

# Cynthia Farrell

## Building Legacy Leaders, Teams, and Cultures

### In this episode:

- The beginning of Cynthia's growth as an entrepreneur.
- The impact of her nurtured relationships on the company's rapid growth during this quarantine.
- The journey and significance of being a "LEADER" and how it influenced Cynthia's thinking on Leadership.
- The Foundation of the Legacy Leader Program and how a Legacy Leader is defined.
- The meaning of the phrase "Unpack your bags and lead" and how it correlates with Cynthia's personal experience.
- This is How We Lead: Conversations with Legacy Leaders

### Quotes from this Episode

"Everything is moving at the proper speed." –Cynthia Farrell

"You have to be in the skin of who you are, just show up authentically." –Cynthia Farrell

"You have an impact on other people, and that means that you lead in some way." –  
Cynthia Farrell

"Most of the lightweight emotional baggage that we carry around is either from our Family of Origin or Junior High." –Cynthia Farrell

"When you're willing to share your vulnerability with your team, it leads space for them to do the same." –Cynthia Farrell

"In the corporate world, we can have this straight tone of *you have to act that everything is okay.*" –Cynthia Farrell

"I'll give them the three questions to determine if it's something that you would say. And those questions are: Is it True? Is it Kind? Is it Necessary?" –Cynthia Farrell

### Pearls of Wisdom from Cynthia Farrell

- 1.) Admit when you don't know something and ask for help.
- 2.) Ask better questions.
- 3.) The outcome you think you want isn't necessarily the outcome you need.

## Resources:

### Cynthia Farrell - Building Legacy Leaders, Teams and Cultures

Website: [www.110westgroup.com](http://www.110westgroup.com)

LinkedIn: <https://www.linkedin.com/in/cynthiamfarrell/>

Link to the show: <https://www.kamiguildner.com/ewr-cynthia-farrell-169/>

#ExtraordinaryWomen #podcast #WomenRising #RaiseUp

Tag Kami on Facebook @KamiGuildner, Twitter @KamiGuildner, Instagram @KamiGuildner and  
LinkedIn @KamiGuildner.