Reclaiming Your Self-Trust: How Women Are Leading with More Alignment, Truth, and Confidence with Lora Cheadle - Episode 434

In this Episode:

- What Lora is hearing through The Librarians about this moment in time and why we have already reached a tipping point in how we lead and build
- What is being asked of women right now as leaders, including the shift from performance and proving into trust and feminine sovereignty
- The deeper truth beneath burnout and why many women are actually experiencing a pattern of self-betrayal in how they have been leading
- How self-betrayal shows up in business, especially in formulaic strategies that pull women away from their natural way of connecting and leading
- What it takes to rebuild self-trust, including the importance of recognizing judgment, allowing grief, and moving forward one step at a time
- How nervous system regulation becomes a leadership practice and why your ability to stay grounded directly impacts those around you
- What it looks like to release old identities and step into the next iteration of yourself as a leader with more alignment and ease

Notable Quotes:

“Life is iteration after iteration after iteration, and to relax and to see your evolution and to know you’re just moving to the next spot.”

Pearls of Wisdom:

1. We all have wisdom.
2. We're learning a lesson.
3. Always be outside, see animals, see nature, connect.

Resources:

Lora Cheadle, JD, CHt helps leaders and organizations prevent burnout, strengthen communication, and sustain high performance in today's high-pressure workplaces. She is the creator of the Life Choreography® Burnout-Recovery method and leads practical, neuroscience-based workshops that equip professionals to communicate clearly, manage stress effectively, and stay engaged without sacrificing wellbeing or results. Lora is the author of It's Not Burnout; It's Betrayal and the award-winning FLAUNT! and hosts a top-rated podcast. A trauma-informed leadership consultant and clinical hypnotherapist, she combines neuroscience-based tools with real-world legal insight to help professionals perform at their best.

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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