

PODCAST TRANSCRIPT



EPISODE 83

*How Are You  
Still Standing?*

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HAPPY EXECUTIVE WOMAN

## Episode 83

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### How Are You Still Standing?

For Women's History Month, this year, I decided to focus on ways in which everyday women can make history for themselves. So I will be sharing with you and on social media, different quotes by women of color, powerful women of color, and my take on what that quote means to me and how it applied to my life.

Just thinking about this... if you only knew the many "failures" I've had, you would ask the same question my Metaphysician asked me when I appeared on her doorstep many years ago, and that question was...

***"How on EARTH are you still standing!?!?!"***

Today's quote is...

*"You will be wounded many times in your life. You'll make mistakes. Some people will call themselves failures, but I have learned that failure is really God's way of saying excuse me, you're moving in the wrong direction. It's just an experience, just an experience."*

And that quote is by Oprah Winfrey. So tune into the episode as I share with you what that quote means to me and how you can apply it in your life.

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### How Are You Still Standing?

See you inside...

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With everything that was going on in my life, or *that has gone on* in my life, I could wallow in the mess, waking up each day and reminding myself of what I had been through, or I could make history by not becoming a statistic and "*growing through it all*" so that I could help other women from a place of having been there before.

So what did I choose? **I chose the latter, of course.**

Did I ask the questions most of us ask when faced with uncomfortable and sometimes unimaginable positions... *absolutely!*

- Why me?

- Did I do something to deserve this?

- Why does this/that person appear irritated with me whenever I come around?

- I should just quit, but I have a family to care for.

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### How Are You Still Standing?

- Why is this/that happening to me ... AGAIN?

Asking the questions was great, but asking the questions and then sitting in the gap with my higher power, waiting for the answer, was where I found my strength, and **it became clear to me.**

The more I helped other women, the more I realized that I *may not have liked* the experiences that I had before; the painful, disappointing, "how could they do this to me" experiences, **but each one of them taught me a lesson.**

Life didn't end when the experiences happened, although, at times, I certainly wanted it to. **Those experiences are what allowed me to make history for myself.** Those experiences, some of which DID break me, also paved the way for me to rebuild myself into the woman that has lived *many* lifetimes worth of experiences that speak to the heart of my clients.

**I see you because I was you.** I know how to help you because I was forced to figure out how to help myself.

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### How Are You Still Standing?

I can teach leaders how to connect with and support *YOU* as your beautiful spirit when you show up at the office in disarray, disheveled, and downtrodden because I've survived and even thrived under leaders that had no clue.

**It's time for YOU to make history, Sis!** Your past experiences were just experiences.

*What you do with the lessons of those experiences is what truly matters.*

Healing, forgiveness, and finding and using your voice is a process that I'd be honored to help support you through.

You are a walking personification of what Women's History Month is about.

**Now get out there and make \*ish happen!**

So if you want to just jump on a call and just see how I can support you through whatever situation you're going through, be it a workplace trauma experience or you just need some support or some guidance. Feel free to jump on a call with me.

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### How Are You Still Standing?

You can schedule a discovery call by going to my website, [AnitaCharlot.com](https://AnitaCharlot.com), and clicking on the contact page. Send me a message through the contact page and I will get back to you personally.

*Until next time...*

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