How Health Shapes Feminine Leadership and Business Growth with Michele Scarlet

In this Episode:

- How listening to your body's wake-up calls can transform your wellness, mindset, and business growth by helping women entrepreneurs shift from exhaustion-as-a-badge-of-honor to leading with feminine wisdom in business.
- Why slowing down and embracing functional medicine while releasing outdated beliefs about success and wellness creates space for aligned mindset shifts, sustainable business growth, and empowered feminine leadership.
- How shifting mindset, rewriting self-worth stories, and applying brain science empower women entrepreneurs to break free from all-or-nothing thinking and design soulful business growth with clarity and confidence.
- Why true wellness is the foundation for clarity, creativity, and leadership and how optimal health directly fuels feminine leadership, business growth, and the ability to scale with purpose.
- How cultivating internal capacity and energy healing helps women release burnout patterns, embrace CEO energy, and step into resilient, soulful business strategy.
- The hidden symptoms women often ignore such as exhaustion, burnout, anxiety, and hormonal shifts that quietly sabotage leadership, confidence, and the energy needed to grow a purposeful business.

Notable Quotes:

"When you start healing the gut, you create a barrier and you start to create boundaries on the inside and on the outside."

Pearls of Wisdom:

1. You need to tune into your body.
2. The medical system is sick
3. Start thinking about what you're putting into your body.

Resources:

Michele Scarlet has spent over 15 years helping women feel strong, confident, and in control of their health. After facing her own struggles with fatigue, hormone imbalances, and weight loss resistance, she realized true health goes far deeper than diet and exercise. Turning to functional lab testing and a whole-body approach changed everything, and now she helps women uncover the root cause of low energy, hormonal imbalance, and weight loss struggles to achieve lasting results. As a Board-Certified Functional Medicine Practitioner, Functional Diagnostic Nutrition Practitioner, Certified Personal Trainer, and Women's Health Coach, Michele blends science, strategy, and compassion in her work.

About the Host:

Kami Guildner believes women's voices matter. She is a connector. A storyteller. A business coach for high vibe women entrepreneurs helping them #RaiseUP their Voice, Vision and Visibility for Impact and Business Growth.

Kami helps her clients build businesses they love with more time prosperity and more wealth prosperity. She weaves soulful-inspiration into mindful business strategies, and this Soul+Strategy™ approach to business helps her clients succeed in business and worldly impact.

Her clients scale and grow their businesses, with a more feminine, abundant approach. Her community of entrepreneurs is creating a new paradigm of entrepreneurship, helping each other raise up in a ripple effect of impact. Her clients have gone on to reach extraordinary heights as consultants, coaches and leaders – achieving exponential revenue growth, landing on big stages, starting software companies, launching new professional organizations, transforming corporate cultures and transforming lives. They are influential and they are changemakers.

Kami is the founder of the Extraordinary Women Ignite Conference and host of the award-winning Extraordinary Women Radio™. She is the best selling author of Firedancer: Your Spiral Journey to a Life of Passion and Purpose and was named to the 2020 Twenty-Five Most Powerful Women in Business List by the Colorado Women's Chamber of Commerce.

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