Unveiled: A Woman’s Journey of Transparency

* **I read a statement which said. “Modeling transparency means you must be willing to lift your veil first.” What are your thoughts about that?**

My thoughts about what modeling transparency meaning you must be willing to lift your veil first. Let’s dissect this sentence starting with the word “transparency.” When a company, or a person, is transparent, that means they're not hiding anything. If “Someone is transparent” it means that person cannot or does not hide or conceal anything. It means observers who want to know what this “Someone” is up to, the observers are free to observe. A person who is “Transparent” has no secrets and tells no lies. *Modeling transparency means you must lift the veil first.* Now, let’s dissect the word “veil.” Veil means to cover up, disguise, and/or camouflage something or someone. When you are covered up you are not being authentic, not being true to yourself. *So, modeling transparency means you must be willing to lift your veil first.* If you want to be accepted and loved for you, you must not try to be someone you are not. You must be true to your

authentic self and love yourself for who you truly are. Getting to know you and loving you is one of the greatest gifts you can give to yourself.

* **In your introduction, you were transparent in sharing how you went down a path of abuse, drugs, and depression. How has this made a difference in sharing this story on your journey? Was being transparent to others something you shared immediately, or did it take time to open (unveil)?**

Yes, my introduction was raw transparency and I live a very transparent life. I did take the wrong turn in my early years as a teen. I was raised in a two-parent household up until the age of 11. My parents separated and it devastated me. I became angry with both. I believe this was the kicker or jumpstart to my psyche’ in the way that I made decisions. For the record, the choices we make can follow us years and years in life. It can and will affect our children. I believe this is how generational curses are made. Sharing the details about the abuse, drugs, and depression will definitely take several podcasts. However, the “journey” has become less difficult. I can realize my flaws and imperfections. I can embrace them and love myself and others unconditionally without passing judgement. I know telling my story can help someone who has or is going down the wrong path. Being transparent to others is something I shared immediately, and I had to work on opening. Let me explain, the people I socialized with knew my outer appearance and from what they observed of me. They knew the way I looked, the way I carried myself, and they knew my presentation. They knew facts such as my name, demographics, and probably where I was born. However, they never knew why I appeared the way I did, or why I carried myself the way I did, or what was behind my smile. They only saw the veil, and that was what I had to work on uncovering. I was afraid because as a child around seven years old my mother, two cousins and I were in a terrible accident. Thankfully my mother was unscathed, one of my cousins broke his arm, my other cousin who got a concussion jumped out of the car and started running. My mother had caught her and calmed her down. I was thrown against the dashboard and received severe facial scars. My whole head and face were bandaged and stitched up for about three weeks. When it was time to take off the bandages, I had to uncover my face alone. It was scary and I had a hard time accepting the fact I did it alone and I had to care for the lacerations alone. No one ever knew about that. All they saw were the scars and didn’t know the story behind them. I did a voiceover, it’s a book on Amazon, it’s called “All Scars are not Visible.”

* **On our journey, we experience heartaches, setbacks, delays, detours, but we also receive joys, accomplishments, and treasured moments which all teaches us and grow us into better versions of ourselves. What has life unveiled to you that you can share to empower another woman or girl listening right now?**

Life is too short, and I always told my kids as children not to talk to strangers. So, don’t spend your life living as a stranger or an imposter. Take the pathways of getting to know yourself and loving yourself no matter the circumstances. Knowing yourself will guide you to make better decisions or choices in life and empower your full potential.

* **We cannot end without positively, motivating sisters with purpose, meaning, style. Now, can you share 3 P.M.S. notes based on your experiences the importance of transparency whether in their personal life or business?**

Ok. I love to motivate sisters! The 3 P.M.S. notes based on my experiences the importance of transparency whether in their personal life or business.

**P for purposes** of transparency is being trustworthy. In business trustworthiness builds credibility.

**M for meaning** of transparency builds equity in business and builds a good reputation in personal life.

**S for style** of transparency creates swag by being authentic, original, and innovative. Whether it’s business or personal life.

Thank you for having me as a guest!