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TEDxDIAB:

Elyse Archer Takes the Stage

Your
quantum
reset

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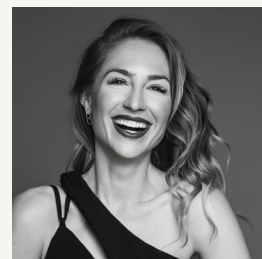
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Welcome to
She Sells Magazine—
where women rise,
reset, and expand.

Be The Woman Who's Already There

If you truly want to Quantum Leap in 2026, feeling good isn't your only goal—alignment is.

We live in a world that celebrates calm, presence, and nervous system regulation, but I've watched countless women confuse emotional steadiness with energetic embodiment—and then wonder why the leap hasn't landed.

Truth is: grounded isn't calibrated to your future. Presence isn't identity. Peace isn't power. You can meditate, journal, breathe, take baths, regulate your nervous system, and still stay energetically aligned to your current reality instead of the one you're calling in. That's where Quantum Leaps stall.

When I work with my clients, I see the same pattern: they feel good, but they're not thinking from the end. They're calm, but they're not living from the identity of the woman they are becoming. They're grounded, but not elevated. They're present, but not creating.

That's the miss. Quantum Leaps don't come from being centered. They come from being certain—from practicing the identity of the woman who already has what she desires, until that timeline feels more real than what you see today.

Neville Goddard taught that we must think from the end, not about it. So here's the question: are your decisions coming from your future...or your circumstances? Are you rehearsing the past—or inhabiting the woman who already holds the keys, the income, the relationship, the impact? Gratitude isn't wishful thinking; it's agreement with what consciousness has already claimed.

As Dr. Joe Dispenza says, a quantum shift requires two things: a clear intention and an elevated emotion. One without the other creates stagnation. Clarity without emotion remains a vision board. Emotion without clarity has nowhere to land. But when both are present, reality rearranges itself around you.

The Quantum Reset isn't about starting over. It's about remembering who you already are—and choosing to live from that identity now. You can't access a new life from an old identity. So let this issue be your invitation to shift—instantly, intentionally, unapologetically—and become the woman who's already there.

With love and gratitude,

Elyse

Variable

Elyse Archer takes the TEDx stage in Dubai to challenge the success “formula” and spotlight what changes everything: identity.

AN INTERVIEW WITH ELYSE ARCHER

On February 13, 2026, Elyse Archer stepped onto the TEDxDIAB Youth stage in Dubai, turning a long-held bucket-list vision into a world-stage moment. Held at Dubai International Academy Al Barsha, the event gathered youth, families, and local speakers around one big idea: the future belongs to people willing to question what they’ve been taught.

Elyse’s talk, “Why Following the Formula Fails,” did exactly that. Rather than offering another checklist for success, she challenged the premise beneath the checklist. The result was a message that landed with surprising clarity: the breakthrough isn’t found in perfect steps. It’s found in the person taking them.

Here’s a glimpse of Elyse’s TEDxDIAB experience.

YOUR FIRST TALK WAS FOR FOUR PEOPLE IN A MEXICAN RESTAURANT. WHAT HAD TO HAPPEN TO LAND ON A TEDx STAGE?

I had to drop an old identity: that I wasn’t a great public speaker. I studied and trained under true Hall-of-Fame-level speakers, and I carried this belief that they were naturally great at it—and I wasn’t. That had to go.

I also took on a role in an organization where speaking was part of how we sold, from tiny groups in informal settings to hundreds of people at conferences. My identity had to shift to match the role. I was extremely nervous in that first talk, even though it was small, because my identity hadn’t caught up yet. This TEDx stage was different, of course. I prepared and put a lot of energy into it. But what I noticed is that the bigger shift was identity work: I am a woman who does this naturally and normally.



For years, I really wanted to do a TEDx talk. I submitted myself in a lot of places, but I was in the gap between wanting it and not having it. At some point, I released the grip and surrendered the how while still holding the desire. Then, the opportunity came in late last year through a dear friend who referred me, and it was incredibly easy and ideal. That’s a big part of what we teach: hold a strong intention and surrender the how.

THE TITLE OF YOUR TALK WAS “WHY FOLLOWING THE FORMULA FAILS.” WHAT DOES THIS MEAN?

You can follow the perfect formula, but your results will never supersede your identity, so the real question isn’t “What do I need to do?”—it’s “Who do I need to be for what I want to feel natural, normal, and easy?”

WHEN DID YOU FIRST REALIZE THE “FORMULA” WASN’T WORKING, AND WHAT SHIFTED FIRST: STRATEGY OR IDENTITY?

I realized it when I had my first Quantum Leap experience, when I turned my annual income into my monthly income. I had been doing the “right things” for more than 10 years, but I stayed stuck at the same level. I was following the formula, but deep down I didn’t feel worthy of what I wanted, and I didn’t believe it could really happen for me.

I had this underlying belief that it could happen for other people but not for me. The ego does that. The ego doesn’t only make you feel better than others. It can also make you feel worse than others, like you’re different or not as good. This keeps you from even trying.

When I finally thought, “I’m doing all the right things and nothing is changing—maybe something inside of me needs to shift,” I shifted identity first. After that, my annual income became my monthly income very fast. I did take different actions, but they came from a different identity. They were more elegant, streamlined, and powerful than what I’d been doing before.

I teach the difference between hustle action (from lack) and aligned action (from certainty). When you know something is happening for you—even before it shows up—you take different actions.



YOU BROUGHT YOUR 5-YEAR-OLD SON. WHY WAS THIS IMPORTANT TO YOU?

Taking my five-year-old son was a beautiful experience for a number of reasons. Personally, one of the things I'd been affirming before any of this happened was: I am a global thought leader who travels the world with her children and brings them on amazing experiences. This felt like a real-life moment of that vision manifesting.

I also brought a dear friend as support and gifted her a fully paid trip to Dubai, which is something I've envisioned too—being able to bring amazing friends and a support team on trips like this.

But with my son, the heart of it is that I care deeply about expanding my kids' worldview and their perspective of what's possible. It was meaningful for him to experience Dubai and to see his mom step on stage. He's heard me talk about it, but being there in person is different.

I want him to see what's possible for him, and I want him to understand more of who I am. We talk a lot in *She Sells* about defining powerful motherhood on your own terms—especially if you're doing things differently than how you were raised or what you saw modeled. I had a stay-at-home mom, so I've had to redefine what successful motherhood looks like for me.

If I want my kids to step into the fullness of who they are, I have to model what that looks like for myself.

WHAT SURPRISED YOU MOST ABOUT SPEAKING TO A YOUTH AUDIENCE?

It was amazing. I don't do a lot of speaking to youth. My normal audience is usually people in their 30s, 40s, 50s, 60s, and above. So this was a fun and different experience.

I was so impressed with the quality of what they brought and the questions they asked. Some speakers and attendees were 14, 15, and up, and the way they were already thinking about beliefs, perception, and even quantum concepts—like the observer effect—was beautiful.

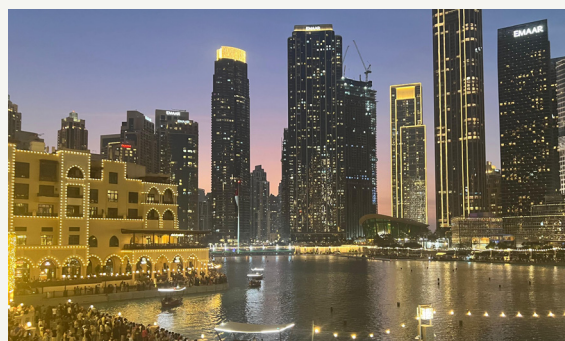
I was blown away and inspired by the level of consciousness in the room. It honestly made me feel hopeful about the future. They were grateful, mature, and brilliant. It was a gift.

WHAT'S ONE MOMENT YOU'LL NEVER FORGET?

There were so many, but one that comes to mind is riding Ain Dubai, the observation wheel, and seeing the city from that height. It gave me this incredible perspective—almost like looking at Dubai from the top of the world.

It was a reminder of how limited our worldview can be unless we intentionally expand it. That's the power of getting into new environments. It's also the power of mentorship and coaching—having someone expand your perspective of what's possible and available to you.

Being in a city that is so cutting-edge, futuristic, and full of innovation and beauty was a powerful reminder to keep thinking bigger about what I'm building and calling in. It was such a meaningful bird's-eye view of the city, and of possibility.





The Quantum *Reset*

BY ELYSE ARCHER

What if nothing that fell away
in 2025 was ever meant to stay?
Your next level is calling,
and it requires you to travel lighter.



PHOTOGRAPHY BY MARLANA SEMENZA

***“You weren’t losing your footing.
You were losing what can’t come with you.”***

There’s a moment in every woman’s evolution where she realizes she isn’t breaking down... she’s breaking open.

For many, 2025 carried that exact energy: shedding, revealing truths, and releasing identities, obligations, relationships, and roles that could never survive where you’re going. It wasn’t punishment. It was preparation.

**THE YEAR OF THE SNAKE:
A NECESSARY UNRAVELING**

In the Year of the Snake, the collective invitation was simple: shed. Outgrow old skins, outdated identities, and structures built from a past self. It showed up in real life as closing chapters that felt familiar but heavy; walking away from dynamics that no longer honored your truth; confronting patterns you thought you’d worked through; facing unexpected endings or turns; and realizing certain opportunities, people, or commitments were no longer aligned.

It’s tempting to call years like this “hard.” But what if they were holy? What if 2025 wasn’t a collapse, but a cleansing—not a setback, but a sacred reset?

You weren’t losing your footing—you were losing what can’t come with you.

Everything that was released in 2025 did so because your next-level life cannot be built on outdated energetic architecture. The version of you stepping into 2026 isn’t a continuation. It’s a rebirth.

To embody her, certain attachments had to dissolve: the “shoulds” you’ve been tolerating, roles you’ve outgrown, expectations that were never yours, relationships that required self-abandonment, and ways you’ve hidden your power to make others comfortable.

The shedding wasn’t personal. It was directional. You were being disentangled from what would have slowed you down because where you’re going, you can’t afford drag.

Reflection Prompts

1. What ended or shifted in 2025 that may have actually been protection or redirection?
2. What is one identity you're meant to shed this year?
3. What would unapologetic leadership look like for you in 2026?
4. What becomes possible when you drop every "should" and follow what is true?

This year isn't calling you to rebuild from scratch. It's calling you to rise from truth. The Horse year doesn't wait. It moves with instinct, alignment, and unshakable presence.

So ask yourself: "What becomes possible as you move forward lighter, clearer, bolder, and fully aligned with the woman you're becoming?"

This is your Quantum Reset. *Move.*

ENTER: YEAR OF THE HORSE

If the Year of the Snake was about release, the Horse year is about movement—speed, freedom, clarity, momentum, awakening, authenticity, and leadership that finally feels like you. The Horse is bold, intuitive, lightning-fast, and unapologetically aligned with its nature. It chooses.

2026 is inviting you into:

- rapid acceleration
- decisive, clean action
- bigger vision, bigger courage
- aligned opportunities that show up fast
- a return to unfiltered leadership
- innovation and expansion that felt impossible a year ago

The Horse year doesn't ask you to hustle. It asks you to become unmistakably you—and move from truth.

YOUR QUANTUM RESET

A Quantum Reset isn't about starting over. It's about starting true. No more shrinking. No more performing. No more "later." No more carrying what drains you.

It's asking: What gets to be done? What gets to be claimed? What gets to be released for good?

Your Quantum Reset is the realignment that makes quantum acceleration inevitable because you're finally congruent with the life you're calling in.

Everything you shed in 2025 created the spaciousness you need to surge into 2026 with clarity, courage, and clean energy.

If you felt slowed down in 2025, it's because life was quietly removing what would delay your destiny. If you felt endings, it's because beginnings were being prepared.

It wasn't the year you fell apart. It was the year you were remade.

*"A Quantum Reset
isn't about starting over.
It's about starting true."*

Permission to Power

Making money digestible—building women's financial confidence.

BY ANGELA SMITH

“To give women permission to take the power that is already theirs.”

That's how Shelley Nadel describes her purpose. Clean. Direct. Non-negotiable. And it isn't theoretical. Shelley's “Quantum Reset” has been personal. Over the last year, she's been doing her own deeper money work—unpacking inherited beliefs and dissolving the emotional charge so her expertise and identity finally match. Not because she lacked financial expertise—she's had that for years—but because personal money stories don't automatically disappear just because you're good at the math.

Now she's stepping into a bigger kind of leadership, with a message designed to travel: stages, media, and scale.

THE RESET SHE'S LIVING

Shelley is a Certified Financial Planner™ with nearly two decades of experience, and she's no stranger to the work. The meetings. The planning. The details that determine whether a woman's money supports her life, her freedom, and her future.

But Shelley is also in the middle of a shift. She's moving from day-to-day planning being the center of her work to the passion part—education, empowerment, and impact at scale. The work that helps women stop avoiding money, lower the barriers, and finally see themselves as competent.

A DOORWAY INTO CONFIDENCE

Her signature concept is simple: women don't need more financial jargon. They need a doorway into confidence. For Shelley, that doorway is food.

“I'm trying to get you to a place where you can accept yourself as being competent around money,” she said. “And to do that, I need you to lower the barriers. And talking about food... that's what Food & Finance is about. It's about disarming people's defenses... and that allows them to actually learn.”

Food is familiar. Safe. Universal. It gives women a neutral place to start—so money doesn't feel so loaded. And from that place, learning sticks.

MAKING FINANCE DIGESTIBLE

That's the premise behind Food & Finance with Shelley, her media brand and YouTube series launched in 2021, where she teaches financial concepts while cooking approachable recipes in her kitchen. The tagline says it all: making finance digestible.

One minute she's explaining why you cut vegetables uniformly so they cook evenly. The next, she's linking that same idea to structure, balance, and diversification. Or she's making a grilled cheese with fontina, basil, and blackberries, then using it to reframe a wealth strategy: a traditionally “sweet” ingredient used in a savory way, just like certain financial tools can be used far beyond the one narrow way most people understand them.

The point is not the recipe. The point is the moment a woman thinks, *Wait. I get this.*

BUILT FOR WOMEN

Shelley's work is built for accomplished women. Women with real wealth and real lives, yet still asking, Do I have enough? What should I do with it? Am I making the right decisions? She wants them to feel capable inside their own financial story, not intimidated by it.

And she's building the infrastructure to deliver that at scale: a growing video library, her book, *The Wealth Recipe: A Culinary Guide to Financial Power*, and a speaking platform aimed at the transformational change she feels “in her soul.” Because for Shelley, the next Quantum Reset is bigger rooms, bigger reach, and more women reclaiming what was always theirs.

Shelley Leavitt Nadel, CFP®, CLTC®, LUTCF, is a Houston-based financial advisor and business owner. She's also the creator of Food & Finance with Shelley, a platform that blends cooking and financial education. Learn more at foodandfinancewithshelley.com and connect with her on LinkedIn at linkedin.com/in/shelleynadel.

PHOTO BY CATHERINE HEATH



Frequency First Leadership



**Lead from your
highest self. Let the
next step reveal
itself.**

BY ANGELA SMITH

What if your next level isn't about doing more, but becoming more? Frequency First Leadership is the shift from hustle-based leadership to embodied leadership: leading from identity, energy, and integrity so aligned action becomes obvious. You don't chase the plan. You calibrate first, and the plan reveals itself.

Strategy matters, but it lands differently when you're operating from a grounded identity, clear standards, and regulated energy. When you're leading from alignment, small, clean moves compound faster than forced ones. Decisions get simpler. Boundaries get stronger. Your presence carries more weight than your words. And momentum starts to feel less like pressure and more like inevitability.

In this story, past Superhuman Selling podcast guests Dana Grant and Amberly Lago share what it looks like to reset in real time, regulate from the inside out, and lead with a frequency that makes the next step clear.



PHOTO BY SARAH MOODY

Meet Dana

Dana Grant leads with calm clarity and deep self-trust. Her work is a masterclass in “coherence over control,” showing what happens when standards are embodied, not enforced, and when presence becomes the strategy.

If Frequency First Leadership is “tending to the source,” Dana’s answers show you exactly how.



DANA GRANT

PHOTOS BY AMY TERMINI PHOTOGRAPHY



WHAT DOES “FREQUENCY FIRST LEADERSHIP,” MEAN TO YOU?

It means who I am being comes before what I am doing. My emotional state, self-trust, and nervous system set the tone long before strategy does. When I lead from clarity, safety, and conviction, results follow naturally. When I don’t, no amount of hustle can compensate. Frequency First Leadership is about tending to the source so everything downstream works better.

TELL US ABOUT A RECENT “QUANTUM RESET” YOU HAD.

I noticed I was subtly pushing, trying to prove something rather than express something true. The reset happened the moment I stopped asking, “How do I make this work?” and started asking, “What’s actually aligned for me right now?”

What changed first was self-permission. I slowed down, released urgency, and chose truth over performance. Within days, conversations opened, opportunities aligned, and decisions became obvious. The external shift was fast, but only because the internal correction was clean.

WHEN YOU FEEL OFF (PUSHING, PROVING, SPIRALING), WHAT'S THE FIRST THING YOU DO TO COME BACK TO YOUR HIGHEST FREQUENCY?

I stop talking, especially to myself. No fixing, no reframing. I regulate my body first: breath, stillness, or a walk. Then I ask one question: "What am I trying to control right now?" The moment I release that grip, my energy recalibrates. Alignment isn't something I chase. It's something I return to.

WHAT'S ONE WAY YOU'VE STOPPED FORCING OUTCOMES, AND WHAT HAPPENED WHEN YOU LED FROM PRESENCE INSTEAD?

I stopped over-explaining and over-initiating. Instead of trying to convince, I started holding clarity. What happened was fascinating: people met me at a higher level. Decisions happened faster. Relationships became cleaner. Presence created momentum without pressure.

HOW DO YOU HELP OTHERS REGULATE AND RISE WITHOUT TAKING ON THEIR ENERGY?

I don't try to manage anyone's emotions. I model regulation. I stay grounded, clear, and unattached to fixing. People don't need me to carry them; they need a stable reference point. When I hold my center, others naturally find theirs.

AS A LEADER, HOW DO YOU "SCALE YOURSELF" SO YOUR STANDARDS AND ENERGY BECOME THE CULTURE, EVEN WHEN YOU'RE NOT IN THE ROOM?

I scale through coherence, not control. I communicate standards clearly, make decisions from integrity, and embody the pace and presence I expect. Energy is contagious. When consistency is felt—not enforced—it becomes culture.

WHAT'S ONE SONG OR SOUND THAT INSTANTLY BRINGS YOU BACK TO YOUR HIGHEST SELF, AND WHAT'S THE SIGNAL THAT TELLS YOU YOU'RE ALIGNED AGAIN?

A deep, steady bassline: anything that drops me into my body. The signal I'm aligned again is calm certainty. No urgency. No noise. Just a quiet yes.

IF YOUR "HIGHEST FREQUENCY SELF" HAD A TAGLINE ON A SWEATSHIRT, WHAT WOULD IT SAY?

"Calm is the flex."



Dana Grant is an International Master Life and Business Coach, best-selling author of *The Truth Within The Lie: How to Align with Universal Principles to Create the Life You Deserve*, and host of The Dana Grant Show. She is also the co-founder of the multi-million-dollar brand CaliFlour Foods and leads transformational retreats and masterclasses around the world. Learn more at Danagrants.me and follow her on Instagram @therealdanagrants.

Meet Amberly

Amberly Lago embodies Frequency First Leadership in the most real-world way: leading with joy, grit, and truth, even in the middle of intense challenge.

Her answers are a reminder that “reset” isn’t a retreat from impact. It’s a return to integrity, service, and the kind of resilience that creates sustainable momentum.



AMBERLY LAGO

WHAT DOES “FREQUENCY FIRST LEADERSHIP,” MEAN TO YOU?

It means who you’re being matters more than what you’re doing. Your energy, integrity, and presence set the tone before strategy ever does. People don’t follow your words; they follow your frequency.

TELL US ABOUT A RECENT “QUANTUM RESET” YOU HAD.

This year, I had to reset in the middle of success. I was on 58 stages but also in the hospital nine times. The reset came when I stopped asking, “How do I push through?” and started asking, “How do I lead from truth?” What changed first was permission—permission to rest, receive support, and trust that alignment creates momentum faster than force.

PHOTO BY JOHNNY LAVALLLEE



WHEN YOU FEEL OFF (PUSHING, PROVING, SPIRALING), WHAT'S THE FIRST THING YOU DO TO COME BACK TO YOUR HIGHEST FREQUENCY?

I move my body, and I pray. Movement shifts energy, and prayer recenters intention. I remind myself this isn't about me—it's about service. That immediately brings me back into alignment.

WHAT'S ONE WAY YOU'VE STOPPED FORCING OUTCOMES, AND WHAT HAPPENED WHEN YOU LED FROM PRESENCE INSTEAD?

I stopped chasing numbers and focused on connection. When I built my social media, I committed to showing up consistently to add value—not to perform. I led from presence, and the growth followed naturally. Alignment created traction.

HOW DO YOU HELP OTHER PEOPLE REGULATE AND RISE WITHOUT TAKING ON THEIR ENERGY?

I model regulation instead of rescuing. I hold space, ask powerful questions, and stay grounded in my own energy. When people feel safety and clarity, they rise on their own—and that's real leadership.

AS A LEADER, HOW DO YOU "SCALE YOURSELF" SO YOUR STANDARDS AND ENERGY BECOME THE CULTURE, EVEN WHEN YOU'RE NOT IN THE ROOM?

I live my values out loud. Consistency, integrity, gratitude, and resilience aren't just ideas—they're daily practices. When your standards are embodied, they replicate naturally.

WHAT'S ONE SONG OR SOUND THAT INSTANTLY BRINGS YOU BACK TO YOUR HIGHEST SELF, AND WHAT'S THE SIGNAL THAT TELLS YOU YOU'RE ALIGNED AGAIN?

The wind chimes that hang outside my window. They're made from the broken pieces of titanium that were removed from my leg. I know it sounds kind of crazy, but when I hear them, it reminds me of how far I've come, all the challenges I've survived, and the resilience of the human spirit. The signal that tells me I'm aligned again is joy. When joy returns, clarity and courage follow.

IF YOUR "HIGHEST FREQUENCY SELF" HAD A TAGLINE ON A SWEATSHIRT, WHAT WOULD IT SAY?

"Anchored in Joy. Powered by Grit."



Amberly Lago is a USA Today bestselling author, TEDx speaker, and Top 1% podcast host. Through Inspired Living with Amberly Lago, LLC, she teaches resilience-driven leadership rooted in faith, joy, and gritty, consistent action. Learn more at amberlylago.com and follow her on Instagram @amberlylagomotivation.

Stand Still, Be Visible:

A CONVERSATION *with* RITA HAUSKEN

INTERVIEW BY ANGELA SMITH

Rita supports women who aren't here to play small, blend in, or keep themselves palatable. As a thinking partner to visionary leaders, she helps women lead with clarity, make bold decisions, and expand their influence without abandoning themselves in the process.



PHOTOS BY LINE OWREN FOTOGRAFI

ANGELA SMITH: Can you give readers a glimpse of you?

RITA HAUSKEN: My passion is unlocking women's creativity, their big thinking, and getting women out of their own way. I focus on women because I believe we are wired differently and hold solutions to some of the greatest challenges in the world.

AS: How did you get here?

RH: Before I started my company in 2017, I spent 20 years in the press covering oil and gas. I was a sales director and traveled the world. Earlier in my career, I ran multiple restaurants.

After two decades, I knew it was time to step out and up—even though it meant stepping away from a big brand. People would say, "How do you do it? You're stepping away from a big brand." I always replied, "It's a big brand because I was part of creating it."

I knew I had more to contribute to the world than the energy sector. I didn't step down; I stepped out and up—and discovered an even bigger world.

I started coaching in 2004, and it became an important part of how I led because I've always been curious about how people think and behave. When I stepped out in 2017, I wasn't sure what I was going to do or be. I just knew I was meant for something more. One thing led to another.

AS: What does a Quantum Reset mean—and can you share one from your life?

RH: I had a Quantum Reset in 2017 when I decided who I was going to be instead of what I was going to do. I stepped out and up. I didn't know exactly what came next, but I knew who I was going to be curious and understand how women think.

For me, a Quantum Reset is about deciding who you want to be. I reset often. I'm not the person I was in 2017, or even a year ago, so I keep asking "Who am I in this moment?" That's the work—choosing who you are, again and again.

AS: Can you show me proof of a reset?

RH: When I left the press, I was coming from a world of chasing—news, the latest, being "on" nonstop. When I stepped out, my strategy was simple: Stand still and be visible.

I left my organization in October and had a trip booked to Abu Dhabi for a conference I'd attended for years. This time, I did everything differently. I didn't approach anyone I knew. I didn't chase. I didn't "do." I made sure people could see me—in how I dressed and how I showed up.

At a roundtable, I chose to sit alone. As the room filled, a woman joined me. We started talking, and she became a client. I focus on relationships, not "creating clients." There's something there or there isn't, and I'm unattached to the outcome. That's stayed with me since 2017: Stand still and be visible.

AS: What surfaces at the edge of a Quantum Reset—and how do you help clients land it?

RH: My clients—often in very senior roles—usually come to me because they have a problem to solve. They'll call it burnout, depression, anxiety—whatever label fits.

I can tell quickly: it's not depression. It's suppression. They're suppressing what matters most—a bigger vision, a bigger mission—and contort themselves to stay inside a system they've outgrown. I'll ask, "You're outgrowing the system, so why are you desperately trying to stay in it?"

I'll say, "You may be labeling your feelings from an old pattern." If you feel energy in your chest or solar plexus, you might call it anxiety because years ago, that's what it meant—or guilt because that's the old label. Most of the women who come to me are in the prime of their lives—often between 40 and 60. I help them see that the body may have a different message, but they're interpreting it through old language. I ask, "Body, what brilliant message do you have for me?" And it's rarely what my clients think it is. That's the moment.

AS: What does bespoke support look like?

RH: I only do bespoke support, which is why I work with very few clients. It starts with a commitment to themselves—an agreement with themselves before it's an agreement with me. We talk before we engage. They're auditioning for me.

My most powerful work shows up when I'm in integrity with myself and I can feel they're on a mission. I don't need the mission fully formed; it's my job to draw it out.

Whether we meet once a year or weekly, it has to be because they want it and know they're meant for something bigger.

Then we redesign their calendar. I help them see where they're standing in their own way—where a packed calendar is being mistaken for leadership. White space creates clarity and strategy. They must be willing to put something aside. I'm not someone you squeeze in. Bespoke means clear agreements, understanding their system, and creating the space that unlocks their next level.

AS: What are you joyful and curious about right now?

RH: I'm always curious. What gives me joy right now is my granddaughter—spending time with her. I've never met anyone as curious as she is. She's turning seven in March.

My favorite joyful moment is taking her to an art gallery or a library. She asks, "What is that?" or "Who is this?" and I get to deepen my own answers.

AS: Where are you stretching—and how are you resourcing it?

RH: I love to put myself in tension. That's the stretch. The past two weeks, I've been living that. I have a nonprofit, and we've been in board meetings where we've disagreed. I stand in my truth. I stay rooted.

I was also on a core leadership team for a big event with Rich Litvin in London last week—more provocation, seeing how deep we can go. I love it, but it can be tiring. So I resource myself with complete downtime. For me this means: I don't read. I don't listen to podcasts. I do nothing to "fill." I'm just sitting. Being.

AS: What shifts a high performer from excellence to exceptional?

RH: Stop proving. The biggest challenge I see—especially in the women, no matter how senior—is they're constantly trying to prove themselves. Proving a point. Proving their value. In that moment, they leak energy into something that doesn't move them forward.

Trying to prove a point with people who don't share your view is pointless. Absolutely pointless. So I help them shift into expression instead. There's a difference between proving and expressing. When they're proving, they meet resistance. When they're expressing their vision—"This is what I see; when I zoom out, I can see these moving parts"—they step into their genius.

People lean in because they're buying into what they're seeing. They realize: she's not trying to convince me—she's inviting me into her bigger vision. It's the same in our work: how do you enroll a client or a relationship? You speak what's meaningful to you, and people can join you if they want to.

AS: What does it take to change the world—without losing yourself?

RH: It requires that I listen to my intuition first. My intuition—her name is Iris—speaks loud and clear. Some days I wake up depleted. I'll sit down, connect, and follow what she says to do. Sometimes it's as simple as going somewhere I wouldn't have gone on my own. That's how I stay the best version of me, so I can keep doing this work.

We live in a world with so many opinions. I'm not here to meet your opinion or someone else's. I'm here to stand firmly in myself. That doesn't mean it's pleasant, because my intuition can be against what my brain says. My executive brain says, "This is nice. This is cool. Go here." Iris says, "No."

She'll say, "You can't do anything right now. You're going to sit still," or, "You're going to work with this client and not this client." That's how I stay in service.

It requires the same from my clients: dedication to themselves and the mission. And remembering this: If the mission feels bigger than you, that's a lie. You're bigger than any mission. You're bigger than anything you've created.

The world is not a better place if you push yourself until you break. Yes, I'll push you to fall and grow wings, but that's not the same as not sleeping, not caring for yourself. "The world is burning and I'm on a mission," doesn't serve my mission.

Clients have to be willing to see their world 180 degrees differently—and slow down long enough to do it.

Rita's Toolbox

BOOK—*Ask and It Is Given* by Esther and Jerry Hicks

I return to it—especially if I have a night when something feels off. My favorite app is Marco Polo. I use it with my clients because I like to see what they're seeing.

PRACTICE—*Connect with Intuition and Practice Gratitude*

Two tiny practices I use to reset:

1. The moment I wake up, I connect with my intuition. I either sit up in bed with my eyes closed, or put my feet on the floor, and I listen—like I'm receiving a message. If my mind starts talking, I say, "Shh. I'm listening for a message."

2. I write seven gratitudes. My gratitude practice gets me into flow energetically.



Rita Hausken is a thinking partner, advisor, and speaker for women on a mission to solve complex problems. She helps visionary leaders reconnect to their power, make bold decisions, and move from chasing to clarity, from proving to presence. For more information, visit ritahausken.com or follow her on Instagram @ritahausken.

The Mirror Principle of Wealth



What if it's your identity that's limiting you? Money rises to reflect the woman you decide to become.

BY ELYSE ARCHER

Your financial reality will change only when you stop asking, “How do I make more?” and start asking, “Who must I become for more to be inevitable?”

That is the Quantum Reset of wealth.

Not gripping tighter, over-strategizing, or forcing outcomes. But releasing the identities, beliefs, and patterns that capped your expansion in 2025 so wealth can rise to match you in 2026.

MONEY IS THE MIRROR

That's the quiet magic of Superhuman Live: it gives you tools you can use right away, and it gives you something rarer—a felt sense that alignment, not grind, is the source of money, success, and joy.

The first principle of wealth is deceptively simple: Money is not the source. It's the reflection. It's the effect, never the cause.

Your income, savings, opportunities, and financial "luck" aren't random. They mirror your internal landscape—your expectations, identity, subconscious permission to receive, capacity to hold more with steadiness, and certainty that you're worthy of more.

Money responds to who you're being, not what you're doing. This is where most women get tripped up: they try to adjust the effect while refusing to shift the cause. They build funnels, adjust offers, hustle, launch, recalibrate pricing...and the needle barely moves. Why? Because the mirror keeps reflecting the same identity.

A Quantum Reset is the moment you stop negotiating with your bigness. It's the moment you tell the truth: You don't want 10K months. You want 100K months. And you're not here to stop there. You don't want "just enough." You want overflow, ease, and abundance that can hold your vision. This isn't greed. It's spiritual honesty.

Money is often the how behind your calling—not the vision itself, but the fuel that lets it manifest—the team, support, impact, homes, travel, giving, and art you were born to make. Wealth expands what you're here to do. So ask yourself: What must I release to receive what I truly desire? Who must I become for this level of wealth to feel natural?

Universal law is uncompromising in its clarity: cause precedes effect. Wealth is not created from hustle, luck, or circumstance. It's created from consciousness. You want new revenue? Shift your identity. You want a financial Quantum Leap? Elevate your emotional set point around money. You want money to feel effortless? Become a woman who expects, honors, and feels safe with it. That's the game.

And in 2026—a year asking for acceleration, authenticity, movement, and bold embodiment—inner shifts translate faster than ever.

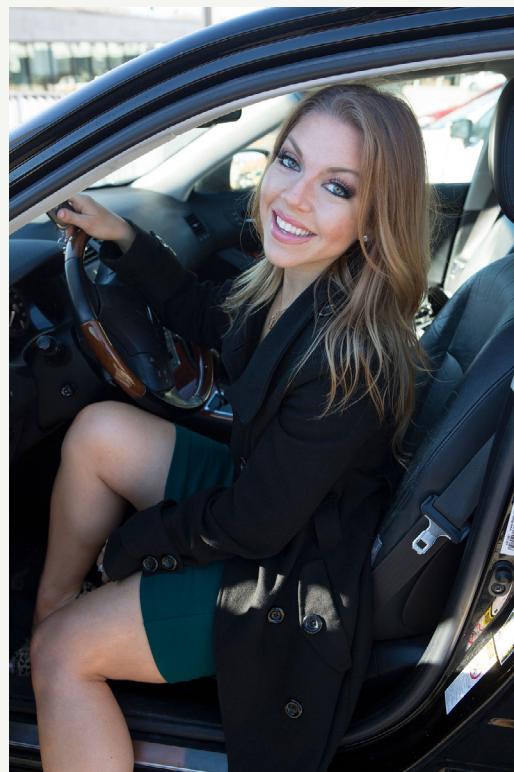
READ THE MIRROR

When you look at your current income, ask, "What's this reflecting about who I've been?"

Not in judgment, but in truth.

Money is neutral, honest, and precise. It shows you:

- how willing you've been to receive
- how deeply you've believed in your value
- how consistently you've chosen abundance over fear
- how boldly you've asked, priced, and led



If you want a different reflection, you must become a different cause. The Quantum Reset of wealth asks, "What financial frequency matches the woman I'm becoming?"

When your identity rises, your income has no choice but to follow.

MILLION-DOLLAR MONTHS

The pathways look different on the outside, but internally, they're the same: 10K months require belief. 100K months require embodiment. Million-dollar months require identity.

At each level, the mirror becomes clearer—and the reset gets simpler:

- What am I pretending not to want?
- Where am I shrinking my financial truth?
- Where am I leading from fear instead of power?
- What am I still holding that cannot come with me?

The Quantum Leap isn't about more. It's about truer. When you tell the full truth about the money that feels aligned with your next chapter, and you raise your internal frequency to match, the mirror shifts.

When you step into who you really are, money follows.

Legacy In Motion

**Charisa Munroe-
Wilborn on leader-
ship, development,
humanitarianism, and
the ripple effect.**

BY ANGELA SMITH

In *She Gives*, we spotlight women-led foundations and philanthropic initiatives where generosity isn't just a nice thing to do. It's a catalyst. A multiplier. A real-time demonstration of "wealth frequency" in action.

For this Q+A, we're featuring Charisa Munroe-Wilborn, Co-Founder and President of the Myles & Ruth Munroe Foundation and Vice President of Munroe Global, advancing humanitarian, educational, and leadership initiatives that honor and extend the global legacy of her parents, Dr. Myles and Ruth Munroe.

If you've heard Elyse on Charisa's podcast, you already know the tone she carries: clarity, conviction, and deep purpose. Here, she shares how her parents' legacy lives on through a leadership ecosystem that develops leaders and creates access, so more people can step into the opportunity they were born for.

Q + A with Charisa Munroe-Wilborn

ANGELA SMITH: For readers meeting you for the first time, can you share a quick overview of the Myles & Ruth Munroe Foundation and Munroe Global?

CHARISA MUNROE-WILBORN: When great people die, the greatness they shared is for the people they left behind to make the next generation greater.



PHOTOS BY GIANNE DEMERITTE PHOTOGRAPHY

Dr. Myles and Ruth Munroe left an immovable impact on the world, especially those who transformed from followers into great leaders.

The Myles & Ruth Munroe Foundation is the philanthropic and humanitarian arm of the Munroe legacy, dedicated to empowering and assisting local and global communities through leadership adoption, community partnerships, educational initiatives, and leadership guidance. Its purpose is to foster human potential and address core issues that impact people's lives, while honoring the values of character, compassion, leadership, and purpose championed by the late Dr. Myles and Pastor Ruth.

Munroe Global is the educational and leadership development organization committed to transforming followers into leaders and leaders into agents of change by spreading Dr. Myles Munroe's principles of Kingdom leadership and empowering individuals to discover and fulfill their life purpose. The two are aligned in legacy and vision; one builds leaders, the other creates access and opportunity for those leaders to thrive.



AS: What drew you to lead the Foundation, and what's most urgent right now?

CMW: What drew me in was a deep sense of stewardship, not just of my parents' legacy but also of their heart for people and purpose. The Foundation's work is rooted in service and transformation through practical impact: education, mentorship, leadership development, and community partnership.

The most urgent aspect of the mission today is closing the gap between potential and purposeful opportunity. There are countless individuals with gifts who lack access to the resources, education, or mentorship they need. The Foundation exists to change that.

AS: How do Munroe Global and the Foundation differ in focus, and how do they work together to create transformation?

CMW: Munroe Global's primary focus is education and leadership development, equipping individuals with the knowledge, principles, and life purpose clarity to step into leadership roles. This includes teachings and resources that reflect Dr. Munroe's vision for Kingdom leadership.

The Foundation's focus is humanitarian impact and access, bringing support, scholarships, mentoring, and community programs to people who might never otherwise receive exposure to leadership development and life-enriching opportunities.

AS: Both organizations emphasize developing leaders and "agents of change." What's the first shift you want someone to experience as

they move from follower to leader?

CMW: The first and most foundational shift is identity. Shift from seeing yourself as directed by your circumstances to understanding you are created with purpose. Munroe Global emphasizes that leadership starts with this internal shift: recognizing your inherent worth and potential to influence others. This internal shift fuels confidence, responsibility, vision, and the courage to lead—not because someone told you to, but because you believe in who you are called to become.

AS: Where have you seen generosity expand capacity, influence, or opportunity for you, donors, or the people served?

CMW: Generosity is transformative not just for the recipients but also for the givers. Through the Foundation's initiatives like scholarships, mentoring programs, and community partnerships, donors have witnessed young people gain access to education and leadership opportunities they otherwise could not access. This generosity creates exponential value: students who receive support go on to serve and lead in their communities, amplifying the original gift many times over.

On the receiving end, I've seen young people who once felt forgotten step into university scholarships or leadership training that literally changed the course of their lives. One person's generosity can create someone else's breakthrough. That's what "wealth frequency" looks like in real time.

Also, generosity multiplies, always. I have watched donors experience unexpected promotions, new opportunities, and even emotional healing simply because they chose to give. Giving expands your internal capacity and it stretches your ability to trust, to believe, and to imagine bigger.

AS: What impact have the Foundation and Munroe Global had that you can point to that captures what's possible?

CMW: One compelling example is the Foundation's Leadership Adoption and Scholarship Initiatives, which provide real opportunities for young leaders to receive education, mentoring, exposure, and global experience. These programs change a student's academic path and open doors for societal contribution and uplift that reverberate far beyond the individual.

It's always a joy to receive countless letters and sentiments of gratitude from every student impacted by the Foundation's initiatives and to watch them excel. The Foundation's global reach and its partnerships to address basic needs also reflect a purposeful blend of leadership with humanitarian care.

AS: What's been a "this is exactly what I'm meant" moment for you?

CMW: Every time I meet someone whose life trajectory was altered because of the Munroe's Legacy, I know I'm doing the right thing. I'm reminded of the calling that brought me here. It's not about legacy for legacy's sake but about tangible transformation. Seeing someone move from uncertainty to confident leadership affirms this work is meaningful and essential.

AS: How do your professional work and service overlap, and where do you see them strengthening each other?

CMW: My professional focus on leadership development, purpose clarity, and personal empowerment deepens the Foundation's capacity to serve with excellence. Likewise, the service-oriented work of the Foundation and Munroe Global, meeting people where they are and creating real-world access, enriches and humanizes the leadership education we deliver. One fuels the other. Education without access lacks impact, and service without leadership lacks sustainability.

AS: What are you building toward over the next 3–5 years?

CMW: Over the next 3–5 years, our vision is to:

- Expand scholarship and leadership development programs for emerging global leaders
- Strengthen community partnerships that meet human and leadership needs
- Increase access to global humanitarian and educational resources
- Build sustainable networks that empower people long-term
- Increase enrollment of students who successfully complete the Institute's programs and courses.

AS: If someone feels stirred to get involved, what's the most meaningful first step?

CMW: The most meaningful first step is exploration and learning about the initiatives that resonate most with their values, whether it's education support, mentorship programs, leadership events, or community partnerships.



Charisa Munroe-Wilborn is a transformational trainer and speaker, coach, and leadership development strategist. Learn more at mrmfoundation.org, munroeglobal.com, and themil.org. Follow Munroe-Wilborn on Instagram @charisamunroe.



PHOTOGRAPHY BY LINDSAY MURPHY

Wholeness *Scales*

BY ELYSE ARCHER

Motherhood, Mission, and the Power of True Integration

Recently, I worked with a private client who's ready to scale her business to \$5 million this year and who also wants to start a family.

She's a self-aware woman who does the work and caught a limiting belief: "If I have kids, I won't have time for my business."

Here's the thing: you can want a thriving business and a family with your whole heart, but if you believe one will cost you the other, you'll unconsciously cap your results in one—or both—to match that story.

To her credit, she recognized it instantly and chose a new belief that supports both desires. She's building from that truth.

How many of us were taught we can't have both: a successful professional life and a present, connected family? You can have both. But it requires a different relationship with time, money, and, most importantly, yourself.

If motherhood is aligned for you, it doesn't have to shrink your dreams. It can amplify them.

THE SPLIT SO MANY WOMEN INHERIT

For a long time, women have been taught—explicitly and subtly—to split themselves in two: the woman with ambition and the woman who mothers. The leader and the nurturer.

Growing up, my mom stayed at home with my sister and me. She was a wonderful, devoted mother—and she also set aside her career ambitions to do it.

Years later, I realized I absorbed a paradigm: the only way to be a wonderful mom was to stay at home and be available all the time. That's a beautiful path for many women, but it isn't my calling. So I had to rewrite the definition. I asked, "What does being a great mom mean to me?"

Honestly, I didn't ask that question until I was deep into motherhood, and it explained the guilt when I worked and the self-judgment when I compared myself to women following my mother's path.



I was living inside someone else's definition.

When I finally asked what motherhood means to me, my answer was clear: Being a great mom means helping my children become the fullest version of themselves—who they came here to be.

What isn't in that definition is an hourly quota. I do wrap my work around noon most days so I can be with my kids and also have space for myself, but that's a choice, not a measure of worth.

That definition held. It required wholeness—seeing myself as a powerhouse CEO and the mom my kids need.

It required that I stop splitting my identity into two. The more I integrate motherhood and business as foundational and intertwined parts of who I am—not competing roles—the more “me” I become and the more I can scale without costing myself.

Motherhood doesn't ask you to become less. It asks you to integrate. And integration—true wholeness—is the most powerful quantum reset there is

*“Integration
—true wholeness—
is the most powerful
Quantum Reset there is.”*

EXPANSION THROUGH WHOLENESS

Motherhood has a way of dismantling outdated versions of success. It doesn't tolerate hustle that isn't sacred or allow energy leaks to go unnoticed. It exposes misalignment quickly—often uncomfortably.

Not to slow you down, but to refine you.

When we fragment ourselves—when we believe we must be either “on” in business or fully present at home—we create friction. We exhaust ourselves maintaining two identities instead of allowing one integrated self to lead everywhere.

But when you allow motherhood and mission to inform one another, something extraordinary happens. Your intuition sharpens. Your boundaries strengthen. You get more done in less time because you're less willing to waste it. Your leadership becomes embodied. You stop proving and start to lead.

KIDS CLARIFY THE MISSION

The other day, I was on the treadmill doing my first-ever 6-mile run. I've never identified as “a runner.” After my third baby, I expanded my identity—a Quantum Reset.

At mile five, everything in me wanted to stop. My body felt uncomfortable, and my breathing was labored. Then my 5-year-old son, Jack, walked into the basement and looked at me. In that moment, I knew I couldn't give up. He asked, “Mom, how many more miles do you have left?”

As I replied, “One more, baby,” I could feel him studying me—waiting to see if I'd keep going or quit. When I finished, he asked if he could take a turn. Our kids are watching.

There's an old paradigm that suggests motherhood should shrink ambition. That it requires a quieting of desire,

a narrowing of vision. I believe the opposite is true. Motherhood raises the standard for how—and why—you build.

When your children are watching, legacy becomes real. Not someday. Now. You lead differently when you're modeling what aligned power looks like. You choose differently when time, energy, and presence are sacred.

And from that place, the mission doesn't slow down—it accelerates. You're no longer building from pressure. You're building from truth. Truth moves fast.

The next level of success doesn't come from “better balance.” Balance still implies equal time and energy everywhere—and that's not the goal. The next level comes from integration. From ending the split between “business you” and “mom you.” From letting your visionary courage shape how you mother.

When you stop leaking energy trying to hold conflicting identities, that energy becomes available for creation, clarity, and expansion. You move faster not because you push harder, but because you're no longer divided.

You lead from wholeness. And from that frequency, life reorganizes around what's true.

WHOLENESS IS THE WORK—AND THE REWARD

Motherhood doesn't ask you to abandon your ambition. It asks you to bring your ambition home to yourself. To shed the roles, rules, and expectations that no longer serve. To release the idea that power must look a certain way. Wholeness isn't what you earn after success. It's what creates it.

When you allow yourself to live, lead, and mother from that place, you don't just reset the year.

You reset your identity—and everything changes.



How Stillness Becomes Your Scaling *Edge*

How high-achieving women can regulate their nervous systems, hear the whispers within, and unlock growth by choosing stillness over hustle.

BY MICHELLE CHALFANT

What if your next level of income, impact, and visibility isn't waiting on another strategy call, funnel tweak, or 5 a.m. power hour, but on your willingness to get still?

We talk about “scaling” in business as if it's only about systems, team, or tactics. Yes, these matter, but here's the deeper truth: Your business can't sustainably grow beyond what your nervous system feels safe to hold.

That's what I call a Quantum Reset—not burning everything down or reinventing yourself, but returning to who you are underneath the rush, pressure, and over-functioning. When your inner state shifts, your outer results recalibrate.

Stillness isn't something you earn after you arrive. It's the way there.

WHEN SCALING BECOMES BRACING

When “going bigger” pushes you into overdrive, it often looks like this: you decide to grow, raise prices, plan the launch, hire the team.

Then something shifts: you overwork, second-guess, say yes when you mean no, and lie awake at 2 a.m., replaying conversations. On paper, you're scaling. In your body, you're bracing. For many women, the pattern sounds like this:

- “If I just work harder, I'll feel safe.”
- “Once I hit that number, I'll finally relax.”
- “If I say yes to everything, I won't miss my moment.”

Often, there's a younger part of you driving the car—brilliant at achieving and running on adrenaline. To her, stillness feels dangerous because it exposes the old fear beneath the hustle: “If I stop, will everything fall apart?” “If I slow down, will I lose what I've built?”

Physically, this shows up as shallow breathing, tight shoulders, clenched jaw, racing thoughts, and an inability to rest without guilt. You're stuck in “functional workaholism,” even if the world applauds you.

The cost is simple: You lose access to your inner guidance.

We've had it backward. More pressure doesn't lead to more growth. More safety leads to more growth.

Stillness isn't laziness. It's leadership. Stillness isn't checking out. It's checking in. It's intentional presence—the skill of pausing long enough to ask:

- “What am I actually feeling right now?”
- “What story am I telling myself?”
- “Is this action coming from fear...or from truth?”

When your body feels safe, the parts of your brain behind creativity, connection, vision, and strategic clarity come online. This is where your soul speaks, ideas land, and quantum leaps come through alignment, not force.

Stillness doesn't take you away from strategy. It points you to the right strategy.

MY RESET WITH STILLNESS

A few years ago, everything looked successful from the outside. Inside, I was fried. I said yes to every opportunity. I worked late, carried my clients' emotions home, and convinced myself, "This is what it takes." My calendar was full, and my nervous system was empty.

Then one day, my body decided for me. I hit a wall—no ideas, no emotional bandwidth, no capacity to hold one more thing. I felt hollow.

My old pattern was to push harder. Instead, I did the radical thing: I stopped. I got still. I took micro-pauses, listened to my body, journaled, created space in my calendar, and breathed.

The wildest thing happened. Ideas returned. Aligned opportunities appeared effortlessly. Revenue grew as my effort decreased. Scaling stopped being about pushing my limits and became about expanding my capacity. My nervous system became the container that could hold more without collapsing.

THREE TOOLS THAT WORK

You don't need a monastery or a month off. Start where you are.

Here are three simple ways to begin:

1. The 60-Second Reset

Use this before decisions, sales calls, conversations, or anytime you feel yourself speeding up.

- Put your feet on the floor.
- Name 5 things you see (this orients your system to safety).
- Take 3-5 slow breaths, with a longer exhale.
- Place a hand on your heart or belly and ask, "What's actually true right now?"

This moves you from reaction to presence—where intuition becomes audible again.

2. Stillness for Scaling

Block 20-30 minutes a few times a week. No phone. No laptop. Just you, a journal, and your breath. Use this space to:

- Notice what's present in your body.
- Name the fears or stories around growth.
- Ask, "If I trusted myself completely, what would I choose next?"
- Then listen.

This is where the right strategy lands because it's rooted in truth.

3. Work in a Nervous-System-Friendly Way

Instead of asking, "How much can I do?" ask, "What can my nervous system hold today?"

This might look like:

- Fewer, deeper client calls.
- White space between meetings.
- No phone first thing.
- Delegating tasks that spike your stress.
- Protecting your creative energy as a non-negotiable asset.

This isn't lowering your standards. It's raising your internal frequency so your outer world can match.

THE WHISPERS WITHIN

Your next level isn't hidden in another course, program, or strategy. It's in coming back to the part of you already wise, grounded, and connected to your soul's vision. Stillness is how you find her. From that place, clarity comes faster. Aligned "yeses" become obvious. The next step shows up right on time.

Scaling stops feeling like climbing a cliff and starts feeling like a series of embodied yeses—supported by a nervous system that trusts itself.

Your invitation for this season? Don't just scale your business. Expand the stillness you're willing to hold. When your body feels safe, you can finally hear the whispers from within. That's where your growth lives.



PHOTO BY SETH SNIDER



PHOTO BY RANA TIERNEY

The Quantum Reset in Corporate Sales

Frequency-First Leadership That Speeds Up Deals

BY LAURA GRABVOY

Most people in corporate sales try to move deals with more effort—more decks, more follow-ups, more proving, more pressure. But the truth is simple: corporate deals rarely shift because you chase harder. They shift because you show up clearer, steadier, and more grounded in who you are.

This is the Quantum Reset. Not a reinvention. Not a restart. A return to the version of you who already knows how to lead big moments.

When you shift internally—your identity, your energy, your presence—the external timeline starts moving with you. That's how results that once felt slow or stuck become fast and obvious.

FREQUENCY-FIRST LEADERSHIP

Your frequency is your internal state—your nervous system, self-trust, clarity, and the energy you bring into every interaction. Buyers feel it immediately. They feel whether you're rushed or steady, anxious or anchored, unsure or confident.

In corporate sales, they're not just choosing a product—they're choosing the person they trust to lead a conversation with multiple stakeholders, competing priorities, and real complexity.

This is why the Quantum Reset matters. When you're centered, your presence becomes your strategy. Your steadiness becomes your credibility. Your clarity becomes the anchor others respond to.

In corporate sales, your energy is the first thing they buy—long before the contract.

A Quantum Reset is simple: Shift on the inside so the deal can move on the outside.

When you're internally steady, you:

- Ask cleaner questions
- Guide the conversation instead of reacting to it
- Hold your standards without over-explaining
- Communicate with calm confidence rather than pressure

This is how timelines collapse—because your grounded energy creates a grounded decision-making environment. The fastest way to get there is to reset before the call begins.

3-STEP RESET BEFORE CALLS

1. Get Present

Pause for sixty seconds. Feet on the floor. Slow breath. This resets your nervous system so you enter the meeting steady, not rushed or reactive. A regulated state is your advantage in high-stakes conversations.

2. Ground Your Identity

Remind yourself, clearly and quietly: *"I am capable, prepared, and know how to lead this discussion."* This centers you in confidence and experience, so you speak from leadership, not pressure.

3. Set Your Standard

Decide the tone before you begin. Think, *"I will"*:

- Lead this meeting
- Ask direct and clear questions
- Stay steady, even if the client feels uncertain

When you set the standard internally, the call follows your lead externally. This is how aligned decisions happen faster—and with far less effort.

HOW I CLOSED MY FIRST \$10M DEAL

One of the biggest deals of my corporate career wasn't meaningful because of the number. Yes, it was my first \$10 million deal, but it mattered most because of who I had to become to win it.

Earlier in my career, I led with perfection instead of presence. I believed that's what "prepared" looked like. I thought confidence came from knowing every detail and predicting every question. That approach created pressure, doubt, and overwhelm.

I didn't win deals that way. The shift came when I worked on myself—trusting my gut, acknowledging my track record, and remembering the leader I already was.

When this deal emerged, it involved partners, attorneys, executives, and a lot of moving parts. It needed someone who could stay clear, steady, and confident while guiding multiple decision-makers toward alignment.

So I led. Trusted myself. Listened deeply. Asked powerful questions. Stayed grounded even when the process felt uncertain. Held the room with clarity. Followed through with precision.

They didn't choose me because I knew everything. They chose me because they trusted my presence. That's frequency-first. That's the Quantum Reset. That's how I closed my first \$10 million corporate deal.

STANDARDS AND OBJECTIVES

Most salespeople bend on scope, price, or boundaries to avoid losing a deal. But bending communicates uncertainty. Standards communicate leadership.

Clear standards sound like:

- "For this level of work, we begin with a 6-month engagement."
- "To honor both teams' time, let's agree on a firm decision date."
- "This container is structured intentionally to deliver results."

Standards aren't rigid—they're stabilizing. They build trust because they communicate confidence. Objections aren't a threat. They're a signal that the client needs clarity. Most people panic here, over-explaining, discounting, or rushing.

When you're centered, you pause, reflect what you hear, and guide instead of scramble. Your steadiness becomes the reason clients choose to move forward.

When you're grounded, you don't chase. You guide cleanly.

YOUR ENERGY IS YOUR EDGE

You don't need more pressure or more proving. You don't need to become someone else. You need a reset and return to the leader you already are. Shift internally. Lead with presence. Hold your standard. Trust your value.

Your energy becomes the plan. Your presence becomes the advantage. Your clarity becomes the catalyst. This is the Quantum Reset, frequency-first leadership, and how your next level becomes inevitable.



PHOTO BY MJR MEDIA

Aligned Next-Step Questions:

"WHAT FEELS LIKE THE RIGHT NEXT MOVE FROM HERE?"

"WHO ELSE NEEDS TO BE PART OF THIS DECISION?"

"IS THIS A YES, NO, OR NOT-YET?"

This is how corporate deals move without pressure.

The Operator's Edge

Helping women lead with confidence—and breathe again.

BY ANGELA SMITH

Sara Ritchie doesn't sell hustle. She sells relief.

"I started my business over a year ago now," said Ritchie. Even saying it out loud still carries a little awe, because "I actually never even imagined myself being an entrepreneur or a founder and CEO." It wasn't some lifelong plan. "It's one of those things I kind of explored and then really got propelled into."

What makes Ritchie's path compelling is that she built her credibility the hard way—through seasons where there was no cushion, no model, and no margin. Now she's building what she wishes she'd had. There's something powerful about Ritchie's story: she isn't building from theory. She's building from lived experience—and from a season where there was no roadmap.

She divorced in 2010 and spent most of her daughters' lives as the breadwinner.

"I never had a model," she said. "No one to look at and think, okay—she's doing it. So I can, too." Ritchie built the life anyway. And when her girls graduated from college, she hit a moment she didn't expect: "I got them through school...Now what? What am I supposed to do now? What is my 'why' now?"

Ritchie's "why" now is helping the woman who's holding it all—often alone. The woman who's running a business (or trying to start one) while managing bills, kids, pressure, and the constant feeling that there's never enough time.

STRUCTURE CREATES FREEDOM

Ritchie's work lives at the intersection of operations and empowerment. She coaches in dentistry and leads events (the work that "pays the bills"), but what she's building into now is The Operator's Edge—a podcast and membership "for women on how to do the things you want to do."

That includes the practical stuff—"How do you start your LLC? How do you hire a team member? How do you turn your chaos into clarity? How to market yourself, how to start an email list, how to create your vision." But the deeper offering is confidence: helping women become the kind of leader who can hold a vision and run the day-to-day. Her philosophy is both simple and life-changing: "Structure creates freedom."

Not rigid structure. Not perfection. The kind that gets the business out of the head and onto a system. "If you have structure within your business, that structure creates the freedom so you can do the other things you want to do—and so you're not working at 9 p.m. knocking out emails because you didn't get to them earlier."

BUSINESS SHOULD SERVE YOUR LIFE

Ritchie knows exactly what "always on" costs. She still remembers the moment her daughter called her out. "I was on my laptop, and my daughter Paisley, who was about 15, took it, closed it, and said, 'Mom, would you pay attention to me, not work?'"

That moment became a line in the sand. "Business should serve your life, not consume it," Ritchie said.

And for the woman who's already overwhelmed, Ritchie doesn't sugarcoat the starting line. "Choose your hard," she said. "It's going to be hard now... but it's going to be harder in the future if you don't change."

Ritchie's magic is that she's honest about what it takes—and builds the structure. She helps women become the operator and the visionary, with systems strong enough to hold both.

Sara Ritchie is an Operational Strategist helping leaders scale with ease and joy. Learn more at sararitchie.com and follow her on Instagram @_sararitchie_.

PHOTO BY ALY BARRETT



Frequency Over Funnels

When your identity aligns, your sales accelerate. The funnel isn't the strategy—your frequency is.

BY ELYSE ARCHER

There's a reason two entrepreneurs can run the same funnel, follow the same script, post the same content...and one soars while the other stalls. It's not the funnel. It's the frequency.

Because in sales, especially in this new era, your strategy is only as effective as the identity and energy behind it. The same tactics land differently depending on who's delivering them and what they believe is possible.

IDENTITY FIRST

For years, I believed if I found the right script, structure, and step-by-step funnel, everything would click. I did the work. I hustled. I built every system the marketing world told me to build. Logically, every box was checked. Energetically, I was nowhere near the level of success I desired. My income hit the same six-figure ceiling no matter how hard I pushed.

The problem wasn't the strategy. It was the identity I was bringing into the strategy. I was doing the "right things" from the wrong internal place. I was building from effort instead of embodiment—urgency instead of leadership. From "How do I get them to say yes?" instead of "Who am I being when I ask?"

WHAT CHANGED EVERYTHING

In 2021, everything shifted. I learned what it meant to work from the inside out—to lead from embodiment, not effort. I invested in myself at the highest level. I confronted every scarcity belief I'd been avoiding. I rewired patterns that had been running me for years. I stepped into the identity of the woman who naturally created the outcomes I'd been chasing. I stopped trying to force results and started leading from steadiness.

And then it happened. I made in six weeks what used to take me a full year to earn. Not because I found a new funnel. Not because I changed my strategy. Because I changed the person running it. This is the truth most people miss: Funnels don't create your quantum leaps. Frequency does.

THE UNIVERSAL LAW OF SALES

There is a universal principle (often attributed to Albert Einstein) that captures this perfectly: "Everything is energy. Match the frequency of the reality you want, and you cannot help but get that reality."

You don't receive what you want. You receive what you're being. This is the Law of Vibration—the foundation of all manifestation and high-level sales success. Strategy is the action. Frequency is the cause. Your external process can't compensate for an internal mismatch.

Alignment first. Action second.

WHY FREQUENCY WINS

Your clients don't buy because you followed a script. They buy because they feel your certainty. Your team doesn't follow because you have a process. They follow because of your presence. Because you're steady. Your audience doesn't grow because of an algorithm. It grows because of your embodiment. Because you're clean in your message and clear in your standards.

Your frequency sells long before your funnel ever does.

When you fully embody the identity of the woman who signs clients with ease, holds wealth with confidence, and leads with power, your strategy finally has something to stand on. The funnel stops feeling like performance and starts feeling like a pathway.

*"Your external process
can't compensate
for an
internal mismatch."*



CALIBRATE YOUR FREQUENCY: THE FOUR QUADRANTS

This is where a method I teach called the **4 Quadrants of Quantum Sales Growth™** becomes your roadmap for alignment:

1. Mind Over Matter (Identity)

Ask: Who is the woman who already has this result? Not in theory—in embodiment, behavior, energy, and self-perception. Your strategy can't outperform your identity. If your identity is “still proving,” your sales will always feel like convincing.

2. Money (Wealth Consciousness)

Money mirrors your steadiness, safety in receiving, and expectations. If you want higher sales, elevate the frequency of how you relate to money. Not just how you earn it but also how you hold it.

3. Masculine + Feminine Integration (Flow + Structure)

This is the energetic blueprint of modern sales: Structure that supports you, and flow that leads you. A funnel powered by presence, not pressure. A sales process that feels clean, not clingy.

4. Method (Aligned Action)

Action becomes exponential when it is taken from alignment. This is how you collapse time—not by doing more, but by doing from a higher frequency.

In this new year and energetic cycle, the invitation is simple:

Return to frequency.

Return to identity.

Return to alignment.

Return to the version of you who doesn't need to chase.

Before you write the post, shift the energy. Before you make the offer, elevate the expectation. Before you build the funnel, calibrate the identity. When you do, results will stop being linear and start being inevitable. Repeatable. And sustainable.

Bonus Training.

A free masterclass on the 4-Quadrant income strategy that redefined my earning potential.



Access the website below for the full training on exactly how I used the 4 Quadrants to turn my annual income into my monthly income.

4QUADRANT.ELYSEARCHER.COM

When AI Becomes A Tool For Living, Not Just Producing



PHOTO BY STUDIO 8E8

How AI can buy back 20 hours a week so women can live more, play more, and build lives filled with joy and freedom.

BY ALLISON LACOURSIERE

We're in a moment where everyone is talking about AI as the next great productivity engine. Tools, hacks, shortcuts. Ways to squeeze more output out of the same twenty-four hours.

But what if productivity is the smallest, least interesting thing AI can give us? What if AI isn't just here to help us work faster

but to help us live better?

That question has quietly reshaped everything about the way I move through my days. AI has allowed me to double my business revenue going into 2026, but more importantly, it has allowed me to design a life with more joy, presence, and adventure than I ever imagined.

And in that expansion, I realized something essential: If I'm not intentional, the extra twenty hours a week AI gives me can easily get swallowed by more work. But I'm choosing differently. I'm choosing to let AI support the vision of my life, not just the output of my business.

Here's what that looks like in real time:

A NEW WAY TO NOURISH

Earlier this year, we discovered our family had a gluten intolerance. Suddenly, the bakery section at the grocery store was off the table. I didn't appreciate the ingredients in most of the gluten-free breads, and I certainly didn't have the time to test twenty different recipes.

So I did what any modern woman optimizing for ease would do: I asked AI to create a recipe tailored to our preferences, restrictions, and nutritional needs. In thirty seconds, I had a custom bread recipe that checked every box. And within a week, we had fresh, warm, clean-ingredient bread that tasted better than anything I'd bought at the store.

That moment shifted something for me. I realized AI wasn't just saving me time — it was giving me an entirely new level of accessibility. A way to create a healthier, more aligned life without adding more mental load.

A RETURN TO SURFING

When we moved to Newport, CA, I was able to return to something I've loved for more than a decade: surfing. But surfing here is completely different — new breaks, new tides, new currents, and a coastline that moves with its own rhythm.

Instead of spending hours researching swell charts and guessing which spot would match my preferences, I turned to AI.

Where are the most consistent, clean waves near me today?

What time will the tide align with the type of surf I enjoy?

Which local breaks are ideal for longboarding this week?

AI helped me learn the nuances of each beach, understand the conditions, and find the windows when the water would be at its best. With that support, I walked into the ocean not over-

whelmed by variables, but anchored in confidence and ease.

AI didn't just help me return to something I love — it helped make that return more intentional, accessible, and aligned with the lifestyle I'm building here.

FINDING WHERE I BELONG

As I planted roots in Newport, one of my priorities was finding ways to give back. I wanted to volunteer in a way that aligned with my values — especially around children, horses, and animals.

AI helped me research organizations, compare missions, discover hidden opportunities, and build connections with local groups I may never have found on my own. Again, AI didn't just save time; it expanded what's possible. It opened doors into my new community, helping me build a life that is fuller, richer, and more connected.

WHAT WILL YOU USE YOUR TIME FOR?

Most conversations about AI start with efficiency. But the real transformation happens when you ask:

- How can AI help me live more instead of work more?
- How good am I willing to let my life become?
- How adventurous, abundant, and joyful am I willing to let my experience be?

AI isn't here to stack more tasks onto your shoulders. It's here to take weight off of them. Ask AI to bring more delight into your calendar, find fun things to do in your area, and surface ways to automate your work. Because the shift isn't just becoming more productive, it's becoming more you.

And that's the identity I'm choosing as I scale: a woman who grows a multi-seven-figure business with spaciousness, not strain, anchored by one truth:

Ease is a strategic decision, not an accident.

AI has helped me reclaim hours, energy, and mental bandwidth. But I'm intentional about where those hours go: surfing, family, volunteering, friendships, fresh air, and creativity. A life designed to feel deeply lived.

When you use AI to build a life that expands you, not exhausts you, your life shifts. Work becomes lighter. Joy becomes louder. Success becomes sustainable. And your days begin to reflect the fullest expression of who you came here to be.

"What if productivity is the least interesting thing AI can give us?"

Style as a Frequency Reset: Dress From Identity, With *Standards Over Trends*

**Build a wardrobe that
mirrors your truth and
amplifies your presence.**

BY JESSICA PAPINEAU

You can feel the exact moment a woman remembers who she is. Her posture shifts. Her energy steadies. Her presence expands. Nothing changes—yet everything does.

That's the Quantum Reset: identity first, action second, results that move faster because the woman behind them is finally aligned with her truth. Style works the same way.

Most women think personal style begins with choosing the right clothes. But the truth is far more powerful: real style is an energetic return to identity. It's not decoration; it's calibration. Your wardrobe becomes a mirror—proof of who you already are.

When you dress from that place, trends lose their power. Noise fades. You stop chasing relevance and start embodying resonance. You don't reinvent. You return.

STYLE IS IDENTITY

Identity-based personal style isn't about fashion rules or what's trending this season. It's about honoring the frequency you hold, and matching the one you're stepping into.

You know this feeling: the right outfit doesn't just make you look good; it makes you return to yourself. You get clear. Your confidence settles. Your presence strengthens. That's not fabric—that's frequency.

Your wardrobe carries energy. When your clothes reflect your identity instead of your insecurity, you activate the version of you who leads, attracts, and creates from grounded power.



That's style as a frequency reset—as identity.

Your wardrobe is one of the most underestimated personal development tools you have.

Every morning, you choose the energy you step into. Dress from identity, and you shift fast:

- 1. You collapse time** by dressing for your next level—now.
- 2. You create coherence** by matching your energy, actions, and presentation with the truth of who you are.
- 3. You access natural confidence** that comes from congruence, when the inside and outside agree.

That's why the right outfit changes your day and anchors you back to yourself.

STANDARDS OVER TRENDS

Trends are temporary. Standards are transformational. When you dress from standards, you're no longer asking, "What's in right now?" You're asking, "What's true for me?" Style transforms when it's rooted in identity.

A woman rooted in her standards chooses silhouettes that honor her power, colors that amplify her energy, and textures that support her embodiment.

She doesn't reach for clothing to fix insecurity. She reaches for clothing that reflects her certainty. Her wardrobe becomes an expression of truth, not a cover for doubt.

Most women's wardrobes are crowded with past versions of themselves:

- Clothes bought in fear
- Pieces kept out of guilt
- Sizes saved just in case
- Garments infused with outdated identity

No wonder they feel stuck or misaligned.

Before you buy anything new, open your closet and ask:

- Does this reflect the woman I am now?
- Does it match the frequency I'm holding?
- Does it align with my next level—or my old one?

Releasing what no longer matches your identity isn't "starting over." It's clearing space for your truth to breathe again. Your wardrobe should feel inevitable, like it was made for you, not just sold to you.

To build a style that resonates instead of performs, focus on three pillars:

1. Clarity: Know who you are becoming. Dress *her*.

2. Intention: Choose clothing that supports your standards, goals, and energy.

3. Alignment: Every piece earns its place. Nothing enters your wardrobe unless it elevates you.

When your closet is aligned with your identity, getting dressed becomes effortless. Decision fatigue goes down.

Confidence rises. Opportunities expand.

You show up differently—because you are.

DRESS THE WOMAN YOU REMEMBER

Identity-based personal style isn't about looking perfect. It's about looking true. When you choose clothes from identity instead of insecurity, your whole life responds. Your presence deepens, and your frequency rises. People respond to your true self. Not because of the outfit, but because you're fully embodied in the woman wearing it. Your style becomes a homecoming—not a performance or trend, but a quiet return to truth.

From there, everything begins to open.



PHOTOS BY RANA TIERNEY

When Your Identity Evolves, Your Brand Must Follow

The Quantum Identity Reset occurs when your inner evolution asks your brand to rise.

BY HANNAH VAN WOERT

There is a specific kind of discomfort that appears just before a Quantum Leap. You open your website and wince. You reread your bio and feel the disconnect. Maybe the clients reaching out are wonderful, but they reflect a season you've outgrown.

That misalignment is a sign of evolution. You've grown. Your standards have sharpened. Your work has deepened. But your brand is still dressed like the "old you"—two or three versions back.

This is the early pulse of a Quantum Identity Shift: the metamorphosis that changes how you see, choose, create, and lead. And once it lands, your brand can't stay where it was. It has to rise to meet who you are now.

WHEN YOUR IDENTITY OUTGROWS YOUR BRAND

Women in leadership evolve internally long before the world sees it. Your presence steadies, your voice becomes more precise, and your work takes on a depth that can't be captured by the way you used to present yourself.

But your brand is still speaking in the language of an earlier you. This mismatch doesn't roar. It whispers: a hesitation before posting, a sense you're overexplaining, and knowing your brilliance isn't fully translating on the page or screen.

You're not blocked. You're simply out of sync.

A brand is not just colors and fonts. It's a frequency. A mirror. A system that communicates who you are before anyone reads a word. When that mirror reflects an outdated identity, everything feels heavier than it needs to be.

When your brand reflects who you are now, everything begins to move with ease. The right clients find you. Sales feel grounded. Your pricing stabilizes. Your presence expands without force.

That's the power of coherence. Leadership expressed through clarity. Wealth built from alignment, not effort.

IMAGE BY LINDSAY MURPHY PHOTOGRAPHY





BEFORE YOU REDESIGN, GET STILL

It's tempting to rush into new aesthetics. Photos. Colors. Copy. But that path often leads to half-finished assets that still don't feel like you.

The Quantum Reset begins with identity, not execution. Sit with yourself long enough to name the woman you are now and ask:

- What am I no longer willing to carry in my business?
- What standards define the next chapter of my leadership?
- What does the future version of me already know, choose, and hold with ease?
- What would it feel like for my brand to speak at that level?

Clarity is sacred. When identity becomes grounded, every decision around it becomes simple. Your outer world begins to reorganize itself.

UPDATING YOUR BRAND BEFORE THE WORLD CATCHES UP

A Quantum Identity Shift isn't about doing more. It's about making precise, high-impact shifts that align your external presence with your internal truth:

- **Choose one anchored narrative.**
Instead of naming everything you do, choose the story that defines your role at this level of leadership. Let every expression of your brand point back to that story.
- **Elevate your visual standard.**
Ask: "Does this look like someone I would trust with the level of results I now offer?" If not, refine selectively. A more spacious layout. Stronger photography. A palette that reflects your presence. Fewer, better assets.
- **Refine your containers.**
Sometimes it's not the message that's misaligned, but the offer itself. Ensure your structures match your capacity, your standard, and the clients you're ready to hold.
- **Speak from the result, not the résumé.**
Your next-level clients aren't buying your past. They're buying the reality that becomes available to them in your presence. Let your messaging reflect the world they step into when they choose you.

These are the shifts that collapse time. You align your visuals and voice with who you already are, and results begin to reorganize around that clarity.

THE SHIFT BEGINS INSIDE YOU

The Quantum Reset isn't a rebrand. It's alignment. A calibration to the woman you already are at a soul level.

When your brand matches that identity, you stop pushing. You stop proving. You stand in a presence so clear that your work becomes unmistakable. Clients feel it before they understand it. Opportunities find you in ways that seem illogical, but aren't. They're inevitable. Because identity creates destiny, and your next level isn't waiting. It's already here. All you're doing now is letting your brand catch up.

"When your brand reflects who you are now, everything begins to move with ease."



To Quantum Leap,
we take action
from the end and ask:
“If I knew my success
was inevitable,
what would I do?”