

S1:E19 - activation-of-love-the-why-behind-jennasis-speaks-w...

 Tue, 12/1 12:39PM  45:11

SUMMARY KEYWORDS

women, podcast, activation, story, life, dealt, healing, compassionate, unconditional love, speaks, called, impact, heal, movement, hear, shame, testimonials, voice, share, stories

SPEAKERS

Jennifer Malcolm

Jennifer Malcolm 00:10

Welcome to the Jennasis Speaks podcast, The Transformative Power of Women's Stories, a platform that empowers women storytelling, to promote collective vulnerability, acceptance and healing. I am your host, Jennifer Malcolm, self made entrepreneur, women advocate and life balance expert. Welcome to the next episode of Jennasis Speaks podcast, The Transformative Power of Women's Stories where every woman has a story and every story matters. That means you, I am your host, Jennifer Malcolm founder and president of Jennasis and Associates, and women's voice activists of Jennasis Speaks, trying that title out. Today, we're going to do something a little different. And I'm going to take some time to share the vision of Jennasis Speaks, why this is important what the impact is, so far since we started this podcast in mid June, or July, I think mid June, and where we're going from here to share the why. And to give each of you a deeper understanding into who I am, what this movement is, as well as the team of women around me that is helping get this done. So for clarity, I know that there has been huge support huge, huge, huge support of the work that we're doing. And I'm going to take some time throughout this podcast to share some of the testimonials received. And some of the stories that I've heard. But this is a movement that is for all women from all walks of life. We are not associated or discriminate against age or race, your social economic status, religion, sexual orientation. And the reason behind that is there are movements and platforms that advocate in those manners. And this one, I wanted to be all inclusive, I

am passionate about the inclusion of all women, and the compassionate listening that I feel called to, to not judge others. And that does not mean that I don't have opinions on things does not mean that some things may not ruffle, my feathers are not impacted by them. I'm human, as you all know, but it's not going to judge someone else's walk. And as long as people's hearts are open, and there is real ears for compassionate listening and compassionate learning. I think there's so much opportunity for growth, for healing for community that the world hasn't seen yet. And I'm really passionate about this. We are not a business resource. Although we can be a business resource. This is not about a nor are we therapists. But yes, we can provide great connections to individuals who do great with therapy work. We are not here for motivation, although you will get motivated through this. So you'll get some business insights, you'll probably get some therapy from some of our guest speakers through the podcast, you will be motivated. But this platform and this podcast and this Jennasis Speaks Movement is about healing. And it's about connection. And it's about community for women. Why now? Part of it is a gift of COVID. That gave me time to begin working on this in a very purposeful way. Part of it is Why not now? Why not? This dream has been in my heart to do something for women. For over 12 years This was after my divorce. When I was in my condo with small young age children. I remember storyboarding out a women's movement on a women's event that was all about surprise and wonder, healing and connection. So COVID gave me the gift of time graduating from my MBA this past spring gave me another gift of time. And so there was this vacuum. And it was in a place where COVID there was so much uncertainty. There was so much unknown. Think back March and April when things were really, really unsettling and unnerving. And I just began purposely writing thank you notes to individuals in my life and putting gratitude statements out on Facebook and very purposely reaching out to girlfriends around me, neighbors, friends, Jessica connect with them to ask how they were doing. And if they needed anything. The simple activation toward women, the simple place of connection. So why not now? Why not in this place? 2020? Why not? Now, I would love for someone to Google or find me the actual resource for this, because I've heard this statement over and over again, but I couldn't find it as I prepared for today. But that our culture is only as strong as they empower their women. And if you look back through generations, and cultures, and through history, you'll see that there are many origins and cultures that really, really empower women, and that that community was alive and strong, and others other cultures that suppress women's voices, or suppress women's opinions, or rights. And that that culture had a lot of flaws. So if someone can find that, Google it and provide me some resources, I'd be very happy. But for clarity, this is not an anti man. movement. This is very collaborative with men around us, and alongside us. But this is a special place for women to come together. For those of you who know me, I have a very strong relationship with my dad, who has cheered me on since I was little, he's my champion. And I want to honor him today. As I'm recording this. It's Veterans Day. Yes, this podcast is being recorded on 1111. And it's being released on 1112. I just went under my dad,

my husband, Chad, who is my rock my strength. Remember when we met, and I unapologetically told him some of my dreams, and totally probably wouldn't meet a stronger woman or more. A woman who was set in her ways stubborn. Yes, I am stubborn, set in their ways, but also just a visionary and called to change the world. And I was like, if you want to be with me, outstanding, if you don't want to be with me, outstanding, I'm going to be unapologetic about the woman who am called to be. So I honor my husband, Chad today. And the laughter, joy, adventure, encouragement. When I tell him my big, hairy audacious goals might be had goals. He just cheered me on and says go get them. So it's not about an anti man movement. But it is about women coming together and collective vulnerability, to share, to heal, to grow, to activate. And that's really important. It's a place that men will be welcome. When men obviously are listening to this podcast. I know that for a fact. But it's a special place for women. On our Jennasis and Associates team, we have strong men. But again, they're ones who support women who don't feel that they are inferior, or beneath them. We have the no asshole rule on the Jennasis and Associate side, which means that our clients and team members treat women with respect and kindness and honor that we do. So through compassionate listening, I'm here to not judge anyone to listen, to activate, to facilitate a story to connect. And that's my life, a strong fire in my soul. That right now cannot be quenched to continue to create, dream, impact, gather, connect women together for a global movement. I truly feel like I'm stepping into my life's purpose and my life's work. I actually had someone last week say will there always be a need for this? Am I an answer? unequivocally was yes, there always will be need and room. One because as women who I am today, at 44 years old, will look different. In a decade when I'm 54. There may be different losses, different life issues, different traumas, different loss that I'll be dealing with. For those in the young generation who are just rising up. hopefully there'll be a movement that builds and embraces your confidence. But there'll be times where we fall down, skin, our knees, fail, make poor choices, and we need to step up and rise up again. So yes, I do believe that there's always going to be an impact of This work for generations to come. Our goal in this is not to create perfection, by any means. Anyone who loves Bernie Brown, that gifts of imperfection, what a profound book. And I know that I have dealt with feelings of perfectionist mentality, my entire life. This was not brought on by my parents by any means. But it was something that I created and live by, for decades, going from an A minus was not good enough in school ahead to be an A plus, being the best in the top. In the work that I do, being a leader, not finding not allowing me to fall or to fail. If I did super harsh on myself, and and really just flogging myself with shame and, and pouring that mentality of I'm not good enough. I'm not smart enough. I'm not pretty enough. And so, understanding that this is not about perfection, but is about a journey, a journey of growth, a journey of opportunity, a journey of joy, a journey of unconditional love. The goal of this movement is to birth, deeper kindness, deeper empathy, compassionate, listening, understanding, learning, growing. I'm going to read a little short testimonial from my

girlfriend, Missy boy went to college with a bw. We've remained lifelong friends. I think I met her in my freshman psychology class at Bonn Wallace. And her perspective on our podcast is at the Jennasis Speaks podcast gives a bold, challenging and compassionate voice to the stories of women in all walks of life. From the struggles of motherhood, to discussing racial issues, there is something for every woman to learn from this podcast. I love you, missy. an honor to call you my friend. My goal is to bring together women who want to heal together through art, painting, drawing, dancing, playing laughter, provocation, soul searching, activation, walking, talking, sitting around fires, learning how to breathe deeply together, becoming warrior women, any of you who saw my Facebook Live from about a month ago, look it up on our Jennasis Speaks Facebook, the call to the warrior woman fighting for our place, unlocking our voices breaking off shame, isolation, guilt. When I did my podcast with Johnny Mara, we were talking about women's voices. And the visual that she gave on that podcast was tremendous. She said that women have this cork in our throat. Some of it self inflicted that we put it there, some put on through the culture or through our family or upbringing, our environment, but that we lock down our voices and women. It is time to uncork our voices and let the voices arise. And may there be a crescendo and a song and a dance and a movement of confident women, imperfect women, but women on a walk together to heal and grow together. Her past thank God our pasts do not determine our futures. We get bogged down with regret and shame. We get bogged down with what if it could have been, it should have been. But our greatest places of brokenness and failure and pain, ultimately, can be our greatest authority for our life's calling and work. And that evidence is all around us. People who've overcome something and that became their life's work became a place of authority. And so for me, my failure is now my strength. My pain is now my provocation for my future. And my brokenness is now whole, and filled with joy and laughter. We become light shining in dark places, first within us, so light within us, we always think of light outside around us. But the healing, and the deep work starts here inside our hearts and souls for when we are healed, and when we are known, then we become light around us, for others, and we can become light and dark places. But when we try to become light, in our community, when we haven't dealt with our own pain and shame, or past, the impact is in his grand the life work. It's a life journey. I know it'd be in my life journey to heal. Because the more I heal, the more I am aware of small triggers. I look at the things that I still have a short fuse on, whether it's words, whether it's a look, whether it's a feeling that I know, still impacts my heart. And that's an opportunity to dig deep. And to say, why does this trigger? What makes me feel inferior, what makes me feel unworthy, what makes me feel not qualified. So our journey of healing is going to be a lifelong journey. But the beautiful part is, as we turn inside, to heal and to grow, to find our breath, to uncover and put a bomb of sweet oil over our inner wounds, we become more confident, and an army of women arises. And we become light in the dark places. This is an activation of love, of unconditional love. Many of you know I've talked about this prior. But many of you know

that. About eight years ago, I got my second tattoo on my foot. My first tattoo is on my wrist. And it's in Hebrew. And on one side, it says forgiveness, and the other side redemption. And I got that soon after my divorce. And for me, it was a simple way for me to realize that I needed to self forgive, forgive those around me, and to walk in my redemption through poor choices, through brokenness, and that I could be whole and redeemed again. But my second tattoo, and I know I've talked about it on this podcast before, but it's in Hebrew, it's on my right foot that says unconditional love. And I want for that. And that tattoo hurts like a son of a gun. In her foot tattoo work is painful. But anyway, the goal on that was that my foundation, the frame of my being my body would be upon a foundation of unconditional love. And the goal there was for me that I would have unconditional love for myself. Because at the time I still dealt with a lot of self hatred, shame, unworthiness, not qualified. And it was a simple activation reminder to my eyes as I saw my foot, to my body, to my soul, that if I can walk in unconditional love toward myself, then I could extend that and walk an unconditional love toward those around me. Recently, I was one of our top podcasts was with Rebecca Chilcote. And she wrote on Facebook, she's like Jennifer, you are setting the world on fire with your love. And how humbling how humbling that women are seeing the love radiating from my writing. From my Facebook Lives from my recordings from the podcast, setting the world on fire with my love. honored and I love you Rebecca, honored by your story and your friendship. We get to a place where we release things which no longer serve us. Me dealing with unworthiness no longer serves me. I dealt with this a lot when getting married and going into our wedding preparations with Chad feeling unworthy of His love. feeling that I had to earn it. And I've never met a man who looks at me with such passion. Eyes, tender heart, sees past all of my flaws and all he sees is beauty. physical beauty, spiritual beauty, emotional beauty. And all that breeds is deeper confidence, deeper love. And so it no longer serves me It still triggers feeling of inadequacy, unworthiness, unqualified. Do any of these words resonate with you? I know they have with me for a long time. But recognizing that these words no longer serve us, but also being compassionate. Many of you again, I'm going to refer to Joanie Mara, and the work that podcast I do with her and some of the healing work that I've done alongside her. And in one session, I was talking to her about a season of my life when I was rock bottom, where I was drinking and partying and coping through that, staying out late. And her tender kindness toward me was, it helped me in a moment, and to be gentle. It serves me in the moment for a reason. And whether it served me in a place where I ultimately didn't hit rock bottom, and contemplating suicide. Who knows? It doesn't even matter. But looking back through tender eyes of compassion, we do it for other people. We have compassion, deep compassion for other people. You're we're so hard on ourselves. Why is that? When we have deep compassion for ourselves, the layers of shame and guilt, inadequacy, start ebbing away. Now, obviously, this doesn't give me license to bring harm upon myself or to others, or to make harmful choices against others. We're human, we're going to make

mistakes, we're going to hurt other people. But the goal is to live a life of joy and kindness, tenderness, understanding. As I continue to read through some of the testimonials, I know that this will resonate with a lot of you listeners, there's a power of testimonials. There's something that when you hear a story, and it resonates, the transfer of power. And we're going to have to get my friend, Dr. Aaron, to help me understand it fully, and probably interview her to help all of us understand more fully. There's an activation that happens there's a transfer of hope there's a transfer of joy, there's a transfer of if not, if it happened to them, why can't it's happened to me, is a transfer of hope. So the power of these testimonies, testimonials, ladies, is that as you hear these stories, as you hear the testimonials, as you align with a theme of story, there's going to be hope, birth deeper in your heart, an activation that will occur a yes in your spirit. That makes it a reality for you as well. When I did my recording with Rebecca a few weeks ago, she sent a follow up and said she felt so loved and saturated with safety for me and the team. And that the glow that I have is pouring out to those around me that we as a team and me as a woman are safe. And there is trust built. There are things that women have shared with me over the last six months. Because they felt that I was a trusted resource and friend, which I am. And they shared in confidence. So so that level of confidentiality of community. Obviously the ones that are on the podcasts are, are sharing their story openly as an activation and as a place to hopefully bring healing another woman's heart and life. I'm saying this for those of you who don't know me, but anyone who really does know me, knows that I am not doing this for fame or glory. But for a life calling and purpose because the fire in my belly cannot be quenched cannot be quenched and it's activation of women arising is going to be powerful and is powerful already. I know that on Shelley calls podcast. We read a powerful work for Marianne Williamson, but I wanted to reread it again today because it is a quote that I have on my I have a in my office. They have a big question. bored with thank you notes and quotes and pictures from from over the years. Marianne Williamson writes, Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous. Actually, who are you not to be? We were born to make manifest the glory of God that is within us. And as we let our own light shine, we unconsciously give other people permission to do the same. As we let our own light shine, we unconsciously give other people permission to do the same. Powerful. So my question to you today is what if? What if the great exchange is true? What if the story of healing is possible? What if I get beauty from my ashes? What if I get light from stepping out of the darkness? Confidence over insecurity? Freedom, over shame. Voice Over silence? What if ladies? What if? Can you imagine a world of confident women? Not backbiting? Not petty? not jealous? And again, we're human. We're going to be imperfect. And that's okay. Not the goal of perfection. But can you imagine a world of confident women working together? First, what impact will this have on your own life? What impact would this have on your own life? What about your family? your parents, your siblings, spouses children? Then what about

your community? How would this impact your community? those around you, your work? And then how can this impact the world? Think if you could see a beacon of light over my home, and someone listening today has a beacon of light over their home. And that person shares it. And they have a beacon of light over their home. Think after months and months and years and years, the light that is shining around the world. It is possible. And that is my dream and goal. What does it mean to be fully seen? To be fully known? valued? honored? Heard? healed? What does that look like? Ladies? Know that one? Simple activation? One simple? Yes. In your heart. One simple activation within changes and heals. One person beyond you. What if one simple yes. In your heart brings healing to someone around you saying yes, to heal, to grow, to be vulnerable? To join together? I know this from the women I'm talking to that says hey, I may have a story to share. But I'm not quite sure I'm podcast material or I'm not quite sure that I feel comfortable being interviewed in a podcast style. Is there a way that I can be connected? And the answer is yes. a resounding yes. resounding yes. There's multiple ways. And I will give some, some contact information here at the end. But there's multiple ways that we can interview you and capture that in a blog in social in numerous different ways. So don't feel that just because you may not want to record a full podcast, that your story isn't important and that your voice doesn't matter. So get that out of your head, ladies. Your voice matters. And we want all the stories. We want all the moms coming together all the single moms coming together all the divorces all the beautiful marriages, the moms The grandmas, the young people, the overcomers. So we're coming together. And it doesn't matter if you say, Well, I haven't really been through much. We all deal with something, something self esteem, worth, value, voice, confidence, stress, anxiety, we all deal with something. And there are other women just like you dealing with similar things. And so the idea is that we begin putting these pools of women together, that have the same struggles. And when you see that someone else struggles with the same thing, it just brings hope it brings the isolation out of the way and it brings a community doesn't mean that we're instantaneously healed or, or formed or in a transformative place. But it just brings community and that community aspect is so important. We've also been asked what if I would like to remain anonymous due to whatever issue it is, or potentially people around you that you don't want to know your story, or that you don't want to indicate anyone in any of your stories, we will provide platforms for anonymous story gathering. Obviously, our team would know that but they have their under confidentiality agreements as well. And your story would remain safe, and you remain anonymous. And you can still share your story. I have two other testimonials that I wanted to read from two amazing women who shared their story on the podcast. When Riz shared her story, she said I feel like a weight has been lifted. I've been carrying those stories and those feelings around for quite some time. And I have this sense of relief and calmness, knowing that I've shared my story, and people will be able to hear about it. Amy, who is a dear heart, such courage that she had in her story. If you've not heard Amy stack story, please, please, please download it,

you will be in awe of her courageousness she wrote, sometimes you got to do scary things. Today is that day for me. I had the awesome opportunity to be part of a podcast, which feels like a movement, encouraging women to tell their story. I'm doing it afraid, because this is perhaps the most vulnerable I've ever been. But it's also the most free I've ever felt. I'm doing it afraid, because this is perhaps the most vulnerable I've ever been. But it's also the most free I've ever felt.



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Some of you may know that our website did go live a few weeks ago. It's still a soft launch. So I'm sure you'll find some typos. Again, we're just getting the content out there. And we're building this platform. It is quality beyond measure. But I did not want to wait till it was perfect in order to launch it. So if you go to Jennasis Speaks comm you'll see our podcasts, they're some of the testimonials, some new initiatives that we have underway. And the goal is to have an impact locally, regionally, nationally, and internationally. And the exciting piece, as we looked at the analytics this week, is that the podcast is global. We are on every continent, except for South America. Not sure why not South America but not South America. And Reagan pointed out, I don't think you're in Antarctica, either mom, but I'm not as concerned about Antarctica, but who knows we'll get there as well.

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Jennifer Malcolm 33:54

But to see the analytics that we're in Russia, Hong Kong, Africa, Europe, Canada, is both humbling, and insanely exciting. So exciting. For those of you who are curious about the journey that we're on, we're going to be wrapping up season one, ending the beginning of December. I will be closing out season one with a story that few know. Then we will begin Season Two starting beginning of January. And the goal there is that I will be interviewing someone from the Jennasis team. So someone in house will be still having guest speakers. And then I will also be doing a monthly podcast as well. People are asking how can I stay engaged. So right now we are building out and it will be coming live in January. So you'll start seeing Facebook posts and things that our website regarding Inner Circle group. Our workbook is almost to the publisher that will be coming out through the holiday season as well. So keep your eyes open on our Jennasis Speaks Facebook page, which is open to anyone, as well as our website. We're also on Instagram and Twitter. So feel free to keep checking back in on those things. But I'm also very curious as to what topics you guys want to talk about. We've had a broad set of topics throughout season one, most of it very organically created. But so far we've had childhood sexual abuse, becoming an early widow cancer, how the way we grow up impacts our adult choices LGBTQIA+ and faith, Emotional Freedom Techniques, body dysmorphia, educating the next generation against racism, being an athlete, and then paraplegic and the gifts of adoption. But I also want to

know what you want to hear topics that I'm interested to discuss and very open to discuss. So remember, this is a non judgmental zone. It is not mine to judge, it is mine to capture your story through compassionate listening. So topics I want to discuss is divorce, which I will be talking on season one, a little bit more about my divorce. Being a single parent, which I'm very familiar with was one for almost 10 years, eating disorders, abortion dealing with the emotional, physical aspects of someone who's had an abortion, someone that has contemplated or attempted suicide, or those around who may have had someone in your life, a friend, a spouse, a parent, commit suicide, I know that I had a very close friend, my friend, Doug, who committed suicide several years ago, and how deeply that impacted me and the trauma that I dealt with, from losing my friend. I want to continue to talk about physical abuse, emotional abuse, psychological abuse, sexual abuse, human trafficking, affairs. So we do want to get into some of the nitty gritty of stories, some of which I'm familiar with, some of which I'm not. And that doesn't matter, because I just want to facilitate and capture your story. And again, remember, if you're not comfortable giving your name publicly, then we can capture a story in an anonymous way. And then we can disperse it from there. I wanted to now read another testimonial by a beautiful friend Laura Steinbrink, who makes me laugh. I've known for about a decade and honored to call my friend. She said Jennasis Speaks is an amazing compilation of strong women fighting through silence, to share their stories of triumph over trauma and traumatic experiences. For centuries, women have suffered in silence from shame. And that ends now, thanks in part, to the bold vision and commitment of Jennifer Malcolm and the entire Jennasis team. Again, if you've not listened to Laura's podcast, download it this weekend, go for a walk. It is powerful. And I am honored to call her my friend and honor the courage. So do you guys remember, I'm gonna date myself here. So those of you who are 40 and over will find this familiar. Those of you who are in their 20s and 30s will probably have no clue what this is going to mean. But you can also Google it and find it on YouTube. But you remember Romper Room where they did that mirror has a bumper bumper stamper boo and they called out kids to see through this magic mirror and you always wait for your name to be called. But in preparation for today, there are three women's names that came to my mind and heart so I jotted them down and then that silly childhood show and visual came to my mind. So I don't know who this is for. But I do this is the part of activation. So today, Mary, I want you to know that I see you. You are seen. You are loved and you are valued. Holly today, you are seen. You are heard, you are loved. You are valued and hope today you are seen. You are loved you are heard, you are known. So ladies, now it's your turn. Close your eyes. Take a deep breath. Who are the first three people? Or the first three names that come to your mind and heart? say them out loud doesn't mean you have to know anything about them. I wrote three names down in preparation for today. And I know a Mary, I don't think I know Holly, don't think I know a hope I can be wrong. But no one comes to mind. And so these were three, just names. But now it's your turn to speak life, to speak of blessing to speak, joy, hope healing. Say it out

loud. Say it with your mouth. So your ears hear it, and activation of your spirit. And I know some of you are gonna think this is weird. Maybe woowoo. But there's something about activation and equipping. Others saying it, thinking it saying it hearing it, I wrote it. It becomes life giving and life bearing. So remember, this is not just about listening to a podcast and, and thinking that's a cool story or Wow, that was powerful. It's about activation. It's about it being a catalyst to do something. Do something today with this podcast as you're listening, share it with someone, share a story share a testimonial. Do those three activations of three, either women that you know, or three random names, speak them out loud, doesn't mean you have to understand it. Just do it activate your heart. And the programming that we're coming up with, I'm going to say the community that we're coming up with our workbook is going to have activations. We have a book club underway, we have groups to speak on, on and share on topics. So ladies, it's time to join together. It is time to join together, to heal, to laugh, to love, to be powerful in the gifting and calling of our life's purpose. For those of you who listen to Tesha Fitzgerald's podcast, probably mid season of season one. Powerful funny I've known Tesha. Since Jennasis Speaks version two or three, this is I think, rendition for so something about this name has been in my heart since 2011. And it finally feels like the right woman is wearing the right shoes to have this name. And I'm not saying me, I'm just saying the entity of what we're building here. And she writes that Jennifer always creates such great spaces for women to bring their authentic selves. Like we don't have to have it all figured out. We can have struggles, we can have ideas, we can have nothing at all, and just come. So thank you for creating safe spaces for women that allow us to just be ourselves. So I hope that this gives you some understanding of the why a glimpse into my heart, I hope you hear the joy in my spirit and in my voice. I'm asking you to join, do something to participate and encourage other women. Today's a day, each day, we can take a baby step, a minute step, a millimeter step towards our healing, towards our voice, towards our courage. And when we look back, in a few months, maybe a few weeks, maybe a few years, we'll see the healing journey that we've come through. And then we continue to go on. So I hope that you are encouraged, I cannot wait to continue to connect. Anyone who knows me knows that this is what I'm called to do in this season of life. I don't know if this is a lifelong journey for me, feels like it is feels like I'm finally stepping into the fullness of who I am created to be unapologetically stepping forward because I am worthy. I am loved. I am whole. I am healed. I'm a warrior. I'm enough. And so are you. Alright ladies, have a great day. Talk to you soon. Bye bye. Thank you for listening to the Jennasis Speaks podcast. If you love the show, one of the best things you can do is to share it with a friend. Tell them what you like about it. How it inspires you and invite them to listen. Subscribe to the Jennasis Movement to empower women's voices and reclaim the power over your own narrative.