

# Kami Guildner - The Energy of Your Business Episode 263

## Show Notes

### In this Episode:

- Kami shares her experience with energy training and how this study allowed her to shift her business to a higher level
- Why it is essential to listen to signs within our body
- The importance of movement in creating breakthroughs
- How to keep the energy of your business clean amongst the noise
- Why clearing out the old is vital to bringing new energetic shifts
- The importance of creating an energetic balance as CEOs of a business
- Tips on managing the energy of your business: audit, release, and transformation
- Her insight into managing your energy instead of managing your time
- Ways to release aspects of your business that are no longer serving your highest self

### Notable Quotes:

"Our outer environment feeds our inner environment." -Kami Guildner

"I would eventually learn how to turn up my energy when I got onto a stage or to soften my energy when engaging in a caring conversation with another person." -Kami Guildner

"When we drop into our bodies, we can connect at a soul and heart level, which helps build the connection between the speaker and the audience." -Kami Guildner

"Just like our spaces in our homes, we can clear out the old and open up to the new in our businesses." -Kami Guildner

"Your business has many sacred containers in which you serve up your magic." -Kami Guildner

"As your business evolves, there's going to be times that you are meant to set something free."  
-Kami Guildner

"Your high vibe is your magic." -Kami Guildner

**Resources:**

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/>

**Instagram:** <https://www.instagram.com/kamiguildner/>

**Twitter:** <https://twitter.com/KamiGuildner>

**LinkedIn:** <https://www.linkedin.com/in/kamiguildner/>

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

**Join the Extraordinary Women Connect Facebook group facilitated by Kami Guildner:** <https://www.facebook.com/groups/1386664118079263/>

The Extraordinary Women Connect Facebook group 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. It is a place to lean in, ask for support and celebrate one another. Because together, we're better!

**Attend the Extraordinary Women Ignite Conference LIVE in Golden, Colorado November 10-12.** No more holding back! Spark connections and fire up inspiration, as we dance through the portal into a brand new world—*raising up our voices, vision, and visibility as women called to LEAD during this extraordinary time.*

**Link to this show:** <https://www.kamiguildner.com/ewr-kami-guildner-263/>

#ExtraordinaryWomen #podcast #WomenRising #RaiseUp

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