Kami Guildner - #RaiseUP Your #RFactor: Resonate on High Vibration and Light Your Inner Fire - Episode 253

Show Notes

In this Episode:

- Kami shares the spiral journey of entrepreneurship, finding the right mix between grounding and doing
- How to attract your soul clients and show up in your brightest light
- The 4 Principles of #RFactor
- How mindset and learning to control your thoughts can benefit your business
- The importance of nutrition, movement and connecting with our energetic body
- The benefits of curiosity and connecting with spirit
- How stepping into a community that lifts each other up will transform your business

Apply for a complimentary coaching session with Kami at https://www.kamiguildner.com/apply/

Join the Extraordinary Women Connect Facebook group facilitated by Kami Guildner by following this link https://www.facebook.com/groups/1386664118079263/

It is a place for powerful connections and collaborations. It is a place to learn how to #RaiseUP your voice, your visibility and grow your business to that next level. It is a place to be inspired, uplifted and fired up for action.

This is a place to lean in, ask for support and celebrate one another. Because together, we're better! Each week, we'll bring inspiring interviews from Extraordinary Women Radio, a podcast about extraordinary women living out loud and making a difference in our world with voice, vitality and vigor.

Quotes from this Episode:

"During that month in California, I let the horses, the birds, the breath of the rugged California ocean winds cleanse my soul. The layers of those protections began to fall, and I felt again." - Kami Guildner

"In those early years of my business, I was a student of listening, feeling, letting go, and stretching, and I still am today." - Kami Guildner

"Along with the stretch, we must find the balance to return to who we are and keep that connection." - Kami Guildner

"When you give your R-factor daily love the universe gets all in behind you." - Kami Guildner

"Our community is how we grow." - Kami Guildner

"The magic happens when you find the equilibrium between R-factor and mindful strategy and action." - Kami Guildner

Resources: https://www.kamiguildner.com/**ewr-kami-guildner-253/** Edit

Kami Guildner – storyteller, connector, and coach for Women - helping extraordinary women raise up their voice, visibility and business.

Website: https://www.kamiguildner.com/
Facebook: https://www.facebook.com/kamiguildnercoaching/
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#ExtraordinaryWomen #podcast #WomenRising #RaiseUp

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