

# Ladies, it is our time to shine

Marches for women's rights, pussypower hats, tribes, squads, campaigns directed solely at women to Support and Encourage one another, an internet uprising over Gaga and Beyonce performances...I can't remember a time where I have experienced the spotlight shining so hotly on our gender. I feel we have the power to go one of two ways...We can open our hearts and arms to one another, even thru our differences (rephrase, "especially" thru our differences) and **shine bright** for the world. Or we can stand alone with our arms and hearts closed; opinions/judgements/insecurity bundled tightly together, unable to let the light shine in.

As a woman in business I feel a responsibility to **shine bright** for those that I lead and those that I serve. Both my coaching and retail businesses are geared primarily to women so I feel that daily I am in a position to choose whether I will support and encourage or whether I will play small and give in to petty insecurities. I can tell you that even with the best intentions I don't always choose the right path. I may allow a competitive jealousy towards a fellow retailer take up space in my mind or quietly judge a life coach that is putting herself out there in a way that makes me uncomfortable...either way, I am left feeling small, inadequate and often physically sick. Seriously, check your body next time you are feeling jealous or insecure...is there a burning in your stomach? a tightness in your chest? Our body can be a powerful cue to what is happening in our mind. Take note of how you respond to stories in the media with regards to women and women's issues...when you support and honour other women how do you feel in your body? When you attack and tear down, what happens? Now take this into your life in situations or conversations with your colleagues, friends, customers... and simply take note. Are you left feeling open and relaxed? Or rigid and tight?

I was #watchingnotwatching the Superbowl with my girlfriend and our spouses when Lady Gaga came on. I was blown away by her energy, talent, and ridiculous voice (Not lip synced!). But then I said to my friend "I wonder if that bothers her" (referring to her teeny tiny belly). What the...??!! Where did that comment come from? She just completely slayed her performance and I am wondering if she feels insecure about her body. Well, I can tell you where that came from...MY insecurity about MY belly. Lady Gaga may never know that some woman in Tsawwassen is blah-blah'ing about her body instead of her killer half time show but I do believe these small moments make a difference.

These are the ones that slip under the radar, they are seemingly innocent but each time we make a little comment or tear another woman down behind their back our light is dimming. We have done absolutely nothing for our tribe/squad/sisterhood and possibly made ourselves physically ill in the meantime. In the midst of the marches and campaigns that are of course incredibly important we can also take action by taking note. If we notice ourselves playing small or our bodies feeling tight we can go forward with a new intention...to **shine bright** for the world.

My apologies Lady Gaga, you are totally fierce.

