



ACW Podcast Season 2, Episode 1

■ Robin: Welcome to ACW podcast. Thank you for joining me for our Season 2 of the “Awareness, Culture and Wellness” podcast. I am Robin Gabriel-Parson your host, and our special Co-host today is Dr. Andrea. I'm so excited to see and to hear so much of what you want to share with us today. So, we are stepping into our new season on ACW, but we're also stepping into a new year. So our focus this 2021, and by the way I don't know if I want to say happy New Year, I want to say an exciting new year coming forward.

Our platform is all about that new you in this New Year, and we're not going to talk about the year is mainly about developing and touching and tapping into that new you. Now it's a new year, and yet many of us are still standing still... mentally, physically, professionally, spiritually, and emotionally and it's time to release. It's time to release our insecurities... our self doubts or whatever these boundaries that we are putting... We've got to release them. So this is what we're going to really focus on in the year 2021.

For many many reasons... We've been plagued with a pandemic. We've been isolated and we've been social distancing. We have not been connecting, so we want to really help our audience out there to build themselves within. Now in reference to being stagnated, many of us can be stagnated within our careers; within the workforce; relationships, personal growth, family and community, but today I'm so excited to have this discussion with our amazing co-host Dr. Andrea about Personal Growth, and removing these limited beliefs that have been given to us as a child. So we're going to go deep and we're going to talk. Dr Andrea has such an amazing program and movement that she's going to be talking about in reference to Personal Growth, and I love the name, it's called "Slaying Your Invisible Dragon".

Welcome Dr. Andrea please share with our audience your journey, and your background. Thank you, for being here.

■ Dr. Andrea: First of all, Robin thank you so much for the opportunity to come and use this platform to share my story. I don't take it for granted, so I'm praying blessings on you and the work that you do and I'm so excited to be able to share just a little bit about myself with your listeners today. So my story, actually I'm from the South. I'm from Alabama originally, but I grew up loving, absolutely loving Science. I was a curious kid, at least that's the way I explain it. My mom may say something different, but I always had this natural curiosity and I love to learn so I pursued science. A Chemist by training, I've spent a number of years in school. I had aspirations of growing my career in corporate. But you know sometimes we can have goals, and we set our goals and we start running toward those goals, and then we truly find out why we were put on this earth and what we're created to do. That's what I'm here to share more about today.

I left my corporate job in 2015 to pursue a new career and that new career is spending my life, helping others be great. That's it in a nutshell, but it is to Inspire, Develop and Grow people to become the highest expression of themselves. I do that through my coaching and consulting company. I'm a coach now. I speak. I train. I do workshops. I



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do seminars, webinars, all the things that are focused on helping people to understand themselves, increase their personal awareness and move toward success in their life.

■ Robin: I love it. I love it. Thank you so much for that. Thank you because we need resources like you. I'm really heartfelt over the work you're doing. I would also like to talk more and we are going to discuss that later in reference to our young people. Starting at a young age, based on what you're saying, "How can we start at a very young age instilling those principles that you just described?"
The question is: What is the analogy around "Slaying Your Invisible Dragon"?

■ Dr. Andrea: Yeah, so it was actually a saying that I would always do. When I get ready to go, I say: "Go to work". So literally, that's just a few feet from my bedroom... going to my office. How, like I'm going to go "Slay my Dragons today. The analogy comes from, as we think about stories and fairy tales. There would always be a prince. There would always be a dragon, and the other side of that... there's a princess. So in order for that Prince to get that Princess, he'd have to slay that Dragon that's in between. Well, this is not a fairy tale, this is our real lives. Women today... we can "Slay our own Dragons".

So it really birth out of that whole fairy tale part of getting rid of that thing, that's in the way of the prize. Where now that prize is about success. A lot of times, and the reason why I put "invisible" in front of it is not some fire breathing dragon beast that standing in the way that we could physically see in front of us, and then we go wielding some big sword to kind of cut it and slice it down into nothing. Now these dragons are invisible in front of us and they hold us captive. So they could be anything from "Self Doubt" to "Lack of Awareness" to "Fear". All of these things stand in a way of getting... Helping us get to the prize, which is success in our career... in our relationships... in our life. So that's really what it was birth out of.

That was my fun 2020 saying that I would tell my husband that I was over here "Slaying Dragons" at my desk. Now I've turned it into something that can actually help people do that. So I made it into tangible tools and it takes people through steps. In January it launches, but I'm not just launching the kind of the workbook that I've put it in. I'm launching it with me, so people join me on this journey and we go through it together and we meet once a week. I do a little bit of teaching. You do a little bit of work on yourself but you get to do it among other participants because their strength in those numbers. I'm so excited about what I think it will bring and there's excitement with the people that have already signed up to say "Yes, this is me. I want to join you on that journey as well." So thank you for asking.

■ Robin: Oh thank you. I love it. I love it and as you speak, I'm having all these visions. We've got to have a group here in New Orleans. It's definitely needed, and it's so amazing, because what you're saying is you need a group like that everywhere. You know and just to have a network. I love that. I love that. We're going to talk about that whole full part, personal growth series and I want to start with, "Know Your Truth". I was reading it and I was like yes, yes, yes. We don't know our truth. So please definitely,



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let's elaborate on that!

■ Dr. Andrea: Well, it starts off, like you said, with Step One: which is about knowing yourself. One of the things that I found and this is even thinking about my career in corporate is... Oftentimes, I devalued what I brought to the table. I don't know where it happened. No, it's like somebody said here, Andrea you're, checking into work. Let me take your value with it. It just happened in that process. So before any battle, you can even look at the training of a Samuri, swordsman or even the Bible. The story of David and think about him as he was growing up as a little boy. Understanding getting into situations, but then understanding his strength as he fought, even before Goliath with the bear and a lion. This first step starts off with you, Knowing your Truth. Understanding your Value and that that value is not just that paycheck wherever you may be working it's deeper than that. It is the strength. It is your talents that are God given. It's also your experiences. You've had amazing experiences. You've had failures. you've had successes, and if you don't spend the time to extract the learning out of those, then how will you know the power that you have? So this first step is helping people, but let's just tear back the layers and start to understand who we are as an individual and then we can go in to "Let me prepare you to fight that battle". So that's number one... "Know Your Truth". I hope you're excited. I know I get excited when I talk about it.

■ Robin: Yes, I am very excited I was so excited and this is only a teaser. So listeners there is a lot more. Number Two: Know Your Opponent.

■ Dr. Andrea. Yes, yes, the opponent part. What are you fighting against? For me, I'll tell you the thing that I dealt with. So even though I have a bachelor's a masters and a PhD in Polymer Chemistry, probably was more educated than anyone at the tables that I sat at when I was still in corporate. I didn't really understand the value that I bought like in number one. So once you get to that value part now you got to know what you're fighting against my self doubt. Some of that was there. Some of that was Fear. So, always looking to see. What is that big thing that stands in the way? So in Step Two, we go through a journey a kind of understanding? What are the triggers that make us shut down? and say "ah ah, I'm not going any further", or no, "I'm too scared to take that step forward" because those become the things that you're fighting against.

So remember what I said in the beginning is that it's not this fire breathing dragon that we have before that physically, we can see in front of it they're invisible, they're intangible, but there, but it feels really real and people feel trapped in these situations. So that second step helps you to kind of open up. Change your mindset a little bit and start to look to see what this dragon could be. So it takes you through powerful exercises that force you to kind of look within, and so there's a little bit of journaling. So if you're a person that loves to write, then you'll absolutely love this part, because it's a little bit of reflection as well to kind of help, pull those things out to understand what you're fighting against and the things that have held you back. So that's number two. You want me to go onto number three.



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■ Robin: Well, I just want to comment on number two for myself. You just hit a very interesting point for myself. I'm self reflecting as you go through this with "Know Your Opponent" and the self doubt. Now, I had a lot of self doubt about doing this podcast. I have never done a podcast. I didn't even know what to do, how to go about it, but I knew that okay, we're in a pandemic. How do I get my work out there and still touch the masses and still you know, provide the service, but at the same time I'm doubting like nobody's going to listen or "Who's interested?" and I'm like it was a breakthrough for me. So thank you for confirming that, I did go through that thing.

■ Dr. Andrea: Oh absolutely, and you know you're not alone. I'm a Chemist, remember, a trained chemist. I know how to create things and analyze things. I'm a scientist, and I still think like a scientist. But yet this is that's not what I'm called to do. What I'm called to do is inspire, develop and grow people. Sometimes trusting the process to get you. there is the hard thing. Where we understand the process of school. We understand that we don't start off as whatever our profession is. We understand that we have to go through four years, eight years, and for me it was nine years of school for all the degrees, but somehow we make a disconnect when we think about the process that we have to go through to become who we were born to be.

■ Robin: Right... Love it. love it. Love it! Okay, so let's go to number three: "Activate Your Inner Hero", yeah, that was inspiring.

■ Dr. Andrea: Oh, I love this one. Well, actually I love all of them, but I love this one, because this is what I call my power step. I draw the analogy: If you can think about wonder woman? I remember before the new wave Wonder-woman that came out a few years ago, but the Wonder-woman I used to watch with my sister when we were kids.

■ Robin: Yes, me too.

■ Dr. Andrea: Who would spin in a circle. Remember that one?

■ Robin: Yes, that's the Wonder-woman I remember!

■ Dr. Andrea: That's that Wonder-woman! This is about activating your in a hero. So if you can imagine you're walking around in your street clothes and it's time for you to move into action. Time for you, ladies to spin in a circle. For the guys that are out there, it's time for you to step into that booth so you can come out as Superman whatever the step is. It's about activating that piece. Remember, I started off. I talked a little bit about I drew the analogy with David and the fact that he had won battles in the past. So when it came time to fight the big battle, where all the doubters were around, he didn't doubt. He didn't flinch. It didn't matter that Goliath was so much bigger than he was. He knew that he could win it because he could pull along. Do you not know who I am? I already caught a lion and a bear. This is that step. It is about activating, "You're already successful..." and that was the thing that was hard for me in the transition of going from corporate to now I'm a coach. Then being able to explain that to people and looking at the look on their face. When they're like... You can see the doubt on their face. like



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“What? Okay, I knew you was a scientist, but what are you talking about doing now?” and then I would just shrink in front of them because then I would doubt that maybe I didn't hear right? Maybe I not understanding what I feel inside? Well, in this step we talk about the fact that one number one you are brave. You are highly gifted. You matter and you are your own superhero, because it's already inside of you. We go back and we look at our successes. When did you fight before, and you know you won? You just forgot about it. Well, pull out those things. I don't care if the sword was small, and you have to have a bigger sword now to win this battle that is in front of you. It is about the ability to turn on your inner strength to fight those battles to fight against. I just used self doubt because you know I'll tell on my own self about those things, but it is about fighting that self doubt. So every time I sat in my chair and I opened up my laptop and I was doing whether I was building content, or posting something, or reaching out to a potential business opportunity, or coaching someone actively coaching. I was activating my inner hero. I would start this before I started writing this piece, putting up what I'm grateful for... What inspires me? The thing that keeps my energy going and is about remembering those things in the moment so that you can be powerful and strong, Because when we are operating in our strengths, that's how we feel. We feel POWERFUL. We feel strong and we feel like we can win when we're in that moment. It is that little bit of time right before the battle when we start to think about every time it didn't work. Here, I'm forcing you to think about every time it did work.

■ Robin: Every time it did work, and you're right... you're right. Oh, I love it. Okay, so number four: I know last but not least “Sacrifice to Win.” Wow yeah, so many of us do not want to sacrifice.

■ Dr. Andrea: No, we don't. We want the glory that comes with winning. We want the end. We want the Facebook or Instagram post, the smiling faces and all that, but what's behind that? It's a fight, and sometimes you got to give up something if you want to win it. The battle is never easy. Sometimes you have to give up just a little bit to win. So when this this session in particular, we talk about the fact that success is not automatic, it doesn't happen. Even for me, in the transition of going from someone managing my calendar to now I do everything. I am the marketing officer. I am financial officer and I deliver the content. I do all those things, but I got to give up something and so for me and may be giving up my time. It may be giving up, I don't know you name it. Now I have to operate in another level of discipline that wasn't required for the battles in our face before. So I always do it, and this is with all of my, whether it be a training or some kind of self led kind of journey like this one. I like to leave people with a plan to move forward, because there's no sense of getting excited and inspired by something, and I don't give you tools that you can move forward. So this session is about building the plan. It is putting down on paper what are you going to do? When you get into those situations where you feel like you have felt in the past, what are you going to do differently? Who you're going to reach out to? Whether it be a mentor or strategic relationships that empower you? Listening to this podcast? You know, whatever it is. What are you going to do differently and what are you going to sacrifice and give up in order to do that? It comes with those small disciplines that builds up to that success and that's what the last session and last, I don't call them chapters, because they're really



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not full chapters, but the last part of this journey is about the sacrifice.

■ Robin: Wow Yeah. It is. I so appreciate everything you share with us. I know there's more, I'm looking forward to. I hope you were jotting down this four part personal growth series. If you haven't Dr. Andrea, would you go through each one of them again, so those who weren't can jot them down quickly?

■ Dr. Andrea:

Number One - Know Your Truth, and this is about a framework. I give you a framework to help you understand your truth. So that's number one.

Number Two - Know Your Opponent. What are you fighting against? What are the things that have held you back and understanding them? Because you can defeat the enemy if you understand where his weakness is. That's what number two is about.

Number Three - Activate Your Inner Hero. This is about bringing out that greatness and walking into it.

Number Four - Sacrificing to Win. Understanding what you have to give up in order to get to that level of success that you desire, not just in 2021, but even beyond.

■ Robin: Yes, yes, yes, thank you for that. Even beyond. Now I mentioned early within the conversation about our youth, and that's what my focus is. This tool that you are providing I'm visualizing need to be in the schools. This need to be part of, no really Personal Growth. Because I knew I grew up in the 60's and 70's going to school and they didn't have this personal growth. This life had to teach us personal growth and people are still struggling and we still trying to you know, get it right because we didn't have such tools. So my thing is, you know if we have listeners out there who are teachers or educators? You know include this in your curriculum. Charter Schools have very flexible curriculums. Personal Growth is important for our young people. Education need to be a little bit different compared to when I was going to school.

■ Dr. Andrea: Robin I'm glad you bought that up, because I have spoken at schools and not necessarily with slaying your invisible dragon, but I have shared other things. Whether it be getting over, in particular, insecurities and self doubt, and have spoken on some of those things. Helping young people understand that they are great already. You're born with everything you need to be successful. It's hard to believe that one, because we spent our life, trying to figure out what to do with it. So I absolutely agree- and I spoken at middle schools and high schools and have done conferences, where I've done workshops with young people to kind of help them understand themselves a little bit better.

■ Robin: Thank you and we got also just to add to it. Having them understand and to rid themselves of this false belief that this Instagram and Facebook and all this stuff have them believing and really going through a comprehensive evolution in their life. You know, Don't let Instagram and Facebook define you. Because I have a teenager and I



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have to deal with her like “Okay get off.” You know. You know you know online Tis, like you know, are young people looking for self satisfaction in other places. So this is an amazing tool. So thank you. Now, how can you register for “Slaying Your Invisible Dragon? How can our audience get in touch with you if they want to register for your workshops or your webinars?

■ Dr. Andrea: Yes, so you can always find out what's going on by following me on social media, but you can go to my website, which is www.idgvision.com. So inspired, develop, grow vision. (/slaying dragons) is how to find out more information about this particular series and while you're there on the website poke around a little bit.

I had a great series Webinar series that I did last year so much like you during a pandemic figuring out. How do you get your message out there? I did a lunchtime series: the Brown bag virtual lunchtime series, and now you can go on and look at every single one of those episodes where I bought on successful women, highly successful women to have conversations. So like we're sitting at a lunch table and we're inviting everybody and to have a conversation with us. So everything from "Work Life Balance" all the way to "Knowing Your Value," which was one of the topics because I was writing on at the time and I thought "Wow, what a great topic to have?" Some senior leaders in Corporate America talk about "Your Value in the Workplace". That was a fantastic one. I did another one about "Pursuing Your Passion".

So you can read. Excuse me not read, but you can view all of he that entire series on the website. You can also join my free coaching club called "Coffee Break". So all those great links are out there on the website. If you are a business and you're looking for to deliver a workshop to your team to inspire them, or move them toward a new goal. I do a lot of virtual webinars as well, and you can find out how to contact me there, or email me directly at www.andrea@idgvision.com and just reach out to me, and we can have a conversation about how you can bring me into your workplace.

■ Robin: Thank you so much that to Andrea audience . I hope you enjoy our amazing conversation today again, as I say until next time live life with love, intention and purpose. Thank you Dr. Andrea.

■ Dr. Andrea: My pleasure have a great day.

Note: For more information about Dr. Andrea Bowens-Jones four part Personal Growth series “Slaying Your Invisible Dragons” please visit www.andrea@idgvision.com. To leave comments about this episode, or suggestions for future episodes please forward to www.partnershipsinfitness@gmail.com

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