

Ep #1: Welcome to Midlife Woman Redefined!



Full Episode Transcript

With Your Host

C. René Washington

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Who are you? Who are you without role or title? And what do you really want?

Welcome to Midlife Woman Redefined, a podcast for women near retirement who are ready to step into a new chapter of freedom, travel, and fulfillment. If you're ready to focus on figuring out who you are and what you really want, this is the place for you.

Here's your host, Master Certified Life Coach, travel addict, and Midlife Maven, René Washington.

Hello, welcome to the Midlife Woman Redefined, the show for midlife women who are ready to create a new life path by finally letting your shit go to get that life you've been craving. I'm your host, C. Rene Washington, a woman who's committed to moving through this best life chapter we call midlife freely, deeply, completely, and passionately, and helping as many women as possible do the same.

Now, I hate wasting my time or anyone else's. So if you're committed to wallowing in your sob story, then this is not the show for you. It will just irritate and frustrate you. But if you want to become a member of the Midlife Maven Nation, women who believe that living well is the best revenge, women who are coming out of successful careers, coming out of raising children to adulthood, being queen community volunteer, women who believe in the value of investing in personal development and want to now focus on prioritizing themselves and their dreams while living in purpose and passion, then this is the show for you.

This is the kick off of many conversations that will connect you to your true identity and desires and teach you how to get them. Now, I love quotes, and the theme quote for this podcast is from Good Morning America host Robin Roberts. "I'm grateful, but I'm not complacent." "I'm grateful, but I'm not complacent," because I will be helping you get rid of a lot of lies. The lie that focusing on yourself is selfish. The lie that is too late for you to realize long held dreams or new dreams. The lie that your tough circumstance isn't overcomeable. It is. And that you may survive, but you can't thrive. The lie that fun, passion, and pleasure can't be your regular way to roll.

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So who is this woman promising all of this pie in the sky? I'm a woman who loves pie and believes we should eat it joyfully. And I am a woman who has come through going from a happy marriage and happy career to divorce and career burnout. I'm a woman who has come through a mini stroke, big wake up call, and grieving, losing the most important person in my life. I'm a woman who has come through doing life the prescribed and traditional way to now being fiercely vigilant about living it my way.

In each episode, I'll be sharing details of my story and my clients', protected examples of my clients' stories that will help you redefine your who am I, and will help you rewrite your story because this is what I know to be true. We are continuously telling ourselves stories. There's the fact, the actual circumstance of what happened, and then there's the story that we tell ourselves about it. That story connects to making us feel a certain way, which then makes us act a certain way. And I'm going to be teaching you how to tell yourself better stories, how to tell yourself stories that serve you in getting what you want and living the way that you want to live and not in a way that is fake or made up. What's really fake is the stories that you're telling yourselves about what you can't have. That's the fakeness. This will be about you telling yourself stories in a way that allows you to connect to your truth and then bravely live it.

Woo-hoo. This wraps the inaugural episode of Midlife Woman Redefined. I'd be ever-so-grateful if you took a few minutes to rate and write a short review about the podcast. This helps the show become discoverable, which helps me continue to show up, helping you and many more women. To rate and review, iPhone users go to the Apple Podcast app, and Android phone users will go to the iTunes app on your desktop computer. If you're not as tech savvy as you'd like to be, that would be me, get someone who is to show you how to do this. It is important. And don't forget to hit the subscribe button so you can never miss an episode.

I'm providing a little incentive for you to help me kick this podcast off with a bang, by giving away five \$100 Amazon gift cards. Yes, I said five \$100 Amazon gift cards. Do rate and review to get into drawing. To get the directions for rating, reviewing, and entering the drawing, go to

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crenecoach.com/podcastlaunch. That's C, the letter C, Rene, just one E, renecoach, crenecoach.com/podcastlaunch. The link is provided in the show notes. If you have a dream, and you just need a plan, or if you're just totally confused and don't know what you need, each week, I'll be sharing tips, resources, tools, and real-life examples from my life and my coaching experience, on how to make your dream life a reality. So please come on back, and let's do this. Remember, living well is the only option.

Thanks for listening to this week's episode of Midlife Woman Redefined. If you're ready to learn more and reclaim your time, head over to crenecoach.com.