



Season 3, Episode 19 - Transcript

Using Loss to Create Change

Nicole:

Hey, friend, today's chat is going to be a good one. Now, I want you to know that this season has been all about starting over, you know that I've been going through my transitions, I know that you've been going through your transitions and life has been throwing us new things left and right. And I wanted to bring on someone who is a lot like us, you know that I'm not always having big fancy pants people here. They're the people that you need to know, but may not have heard of. They are the best thing in your life that you don't know about yet. And today, I've got someone super special to me.

Now, Jamie Ward is unlike any other when I tell you she is remarkable. She is humble. She is hard working. And she's been a client of mine. But more than anything, she's been a good friend. I'm inspired by this woman day in and day out because her story is not just one of God's showing up in a big way and honoring your faith, but also triumph and overcoming and taking everything that's happened to you and giving it back to serve.

So I can't wait for you to meet her. And I can't wait for you to hear her story. And I'm so glad she's here today. So Jamie, now that I have thoroughly made you blush.

Jamie:

Exactly, you have.

Nicole:

I'm so glad you're here. Can you tell everyone a little bit about yeah?

Jamie:

Sure. I am from Arkansas, if you can't tell by the accent. That's been called out several times since I've been here in LA.

Nicole:

Yes in LA people are like, where are you from?

Jamie:

Yes! And I'm a business owner and I'm a wife and a carer for many people in my family and just genuinely a happy person.

Nicole:

You are, you really are and you're a big server like I mean, you're a business owner. And you say that in kind of a small scale but you run a pretty big business with a team. And you've been doing this for how long?

Jamie:

Yeah, so I started my business Curricula Concepts almost 10 years ago, in March we'll celebrate 10 years.

Nicole:

Incredible.

Jamie:

And yeah, it's all focused on early care and education. So we're focused primarily on children birth to age five, and the people who care for them. So whether that's the adults in their classroom, or their parents or family members at home, we focus on engaging families in meaningful ways. We focus on professional development around health and wellness, which is also very important to me personally. So it's been really cool to have my personal and professional life sort of collide in that aspect.

Nicole:

I have to ask, before all of this, you know, I mean, this is all the entrepreneurial side of things. But what did you do before? Cuz that was just 10 years. You worked before that?

Jamie:

Yeah, I did. Yeah. So I've been a director. I've been a teacher, also had lots of odd jobs.

Nicole:

Really tell me the weirdest job you've ever had. I've never asked this question ya'll.

Jamie:

The weirdest job I've ever had. Well, my favorite job was working for a florist, delivering flowers.

Nicole:

Really? Absolutely.

Jamie:

You just make people happy all day,

Nicole:

I guess you surprise them. Oh my gosh. They're always happy to see you.

Jamie:

The job that's most unlike me, probably, was working for a large trucking company as a credit collector.

Nicole:

Oh, yeah. That's so not you. If you don't know Jamie's the type, if you're like, but I'm going through this. She'd be like, Well, I understand. I'll call back later. Yeah, it's fine. Or really, truly Jamie says, well, maybe I can help you. Maybe I can figure this out. You were probably just terrible.

Jamie:

I was terrible. And was not there long. I was out there. No, but I knew when I left college with a degree in early care and education. I knew I was great with kids.

Nicole:

Yes.

Jamie:

But I was not great with adults. I felt like a kid myself.

Nicole:

Sure.

Jamie:

And so I just was not great at managing and navigating those relationships on behalf of the children who I was serving and so I knew that I had to figure it out, those skills.

Nicole:

Yeah. I love that because that right there is such a valuable lesson. I think too often we come out of any experience with the training or the degree or even the expectation that we suddenly will know how to do it. And we need to be honest with ourselves. Yeah, if we're finding elements of it that we don't like or love, maybe we need to figure out how to make it work for us, but still honor our actual gifts.

Jamie:

Absolutely and I left at a pretty big part of my career was at the department human services in our state, oh, wow, I was the administrator for our state funded pre K program for a number of years.

Nicole:

So you kind of mash together all your skills in order to become what you are? Well, I gotta tell you, that's all the resume, bullet point, on paper stuff. But y'all, I just wanted to call that out to say, look, just like you, just like me, we all got jobs, but we also all have lives. And that's what we want to talk about.

So Jamie, we're just gonna dive in, y'all. This is your Kleenex warning. Jamie, talking about starting over, you have gone through things in your life that some of us have only had nightmares about. I mean, truly, I am in a new relationship with someone that I care immensely about and that's so special to me. And when I think of anything happening to him, or to that relationship, I mean, I am, my stomach does flips. And you have survived, you know, some of these things. So I will let you tell your story.

Y'all lean in for this one, it's, it's going to change you.

Jamie:

Yeah. So probably, oh, gosh, it's been many years ago, I don't even know how many years ago at this point. I was married to my first husband and about a year and a half into our marriage, he was diagnosed with cancer. And just like that overnight at 29, you know, I was then a carer for my husband with a terminal illness, and it was a year and a half long battle. And during that time, you know, it really changed the role that I was in.

Nicole:

Sure.

Jamie:

And, and I'm sure a lot of people listening can feel that and understand that oftentimes, we're put in a role that we weren't prepared for. That was unexpected. And, and during that time, I, you know, I was really consumed by him and all the things that, which I've feel like I should have been, right, I was his wife, I was serving in that role, and with the doctor's appointment, and the medications, and all those things, but I really did let myself sort of be put on the back burner.

And I think about that now, you know, in hindsight, if I would have done things different, I don't know if I would have, but I do think about, you know, what would it have mattered if I would have taken 10 minutes out of my day to, you know, have my prayer time or go on my walk or connect with somebody that that I loved and in some way, you know, he, I would have still loved him as much, I would have still cared for him as much. He would have gotten the same care, everything he needed, but it would have made a difference for me I think.

Nicole:
That's true.

Jamie:
I think that when we go through those difficult times. It's just it's, it's hard to think about what we need. When in fact, I mean, as a parent, or a teacher, or a carer of someone who's unwell or whatever it is, we're already giving the best thing we can give, which is ourselves.

Nicole:
So good.

Jamie:
And we still matter in that role, we still matter in that, in that process. And so, you know, we don't really need an excuse for self care, we're showing up, we still matter. And we've got to take care of ourselves. And that's, I mean, that has been such a lesson for me, through that experience, through through his illness, through the loss of him, all has been such, the biggest lesson I took from that really is once your health begins to decline, once you lose those aspects of being able to do different things, it impacts every part of your life, every part of your life. I mean, what you can do, where you can go, what you can eat, who you can be around. I mean, all of those things are impacted.

And that really, I guess, sparked something in me.

Nicole:
Sure. So, Jamie, what you're telling me is that at, I mean, you weren't even 35.

Jamie:
I was 29.

Nicole:
You, I mean first of all at 29 I still thought I was invincible. I mean granted, I was adopting three kids from the street. So we're similar. We take on big things. We take on big things, we jump in there but also, you know, you find yourself in a position that is hardly the life you would have designed for yourself. Let alone you're alone again, you know, and that was not what you expected after putting in so much work for a fight that, you know, didn't necessarily play out the way we thought, but the way God intended.

Jamie:
Right.

Nicole:
So let's just take people to where you were then. Right. So you're 30ish and you're by every definition starting over.

Jamie:

I was absolutely starting over.

Nicole:

I mean, where was your mind at this time? Mid 30s, a widower, you know, barely in your career? Because honestly, we're just getting our feet wet in our early 30s. Don't let anyone lie to you. 30s you don't know what you're doing. You know? No kids at this time?

Jamie:

Yeah, no.

Nicole:

And just, I mean, truly just sitting here saying to yourself, what just happened to me? I would be dazed. I mean, that's how I feel now. You know what I mean?

Jamie:

Yeah.

Nicole:

And I'm like, what happened to me? So tell me where were you? And how did you even pick up?

Jamie:

Yeah, it's hard for me to go back there really. But it's, I was in a dark, a dark place, I would say.

Nicole:

For awhile.

Jamie:

For awhile, for a good solid year. And interestingly, you know, while he was sick. You know, I was, I guess, I don't know, if I was in denial. I don't know what I was.

Nicole:

You were 29. Right. Look at 29 I thought I would live forever. I was just like, everything will be fine. If I just believe hard enough.

Jamie:

I mean, literally, the doctor came in and told me to call on the family. And I looked at him and said, why?

Nicole:

Oh.

Jamie:

So that's how much in denial I was.

Nicole:

Sure.

Jamie:

Now that I look back on the situation, and I look back even pictures. I mean, it didn't even look like the same man.

Nicole:

Of course.

Jamie:

You know. But I spent a good year afterwards really, sort of spiraling, just internally.

Nicole:

Me too.

Jamie:

From the outside I looked just fine <laughs>

Nicole:

I mean, isn't that what we do? Right from the outside, everything's fine. From the inside. It is a functional hot.

Jamie:

Yes, I immediately went back to work. Like two weeks later, went back, I was teaching three and four year olds, immediately went back to that, which was really a blessing for me. Who wouldn't? I mean, you know, they bring so much joy.

Nicole:

They do bring joy, little ones bring joy. But also, again, speaking back to some of the lessons you're saying, caring for yourself, yes, leaving space to recover. I mean, coming out of a divorce that I did not anticipate, you know, same thing, a year of darkness, you know, saying to myself, how on earth did this happen? I still say now, I'm not gonna lie. How did this happen to me? You know, and really leaning into my kids to stay happy. Yeah, so I completely relate.

So okay, so you're starting over. And the thing that you called out here that I thought was really powerful, was that the lesson that really stuck with you is wellness.

Jamie:

Yes.

Nicole:

And another place that we share, you know, a kinship, if you will, is that we both have lost close to 100 pounds. And, you know, we talked about just, I think what we will relate to is the secret isn't some secret, it's just daily wellness.

Jamie:

Yes.

Nicole:

And integrating everything into your life. So can you tell us a little bit more about that? Because, I mean, this has really shaped your life for like, the past decade?

Jamie:

Yeah, a little over. I was thinking, as I was thinking about our conversation, just how long it's been. I mean, it's been at least 12 or 13 years ago that, you know, I literally, I was working in the Department of Human Services. I got it from my desk and picked up myself, I walked outside and called a gym and just said, Hey, I need a personal trainer.

Nicole:

So where were you health wise. I mean, coming off of hardship. You weren't taking care of yourself. You're working a government role, we know how that goes. It's do more with less.

Jamie:

Yeah.

Nicole:

So where were you? Were you just overweight?

Jamie:

I was extremely overweight.

Nicole:

How did you feel in your clothes?

Jamie:

Ate terribly, like what's a vegetable. You know, Dr. Peppers were my vice.

Nicole:

Oh, yes.

Jamie:

Never drank water. I mean, fast food, every opportunity, you know. And moving my body was just not even in my vocabulary.

Nicole:

I just want to say for the mamas out there who are hearing this, this is not judgment. This is not guilt trip. It's just, you do what you can with what you know. And if you don't know any better, it's hard to do better. And then also, you know, I still eat these things, sometimes. Make no mistake, Jamie and I have had many, many a meal. But there is a time where you do have to say to yourself, you know, what type of body do I want to meet the life that I want to have?

Jamie:

Absolutely.

Nicole:

And so it sounds like that moment came to you and you picked up the phone.

Jamie:

Yes. I mean, a simple call. I picked up the phone. I mean, and as as an early educator, my philosophy is let them be little. So that's in reference to young children. That's also in reference to the changes that we make in our lives.

Nicole:

Oh, so good!

Jamie:

I mean, I think back about all the little changes that I've made over time. Over years, really, of learning new things, implementing new things, trying new things, stopping news, stopping some of them.

Nicole:

If that's not a word.

Jamie:

Yeah, all the little things. It's all about figuring out. So if we think about young children, what educators do is they look at the child, they look at the whole child, they find the gaps. And then they start to, you know, incorporate new experiences, new skills, a little bit at a time to help them grow. It's the same, I think about that the same way in terms of self care for myself. And for the adults who care for children. It's about those little changes over time that are manageable, that then lead to a bigger outcome.

Nicole:

And I think this is really powerful to understand, because I don't know about you, but sometimes I feel like I am living in an internet world of everything's a big overnight promise. And part of

what has drawn clients to me is I don't promise that. I say, Look, we're going to do the gradual work, we're going to pivot as necessary. We're going to see what's developed, we're going to answer these things, fill in the gaps. But make no mistake, you don't want a million dollars overnight, because that million dollars won't stick around. Right?

You know, I have lost and gained 30 pounds, 60 pounds, four or five times in my life, I've managed to keep off 100 pounds for the past five years. And part of that is because of consistent little changes. I didn't lose weight for the reunion. I didn't lose weight for the TV show, I didn't lose weight to get famous or to, you know, make my wings look better. <laughs>

Jamie:

Yeah, I think you said to me last time we were together. So you're a professional stay-aliver. <laughs> That's what you said to me. And I was like, You know what, that is what I am. That is why I do what I do. Self care to me is moving my body. Self care to me is putting fuel in my body. That's good for me. It's taken me a long time.

Nicole:

And you didn't start this way, you weren't raised like this. And I think that's the other part too. I'm not gonna lie, I will be the first to say it. One of my mentors was Chalene Johnson. And she is a health guru. I mean, she is in her like, I'm not even gonna say her age, because you know, I love her. And I want to honor that, you know, but she's in her late 30s cough, you know, and it looks incredible. And she has always been so fit and always looks really great. And I literally thought that, well, some people are just like that, you know, and she talks about loving to exercise and it being fun for her. And I was like, Girl, I hate it. Like I it's not fun for me, what are you talking about? She's like, you just got to find the thing you love. And I'm like, I hate all of it. It all hurts.

Jamie:

Such a good point. I mean, I work out with somebody now, three times a week, early in the mornings. And she literally says to this day, we've worked out together since October. I hate this. I hate it. I do not like it. So I love it myself.

Nicole:

Because you're strange, Jamie. <laughs>

Jamie:

Everybody tells me that, I do love it. But she just says I don't like it.

Nicole:

But I like being alive, though. Let me tell you that girl, I like being alive. I like keeping up with my kids. I like the opportunity to be on stage and not be out of breath. I like that.

Jamie:

And the part that keeps her doing what she's doing is the connections with the people that she has.

Nicole:

Relationships and community. So you have to find the thing in the hard thing that will keep you there.

Jamie:

Yes. So whether that's one person, or a community of people, whatever that looks like, and whatever that means, you know, to you. I mean, yes. And self care isn't always about, you know, our, you know, physical body or whatever. I mean, it can mean a number of different things like mentally. I mean, with a friend this week, she asked me a question about my mom, my birth mom. My birth mom passed away when I was one. And so she just said the simple statement, tell me about your mom. And it just stopped me in my tracks because I didn't have an answer.

Nicole:

Wow.

Jamie:

I didn't know, you know grief is a funny thing. I was never really told anything about my mom, I know that I look like her. I know that she was a nurse. I know how she passed away. That's all the information I have. That's it. And so it's about filling the gap. So for me, you know, I immediately turned to the people who loved her to start filling that gap and just, you know, what was she like? Am I like her anyway? Was she funny? Was she an introvert? Why was she a nurse? I didn't know anything. And so I began to sort of feel that gap for me. Again, in little ways, filling the gap filling the gap, but it makes me already with just the little things I know I feel so much more connected to her. And that's self care.

Nicole:

That is self care!

Jamie:

It's not just about putting on your weighted vest, going out and going on a hike or whatever it is, which I also love but you also but it's filling those gaps, that is self care too.

Nicole:

Oh I want to call this out too, because this is something about you that is so uniquely Jamie. But we all can learn from. It's this, I don't even want to call it fearlessness but it's this boldness about seeking out the answers. So a lot of us get scared when we realize we don't know. When we're like, I don't know something about, let me stay in this sort of paralysis of grief, you know, or I don't know where to start with working out. So let me just stay in this paralysis, because, frankly, staying in the sameness can be easier than embracing the unknown, especially if we think that change is going to do something to us, you know.

So one of the things that I love and I hope people are hearing right now from this incredibly powerful chat is that Jamie's like, yeah, so I realized I didn't know something so I went and asked a question. I realized that I didn't know something so I sought out a solution.

Jamie:

And I think, you know, what, maybe holds people back, maybe people that are listening here thinking, Oh, I'm not gonna do that, you know. It's this guilt, which was my initial reaction, it that was my initial reaction to the friend who said, Tell me about your mom. Was just this overwhelming sense of guilt of how could have not asked these questions before now?

Nicole:

You're so right, it's that responsibility, like, I should know.

Jamie:

I should know!

Nicole:

I should have this figured out.

Jamie:

At the age I am now I should have asked those questions. And then comes the fear behind it. Right? We talk with teachers a lot about how anger is almost always masking fear.

Nicole:

I always tell my girls like, if you're feeling angry, what's the feeling behind the feeling?

Jamie:

Yes. Because there's always something. So I could then feel that fear sneaking in behind it. Who do I ask? Am I going to upset someone else?

Nicole:

Oh, that's good. It's multifaceted. But if we can learn to at least recognize that like you have, then we can push through it to get what we need. Because one of the things I've been telling Ally, my little one, who's 11 now, is because she's starting to feel and understand anxiety more, because you know, kids will feel it, but they don't necessarily know how to label it, might just be a tummy ache or something like that. And now she's like, No, I'm scared of this thing, this new thing. And I've always told her that our brain might tell us that the thing is big and scary, but it'll always turn out better than we hoped. Because our brain makes these big pictures that always don't look anything like it. So the other day, we went indoor skydiving.

Jamie:

Oh, dear.

Nicole:

Oh, yeah. <laughs>

Jamie:

I would like that though.

Nicole:

And, you know, she told me, she was like, I'm scared about this thing. And we broke it down. I said, you know, would mom let anything happen to you? Is there, what parts of this are scary? How do we feel in our body? You know, we talked a little bit about what does safety look like for her. So if it gets too big and scary, what would make you feel like, you felt better if you had help. Yeah, you know, and in talking about all those things, it really helps her process out, you know, what are the questions I need to ask to feel safe? It's safe to ask questions.

Jamie:

Yeah. And so, I mean, just bringing that up makes me think about the reason that I do the work that I do is because adults are the number one factor in a child's development. Whether that's the family member, the teacher, it doesn't matter who it is, it's, it's the adult and I mean, for you to be aware enough to be able to help her through that and to process through that.

Nicole:

You're going to make me tear up and cry. Because, I mean, if we're just gonna we're being very honest and candid, and you know, you guys know how we do our chats here. My biggest fear as a mom is like, I'm not getting it. Right. And I think a lot of us can relate to that. And teachers hold a lot of responsibilities. Why love a teacher? Because educators are our moms, they're with our kids more than we are. Yeah, be honest. And and they have to give on so many levels outside of ABCs.

Jamie:

Absolutely. I mean, their workloads are demanding, their home lives are demanding. I mean, they're so vital.

Nicole:

Vital.

Jamie:

I mean, vital to the society, just in general. For children, they show up every single day. And I think back I mean, it's been 20 years since I was a director before that I was in the classroom. And I think back about the kids that I had, that I can still remember. I mean, I think back about you know, little Megan, who was so precious with their big eyes and would come in so full of joy and was being raised by her grandmother but was so you know, well taken care of, and well loved. And she was in a car accident while we were, while she was in my class and she was

injured pretty badly. She had cast on her legs, had to stay away for a few months. And her grandmother called me and said, you've got to come see her because we had this connection. So I got that opportunity to go into her home and then that just brings about, you know, a fuller picture of that child to think about Megan that I hold in my heart. I think about Christina who had challenging behaviors and who I struggled with it to be honest and teachers understand that.

Nicole:
Yes!

Jamie:
Mamas understand it.

Nicole:
I had a challenging husband, hunny. I struggled with his behaviors. <laughs>

Jamie:
Yeah, and now, gosh, if I only knew then what I know now, you know, so you have that kind of regret a little bit but everything I do now in my work life in my life in general is for Megan, it's for Christina. It's for Matthew. And it's because they deserve an adult who's nurturing and who's responsive, and who can show up for them. But adults have to have support too.

Nicole:
Oh, so well, let's talk about that more. So you built I mean, you started off with Curricula Concepts, you know, which was more, it was more business to business.

Jamie:
Right.

Nicole:
And the work that you do now is still a little business to business, you know, but tell me a little bit more about how you've really starting to integrate your wellness beliefs, you know, and honestly, wellness practices that are tried and true, with how you're supporting educators, because so much of this, there things that we could be doing every day, a lot of what we talked about today, so yeah, tell us a little bit more about bol care.

Jamie:
Yeah, so Be Well, Care Well has been a project of Curricula Concepts that I work on with my partner, Carrie shocky, from South Carolina, and so Be Well, Care Well is the staff wellbeing programs. They're really focused on providing a wellbeing coach to teachers, educators.

Nicole:
Corporations. Everyone needs it, now more than ever.

Jamie:

Yeah. So I'm super passionate about education, obviously, because that's the industry I'm in, but I always say who couldn't use a wellbeing coach?

Nicole:

In the office, though? I mean, because someone's got to be the go between who's saying like, look like, are you taking care of yourself?

Jamie:

Well, the schools that we're working with, always say to us, please don't leave out the administrative office. Oh, like, please include us.

Nicole:

Not just in the classroom, please. Well, we all know that one person at the front desk, who knows where all the bodies are buried.

Jamie:

Absolutely.

Nicole:

How to fix the printer, how to restock things, where that key is.

Jamie:

Yes you better be good to the gatekeeper, that's what they are. To all the things. The building and the people.

Nicole:

That's true.

Jamie:

Yeah. So our coaches work with them and help them set goals again, set those little manageable goals, and then help walk them through that. And the real secret component, I think, to Be Well, Care Well, is the connections. Yeah. And the relationships. I mean, we, you know, it's not. And we do here, I want to just, you know, lay this out there, you know, I don't have time to do one more thing.

Nicole:

Isn't that all of us though? I mean, I don't have time for another program, another course, another lesson, another therapy session. I do not have time.

Jamie:

Yes. So, we understand that. I have been there. Like, I know the challenges. I've seen them, I have lived them, as a teacher, as an educator, as an administrator, all the things. And I agree with that but self care is a necessity.

Nicole:

It's the way to keep going, it's the fuel to keep us fired up.

Jamie:

I won't be I won't be pushed off of that.

Nicole:

Well, I mean, honestly, it's kind of like with wellness, you know, I somehow managed to find 30 minutes across a week to stop at a drive thru to get food. Can I use that 30 minutes to get into a gym?

Jamie:

Well, and the other thing is for self care, it can be five minutes. I mean, you don't have to schedule a massage.

Nicole:

Yes, tell us about that.

Jamie:

Yeah, I mean, we work with some programs, who literally the staff all walk in the morning to at the same time or defer shift, whatever it is, they take a walk down the hall together and back and just check in with each other. How are you doing this moment? That's angry you okay? And the morale? I mean, his turnover, his decrease? Just that intentionality of talking to their peers, about things outside of work looks good. You know, those social connections are so important. And sometimes the social connections are just with the people you work with. And that's okay, yeah. But then let's find time to talk about things that aren't work related.

Nicole:

So let's talk about that. That's like a relationship. You know, like, I used to find that one of those challenges that was in my previous marriage was, after a while, it felt like every time we got together, we were talking about business and checkmarks. It was, what do the kids need? Where do we go? Who's handling carpool? What bill needs paid? Did the roof get fixed? And it wasn't so much? Well, do you like the work you're doing? What movie did you watch that was interesting?

Jamie:

And I think we all find ourselves in that rut, even myself with my husband now. I mean, especially, you know, being out here, I've been out here a few days, and it's so easy just to call home and check, how's dog? That's right. I'm good. I'm safe. Are you okay? On the list? Yes.

And we're good and, and sort of recognized that I was doing that on every call. And so you know, last night tried to be, you know, a little more like, sweet. This is what I'm experiencing. Tell me about what's going on there?

Nicole:

That's so good. Or like, one of the things that I like to do now with my partner is like, let's watch a show together. You know what I mean? So let's put on something on Netflix and we'll watch it together. So even if it's silent, we're watching something together just to try to feel like there's a connection there. You know, and I think one of the things that is a good call it for all of us who are listening, whether you are an educator or you're working or if you're a mom at home, there's some merit to having people you check in with regularly with intentionality to have those conversations outside of work. That is care.

Jamie:

Yeah. And we, I mean, that is the one constant that we hear. When we ask people, you know, what did it take for you to make a change that sticks?

Nicole:

Wow.

Jamie:

It always goes back to, I had someone I could be accountable to. I had support, I had, you know, I mean, I have a friend right now, who is a dear friend, and this summer sent me a message and said, I want to start walking every day. Like, I know, that would be good for me. Can I just send you a message each day and say, I've done my walk.

Nicole:

Nice!

Jamie:

And I was like, absolutely. And so every day this summer, she would send me a message just finished. Oh, you know, it's awesome. It just goes to show that it is that support and lifestyle commitment to one another, you know, that makes it work.

Nicole:

Oh, Jamie, that's incredible. I mean, we could talk all day, about not just the way that you show up in this world, and the messages and the lessons and all the things you've accomplished. But I just want to say thank you so much for the way you give back. I mean, it is beyond, you know, not just through this program, but through this time that you spent here with us.

Jamie:

And that really is the point of why I wanted to be here and to talk to you because, you know, a lot of people find themselves, I mean, whether you find yourself in a similar situation that I was in or not, there's a million things.

Nicole:

Yes, we've been through a pandemic. Okay. Everyone has had the world thrown off kilter.

Jamie:

Absolutely. And it's my hope that, you know, maybe something I've been through can help give somebody else a little bit of hope. And, and figure out whatever they're okay is, and how to get there. And that I mean, I really, truly believe that's why we're here. I mean, surely we don't go through these experiences for nothing, right?

Nicole:

That's right. Oh Jamie, I can't think of a better note to close on. So, so good. Y'all, I just want to let you know that if you didn't grab anything from this, you need to give this another listen because it was chock full of gems. And more than anything, it's so easy for us to look on the internet and see people that feel so aspirational, but feel, frankly, out of reach. And I want to let you know that. Look, I'm real and I'm regular. And so are my friends, just like Jamie. We are regular people who have been blessed by God for the opportunity to do extraordinary things, just like you.

So Jamie, where can we find out more about you and if anyone's looking to get these programs into their school or their workplace or even talk to Curricula Concepts to see if there's something we can learn there?

Jamie:

So Curricula Concepts is on Facebook and Instagram. So you can go there to find us. We can continue the conversation about Be Well, Care Well on Instagram, and yeah, I've been here working on a keynote, so hopefully, I'll get to talk to folks around the country soon!

Nicole:

And you guys, these stories are going to be incredible. So if you see Jamie listed anywhere, you definitely want to catch her. She's incredible. She's a giver. She's generous. Jamie, thank you so much for being here.

Jamie:

Thanks for having me.