

Alison Hall, Empowering Women to Create the Life They Deserve - Episode 319

In this Episode:

- Discover Alison's journey of transitioning from a 25-year corporate career to entrepreneurship that might resonate with your own aspirations and desire for change
- Gain insights into adapting your venture to your changing interests and skills, aligning it more closely with your passions and goals
- Discover the importance of listening to your inner wisdom and intuition when making crucial decisions
- Gain practical strategies for identifying and conquering limiting beliefs and fear-based decisions
- Learn how to make decisions based on facts rather than being paralyzed by fear

Notable Quotes:

"Every thought in my own head isn't necessarily sage wisdom, sometimes it's just a thought that you can let go of."

"Resilience comes from the ups and downs and going through all kinds of different things and still getting up and keeping it moving."

"Think about what you can do about your fear to either get around it, under it, over it, or just through it."

Pearls of Wisdom:

1. If your story's not working for you, shift it to something else.
2. Shift how you're talking out in the world about your life.
3. Take action.

Resources:

Alison Hall has been an empowering force for women, both in her leadership roles within large corporations, and as an entrepreneur. Her mission as the Change Agent Coach is to help women with significant life experience identify their dream lives, and empower them to be their own Change Agents to bring big ideas to life. She believes that the world is full of limitless possibilities and ways in which we can feel fulfilled; that it is never too late to reinvent and reach for dreams; and that if we only have the one life to live, we'd better get cracking.

Website: <https://www.changeagentcoaching.com/> , <https://www.theboldestme.com/>

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Link to this show: <https://www.kamiguilddner.com/ewr-alison-hall-eps-319/>

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