERNATIONAL SPEAKERS

MARCH 17-21, 2025

www.womenthrivesummit.com

FREE LIVE VIRTUAL EVENT

Find the Courage to Be Real and Discover Your Strength in Authenticity

Seven Steps to Realign Yourself

by Tina Kapp-Kailea

Vulnerability

Just saying the word can make some of us want to run for cover, right? We associate it with weakness, with letting our guard down, with being exposed—the act of revealing our soft spots to the world. Yet, paradoxically, vulnerability is where true strength is born. It's in those raw, unfiltered moments—when the mask slips, and the carefully curated facade crumbles—that we discover our deepest power, the power that unlocks our truest nature: our authentic self.

But here's the catch: society doesn't exactly celebrate vulnerability or make it easy. From a young age, we're conditioned to "fit in" and put on masks. We're told to "be strong", "power through", and "hold it together". Especially as women, the pressure feels relentless. We juggle impossible expectations—to be successful but not intimidating, nurturing but not weak, confident but not too cocky. In this balancing act, we hide the parts of ourselves that don't fit the mold. We bury our insecurities, our fears, and even our dreams under a thick layer of "I've got this" until we don't even recognize ourselves—we lose touch with who we truly are.

“True strength comes from showing up as you are, not as who you think you should be”

I know this all too well because I've been there. For years, I wore the mask of the high-achieving professional, climbing the corporate ladder while quietly falling apart inside. On the surface, my life looked perfect: a six-figure salary, accolades, and a career that screamed success, complete with a polished LinkedIn profile.

But beneath the surface, I was drowning. Burnout, anxiety, and the constant pressure to perform—paired with the suppressed grief of losing multiple pregnancies—were crushing me. Yet I refused to ask for help. Why? Because admitting I wasn't okay felt like failure, and I equated vulnerability with weakness. So I carried on, telling myself: Keep going. Keep proving. Keep pushing. Until my body began shutting down. I faced burnout and breakdown. I felt hollow.

The Turning Point: A Lesson in Letting Go

"She didn't take as much time off the last time it happened! Not sure why she is now..."

Those words echoed in my ears, cutting through the hum of the open-plan office like a knife. I sat frozen in my glass-walled cubicle, trying to process what I'd just overheard. They were talking about me—about the time I'd taken off after my fourth miscarriage in two years.

The comment hit me hard. It wasn't just the lack of empathy; it was the realization that, in this high-pressure environment, even my most personal pain had been reduced to office gossip. I felt exposed, raw, and deeply sad—the seemingly impenetrable armor I'd been wearing had finally cracked.

Why do I keep putting up with this? I thought. Why am I sacrificing myself for a place that doesn't see me as human?

That moment changed everything. It was my turning point. For the first time, I allowed myself to truly feel the weight of everything I had been carrying. The exhaustion, the grief, the relentless drive to keep proving myself—it all came crashing down.

And in that quiet realization, something shifted. My body ached, my eyes burned, and a single thought surfaced: Is this what the rest of my life will look like? I knew I couldn't keep living like this. Something had to change, and that change had to start with me. And in that vulnerability, I found a glimmer of strength.



**"The parts of yourself
you're most ashamed of
—your sensitivity, your
insecurities, your past
mistakes—are often
your greatest strengths
in disguise."**

The Truth About Showing Weakness

I began peeling back the layers of the mask I'd worn for so long. For the first time in years, I let myself feel the full weight of my grief and disconnection. I didn't try to suppress it. I didn't numb it—I just sat with it. It wasn't pretty. I cried. I raged. I stared at the ceiling in silence, wondering how I'd ended up here.

I took a break from everything, retreating into deep rest for weeks. And do you know what I discovered? Vulnerability wasn't my enemy. It was my ally.

Here's what I came to understand: vulnerability isn't the opposite of strength—it's the foundation of it. True strength comes from showing up as you are, not as who you think you should be. It isn't about holding it together all the time. It's about showing up messy, flawed, and real—and saying, "This is me. I'm struggling, and that's okay." It's about letting others see the cracks, knowing they don't diminish your value—they make you human.

Somewhere in this mess, very slowly, I found my strength and started to realign myself. Not the polished, perfect version of me, but the messy, flawed, authentic me.

Breaking Free from the Masks We Wear

So why do so many of us hide behind masks? It's simple: fear. Fear of judgment, rejection, and failure. Fear of not being enough or being too much.

But here's the paradox: the very thing we're afraid of—being seen for who we truly are—is what connects us to others. Vulnerability fosters connection, and connection is the antidote to loneliness, shame, and self-doubt.

When I started embracing my softer, more vulnerable side, something incredible happened. My relationships deepened. My work became more meaningful. And most importantly, I started to feel like myself again. It wasn't an overnight transformation—far from it. But each small step toward authenticity brought me closer to the life I truly wanted.

Your Flaws Are Your Superpowers

Here's something I wish I had known sooner: the parts of yourself you're most ashamed of—your sensitivity, your insecurities, your past mistakes—are often your greatest strengths in disguise. These "flaws" make you relatable, empathetic, and strong. They aren't weaknesses to hide—they're your superpowers.

Take a moment to think about your own life. What have you been hiding or apologizing for? What if, instead of seeing it as a weakness, you embraced it as a superpower?

For me, it was learning to embrace my sensitivity and struggles with perfectionism. Once I stopped seeing them as liabilities and started viewing them as part of my unique makeup, everything shifted. I stopped trying to prove myself to the world and started showing up for myself instead.

REALIGN: A Path to Authenticity

My journey led to the creation of my REALIGN framework—a step-by-step process to reconnect with your true self and build a life that feels aligned with who you are.

Here are the seven steps to realignment:

1. **Reflect:** Take an honest inventory of your life. What feels authentic? What feels out of alignment?
2. **Expose:** Uncover the beliefs and fears holding you back. What mask are you wearing, and why?
3. **Accept:** Embrace your flaws, your past, and your present. You are enough as you are.
4. **Liberate:** Let go of what no longer serves you—old habits, toxic relationships, unrealistic expectations.
5. **Integrate:** Build new habits and practices that align with your values.
6. **Ground:** Create stability and resilience through self-care, boundaries, and meaningful connections.
7. **Nurture:** Commit to ongoing growth and self-love. Authenticity isn't a destination; it's a practice.

Your Invitation to Step Into Your Power

If this resonates with you, I invite you to take the first step. Ask yourself: What mask am I wearing, and what would it feel like to take it off? Vulnerability is a practice, not a destination. Start small. Share your story with someone you trust. Rest when you're tired. Say no to what drains you and yes to what lights you up.

If you're ready to go deeper, I'd love for you to join me in **REALIGN**. Together, we'll explore how to break free from the masks, embrace vulnerability, and build a life that feels as good on the inside as it looks on the outside. Because you are already enough, just as you are.

The Power of Being You

Vulnerability isn't a weakness to be hidden; it's a strength to be embraced. It's the key to authenticity, connection, and empowerment. So let's stop hiding. Let's start showing up—messy, flawed, and unapologetically human. Because when we embrace our vulnerability, we don't just step into our power—we inspire others to do the same.

Your next chapter is waiting. Are you ready to turn the page?

Tina Kapp-Kailea

Tina Kapp-Kailea is an award-winning embodiment coach, multiple bestselling author, and international speaker. She helps high-achieving women reconnect with their true selves, break free from burnout, and lead purposefully. Her book, **CORPORATE REWILDING**, won the Global Bronze Book Award and empowers women to embrace their feminine power and live unapologetically - wild, woo woo and wonderful.

www.fempreneurpathfinder.com

@tinakkailea

@the_fempreneur



WOMEN THRIVE ²⁰₂₅ Summit

MARCH 17th-21st



www.womenthrivesummit.com



Join Women From Around The World For The Largest Women's Empowerment Event of The Year



The Women Thrive Summit is a transformative virtual event designed to empower women to grow their businesses, step into their power, amplify their voices, and create meaningful, lasting change. Whether you're a CEO, founder, leader, entrepreneur, speaker, author, coach, businesswoman, or just beginning your journey toward building a thriving business, this event is for you.

Success is your birthright, and opportunities are abundant—but taking action is the key to unlocking them. It starts with events like this, where you'll gain access to the tools, resources, and supportive community of like-minded women you need to spark positive transformation—both in your own life and in the world around you.

— **WOMEN**
thrive
SUMMIT

Tickets Now Available

THOUSANDS OF WOMEN GATHER FOR THE ANNUAL WOMEN THRIVE SUMMIT

What sets the Women Thrive Summit apart from other virtual summits is the strength of our community and our mission to collectively support and empower women. This is a 5-day live virtual event experience, featuring 10-12 live talks daily, delivered by carefully selected speakers from around the world, including Australia, South Africa, Europe, the UK, the USA, Canada, and the Caribbean.

While it is a melting pot of cultures, experiences, and perspectives, it offers an incredible variety of women-centered topics that help women rise to their potential, hold space for healing, and foster personal growth. Our stories, though diverse, converge in shared life experiences no matter where in the world we are. We all share similar ambitions for health, wealth, personal growth, and the need for safety and community.

The world has not always been kind or empowering for women. We have collectively fought battles for our freedom and continue to fight—for our place in society, for equality at work, for our voice in politics, for sovereignty over our health, and for our right to thrive just as men do.

"The Women Thrive Summit was a life-changing experience for me. Connecting with other women like myself, hearing their inspiring stories, and gaining transformational wisdom has been truly phenomenal. The meaningful connections I've built through this event have been invaluable.

I'm a huge fan of WTS and return every year—it just keeps getting better! I wholeheartedly recommend it to every woman looking to be part of this collective mission. It's truly inspiring. Thank you for creating such a safe and supportive platform for us women."

—Grace Walker

This is more than an event—it's an essential gathering and an opportunity for women to share their stories, be empowered, come together, and make a difference, starting with our own lives and radiating out into the world. We host the Women Thrive Summit every March to celebrate International Women's Day and Women's History Month—not only to honor how far women have come but also to continue leaving our mark and legacy.

This is where empowered women empower others, where successful women lift each other up, and where we see the best in one another—even when your crown feels a little crooked. Our event is a safe space for you to show up just as you are. No mask needed.

Set aside time this year, from March 17-21, to enjoy all the summit has to offer: virtual keynotes, workshops, networking opportunities, celebration, and empowerment.

**MARCH 17-21
5 DAYS
50+ TALKS &
WORKSHOPS**

Women Thrive Summit is a safe space for you to show up just as you are. No mask needed.

<https://womenthrivesummit.com/>



Authenticity Unleashed: How Owning Your Story Heals and Transforms Your Life

by Karen Sarmento

I used to think that authenticity had become an overused word, but I now see it has a far deeper meaning and far more power than I realized. Authenticity is so much more than just “being me”. It’s about figuring out who I really am. It’s about figuring out who I was before the world got its hands on me. It’s about owning parts of my story that at one time made me feel very small. It’s about owning parts of my story that were once associated with so much shame and guilt. When I finally learned to embrace my story, I started to see the beauty and the power in what was once considered my dark time. If not for that dark time, I could never appreciate the light that is now guiding my mission. When you own your story, you take your power back. When you embrace all parts of your story, you take the reins and assume the leading role in the show. There is so much power in doing that.

Lean In To The Discomfort

This process might be a little uncomfortable, but lean in because it is in the discomfort that transformation takes place. Letting go of guilt and shame is the most freeing and liberating move I ever made. Shame and guilt are incredibly heavy emotions that will weigh you down with every step. These are just two of many emotions that will keep you from your true purpose. Shame and guilt will keep you playing small and they will cause you to doubt yourself every step of the way. When you make the decision to take your power back, a whole new world opens up. The possibilities are endless; What once made you feel small, becomes your superpower.

“You were not put on this earth to play small and shrink. You were put on this earth for greatness.”

Unbecoming

It's an "unbecoming" process that requires a deep dive into your soul. When you allow yourself to be truly authentic, your thoughts and actions are congruent. That means that what you are thinking about is consistent with what you are doing. It means that how you show up in the world matches your inner dialogue. For me, this was difficult. It raised so many concerns: What will people think? What will people say about me? Will everyone think less of me? Will people still like me? Will I be judged? How can I just start showing up differently? Talk about uncomfortable! True authenticity may require a level of discomfort. For so long, the focus has been on making sure everyone else is comfortable, never once recognizing that I was uncomfortable in my own skin.

I now realize that stepping outside my comfort zone is where the change and magic happen. I now realize that change can be uncomfortable, but that's what makes it fun. That's where we grow.

Rising After The Fall

All too often, we focus on our decline, "the fall", and don't realize we then have the opportunity to rise. That's where the beauty is. When you embrace who you are at your core, shutting out all the outside noise and chatter, you recognize who you truly are. You are a powerhouse who is capable of doing amazing things. You were not put on this earth to play small and shrink. You were put on this earth for greatness. You were put here on this earth with a purpose. I believe deep down we all know what that purpose is. I believe we get subtle whispers that when ignored become louder and louder and then oftentimes become unpleasant until we heed our calling. Trust yourself and trust what is meant for you.



Karen Sarmento

Karen Sarmento is a Success Strategist helping high-achieving women redefine success, reconnect with their purpose, and live confidently. Host of We Are Meant for More podcast, she uses mindset and manifestation techniques to guide women from feeling unfulfilled to creating a life aligned with their deepest desires.



<https://karensarmento.com/page/home-2>



<https://www.youtube.com/@karensarmento>



Empowered by Vulnerability: *Redefining Strength in Life and Business*

by Ella Rivkin

I was raised by a single mom, a strong and independent woman who shaped me into the person I am today. From my childhood, I was taught to stay strong, never cry, never ask for help, and to trust no one. My mother's words echoed in my mind throughout my life: "You've got to be strong and show your strength." This mindset guided me and served me well in many ways, helping me build resilience and independence. But one pivotal moment in my life taught me a different kind of strength—the strength that comes from vulnerability.

The Story

Years ago, I had a serious accident that left me hospitalized. The pain was unbearable, and after surgery, I broke down crying during a call with my mom. Instead of comfort, I heard her familiar refrain: "Why are you crying? I didn't teach you to be weak. You need to stay strong." While my mom's advice had shaped my grit, it left little room for softness or seeking support. That same day, I reached out to my life coach—something my mom could never quite understand. To her, sharing personal struggles with a coach seemed unnecessary. But my coach offered a perspective that changed everything. He told me, "It's okay to be vulnerable." He then shared a profound paragraph from the teachings of Kabbalah, which I read over and over.

As I sat with those words, something clicked. I realized that vulnerability wasn't a sign of weakness but a bridge to connection and healing. Acting on this newfound understanding, I reached out to a former client, Eddie, who I remembered was a sports physical therapist. Eddie was thrilled to hear from me and agreed to take me on as a patient, despite my lack of insurance or funds to cover medical bills. That experience taught me an invaluable lesson: it's okay to ask for help. Vulnerability allowed me to share my truth and connect with others in a meaningful way.

Lessons Learned

True strength isn't about suppressing emotions or refusing help; it's about embracing vulnerability and allowing others to support us. Here's what I learned:

- **Asking for Help is Empowering:** Vulnerability fosters connection. By asking for help, I allowed others to show up for me in ways that created mutual trust and respect.
- **Sharing Your Truth is Liberating:** When I opened up about my struggles, it deepened my relationships and revealed the humanity we all share.
- **Strength Comes in Many Forms:** Resilience is essential, but so is softness. True balance lies in knowing when to lean on others.

This lesson profoundly impacted my business, personal relationships, and finances. I became more open and trusted people with the knowledge and experience I needed to grow. I realized I didn't need to figure it all out by myself.

**“...asking for help
and leaning on
others isn't a sign of
failure—it's a step
toward success.”**





It's not about knowing everything but knowing the right people who can teach, guide, and empower you. Working with business owners for over 26 years, I've seen so many face the same challenges. They believe they have to do everything themselves, that it's embarrassing to ask for help, or that they must figure everything out on their own. But the truth is, asking for help and leaning on others isn't a sign of failure—it's a step toward success. This lesson is particularly impactful for women in business. Women often juggle work, family, and personal growth while hiding their struggles. Vulnerability empowers us to connect, collaborate, and create sustainable success by seeking support and leveraging the knowledge of others. By embracing vulnerability, women can build stronger businesses, nurture relationships, and lead lives of authenticity and purpose.

Actionable Steps to Embrace Vulnerability

1. Challenge Your Beliefs: Reflect on the messages you've internalized about strength and weakness. Ask if those beliefs serve or limit you.
2. Take Small Steps to Open Up: Share your feelings with a trusted friend, mentor, or coach.
3. Reframe Asking for Help: Understand that asking for help is not failure but a tool for growth and collaboration.
4. Find Your Support System: Build a circle of people who understand and uplift you.

A New Perspective

Today, I see vulnerability as a superpower. It's allowed me to connect with others on a deeper level and create a life rich in authenticity and purpose. My mom's teachings of strength and my coach's encouragement to embrace vulnerability now coexist in harmony. Both have helped me build resilience, nurture relationships, and live a life aligned with my truth. Strength and vulnerability are not opposites. They are partners. Open yourself to vulnerability, and you'll unlock a world of connection, growth, and authenticity. Take the leap. Share your truth. And watch your life transform.

“Strength and vulnerability are not opposites. They are partners.”

Ella Rivkin

Ella Rivkin is a Financial Freedom expert, Business Coach, and founder of ERPS Group, dedicated to empowering business owners and individuals worldwide to achieve their goals. Guided by the principle "It's All In Your Hands!™" and leveraging her proven signature system, she helps clients create lasting success and a positive ripple effect in their lives and businesses.

www.instagram.com/ellarivkin

www.ellarivkin.com

<https://www.facebook.com/EllaRivkinERPS/>

<https://www.linkedin.com/in/coachamysanders/%20>



The Power of Vulnerability - Unlocking Confidence by Embracing Your Authentic Self

by Girisha Andrea Steigler

Why does being vulnerable feel so scary?

Is vulnerability the same as being emotional or overly sensitive?

My dad always told me, "You are so sensitive, stop crying!" As my daddy's good girl, I learned to swallow my tears and suppress my emotions. In my 20s, I was in a top management position in the "men's world", and what did I learn? No emotional decisions—only logical decisions, with a focus on profit. Showing emotions equaled weakness. Again, men told me not to be emotional. So, as "a good girl", I spent most of my life keeping my feelings locked away, believing that showing vulnerability would make me appear weak. After all, in a world that values toughness over tenderness, vulnerability seemed like an invitation to be judged, criticized, or dismissed.

By the time I turned 30, I remember sitting with my closest friend, Dóri. I found myself holding back tears. The weight of a recent heartbreak, combined with the overwhelming pressure of balancing work, studying, and relationships, had been building for years. Yet, as I tried to explain my feelings, I couldn't bring myself to fully open up. The words felt stuck in my throat, and the fear of appearing overly emotional flooded my mind.

"Whenever you feel doubt or inner conflict, allow yourself to choose YOU—your heart, your truth!"

"Why do I feel so scared to just... cry?" I finally blurted out. "Isn't vulnerability supposed to be a sign of strength? Or am I just being too emotional?"

Dóri looked at me with kindness. "It's not about being emotional or sensitive," she said gently. "It's about being real. Vulnerability doesn't mean you're weak—it means you're human. It's the courage to show up as you are, without pretending to be perfect and strong like a bodybuilder."

I was shocked! I had always believed that vulnerability was about exposing my weaknesses, but now my friend helped me see it differently. Maybe being vulnerable wasn't about crying all the time or falling apart. It was about embracing my true self, my perfect imperfection. This was one of my biggest lessons on how to be authentic and show my vulnerability as my strength. Over the last 20 years, I've become a master of connecting with my real emotions and expressing them without the fear of being judged.

Why Vulnerability is Essential for Confidence

At that moment, I started to realize that vulnerability is actually a powerful tool for building confidence—not a sign of weakness. Honestly, this learning process wasn't easy, but it was definitely the most worthwhile one.

When we embrace our vulnerability, we open the door to deeper connections with ourselves and others. It's in those raw, authentic moments where our true power lies. Vulnerability is not about perfection—it's about being real and expressing who we truly are.

For years, I thought suppressing my emotions would make me seem strong and capable. But in reality, the more I suppressed my emotions, the less confident I felt. Vulnerability allows us to break free from this internal conflict. It's an expression of self-trust, where we embrace our emotions and show up authentically.

"Vulnerability doesn't mean you're weak—it means you're human."
-Dóri



Girisha Andrea Steigler

Girisha Andrea Steigler is an orgasm coach, trauma, and trans-generational healing specialist, and the founder of the Conscious Woman Academy. With her unique holistic EMPRESS-O method, she empowers women to break free from the limitations of their past, rewrite their old stories, and unleash their full potential to create the life they truly desire.



<http://empressco.online>



@girishaandrea

In this busy modern world, we encounter many misconceptions, such as "vulnerability is weakness". I truly encourage you to connect with yourself constantly and listen to your inner voice. Whenever you feel doubt or inner conflict, allow yourself to choose YOU—your heart, your truth! This is how you can deepen your connection with yourself and show your unique light to the world. We all need YOU! Your Authentic YOU!

How to Start Embracing Your Vulnerability

If you're ready to unlock your true confidence and power, here's how you can begin embracing your vulnerability:

1. **Acknowledge Your Emotions:** Give yourself permission to feel. Whether it's joy, sadness, or fear, let yourself experience your emotions fully in real time! Don't suppress them.
2. **Speak Your Truth:** Practice expressing your feelings honestly. Share your thoughts with a friend or a loved one. Speaking your truth is liberating.
3. **Let Go of Perfection:** Vulnerability doesn't require perfection. Embrace your imperfections and understand that vulnerability is about being real, not flawless.
4. **Build Trust in Yourself:** Believe that by showing your true emotions, you're not only connecting with others but also strengthening your relationship with yourself.
5. **Surround Yourself with Empowering Women:** Build relationships with women who appreciate your authentic self and encourage you to be real, in your perfect imperfection.

Conclusion

Vulnerability is not a weakness. It's the key to unlocking your true confidence and authentic power. When we embrace vulnerability, we stop hiding behind perfectionism and show up as our real, unfiltered selves. It's through vulnerability that we connect with others, build trust, and experience true freedom. So, let go of the fear of judgment, embrace your vulnerability, and start living as your authentic self. Your vulnerability is your strength—it's what makes you powerful.

ADVERTISE IN THE

Women Thrive Magazine



Benefits

Visibility is key to growing a successful business and brand. By placing an advert in our magazine you will;

- ✓ Increase your exposure
- ✓ Enhance your credibility
- ✓ Reach a wider audience
- ✓ Generate leads and sales
- ✓ Showcase your services

— **WOMEN thrive**
MAGAZINE

Contact us now to discuss advertising opportunities for your business
contact@womenthrivemedia.com



How Rescuing A Horse, Rescued Me: *A Story of Transformation and Strength in Vulnerability*

by Pia Ault

“There is no need for “perfection”, with a horse. Horses only seek authentic connections”.

The first time I saw her, she stood alone, by a worn split rail fence. She rocked back and forth, in an aimless rhythm, and licked the dark wooden plank with her pink tongue.

Lola, named so by the stable manager, was a nine-year-old Arab mare. Lola's official name was Al-Anood. It had a few different meanings in Arabic: “The girl who has a strong personality, high self-confidence, and popularity”, and “Brave, Strong and Courageous”. She was anything but confident, brave, or strong the day I first approached her, in the hot desert sun. I didn't know then how the true meaning of her name would shape both of our lives.

Lola had a short, but remarkable Endurance Racing career. She performed well and accomplished great results. Retiring early and getting pregnant was her reward. Giving birth to a valuable offspring was considered her greatest honor and legacy. She didn't deliver. She was discarded as brood mare and sent to auction. Often, going to the auction meant an entry into the slaughter line. Was this all there was to Al-Anood's years of loyal service and performances?

Fate would have it that a woman bought Al-Anood at the auction, but was unable to keep her, and instead donated her to the ranch I volunteered at in the Dubai desert. I helped run the Saturday “Gecko Club” which was an umbrella for pony/goat/duck/camel activities, in exchange for the occasional leisure horse ride in the desert. It provided me calmness from a stressful career full of travel and long hours.

For two decades I climbed corporate ladders, shattered several glass ceilings, and performed above expectations. I was dedicated and chased something I was convinced was worth the chase. I wielded an almost masculine power, in my quest to compete in a male-dominated industry. But insecurity simmered under the accolades. I dampened my femininity in order to show up and be taken seriously. I did more to be more, and the fear of not being enough, of being judged or rejected, was ever present. I pursued perfectionism. As a working mother, I was vulnerable and split between my family, my kids, and my demanding corporate career. There was no perfection or authenticity in either role. Guilt weighed in daily. Grief over the loss of family time overpowered me. A corporate restructure and new management who did not need my team or me, sealed my fate. I was discarded, headed for "auction", and had to decide whether to continue to pursue a toxic corporate career or apply all my strengths to something else. I did not expect a horse to guide me towards a transformative decision.

While Lola continued to rock her thin body side to side and lick the wooden fence, I stood by her side and stroked her neck. She did not interact with me. Her eyes were empty and lifeless. A soft, warm breeze blew into her long grey mane. I buried my head in the coarse hair and breathed in her smell. Her sad state resonated with me. My disappointment over the forced job loss sent a wave of sadness. Over the next few months, I spent every day with Lola. We walked for miles around the oasis at the ranch, and she grazed in the shadows of the date palms. We asked nothing, nor expected nothing, from each other. Lola built muscles and strength. Life returned to her eyes. A deep connection formed. Trust built out of our shared vulnerability. I decided to become her owner. This mare deserved more.

Lola played a huge role in my decision, 14 years ago, to launch my own coaching practice. She infused me with courage and trust I needed to empower other women with similar career and life challenges. We rescued each other. Together we became "Brave, Strong and Courageous", like her Arabic name.

Being in the presence of a horse can be transformational. I see this every time I work with clients, who spend time with my horse. In this transformation, vulnerability plays a huge role. Standing next to a 1000-pound animal, who looks straight into your soul, takes courage. There is no need for "perfection", with a horse. Horses only seek authentic connections. Vulnerability can be scary, because we fear that others may judge us, hurt us, see us as weak, and ridicule us. But vulnerability can also be a powerful source of strength and a space of openness where we receive everything we desire, without judgment. If you seek authenticity through transformation, I invite you to reach out [here](#). For additional information: www.caballusconsulting.com



Pia Ault

Pia is a highly skilled Executive Coach with a passion for guiding women who desire a stronger confidence, presence, and identity. As an emotions and empathy expert, Pia helps individuals identify and expand their emotional vocabulary, expressing themselves, and living with their emotions in a healthier way.

www.caballusconsulting.com

[piaault3/](#)



Your Weird is Your Wealth: *Embracing Your Uniqueness with Human Design*

by Charlie Garnham

*"What if being
'weird' is
actually your
superpower?"*



The word weird often conjures up images of something unusual, out of place, or even wrong. It's a word many of us grew up trying to avoid—no one wants to be labelled the “weird” one! But what if we've been looking at it all wrong? What if being “weird” is actually your superpower?

The Origins of Weird

The origins of the word weird tell a very different story. It comes from the Old English word *wyrd*, which means “fate” or “destiny”. In its original context, to be “weird” was to be deeply connected to your personal path—your unique role in the tapestry of life. It was a concept rooted in empowerment, individuality, and purpose. Somewhere along the way, this meaning shifted, and weird became synonymous with strange or undesirable. But if you really think about it, we find that weird holds a profound truth: the more aligned we are with our authentic selves, the more visible we are in business.

Being Weird in Business

Those of us who thrive are often the ones who dare to embrace our uniqueness, opening up the path for others to shine their light (and weirdness) too. We lean into the traits that might once have been labelled “weird” because we know those traits are what magnetise our people to us. In my own business, being a Human Design expert is weird enough because it's not a widely known concept (currently), but to start a client session with a tarot card pull, or give my clients the homework of dancing to connect with their bodies is quite far afield from the professional coaching qualification I have. This mainstream educational tool was where I practised a non-holistic view of how to use coaching models and techniques like SMART to guide clients to success; but the only way I can use the lessons I learnt in this qualification is to make them my own. Hence why I coach intuitively now, connected to the wisdom of the Akashic Records. Weird, right? But wonderful (and deeply empowering).

“The more aligned we are with our authentic selves, the more visible we are in business.”



How Does Human Design Open Up Your Weirdness?

Through the lens of Human Design, we're given a map to rediscover our energy, our purpose and our weirdness. Not only does it allow you to see your brilliance, but it creates deep acceptance for oneself. That odd way of working that you've always been chastised for doing all your life? Well that's YOU, so keep doing it. And my favourite part of Human Design; it shows you where you have been deeply conditioned by society. For me personally, when I found out I was a Human Design Projector, I realised I'd been living life all wrong! I always knew I was weird, but I dampened that part of me down to fit in. And guess what, I never ended up fitting in anyway! My biggest lesson in business so far: when you embrace your weird, your people—the ones who truly resonate with your energy—will find you.

The Science of Attraction

The science of attraction in business is simple: authenticity (an over-used buzzword, I know, but stick with me). After spending my entire career so far in marketing, I can tell you that people are naturally drawn to those who exhibit confidence in their individuality because it creates trust and connection. When you show up as your authentic self, you send out a clear and consistent energy that resonates with your ideal audience. Rather than trying to appeal to everyone, authenticity acts like a magnet, drawing in the people who truly value what you have to offer. By leaning into your "weirdness" and showcasing what makes you different, you create a sense of belonging for the clients or customers who align with your energy, making your business not just successful but deeply fulfilling.

Your Weird Is Your Wealth

Creating wealth from your uniqueness begins with a willingness to look inward and rediscover what makes you, you. Here's 3 steps to take to create wealth today:

- **Identify Your Hidden Magic.**
Reflect on one trait or behaviour you've been hiding or downplaying—something that feels authentic to you but hasn't been fully expressed in your business because the "business experts" tell you not to. This could be a quirky habit, an unconventional approach, or a unique perspective.
- **Reframe It as Your Superpower.**
Ask yourself how this trait could be your "magic" in business. How does it set you apart and create deeper connections with your audience or clients? Brainstorm ways to integrate it into your branding, messaging, or the way you show up.
- **Align It with Your Human Design.**
Use your Human Design as a framework to explore how this trait fits into your life. Manifestors might find it in their boldness, Projectors in their insights, Generators and Manifesting Generators in their excitement, and Reflectors in their adaptability.

Embrace Your Superpower

Remember, it's your quirks, your individuality, and your willingness to stand out that make you magnetic in business. The more you honour your weird, the more the right people—your people—will be drawn to you. So, dare to be wonderfully, unapologetically you. Your business, your clients, and your destiny will thank you for it.

Charlie Garnham


Charlie is a Human Design expert specialising in helping women step away from the frantic "doing" of their businesses and lives and finding more flow and ease by becoming the natural leader they were born to be. Intuitive, yet practical, Charlie uses the Human Design system to help people uncover their personal map to success in life, through guiding them to swim with the flow of their design, not against it.

 <http://www.charliegarnham.com>

 <https://www.instagram.com/thecharliegarnham/>

 <https://www.youtube.com/@simplehumandesign>





Authenticity in Action: 5 Ways to Embrace Vulnerability and Lead with Strength

by Stacey Paige

Vulnerability often carries a stigma of weakness, but in truth, it is one of the most powerful tools for personal growth and authentic leadership. When we embrace vulnerability, we are not just allowing ourselves to be seen; we are giving ourselves permission to live authentically, aligned with our deepest truths and purpose. Authenticity is the key to living a life of meaning - one where our actions, decisions, and relationships reflect who we truly are, not the masks we wear to fit in or gain approval.

Living authentically, however, requires courage. It means facing the fear of judgment, rejection, or failure and showing up as your whole self anyway. The rewards, however, are immeasurable: a deep sense of freedom, clarity, and fulfillment that comes from fully embracing and honoring your true self-expression. Vulnerability is the bridge that connects you to this alignment, allowing you to step into your power and lead a life guided by truth and integrity.

“Vulnerability is the bridge that connects you to this alignment, allowing you to step into your power and lead a life guided by truth and integrity.”

Here are five practical ways to cultivate vulnerability, embrace authenticity, and unlock the strength that comes from living a life in alignment with your purpose.

1. Start with Self-Reflection

The journey to authenticity begins within. Take time to reflect on the areas of your life where you may be compromising your true self. Are there moments when you say “yes” out of obligation rather than alignment with your values? Are you quieting your dreams for fear of judgment?

When you honor your truth and make choices from a place of authenticity, you create a life that feels aligned and purposeful. Journaling or meditation can help you uncover where you're out of alignment and take the first steps toward honoring your inner voice.

2. Reframe Vulnerability as Alignment

Vulnerability is often misunderstood as a sign of weakness, but it's truly an act of strength and alignment. When you allow yourself to show up authentically - sharing your dreams, struggles, or emotions - you're stepping into your purpose.

Living in alignment with your purpose brings benefits that ripple through every part of your life: deeper relationships, a clearer sense of direction, and the fulfillment that comes from honoring who you are. As Brené Brown says, "Vulnerability is the birthplace of innovation, creativity, and change."

3. Practice Small Acts of Courage

Authenticity doesn't require grand gestures. It begins with small, intentional acts of courage - saying "no" to what doesn't serve you, expressing your true feelings, or voicing an idea you've been holding back.

These moments of vulnerability might feel uncomfortable at first, but each one strengthens your ability to live authentically. Over time, you'll notice the benefits: less inner conflict, greater clarity, and an undeniable sense of alignment with your purpose.

4. Build Relationships That Honor Your Truth

Living authentically requires a supportive environment. Seek out relationships—both personal and professional - that encourage you to show up as your whole self. When you surround yourself with people who respect your vulnerability and celebrate your authenticity, you create space to thrive.

Not everyone will resonate with your authenticity, and that's okay. Living in alignment isn't about pleasing everyone; it's about honoring your truth and attracting relationships that align with your purpose.

"Authenticity is the key to living a life of meaning - one where our actions, decisions, and relationships reflect who we truly are, not the masks we wear to fit in or gain approval."



Stacey Paige

Stacey Paige, a former NYC event planner turned spiritual life coach and yoga instructor, empowers others to break free from self-limiting beliefs and align with their highest potential. Combining spiritual wisdom with practical tools, Stacey inspires growth, healing, and transformation through her coaching, workshops, and courses. She lives in Raleigh, NC, with her family.

 <https://www.staceypaige.com>

 <https://www.instagram.com/staceypaigeinspired/>

5. Embrace Imperfection as Part of Your Purpose

Authenticity doesn't mean being perfect—it means being real. Your imperfections, struggles, and unique journey are all part of your purpose. By embracing vulnerability, you model courage and inspire others to do the same.

When you stop striving for perfection and start living in alignment with who you are, you'll experience a profound sense of freedom. This alignment allows you to show up in the world with purpose and confidence, inspiring others to live authentically too.

Conclusion: Living Authentically, Living on Purpose

Choosing vulnerability is choosing to live in alignment with your truth. It's an act of courage that empowers you to honor your purpose, build meaningful connections, and lead with integrity. When you embrace authenticity, you unlock the strength to navigate life's challenges with confidence and grace.

The journey to authenticity begins with action - small, intentional steps that bring you closer to your true self. By practicing vulnerability, you not only set yourself free, but also inspire others to live boldly and authentically.

Ready to take the next step? Dive deeper into this transformative journey with my bite-sized guided meditation Set Free Your Voice from Within. This powerful practice will help you honor your voice, release fear, and speak your truth with clarity and conviction.

It's time to put your authenticity into action. Begin today - choose vulnerability, honor your voice, and step fully into the life you're meant to live.

References:

1. The Power of Vulnerability | Brené Brown (TED)
2. The Science of Purpose | Greater Good Science Center

*"a diagnosis may
shape certain
aspects of our lives,
it does not define
who we are."*

Your Diagnosis Isn't Your Destiny

by Heather Hanson

“True growth often comes from embracing uncertainty and letting go of the need to control every aspect of life”

Sometimes, I wish I had two lives to live: one to see where I might have ended up if I had accepted that there was nothing to be done about my autoimmune thyroid condition, and another for the path I chose—a life of seeking growth, healing, and hope.

Being diagnosed with an autoimmune thyroid disease was a pivotal moment in my life. Amid the whirlwind of medical appointments, treatments, and lifestyle changes, the weight of this diagnosis often felt overwhelming. However, through this journey, I discovered a profound truth: I am not my diagnosis. I am more than that. Way, way more.

In the beginning, it was easy to let the diagnosis define me. My days were filled with fatigue, bloating, constipation, migraines, weight fluctuation, and brain fog, and it felt like these symptoms were taking over my body, mind and identity. Every aspect of my life seemed to revolve around managing the condition. However, as I navigated these challenges, I realized that I had allowed my diagnosis to overshadow who I truly was. After all, I was born a strong, independent, rebellious redhead and it was time to take my life into my own hands.

The first step in reclaiming my identity was to recalibrate my mindset. I wanted to feel better and had the desire to take action. I decided to see my condition not as a limitation but as an opportunity for growth and investigation into how the body can heal. By shifting this perspective, I began to view my health issues as a catalyst for positive change rather than a barrier. This mindset shift empowered me to explore new possibilities for healing and self-discovery.

Dietary changes were integral to my journey. Removing gluten, dairy and corn was instrumental in allowing my body to heal. Two months into removing these foods, I had no migraines and I could finally poop every day. I started seeking foods that energized me and alleviated my symptoms. Through this process, I learned to listen to my body and understand its needs, cultivating a sense of control over my health and well-being that transcended the diagnosis.



“I am not my diagnosis—I am so much more.”



Mindfulness practices became another cornerstone of my transformation. By incorporating deep breathing and mindfulness into my daily routine, I began to cultivate inner peace and clarity. These practices helped me detach from the label of my diagnosis and connect with my authentic self—a self that is vibrant, resilient, and full of potential.

Professionally, my journey led to a significant career shift. Inspired by my experiences, I pivoted towards a path dedicated to helping others facing similar challenges. Through this work, I found a renewed sense of purpose and fulfillment, realizing that my condition had guided me toward my true calling.

This journey of self-discovery also reshaped my relationship with control. I learned that true growth often comes from embracing uncertainty and letting go of the need to control every aspect of life. By accepting that some things are beyond my grasp, I opened myself up to new experiences and opportunities for growth.

Ultimately, I've come to understand that while a diagnosis may shape certain aspects of our lives, it does not define who we are. We are complex individuals with passions, dreams, and the ability to create meaningful change in the world. Embracing this truth has fueled my journey toward healing and self-empowerment, reminding me every day that I am not my diagnosis—I am so much more.

You don't have to walk this path alone. If you're feeling overwhelmed by your diagnosis, or if you've tried everything and still feel lost, know that there is hope and a way forward. Together, we can explore how to reconnect with your body, reclaim your identity, and find the vibrant, confident you that's waiting to emerge.

Reach out today—because you are so much more than your diagnosis, and your journey toward healing can begin right here.



Heather Hanson

Heather Hanson, the “Gut Health Paramedic”, is the creator of the Digestive CPR Framework. With 26 years in healthcare, she helps leaders conquer bloating, fatigue, brain fog, and weight gain through digestive health, hormone balance, and mindset shifts, empowering them to transition from surviving to thriving.



[flourishnutritionaltherapy/](https://www.instagram.com/flourishnutritionaltherapy/)



[Flourish Nutritional Therapy](https://www.facebook.com/flourishnutritionaltherapy)



www.flourishnutritionaltherapy.com



<https://www.linkedin.com/in/heather-hanson-870752b1/>

UNAPOLOGETIC

GROUP COACHING PROGRAM

**Be Empowered to Speak Unapologetically
and Lead with Authority**

UNAPOLOGETIC is about:

- Unlocking the power of your voice so you can speak on stage and in front of large audiences to make an impact and grow your business
- Building your authority and thought leadership so you can influence others
- Driving your mission and goals forward with confidence
- Building the financial freedom you deserve by becoming a paid expert and speaker



PROGRAM BEGINS FEBRUARY 6TH

<https://womeninbusiness.thrivecart.com/unapologetic/>

8 Ways To Tap Into Your *Divine Feminine Energy*

by Amy Sanders

Bringing Feminine & Masculine Energies Into Alignment

For most of my life, I lived primarily in my masculine energy. I worked hard. I played hard. I hustled. I did just about everything HARD. It felt like I was pushing against an uphill battle and out of alignment with who I was. This affected my relationships, business, income, and physical well-being.

From childhood, I was conditioned that this is what you do. You work hard at everything. Money is hard to get and harder to keep. Your worth and value are connected to how hard you work AND how much money you make. And if you aren't making money, you have no value. Because of this deeply rooted belief, everything in my life was hard. I was living in an energy that wasn't my most powerful. I was fighting what was already inside me. When you live out of alignment with who you are, it can be exhausting. Daunting. And ultimately take you away from the most beautiful parts of yourself.

I will highlight the difference between masculine and feminine energy in this article. I will show you how to tap into the most intuitive parts of feminine energy and learn how to move from self-trust.



“When you find the sweet spot between these energies, life is a harmonious symphony playing a beautiful song together.”

By tapping into the divine feminine and allowing both energies to complement each other, you can attract anything you want into your life. To understand masculine and feminine energies, we must realize that energy is everywhere and attached to everything.

When we vibrate at a low energy level or one that is not in sync with who we are, we will attract more of the low vibe energy, and we can feel stuck. Some examples of living in these lower vibrations are the thoughts you might be believing every day like you can't get the raise. Money is hard to make (or keep). That you aren't worthy of love, that you are never lucky, or that good things don't happen to you, etc. In the positive form, it's the belief that everything is happening to you for a reason. That you are meant for more. Money is easy to acquire and keep. You are good at making decisions. You trust yourself and your intuition. Thoughts that bring peace, joy, and happiness.

Deeper Look At Feminine Energy

Feminine energy is all about the essence of "being". Don't confuse this with simply lounging around doing nothing. It's about being attentive and open to the endless possibilities life offers. You must trust the universe to work its wonders while tuning into your intuition to keep things flowing smoothly.

There is a vibrant energy inside you that is ready to be unleashed if you allow it and trust that it can work for you. When you take inspired action driven by intuition and self-confidence, you'll begin to attract all the dreams you've been yearning for. Suddenly, life transforms into a sweet, effortless rhythm, and tranquility becomes your closest companion. However, when your feminine energy is out of balance, you may feel like a puppet on strings—powerless, manipulative, needy, or overly sensitive. It's a yucky energy that sucks life not only out of you but those around you as well. When you feel like this, look at ways you can step deeper into your feminine energy so you can restore that equilibrium and let your light shine! To help, I am giving you eight ways you can tap into your feminine energy at the end of this article.

"Think like a queen. A queen is not afraid to fail. Failure is another stepping stone into greatness." – Oprah Winfrey



Deeper Look At Masculine Energy

Masculine energy is like the action hero of the energy world—it's all about "doing" and conquering goals with confidence and drive. It's the external vibe that's always charging ahead. While these traits are powerful, ladies, if you're stuck in that masculine energy like I was, you're missing out on tapping into your divine feminine.

The secret sauce for attracting what you want with flow and ease. If you're not letting yourself feel sexy, creative, and magnetic, you're putting a cap on your potential. By embracing creativity, living from the heart, and trusting your intuition (and the universe), you can unlock a brand-new level of life that delivers everything you desire. When you find the sweet spot between these energies, life is a harmonious symphony playing a beautiful song together. But when they're out of sync? You'll feel friction and stress like I did.

Below are eight ways you can bring your feminine energy into alignment. I recommend doing at least two things from this list every day, if not more. This will help you learn how to live more in your feminine energy so you can start becoming a magnet to everything you want.

8 Ways To Tap Into Your Feminine Energy

1. Meditation.

Dive deep into your body, intuition, and soul. Turn on some soothing meditation music or follow a guided session, and give yourself the green light to just "be". Think of it like a spa day for your mind!

2. Dance.

Movement is like a magical glue that perfectly harmonizes your body, mind, and soul! With so many different forms of dance styles, let your inner creative genius dance like nobody's watching!

3. Chill Out.

Treat yourself to a bubble bath. Slap on a face mask, sip some tea, or let soft tunes serenade your soul. Take a breather for YOU, and embrace the art of simply "being"!

4. Create.

Unleash your inner Picasso with a coloring book, a canvas begging for splashes of paint, or just grab a pen and let your thoughts dance across the page! Dive headfirst into the magical world of creativity and bask in the bliss of creating something.

5. Take A Hike.

When you step into nature, it's like hitting the pause button on life's crazy roller coaster, letting you just be! This gives your body and mind time to enjoy nature and God's creations while grounding.

6. Share.

Dare to be vulnerable! When you peel back those layers and show your true self, you create a connection with others. It's a win-win—you're not just connecting with others on a soul level but also diving deeper into the fabulous mystery of YOU!

7. Flow.

Take a day off. Meaning, waking up and allowing you to move from flow for the whole day. Nothing on the calendar, just you following your intuition on how you want to create your day.

8. Join A Community.

When you are part of a community, you have the opportunity to connect and learn with others. In my community, we share, are vulnerable, and help each other grow. You can join mine or another one. But if you aren't part of anything, join something! Just like you need others, they need you!

In conclusion, embracing feminine energy is a powerful and transformative journey that can lead to profound personal and professional growth. Oprah Winfrey said, "Think like a queen. A queen is not afraid to fail. Failure is another stepping stone into greatness." By stepping into this energy, individuals can tap into their innate strengths of empathy, intuition, and creativity, fostering a sense of balance and harmony. In this space of authenticity and inner wisdom, true potential is unlocked, allowing for the achievement of meaningful and fulfilling results. Remember, the key to success lies not in suppressing feminine energy but in celebrating and harnessing it. As you continue on this path, may you find the courage to fully embrace your unique power and create the life you envision! In each woman lies a force, an energy known as the divine feminine. Let's use it!!

References: Healing the Feminine Energy by Reemus Bailey Huffington Post:
https://www.huffingtonpost.co.uk/grace-fodor/how-to-face-failure-like-a-queen_b_8687422.html



Amy Sanders

Amy Sanders is a serial entrepreneur and self-made millionaire. She's had many trials and traumatic events that shaped and changed her life. Through her Awareness—Alignment—Abundance methodology, she has taught and inspired thousands of women. Her life mission is to help women move from purpose and self-trust and create thriving lives.

www.instagram.com/coachamysanders/%20

<https://amysanders.co/>

<https://www.facebook.com/groups/261373872245132/%20>

<https://www.linkedin.com/in/coachamysanders/%20>



Get Featured in *Women Thrive Magazine*

Women Thrive Magazine Contributor Opportunities For Every Woman To Be Empowered To Use Her Voice and Share Her Story with The World

Do you have a story to share with the world? Are you passionate about empowering women through your unique point of view, life experiences, insights, and expertise?

At Women Thrive Magazine, we invite contributors from diverse backgrounds and experiences in life and business. We now have opportunities for women to contribute their knowledge and expertise on our platform and be spotlighted to our audience. We welcome you to join us as a Contributor or Expert Writer and be part of our collective mission to inspire women to THRIVE all around the world.

Women Thrive Magazine Contributor Opportunities For Every Woman To Be Empowered To Use Her Voice and Share Her Story with The World. Why Become an Exclusive Contributor on our Platform?

- By becoming a contributor, you position yourself as a thought leader, reaching a diverse and engaged audience eager to learn from your experiences.
- Your stories have the potential to inspire and empower others on their journey.
- Share the lessons you've learned, the challenges you've overcome, and the victories you've celebrated to uplift the Women Thrive community.
- Women Thrive Magazine is read by women across the globe. Joining as a contributor means your insights resonate internationally, making a positive impact on women from various backgrounds and cultures.
- Whether you're an established expert or a rising star in your field, Women Thrive Magazine provides a platform to showcase your expertise. Share valuable advice, industry insights, and actionable tips to enhance the lives of our readers.

Upcoming Monthly Themes

March 2025:
Her-Story in the Making: Women Redefining Legacies

April 2025:
The Visibility Secrets: Keys to more visibility and powerful marketing strategies

May 2025:
Your Voice is your Superpower: How women are making impact using their voice & thought leadership

SUBMIT YOUR ARTICLE NOW

Email: editor@womenthrivemagazine.com

Please review our submission guidelines below:
womenthrivemagazine.com/article-submission-guidelines



Are you *in love* with being *Alive*?

by Phylecia Kellar

I love asking this, because I truly believe I am and you can be too.

How can we be in love with being alive? It all starts with a belief system that this can happen.

The next thing is discipline, because if you have discipline, it trumps motivation every single time.

I think a lot of the time we get so caught up in being busy and our everyday lives, that we forget the big picture.

What are our dreams that could be made into goals?

Then when we focus on that, we can even lose sight of enjoying the road.

Enjoy the climb, just because you're not at the mountain top, doesn't mean you can't enjoy the view around you now.

If you're reading this, you're probably motivated, you're probably a high achiever...

But are you enjoying the road trip that is life?

That's what I want for you.

I'll tell you a story first...

When I realized I was in love with being alive, nothing wild had happened.

No crazy business jumps, no wild love that I had found... I woke up one day and enjoyed the life I had built.

I have a great circle of friends, I keep my family close to me, I am always working on ideas that fire me up (and stress me the heck out) and with that, I approach everyday, happy to be here.

I know that there are seasons that are harder than others, and I definitely know that trauma, loss and terrible things can happen tomorrow or the next minute, but why not enjoy the now while we can.

When I'm with my nephew, we always stop to see the beauty, to enjoy the times that are good as much as possible. I always stop when we're having a great day, to pause and let us both enjoy that time together, and bask in the glory of the good days.

And now, because he's been hustled into this way of thinking - he'll stop me and say "Phylecia.. Look at the sky..."

I am so proud of him because he looks around him, he enjoys the beauty in his days, which makes him enjoy his life a little bit more.

The book by Dan Sullivan, *The Gap and the Gain*, rings so true for this conversation.

He teaches that instead of looking at the gap, and everything we don't have - look at the gain in every situation.

How can we find the good, how can we find the lessons and the value in every situation?

I began to train my mind to only focus on the good, to understand that the only thing I can control is my effort, attitude and reactions.

How can we look at our world everyday and see the good?

The first thing I want you to do is start a routine in the morning or whenever this works best for you.

What helps me the most is being able to pray daily (to whomever you believe in) and focus on the gratitude.

Even in the smallest ways, find the beauty and the gratitude each day.

Look at the big picture, look at where you've come and where you are now.

Life is a climb, sometimes it's harder than others but a climb no doubt.

My therapist once told me... keep trudging forward.

I was taking a jog the other day with my boxing friends and nephew, and don't you know I was last and had to stop and walk a few times... but I kept putting one foot in front of the other.



That's all we can do sometimes.

In different seasons, we'll be nailing it, we'll be running full tilt, but other times, we just need to know to keep putting one foot in front of the other.

My message to you today is this:


Look at your world and look for the beauty in it today, look at what you do have, what lessons you have learned and focus on being in love with being alive every single day until you've trained your mind to do so naturally.

"Enjoy the climb, just because you're not at the mountain top, doesn't mean you can't enjoy the view around you now."



Phylecia Kellar

Phylecia Kellar is an author, speaker, sales professional, creator of the Ballin And Bipolar podcast, and inspiring Bipolar Success Coach for others who face mental health diagnoses. After her first manic episode in 2009 ended her life as she had always known it, Phylecia embarked on a multi-year journey to rediscover herself, build a new belief system, create stability, embrace her diagnosis, and forge a life of happiness, gratitude, magic, and giving.

 [phylecia_ballinandbipolar01/](https://www.instagram.com/phylecia_ballinandbipolar01/)

 www.ballinandbipolar.com

Celebrating the Merit of Your Passion

by Marcy Bialeschki

Every passion has merit, but we don't always feel that way when we begin to compare our passion to those of others. Comparison is always self-defeating because no one is exactly the same. Yes, some people's passion will seem grander than yours, but that doesn't mean yours lacks merit. I learned this lesson recently, and I thought it was worth sharing.

My personal passion pursuit

As a retired English teacher, I spent years reading and studying classic novels. In those same years I wrote numerous papers and journal articles analyzing, explaining, and critiquing the literary elements of these preferred works. I was essentially doing the work that I was supposed to do as a literature teacher. It was my job, and I did it well. But it was a job, not my passion; and unlike others in my field, I didn't particularly enjoy all of the required reading. This fact always made me feel a little bit like an imposter. I understand now that I wasn't an imposter. Instead, my career responsibilities just weren't my passion.

These days I'm retired from teaching, and I'm a romance-suspense author. I must say, life is great having the liberty to read and write what I like. Every day I do the work that inspires me, and I exhibit my true creative energy, which I believe is a real blessing.



Finding confidence

Being so confident and poised in my craft did not come naturally, however. There were challenges. For example, romance writers are expected to bring a little heat to the page. Initially, it was stressful deciding how much spice got added to the sauce. Part of the difficulty is that spicy content is so subjective. My "5 chili pepper" book might only rate as a "3" for someone else. Preferences vary.

When I first started writing, I was worried about how my mom and her friends would react to the romantic pursuits in my novels. I was worried about being too spicy for them and also not spicy enough for the polar opposite reader. And then it hit me - I don't have to write a book everyone likes. I just need to write what I want, what I feel, what fuels me. By doing that, my audience will gravitate to my unique insights. Would it be nice if everyone liked my style? Absolutely! But am I obsessing over every detail, hoping not to offend someone or hoping I use the right words and create the right content to make everyone happy? Not anymore. But just as I came into my own and got in the groove of my style, a naysayer challenged the merit of my passion.

Defending my passion

Once, after a presentation where I also read a passage from one of my books, I was asked to explain the 'merit' in my work. The tone of this man's query was unmistakable. He definitely thought writing romance lacked merit. After my mood swung wildly from shocked to confused to ticked off, I collected my scattered thoughts and formed a rather scathing reply. I must say, I was quite pleased that I left my adversary with the same shocked response he initially gave me.

My reply went something like this:

Well, Sir, I can use words to make you feel the tickle of hot breath on your neck, and then send a sensual ripple through your skin and down your spine. I can then make you feel the first touch of soft, gentle lips on that spot right behind your ear and make your heart race. I believe that skill has merit.

I can also make you cry uncontrollably over a breakup that's not even real and that's not even yours - a breakup between fictional characters that you love so much you're not sure when you'll recover enough to resume your regular, daily duties. There's merit in that, too. Finally, I can make you experience something incredible that's caught in the thrilling space between what's unlikely and what's possible. There is definitely merit in that ability. Just because our priorities are not the same, doesn't mean that one of us is better than the other - smarter than the other. It just means I have a gift you don't, and just because you don't understand it, doesn't mean it lacks merit.

Directly after delivering that punishing response, I felt like a champion. I was on cloud nine. It wasn't long, however, before I was rethinking my decision to put that man in his place. Looking back, I handled that situation all wrong because no one should have to defend their choices regarding their passion pursuits. No one needs to explain the merit in the work that makes them happy--- the work that expresses their creative soul. I should have simply said, "I don't have to explain the merit in my work. The fact that it's my passion explains it all."

The illuminating truth

In the article [The Right Way to Follow Your Passion](#), Brad Stulberg discusses the value of harmonious passion, a passion that's pursued out of love. Stulberg then explains obsessive passion, which focuses on a reward. Discovering these two variations, I began to wonder if my love for writing romance novels would wane if no one bought them and if no one read them.

***"Comparison is
always self-
defeating because
no one is exactly
the same"***

Ultimately, I circled back to my initial thoughts and feelings on this topic, and I arrived at my illuminating truth. I believe my passion should serve me above all others. If I write novels that speak from my soul and reflect my likes and my personality, the people in my circle will connect with them. The merit of this approach is now so obvious. I don't have to feel obligated to write a bestselling novel. I just need to write one that I love.

These days, I write what I want. I write what I like. I give my work merit by using precise words to bring a fictional world to life. But mostly, I give my work merit by staying true to me and not worrying about what everyone else wants and thinks. I've grown into my creative self, and I've discovered it's a blissful place to live. I highly recommend just being you and celebrating the merit of your passion. Just because some people won't 'get it' doesn't mean it's not real.


For more powerful and inspiring articles championing your self-worth and your passion, check out the November issue of Women Thrive Magazine.


“Just because some people won't 'get it' doesn't mean it's not real.”

Marcy Bialeschki

Marcy Bialeschki is an award-winning, No. 1 bestselling author, and entrepreneur. A retired English and speech teacher as well as a school counselor, Marcy worked in education for 36 years before becoming a full-time author. Marcy has published numerous online articles, and a four-book romance suspense series titled The Vengeance Series. She is also the founder of Tastefully Sexy by MarcyB, an online business that coincides with her world of fiction.

 www.facebook.com/marcybialeschki/

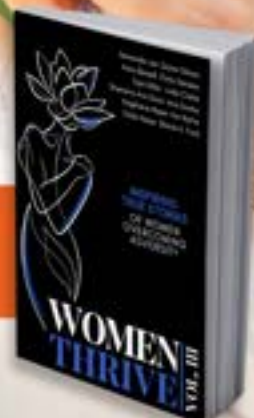
 <http://www.marcyb.net>

 marcybialeschki/



Become a Published Co-Author WITH WOMEN THRIVE MEDIA

Ready to Share Your Story in 2025?



Join a powerful co-authorship opportunity with Women Thrive Media

Aspire to become an author? This is your chance to publish your story alongside inspiring women. Our expert team will guide you from planning and writing to marketing and launching your book.

Collaborate, connect, and become a global best-selling author. Let us help turn your story into a lasting legacy.

Why Co-Author Your Book with Women Thrive Media?

- We have an experienced and professional team of all book-publishing skills who will support your entire authorship journey.
- Co-authoring is more than writing a chapter—it's about building relationships with a community of women who share your passion for storytelling and personal growth. Together, you'll celebrate milestones and amplify each other's success.
- Our proven strategies position our books to achieve global recognition, including best-seller rankings. Joining us means your name will be associated with a powerful, impactful project that reaches readers across the world.



Ready to share your story? Join our co-authorship program and create something powerful with like-minded women. Let's inspire together!



*Apply now and start your
co-authorship journey with us!*

<https://womenthrivesummit.com/become/author/>

Family Matters: *How to Avoid Ostracizing Friends and Family Dealing with Health Issues*

by Emilia O'Sullivan

I've lived with health challenges my whole life, and I can tell you that one of the hardest parts isn't the surgeries or the endless appointments. It's feeling isolated from the people I love. Over the years, I've learned what helps and what hurts when supporting someone facing a health battle.

The holidays can be an especially challenging time. With Christmas and New Year parties to attend, fielding awkward questions about what's wrong, why you don't seem like yourself or why you haven't touched the foods you normally enjoy, on top of not feeling well, is, quite frankly, exhausting!

If you have a friend or family who's dealing with health issues, it's important to understand the best way you can support them. Even with the best of intentions, it can be incredibly hard to find the right balance between being there for your loved one and unintentionally pushing them away.

Educate yourself, but don't assume

When I was younger, I hated feeling like a medical condition instead of a person. While learning about someone's illness is important, don't act like you know it all.

Everyone's journey with their disease is unique. In 2022, 29,000 people in Australia with kidney failure received a transplant, and I'm quite confident they each have a different story from mine.

A good tip is to ask your friend or family member exactly what they need from you. Questions like "How are you feeling today?" or "What can I do to help?" are a great place to start. Trust me, that approach means more than rattling off facts from the internet.



"Sometimes, just knowing someone is there to listen is enough."

Resist the urge to "fix" everything

When I faced surgery after surgery, there was no magic solution to make it all better. Hearing people say things like, "At least it's not worse," or offering solutions I'd already tried only made me feel unheard.

Sometimes, just knowing someone is there to listen is enough. A simple "I'm here for you" or "It's okay to feel this way" can mean the world.

Respect their autonomy

One of the hardest parts of being sick is feeling like you have no control. Whether it was choosing when visitors could come or deciding on my treatment, being included in decisions helped me feel empowered.

Instead of planning things for your loved one, try asking, "Would you like company this week?" It shows you care without taking over.

Consistency is key

What got me through some of my darkest moments was knowing who I could count on. Whether it was my parents showing up during hospital stays or a friend texting me every week, consistency showed me I wasn't alone. Even small gestures make a huge difference.

Mind your words

Language matters more than you might think. Phrases like, "Everything happens for a reason," or "You're so strong," didn't help when I felt anything but strong. On the surface, these sound like empowering and uplifting things to say, but in reality, they can make someone feel less in control than they already might.

When those closest to me acknowledged my feelings, whether they were fear, anger, or exhaustion, they made me feel seen.

Don't exclude them

There were times when people assumed I couldn't or wouldn't want to attend an event or be part of a decision. While it came from a place of care, it made me feel left out. Include your loved ones, even if it's just an invitation. If they decline, they'll still appreciate being thought of.

Be flexible

Health challenges come with unpredictability. When I was in the middle of some of my biggest health challenges during my twenties, there were days when I felt great, and others, I couldn't get out of bed. The people who adapted to my needs without judgment helped me the most.

When making plans, leave room for changes and understand if someone cancels last minute, it's not personal, it's just reality.

Care for the caregivers

My parents and husband carried so much of the load during my health battles. Checking in with the caregivers in someone's life is just as important as supporting the patient. A simple "How are you holding up?" or offering to help with their tasks can ease their burden.

Celebrate the wins

Living with a chronic illness isn't all doom and gloom. When I finally received my kidney transplant, it was a moment of triumph worth celebrating. Recognize your loved one's milestones, big or small, and let them feel that joy.

Practice patience and empathy

Above all, approach your loved ones with patience. Chronic health issues bring ups and downs, and sometimes, we just need space to feel our emotions. You don't have to understand exactly what we're going through, you just have to be there.

In my journey, the people who stood by me with kindness, patience, and love made all the difference. If someone in your life is facing health challenges, let them know they matter, not just as a patient, but as a person. It's the greatest gift you can give.

Emmilia O'Sullivan

Emmilia O'Sullivan is a renowned author, motivational speaker, and podcaster whose life story is a testament to the human spirit's indomitable resilience. Battling a myriad of health challenges, including kidney failure, cancer, and countless surgeries, Emmilia has defied the odds and emerged as a beacon of hope for those facing adversity.

<https://emmiliaosullivan.com/>

<https://www.instagram.com/emmiliaosullivan/>



Survival to Sensational – The Art of Upliftment

by Pamela Spencer



Pamela Spencer

Pamela Spencer is The CEO and founder of Empowering Women and Wellness Solutions and is an expert in authentic holistic healing which her company specializes in. Pamela is a catalyst in upleveling women's health, wellness, and resiliency. She is also a Family Nurse Practitioner, a Life and Health Coach, Motivational Author, and National Speaker.

Life can challenge us in many ways. Yet, in the journey of life's challenges, they serve as an opportunity for personal growth, self-discovery and in creating new beginnings. In the discovery of revealing your inner strength, life can unfold into sensational new beginnings. Yet, with life challenges that are inevitable, it is in the self-awareness of thought patterns that profoundly impact emotional and mental well-being. Trials become your transformational teacher. In overcoming my struggles from living in survival mode of fear and stress, after the loss of family members, to that of a sensational journey of transformation, it was in cultivating positive emotions, embracing self-love, faith, practicing gratitude, mindfulness, and in the fostering of female friendships that I learned to believe in myself and to harness my inner power. In the process of connecting with my authentic self, I chose to focus on cultivating positive habits and a positive mindset that helped to shift out of survival mode. Moreover, it helped me to shift my perspective from a limited and scarce mindset to one of abundance, gratitude, and true appreciation. These life-changing experiences are a conduit in personal enhancement, allowing you to evolve and thrive.

The power of female friendships additionally offers invaluable support in providing a safe space for sharing, in fostering resiliency, and in bonding with other women that are empowering. When women uplift and support other women, powerful shifts of love are felt. This then creates a connection shared to improve happiness and fulfillment. The bonds of female friendships help us to navigate in times of difficulties and in times of celebrating life's wins. The power of these friendships nurture deep bonds and create endearing inspiration.

Embracing positive personal growth is a journey of self-discovery and development, and in aligning with values that help in guiding decisions. When we live in alignment, we are true to our authentic selves. When we are true to ourselves, it leads to more fulfilling connections with others.

A research study was conducted by Harvard that included 75 years of data collection and clinical outcomes. The results of the study's primary conclusion indicate that having strong relationships are key to achieving happiness and a fulfilling life. P. Ewers additionally wrote that in the Harvard research results he describes that when you practice 'Positive Alacrity', you are not only uplifting others, but you are also uplifting yourself. 'Positive Alacrity' is defined by Webster's dictionary as promptness in response: cheerful readiness, to do something coupled with a positive attitude. P. Ewers additionally described it "as when we think something positive, we voice it to others". After reading this amazing research, I find that we each can create our own ripple effect for one another. We can positively and profoundly empower each other in sisterhood throughout life's journey. Together, we celebrate our femininity supporting one another in achieving sensational experiences and in uplifting each other in greatness.

**"When women uplift
and support other
women, powerful shifts
of love are felt."**

What is YOUR Story of Resilience?

by Lori A. Shin

Each and every woman I have ever known has their own unique story of pain, heartbreak, triumph, and transformation. The power of your own written story has the potential to become a living, breathing tool to inspire others. Are you ready to navigate not simply highlight your personal journey your mind, body, and spirit has traveled, but also serve as a beacon of shining inspiration for others walking similar paths? As a creativity strategist dedicated to empowering women over forty, I have witnessed firsthand how sharing these narratives can ignite profound personal and communal growth, in oneself, and for others who choose to listen, hear, read, and be educated, inspired, and entertained.

Heal Through the Power of Storytelling

Your story, and storytelling in a broader, more expansive view, is more than reviewing life's milestones; this transformational process of expressing your story has the ability to foster deep healing and connection. Women sharing their lives' most intimate details in a safe and sacred container can dive into the deeper, often uncovered aspects of their experiences. Not for the faint of heart, this profound and introspective journey paves the way to release past traumas, supports emotional intelligence, inspiration, and encourages self-growth. Storytelling and writing have the profound ability to help heal and are used in self-care, in one [NIH \(National Institutes of Health\) qualitative study](#), even in critical care areas for professional caregivers including nurses, social workers, and hospice volunteers.

Incorporating embodiment practices, using the breath, movement, allowing for witnessing space while expressing your story helps you, as well as the women reverently authenticating your sacred journey. Both storyteller and witnesses stay grounded and present, rather than reliving a past experience that can easily be overtaken by long-standing triggers and unhealed emotions. A collective and shared empowered healing can be the opportunity to build a life-long supportive community where authentic expression is encouraged and celebrated.

Empowering Inspirational Writers

There is such a profound need for platforms that nurture and amplify the voices of women speakers and inspirational writers. Sharing her one-of-a-kind story, a brave woman speaking her truth, and writing her life journey with all the twists and turns of an epic "shero's journey" tale can command the capacity to inspire, educate, and entertain through each women's unique point of view through the storytelling process; women who still struggle with limiting beliefs not trusting their full and unapologetic expression using their creativity will have the journey open their eyes to their future opportunities, and integrate toward where they have always wanted to be, have, and do in their lives.

"The power of your own written story has the potential to become a living, breathing tool to inspire others."

Would a retreat excite that resilient storyteller and writer in you? Imagine yourself in a grounded foundation as strong, impervious to any destructive elements, yet to reconstruct how you relate to yourself, your story, and your future to explore:

- who you are and who you are becoming
- yourself as an author
- being witnessed and bearing witness to others
- being in nature, with nourishing meals, and self-care rites
- safe, sacred space without judgment
- an intimate feminine community of creatives
- allowing time to connect with your body as a feminine aspect of the divine creation

Then, Women's Stories of Resilience holds the keys for you unlocking your personal and professional evolution. Both my award-winning book collaborator for creativity coaching and I feel our unified mission is empowering women to share their unique narratives. In supporting women, with our combined 50 years of experience in publishing, we choose to create a ripple effect of healing and inspiration, through this transformational process. Our upcoming book-writing retreat offers a sanctuary for women to embrace their creative power, connect with a supportive community, and turn their stories into impactful works of art.

If you are a woman over forty with a creative bent and a desire to share your story, I invite you to join us in mid to late May. Together, we will embark on a journey of self-discovery and creative expression, laying the foundation for thriving businesses and fulfilling lives. Embrace your resilience, share your story, and become the inspirational writer you were meant to be.

For more information on registering for the retreat, click [here](#). I encourage you to explore the many additional resources on women in business, visit [Women Thrive Magazine](#). Discover the transformative power of storytelling and take the first step towards a more empowered and creative future.

Lori A. Shin

Lori A. Shin, BFA, Certified Coach Professional, is a Portland-based creativity strategist and wedding officiant. She empowers creatives and visionaries to build thriving businesses and end the "starving artist" mindset. Passionate about innovation, mindfulness, and somatic work, she also leads women's retreats. Contact Lori at loriannshin@gmail.com.



A Vogue Cover Model's Inspiring Journey From to Cancer Survivor to Custom Hat Maker

by Kai Lassen

Kai Lassen dealt with bullying and criticism throughout her modeling career before facing cancer in 2014, and again in 2023 when she was told her biggest dream in life, having children, was no longer a possibility. Today, Kai is cancer free and living her dream of designing hats for her own small business. This is her journey.

"On the outside, [my life] looked like this fabulous life," Kai said, "But behind closed doors, it was very tortuous."

Kai, 42, began modeling at six years old while she was growing up in Jupiter, Florida. Little did she know, her modeling career would lead to her traveling the world, being on multiple magazine covers and modeling on the TODAY show.

As grateful as Kai was for her success, she often dealt with bullying, unwelcome comments about her body, and constant criticism through the years.

Kai emphasized the scrutiny that many models face, and the false perception that they receive. "People [would say to me], 'you're a model, your life must be so great and so easy,'" Kai said, "But that's not true."



In reality, most models experience insecurities with 63% experiencing body image disorder-like symptoms due to the pressures they face, according to studies.

In her school years, Kai felt especially tormented as her modeling gigs for Abercrombie & Fitch and GUESS appeared in her hometown mall at the same time. Her classmates would poke fun at the attention she was receiving, "People were mean," Kai said. "[I'd get] shoved into walls, girls would pretend to be my friend and then go behind my back doing every mean girl thing you could think of."



Kai eventually turned to homeschooling for her final years of high school. When asked what advice she would give young girls dealing with bullies, Kai said: "It's so hard. When you're young, it doesn't matter what anyone says to you, it is just what you're going through and how you feel. [The bullies] are jealous, and their way of dealing with [jealousy] is by making someone else feel bad. As a child, you don't understand that. You just want to be loved and have friends. But [you have to trust that] it's going to get better."

Life did begin to get better for Kai. In her twenties, she modeled off and on while tapping into her creative side and working in production and alongside various celebrity photographers.

A few years later, things took a turn for the worse. Kai's first cancer diagnosis came in 2014 when doctors found a grapefruit-sized tumor on one of her ovaries. It was always a dream of Kai's to be a mom, and the tumor terrified her.

Fortunately, they were able to remove the tumor swiftly and in one surgery, preserving her ability to have children.

With her health and life back to normal aside from the bi-annual cancer checkups, Kai began modeling again full time until the Covid-19 pandemic hit in 2020.

During the pandemic was when Kai's creativity flourished, and she dreamt up her own designer hat line. Kai wanted something that was fully her own, something that she could take pride in.

"Trust your body. Stay positive. Surround yourself with people that love you. You'll get through it, and you'll find your purpose from there."
-Kai Lassen

She began watching hat making tutorials online and putting the pieces together to create beautiful, custom hats. Kai's friends fell in love with her hats as much as she did. Once she started selling the hats on Etsy - her business took off. At the time, she was the only custom hat designer for the style she was making, and she began reaping the success of her designs.

It was 2023: Kai's focus was on her hat business when she began experiencing pain once again in her uterus and was rushed to the hospital. The doctors found another solid mass and suggested a full hysterectomy.

Before the hysterectomy, Kai consulted a fertility doctor, asking if it would be possible to save and freeze her eggs. Kai found herself crying when the fertility doctor explained that they were beyond that stage.

On December 27th, 2023, Kai had a total hysterectomy. She's unable to bear children, but she is cancer free.

Kai shared her experiences and advice to overcome challenges, "Trust your body. Stay positive. Surround yourself with people that love you. You'll get through it, and you'll find your purpose from there."

Less than a year after the hysterectomy, Kai launched her first brick and mortar store on small business Saturday, Nov. 30th, 2024, in the Paramount Building in Palm Beach, FL.

As challenging as the last decade has been for Kai, she still finds a way to thrive as a woman small business owner, custom hat designer and cancer survivor.

Reflecting, Kai said, "This is the path I am meant to be on. I'm not going to be a mom, but I'm going to help other kids. I'm going to make hats and help other people be happy. My hats are my children now."

Kai Lassen

Kai Lassen is a former international runway model who's appeared on many magazine covers and modeled campaigns for various brands. Kai was diagnosed with ovarian cancer in 2014 and became cancer free in 2024. She now owns her own designer hat line.



From Executive to Entrepreneur: Career Transitions with Purpose

by Farheen Qadir

Listening to the Quiet Call of Purpose

Have you ever wondered what it would feel like to redefine your career completely? What if you had to leave behind years of hard-earned success to pursue something deeply personal and meaningful? Navigating a career transition can be one of the most daunting yet transformative experiences of a lifetime. For over two decades, I thrived as a senior executive in the chemical industry, a space where women leaders were few and far between. While I took pride in breaking barriers and succeeding in a male-dominated field, my professional identity became tethered to my title and achievements. The question lingered: was this truly aligned with my purpose? My journey from corporate executive to purpose-driven entrepreneur was not without challenges, but it taught me invaluable lessons about identity, risk, and empowerment. Today, I lead two ventures—The Mira Shoppe, a socially-conscious jewelry brand, and Amanat Strategic Advisors, an investment firm. Both are aimed at uplifting and empowering others.

Lesson 1: Redefining Identity Beyond the Corner Office

For years, my identity was intricately tied to my corporate career. As a senior executive in the chemical industry, I was often the only woman in the room. While this position was a testament to my resilience and expertise, it also came with immense pressure to continuously prove my worth. Over time, I realized that my title and accolades, while meaningful, were not enough to fulfill me. True fulfillment lay in aligning my career with my values and purpose.



Decoupling my identity from my corporate role required a mindset shift. I had to ask myself: What impact do I want to leave on the world? This question became the compass guiding my transition. By stepping away from a traditional path, I gained clarity on the deeper purpose that would shape my next chapter. Research by the [Harvard Business Review](#) found that 9 out of 10 people are willing to earn less money to do more meaningful work, highlighting the universal desire to align careers with values. Moreover, data from the same source reveals that meaningful work is a top priority for 70% of professionals worldwide, underlining the importance of this pursuit.

“True fulfillment lay in aligning my career with my values and purpose.”

Lesson 2: Embracing Risk as a Catalyst for Growth

The decision to leave a stable and successful career to start my own business was not easy. The Mira Shoppe was born from a personal passion for craftsmanship and a desire to support women artisans globally. My first step into entrepreneurship was both exhilarating and terrifying. I traded boardroom meetings for craft fairs and started learning the nuances of running a small business from scratch.

With The Mira Shoppe, I aimed to empower women through beautiful, handcrafted jewelry that carries a story. Each piece—whether sterling silver from Taxco, Mexico, or handwoven bags from Colombia—represents a commitment to empowering women artisans and supporting girls' education worldwide. According to the [National Women's Business Council](#), women-owned businesses account for 42% of all businesses in the U.S., employing 9.4 million people and generating \$1.9 trillion in revenue. The leap into entrepreneurship taught me to trust my instincts, embrace failure as a learning tool, and remain grounded in purpose. It's a reminder that taking risks often leads to the most rewarding outcomes.

Lesson 3: Empowering Others Through Financial Independence

As I grew The Mira Shoppe, I recognized an even broader opportunity to create impact—through financial empowerment. Women often face systemic barriers in accessing financial resources, whether to grow their businesses, support their families, or secure their futures. My next venture, an investment firm launching soon, is dedicated to addressing these barriers. By focusing on early-stage investments and financial education, the firm will provide women with the tools they need to build wealth and achieve independence.

Organizations like [Camfed](#), which empower girls through education, have demonstrated that educated women reinvest 90% of their earnings into their families and communities, compared to 35% for men. This statistic underscores the transformative potential of empowering women financially. Similarly, research from Camfed highlights that every additional year of schooling increases a girl's future income by up to 20%. My goal is to create a similar impact: empowered women investing in themselves, their families, and their communities. Through both of my ventures, I hope to demonstrate that purpose-driven work can be both impactful and profitable.

Creating a Legacy of Empowerment

My journey from the corporate world to entrepreneurship has been one of self-discovery, courage, and purpose. By stepping away from a career that no longer aligned with my values, I found fulfillment in creating opportunities for others. Whether through The Mira Shoppe or my investment firm, my mission remains clear: to empower women and girls to lead with confidence, resilience, and independence. To women considering a career transition, I offer this advice: listen to the quiet pull of your purpose. Take the risk. Embrace the journey. The impact you create will not only transform your own life but will inspire others to do the same.

“Taking risks often leads to the most rewarding outcomes.”

Farheen Qadir

Farheen Qadir has over two decades of experience as a senior executive in the chemicals industry, having worked in Mexico, Turkey, Japan and Italy for multinationals including Colgate Palmolive Company and BASF. Leaving the corporate world, she founded The Mira Shoppe, a purpose-driven jewelry brand that empowers women and supports girls' education in underserved communities.





**“healing begins
—when we
recognize that
we are human
beings, not
human doers.”**

Empowering Women Through the D.A.N.C.E of Life: Holding Space and Embracing Embodiment

by Dr. Lori Baudino

In the newly released movie *Wicked*, the Ozdust Ballroom scene delivers more than a dazzling display of movement and music. It reveals the power of non-verbal connection, where emotions transcend words, and dance becomes a language of its own. This scene exemplifies the therapeutic concept of “holding space”, a transformative idea explored in clinical care and human connection.

Psychology Today identifies “holding space” as being fully present with someone else—without judgment or distraction—allowing them to express their experiences and perspectives. As an integrative licensed clinical psychologist and expert in Dance/Movement Therapy, I find this concept foundational in my work. “Holding space”, for me, is the container I create for individuals to feel safe, seen, and supported. It’s where they can express deep desires, past experiences, and future dreams while remaining in the here and now—a space free of fear, anxiety, and judgment.

My approach centers on the understanding that our bodies hold the narratives of our lives. Through my D.A.N.C.E. framework, I outline how movement connects us to ourselves and others:

1. (D) Differentiation: The smallest movements we make—whether subtle or grand—are unique and tell a story.

2. (A) Attachment: These movements combine to form our patterns, rituals, and preferences, reflecting who we are.

3. (N) Narration: By observing and verbalizing our movements, we bring awareness to what is happening in our bodies and lives, removing labels of judgment.

4. (C) Consciousness: This awareness fosters understanding and insight, a vital step toward personal growth.

5. (E) Empathic Engagement: Finally, we use embodied empathy to connect with ourselves and others, holding space for healing and transformation.

In *Wicked*, the characters' movements during the Ozdust Ballroom scene reflect this process. Their interactions are charged with emotions—joy, longing, and connection—all communicated through dance. Their shared space becomes a vessel for expressing the complexities of their inner worlds.

I note that the act of “holding space” in therapy is a dynamic, embodied experience. “We witness the truth of the body breathing, the heartbeat, the posture, and the facial expressions of reciprocity and attunement,” I often explain. “By doing so, we give individuals the space to simply be. This is where healing begins—when we recognize that we are human beings, not human doers.”

This idea of honoring embodiment is especially resonant for women, who often feel pressured to “do more” and “be more”. By slowing down and observing how we move in our daily lives, we can reconnect with our innate wisdom. Movement, as I see it, is our universal language: it allows us to explore emotions, build relationships, and make choices about how we interact with the world.

Dr. Lori Baudino

Dr. Lori Baudino has been a practicing clinician for over 20 years. Her professional work fuses integrative health into hospital care, private practice, parent education, academic teaching, and global outreach. Her approach is grounded in the belief that the mind, body, and spirit are interconnected. She uses an embodied methodology.

For instance, consider how we navigate physical space. Are our movements direct and purposeful, like a commuter rushing to work? Or are they more fluid and exploratory, like a child chasing bubbles? I see space as a connection—it reflects how we relate to others and our environments. By becoming aware of how we move—whether in sync with another person or at odds—we can deepen our understanding of ourselves and our relationships.

In moments of self-reflection, I encourage women to ask: How does my body move in different spaces? What feels best for me? I remind them that movement choices matter, as they influence not only how we feel but also how we affect others.

The Ozdust Ballroom reminds us of this truth: movement is connection, and connection is empowerment. By “holding space” for ourselves and others, we honor the emotions that make us human and embrace the embodiment of life. As I often say, “Choose to make space for yourself—to truly understand and welcome the embodiment of life. (Hint: You are already a mover.)”

Baudino, L. (2025). *Moving moments in childhood: A dance/movement therapy lens for supporting the whole child*. Routledge.

“Choose to make space for yourself—to truly understand and welcome the embodiment of life. (Hint: You are already a mover.)”





Season 4



RAIMONDA JAN
Founder of Women Thrive Media



ABIGAIL REBECCA
The Visibility Coach

Women Thrive Podcast - Season 4 is on Fire!

The Women Thrive Podcast Season 4 is making headways in the podcasting world! With the new line-up of inspiring guests featuring powerful real, raw and vulnerable conversations we have climbed our way up the charts to land in the Top 5% of Global Podcasts according to Listen Notes website. We are grateful to our listeners and those who take the time to leave us reviews. You help us make a difference!

***Celebrating
Being Ranked
Top 5% Podcast
Globally***




Want to Be a Guest On The Women Thrive Podcast?

Would you like to be interviewed by our hosts Abigail Pugh and Raimonda Jan? This is your chance to get featured and share your voice with a global audience of female entrepreneurs and women who love personal development.


Appearing on the Women Thrive Podcast offers you the chance to expand your visibility and reach an audience of over 600k.

*Production fees may apply

<https://womenthrive.club/podcast>

RedCircle 



Google Podcasts 



BE YOUR OWN VALENTINE AND GIVE YOURSELF A SWEET GIFT

This Valentine's Day dare to be your own Valentine or why not gift your biz bestie and sweet Valentine's surprise with a Women Thrive Magazine annual subscription. It's a gift full of inspiration, empowerment, and knowledge that can be cherished all year long!



Scan the QR code
or Visit the Link!



www.womenthrivemagazine.com