

# the compass rose

## NAVIGATE YOUR TRUTH



## Vol 1 Issue 1

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# STORY

Adera Angelucci



*Being an entrepreneur is a wild ride. It's the ultimate journey of self-discovery and growth, something I never expected when I started.*

At first I thought, "Cool, I get to do what I love, make my own money, and hang with great people." Those initial naive days were an absolute blast. But then reality hit: the self-doubt, tough decisions, and non-stop work. You start wondering if you're cut out for it, and if others have it easier. But guess what? This is it – the real deal. Not just work, but battling all those inner doubts about your worth and skills. Some days I'm on top of the world, others I feel like I'm drowning. Not everything I create sells, not everything gets noticed, and not everything feels important. Sometimes it's a struggle to find meaning. It's exhausting, but strangely, I wouldn't trade it. Amidst the challenges, there are moments of pure triumph that make it all worth it, with most coming in the form of, "thank you, I couldn't have done what I did without your help."



Adera Angelucci is the Co-Founder | Producer | Director of the Award-Winning Video and Marketing Company SPIRO Creative Inc., which she runs with her amazingly talented, and good looking husband, Ryan Smith.

I've come around to believing that the meaning of life is to experience all the feels, and entrepreneurship sure gives you the full spectrum. Sure, there were times when I thought about giving up, but this drive to make a difference, to share something valuable, is relentless. Ignoring that call would be like betraying myself. So, I push on, embracing the uncertainty. I've learned that the true reward isn't some far-off success, but the journey itself. I constantly remind myself to stay present as best I can through it all. And those little victories along the way? They're golden nuggets holding wisdom that anchor my beliefs around what truly matters. So, if you're setting out on the entrepreneur path and the whirlwind of change feels both exhilarating and daunting, trust me: this is what it's meant to be. Embrace the chaos, welcome the growth, and navigate the uncertainty with people you can confidently share the emotional rollercoaster with, like me. Within this beautiful journey, the resilient, empowered, and—dare I say—enlightened entrepreneur emerges, leads and, most sacredly, transforms lives.

# Inquiry: Cockroaches

*Meeka Caissie*

Have you ever flipped on the light and seen a cockroach run for cover?

I was 9 the first time I experienced this. I remember my friend's Mom jamming cotton balls into my ears at a sleep over because they had them in their apartment. I didn't know a lot about cockroaches, I just knew this Mom was putting cotton in my ears so they didn't nest there.

Cockroaches are resilient little buggers. Did you know people have found cockroach fossils that are 350 million years old? They hitched rides on boats and live on every continent except Antarctica. They are resilient, resourceful and can live for a month without food, 40 mins without air and 10 days under water. Personally I am blown away by this insect.

The other day, that same friend called. There is the song about old friends being golden treasure – and it is so true. To have people who can reflect back to you the smiles and heart-felt good times is a priceless gift.

Because of the length of time you've been in each other's lives, sometimes, childhood friends have a different perspective. A vantage of your own trials and tribulations that you would not otherwise have. — Perhaps to be taken with a grain of salt?



My friend shared with me that she feels like in the world, I am a light and many of the people in my life have been cockroaches. She gave me the advice to dim my light and increase it slowly; so, that I could “sneak up on the cockroaches.”

## #YOUMATTER

Often, when people say something about you... don't you sometimes try it on for size? “Is this true?” Are all other people cockroaches? Do I need to have myself on a dimmer switch? The older the friendship – the longer you try on the observation.

As many of you know, at Own Your Worth in March 2024, I launched #YouMatter. My friend's advice to me is the opposite that I give to audiences from the stage. I share that as a child, wearing the dunce cap in the corner — for years they tried to get me to sit still and be quiet in school. Conform, keep my ideas to myself, colour inside the lines. Honestly I felt like they wanted me to dim my light.



Yet, life and my experiences have taught me that dimming your own light does not ignite another's light. Only by shining your light do you create a ripple effect of others fully expressing themselves and ultimately attract what you truly want into your life.

If I am to look at this story through True North: Inquiry on The Compass Rose, this brings me to the question: What have we (I/you) bought into that is skewing our beliefs about ourselves and each other?

How do we teach a new habit? How do we create a generation of people who believe they matter? Their ideas, their truths, their creativity, their uniqueness, their voice and ultimately — their light. Matters. (Cont'd page 3)



# Using Humor Navigating Life's Compass *Marissa Piper*



## COO Stay True Creative Productions

Marissa Piper is a dynamic public speaker, leadership coach, and seasoned expert in live event production. With a wealth of experience in orchestrating successful events, Marissa brings a unique perspective and exceptional level of detail to all of her professional endeavors. Throughout her career in live event production, Marissa has consistently excelled in the art and science of managing logistics, coordinating teams, and delivering unforgettable experiences for audiences. Her client list includes (to name a few) Tony Robbins, Marie Osmond, The Clio Awards, IDEA World Virtual event, Outside, and Hallmark. She has a quiet, yet magnificent, record of immersing New York City in 3800 lbs of confetti for the World Pride Closing Ceremonies.

Embracing humor is not merely about finding moments to laugh, it's a powerful tool that helps us align and connect with others. As women, when we step into various roles—be it at home, at work, or on a public stage—integrating humor into our interactions can make our journeys more authentic.

I remember standing backstage, stomach knotted, my mind racing with the typical "what ifs" that haunt anyone about to speak to a crowd. Then, I step up, smile, and start with a joke about how I prepared for this talk—by practicing in front of my unimpressed bulldog, Barbara. Immediately, laughter fills the room, the ice breaks, and just like that, I'm not just a speaker but a fellow human sharing a moment of levity. This small act of humor not only eases my nerves but also draws the audience closer to me, making the room feel a bit more like a gathering of friends. Integrating humor from everyday life is a skill I impart to our True Voice: Intensive every June and October.

Beyond the stage, humor is my daily companion. It teaches me not to take myself too seriously. Whether it's laughing off a misstep during a presentation or joking about how clumsy I am at home, each chuckle lightens my heart and strengthens my resilience. Celebrating transforms my mistakes into opportunities for learning and growth. To this end, incorporating humor is a strategy for empowerment in the face of challenges with a mindset that enhances our connection.

Often, humor ends up in the 80/20 rule. People remember the 20% negative stories rather than the 80% good. I challenge you to make this a ritual of yours. Notice points of humor you can incorporate into the stories of your life. Collect them in the ritual pages in the space provided to save for later. As you navigate your path, remember that the ritual of a light heart and a ready smile are invaluable companions on your journey to finding your True North.