The Conversations That Shape What's Next: How Women Leaders Turn Friction Into Forward Movement with Hilary Blair - Episode 452

In this Episode:

- Why your ability to stay in the conversation becomes increasingly important as your voice, leadership, and impact grow
- How to recognize friction as an opportunity for new ideas, deeper relationships, innovation, and forward movement
- Why separating friction from conflict can completely change the way you enter conversations where perspectives differ
- How to stay in the "messy middle" between avoiding and attacking, and create more space for meaningful dialogue
- Why confidence doesn't require comfort and how learning to "rock the awkward" can help you stay connected and present
- How self-awareness, breath, and transparency can help you remain grounded when you feel tension rising
- Why the different voices and perspectives around the table are essential to stronger businesses, teams, and communities
- What becomes possible when women are willing to use our voices, stay in meaningful conversation with one another, and move the ideas that matter forward

Notable Quotes:

"Friction is inevitable and conflict is optional."

Pearls of Wisdom:

1. Be aware of how often you hold your breath.
2. Notice that tone matters far more than what we say.
3. Lead with grace first.

Resources:

Hilary Blair is a dynamic speaker, facilitator and CEO of ARTiculate: Real & Clear. She's the creator of Fruitful Friction®, a framework redefining tension as a catalyst for innovation, collaboration, and trust. Blending her background as a professional actor with deep expertise in communication and executive presence, Hilary helps leaders stay in conversation when it matters most. Her work equips teams to engage authentically, communicate clearly, and use friction to gain traction for growth.

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.

Connect with Hilary

Website

LinkedIn

And if you're ready to continue these conversations in a room filled with extraordinary women entrepreneurs, join Kami at the 12th annual Extraordinary Women Ignite Conference, November 5–7 in Colorado. Come explore fresh ideas, expand what's possible in your business, and build the relationships that help you grow with greater purpose, prosperity, and joy. Early Bird tickets are available through September 15. Get your ticket here.

*This is episode 452

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