Hilary Blair - ARTiculate conversations and getting messy in your speaking voice

In this episode:

- Archetypes: Understanding how they shape who we are and how they guide the choices, life and work we make.
- Stereotype and archetype people – Seeing from archetypal lens vs. stereotypical lens
- Passion around freeing voices and just really embracing the messiness that comes through us.
- Controlling our voice and learning to adjust
- How Hilary will bring her messiness into preparing for her talk on TEDx stage
- An analogy of a soccer player in regards to creativity in rules and boundaries.

Quotes from this Episode:

> “Even though it may take more energy to sit down and connect with people, in the end it creates and generates energy and creates forward movement.” –Hilary Blair
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> “I have the breath flowing, and that is my free expression of myself” –Hilary Blair
>
> “Breath carries our voice and breath is what our body gets off to keep us safe.” –Hilary Blair
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> “We create habits to succeed in life and we do not create habits to sabotage ourselves.” –Hilary Blair
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> “The messiness is the trust that I'm playing instruments that I've been given which is emotional, intellectual, and physiological. So I have the voice carrying my ideas and my heart out. And it will be messy within.” –Hilary Blair

3 Pearls of Wisdom:

> “Remember that your exhale before you share a message is super important.”
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> “You may have been told that you are too much, but you’re not too much.”
>
> “Make the effort to see the archetype.”

Resources:

Hilary Blair- Facilitating Culture Talk: Archetypes into our Work
Website: https://articulaterc.com/
Facebook: https://web.facebook.com/hilary.blair.148
LinkedIn: https://www.linkedin.com/in/hbarticulate/

Link to the show: https://www.kamiguildner.com/ewr-hilary-blair-178/

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