How Women Are Expanding Capacity and Growing Sustainably with Sarah Walton - Episode 435

In this Episode:

- Why so many women are feeling exhausted right now and what is actually sitting beneath the surface, including the unseen weight of emotional labor and over-delivering
- What it really takes to create more income and impact, and why capacity matters more than strategy in this next level of growth
- How to recognize when you are holding too much and what begins to open when you allow yourself to release what no longer belongs to you
- What happens after big wins and why confidence can drop even when things are going well, including how your nervous system responds to expansion
- How your body becomes a powerful guide in your business and how learning to listen to it changes how you lead and make decisions
- The story we carry beneath the surface and how it quietly shapes our decisions, our success, and what we believe is possible for us
- What begins to shift when you raise your standards and start choosing yourself in the small, everyday moments
- Why deep human connection is becoming even more important in business and how staying true to your voice matters more than ever in a world of AI and automation

Notable Quotes:

“When your business grows, your nervous system has to grow with it.”

“Your body is always telling you the truth, the question is whether you’re listening.”

“The story you’re carrying underneath everything is shaping what you believe is possible for you.”

Pearls of Wisdom:

1. You already know the answer.
2. Your body will always tell you
3. You deserve to rest.

Resources:

Sarah Walton is a 17-year business strategist and receiving expert who helps high-achieving women recalibrate their relationship with money, power, and visibility. Featured on The Today Show and international stages, she's known for her precision coaching style — spotting the pattern beneath the problem and shifting it fast. Through private mentorship, The Art of Receiving, and The Abundance Academy, Sarah supports women scaling their income without shrinking, burning out, or self-abandoning. Her work is about one thing: Helping powerful women stop negotiating with themselves.

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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