



The Athena Wellness Podcast
Episode 156 – How to Make Your Second Act a Success with Shannon
Russell
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[00:00:05] Kathy Robinson: Welcome to the Athena Wellness Podcast, the show that invites you to take a seat around the community fire and listen to stories that inspire. I'm your host, Kathy Robinson, author, coach and founder of Athena Wellness, a company that's dedicated to supporting you on your journey to live more wholeheartedly.

[00:00:30] Kathy: Today's episode is brought to you by The Athena Wellness Academy, your resource for wholehearted living.

The Academy's featured offering is an online course called, *From 'Type A' to 'Type Be,' How to Mindfully Descend the Corporate Ladder and Invite What's Next*. This course is perfect for you if you're contemplating or navigating a professional transition, and it's available as a self study or with a small cohort of students facilitated by me, Kathy Robinson.

To learn more, I invite you to go to AthenaWellnessAcademy.teachable.com or click on the link in the show notes.



[00:01:21] Kathy: Hello and welcome. Thanks so much for joining me. My favorite stories to share with you are ones of reinvention. There's so much to learn when you dig into the before and after of transformational change.

I'm joined today by television producer-turned-entrepreneur and podcaster Shannon Russell. Shannon spent 16 years in the entertainment business in New York and LA. She became an entrepreneur after starting a family and just expanded her business portfolio to include *Second Act Success*, where she coaches women on how to change careers, start a business and follow their creative passions.

Here's what we cover:

- Shannon's own "From Type A to Type Be" story;
- What makes a second life act a success;
- How to know when it's time to make a big change;
- The connection between making transformational change and happiness; and
- Some of Shannon's favorite second-act stories.

You can learn more about Shannon at secondactsuccess.co and I'll put a link to her website in the show notes.

And now onto the show. I hope you enjoy the conversation.

[00:02:38] Kathy: Shannon, welcome to *The Athena Wellness Podcast*. Thank you so much for being here today.



[00:02:43] Shannon Russell: Thank you for having me. I'm very excited for the conversation.

[00:02:46] Kathy: So please, share a bit about who you are and what you do.

[00:02:49] Shannon: Sure, so I'm Shannon Russell. I'm with *Second Act Success*. I'm a career coach and I created this company to help to motivate other women to change careers and find something that really fits them more fully. I have a podcast and I'm doing my career coaching.

Aside from that, I'm an entrepreneur as well. I own another business and I have two boys and a husband. [laughs]

[00:03:15] Kathy: So I'm guessing that this wasn't your first go at a career. Can you tell us a bit about how you got here today?

[00:03:21] Shannon: Absolutely. Yes, I was obsessed with being in Hollywood and being in the entertainment industry since I can remember. I went to school for communications and film, ended up in New York City, and then in Los Angeles as a producer. I did that for about 16 years on both coasts, traveling and working on the most amazing and some not-so-great reality shows [laughter] but really fun projects, met some of my best friends still to this day. It was such a dream career.

Then it was when I started having a family and having kids that things changed for me. My husband's a television producer also, so you can imagine our schedule of traveling and crazy long hours. When you have babies, things change sometimes.



[00:04:08] Kathy: Sure, but it sounds like it's a career that you loved. So, a lot of people do their second acts because they're not so in love with their career, but you had a career that you really loved and this was a hard choice. Can you talk a little bit about that decision and what it was like leading up to that? What was that tipping point?

[00:04:26] Shannon: Yeah, so I was in Los Angeles. I was the first of my friends to have a kid. So I had a baby. In Los Angeles, we always say it's like a big bubble. You go out seven nights a week and it's all about who you know and socializing and networking. Then I had a baby. And my friends fell to the wayside and I just felt that my husband and I were super alone. My family, which I'm very close with, was back on the East Coast.

And I had some postpartum depression that just threw me in a spiral. I had a crying baby all the time. I didn't know what to do. It was just a lot of figuring it out and we made an abrupt decision six months in. My son was six months and we decided to move back to the East Coast to be near family.

When we came back, it was an easy-enough transition because I had help. We both worked in Manhattan and we had an hour-and-a-half commute, but we were both able to work in the industry still. And it wasn't until I had my second son a couple of years later that I realized it was too much.

It was almost a two-hour commute each way. There were times where my oldest, who was really only two-and-a-half or so at the time, would get sick. It would take



me almost two hours to get to daycare to get him. It was a lot of leaning on family for that and just realizing my priorities were changing.

And then when I was pregnant with my little one, I just had an a-ha kind of epiphany moment. I was in high heels in the Times Square subway station rushing to catch the bus so that I could get to the car. It was just that commute and I was like, "What am I doing?" I just realized then that something had to change.

[00:06:10] Kathy: I remember that commute well [laughs] in high heels.

[00:06:15] Shannon: Right, how did we do it?

[00:06:17] Kathy: That can be very impactful. It could really help you synthesize your values and what's important and it sounds like in the middle of Port Authority. [laughs]

[00:06:29] Shannon: Not the best place, but you just go, "Can I do this for much longer?"

[00:06:34] Kathy: Right. So you knew at some point like, "I can't," but then what happens? Walk me through that process. That's not an easy process to let go, right?

[00:06:43] Shannon: No. The good thing though, Kathy, is that while I was on maternity leave, the show that I was producing that I was in charge of was canceled. I remember, I was pushing the baby carriage in our local mall here in the suburbs. I got the call that my show was canceled.



In TV, you're really used to going from one project to the other. I easily could have picked up the phone to a friend and gotten another job. But to me, I was like, "Okay, this is the out that I needed in a sense, or the push maybe to find what that next step or that next act is."

And I remember talking to my husband. Again, we're both in the same industry, so he was like, "Well, what else are you going to do?" And I just started thinking about it. I was listening to a lot of podcasts at the time and just trying to figure it out.

A friend here got me a 9:00-to-5:00 job in an office. I hated every second of it. It just wasn't for me. I was still leaving the kids at daycare to go to this job that now I really disliked. It was a very toxic environment, so it was not a healthy place to be with a very young baby and a three-year-old at the time. But it was paying the bills, so I felt like I was contributing.

Then I had the idea to get my master's in education and maybe become a teacher. So I started taking classes at night. And I was doing that for about a year when, all of a sudden, I was like-- and it was an accelerated program. I was at the point where I had to student-teach. And I was like, "How can I do that with two kids in daycare and not making money?"

So it was just a lot of these different things where I said, "I need to start my own business." I just listened to a podcast about entrepreneurs and I was like, "I can do this."



At that time, my boys were playing a lot with Legos. They were building with Magna-Tiles. And it was the thing that always kept them calm and really focused on something. I was like, "I'm going to do something with that. I'm going to open a STEM center." I was researching STEM and I was trying to figure out a business plan, and then I came across a franchise that was literally what I had in my mind.

And so, I just decided to jump and buy into the franchise and become a franchisee. And then I quit my 9-to-5 job, I stopped my master's program, and I became a business owner for the first time ever. [chuckles]

[00:09:01] Kathy: Wow. There's so much that I love about this story. What really jumps out, there were three words you said, "figure it out."

Because when I met you, you have this franchise and you've got this podcast. I know people do this with me as well, right? It's like, "Oh, you've got it all together." But there were so many steps and so many things that, in your case, you're trying all kinds of different hats on until you felt something that fit. It doesn't just come to you.

You were following an impulse and I just love that. And that impulse at some point said, "Leap," and you left a whole bunch of what you thought may have been your next steps or even dreams of becoming a teacher and doing all these other things.



Can you talk a little bit about that propulsion? When it was actually time to say, "You know what? We're going to buy this franchise," give me a little bit of insight there.

[00:10:01] Shannon: Yeah, so I would have a discovery call with the CEO of the franchise. I was talking with other people who were already franchisees in this organization. And I was like, "You know what? It's all about my boys." To me, these life changes were for them. Because I didn't want to be two hours away and not be able to get home when my husband was also two hours away and not getting home.

So to me, it was just a shift in priorities where the celebrities that I was meeting and the fun that I was having just wasn't on my radar anymore, it wasn't a priority. And my boys were my non-negotiable. I use that a lot because I feel like I make all my decisions around them. They might not realize that, but it's true because I want it to be available and more of a present mom.

Really, the franchise, it just seemed like something that would allow me to do that because I would be able to take them with me to classes. I would be able to work from home as I build the business and be able to take them to school or daycare. My husband and I went to meet the corporation. It was a fairly new franchise at the time. We drove out to Pittsburgh where they were located, met them, and my husband was very skeptical.



I think even to this day, he would much rather me be a television producer back in the industry making the big bucks. I think, for him, he likes to be able to say, "Oh, I worked with this one." Whereas with me, it doesn't matter anymore.

So he was very skeptical, but he was like, "Cool, let's do it," even though I was now paying off this master's program that I did not complete. But I was looking at it like the master's program brought me into the world of teaching. And here, I was using a lot of that into teaching kids STEM education. And for me, when I see that money go to pay for that program that I did not complete, and maybe one day I will, but with this, I am able to be that teacher in a class teaching kids how to build with Legos and robotics and learning and thinking like engineers. To me, it was taking all that other stuff and pulling it together and I'm able to be home with my kids.

So, it was a risk for sure, but I used a lot of my production-producing skills in growing the business, marketing the business, and putting myself out there. I felt like, luckily, it took off and it was the right decision at the time.

[00:12:32] Kathy: I can see how your life has completely changed. I'm curious to know how you've changed.

[00:12:39] Shannon: I feel so happy. If that's silly, I don't know. But I just feel like I'm proud that I was able to have now two, if not three, I dare to say that I'm now on my third act almost with the podcast and my career coaching in a sense because I love every aspect of what I've done.



I love TV. And maybe if I didn't have kids, I would still be working in that. And there's plenty of my friends who are still in the industry with kids. But for me, I was able to say, "Check, I did that. I have stories for a lifetime to share with my kids." But now, I'm opening a business and I'm learning so much. I'm proud of what I've built. I'm employing people and I'm helping kids. I'm a part of my community.

And then even now, turning the table again and helping other women figure out how they can find something else that fills them up and fits in their maybe different lifestyle at a different age. I was in my late 30s when I had kids and in my 40s when I made all these different jumps. So it's nice to be able to teach other people.

So I guess because I was happy in all of those stages and just being really proud of what I've accomplished and what my life looks like now with my family.

[00:14:00] Kathy: It seems to be a great sense of empowerment turned to service.

[00:14:05] Shannon: Yes.

[00:14:07] Kathy: Is there a fourth act that you can someday envision or is it way too early to even think about that? It feels like this is building toward something.

[00:14:19] Shannon: I've always wanted to just live an autonomous life where I can travel anywhere and do my work. I feel like I'm getting there with the podcast and career coaching being all virtual.



But I've always wanted to be a writer. I wrote scripts in TV and I have 10 different children's books and young adult novels that I have little pieces and ideas for. So down the road, my last big thing I would love to do is to write for sure and be able to do that in our dream place, which is Hawaii, where my family absolutely loves to vacation. So my idea would be able to live there or travel anywhere with the kids and be able to write and make a difference and continue what I'm doing now.

[00:15:00] Kathy: I love that too because that gives our listeners a sense of like, it doesn't end with the next thing, right? This is something that we continuously go through. And just like you didn't know how to be an entrepreneur or you didn't know how to host a podcast, you don't know how to write, but that's a dream and it's something that you work towards. I feel like it's very inspiring. I appreciate that you've shared that with us.

[00:15:23] Shannon: Oh, thank you very much. Yeah, I feel like it's nice to be a lifelong learner, right? You're always wanting to better yourself or challenge yourself in some ways.

[00:15:31] Kathy: Yeah, so you have a podcast called the *Second Act Success*. I'm curious now with all of the changes that you've gone through, how now would you define success? What makes a second act, or a third or a fourth, a success?

[00:15:49] Shannon: I think it comes back to the priorities and non-negotiables that you have within yourself.



And that's what I tell a lot of my clients that make that list of your non-negotiables. "I want to be able to be there for after-school activities for my kids. I want to have weekends off. I want to be able to make X amount to contribute to my family." Just have your list of priorities and non-negotiables.

And if you can find something that fits into that, fills you up, makes you excited to wake up in the morning and get to it, then that to me is success. There's always parameters, but it's parameters and then it's how you feel when you go to sleep at night and when you wake up in the morning. Nobody wants the Sunday scaries to be dreading the next day.

[00:16:34] Kathy: Yeah, it was really nice to experience Monday mornings and jumping out of bed and being excited about what the day brought. What a change, right?

[00:16:44] Shannon: Yeah and you never know as an entrepreneur what the day is going to hold, right? You can have a plan and it goes out the window. But to just be excited about what you're doing, check things off your list, and have it be that you're your own boss is pretty cool, I think.

[00:16:58] Kathy: Yeah, without a doubt. You said something that I love, which is this idea of finding these non-negotiables. And this is non-negotiables of the things that are in your life, the people who are in your life, and how you want to feel about that as well, right?



When we have some clarity around that, when we get to that essence, as I'm working with a similar group of women who are looking on to what their next act is going to be, there are many ways to check those boxes, which is what you're alluding to, that it's not the thing so much that you're going to do. It's making sure that you're capturing the essence of the life you want to live. There are many, many ways for us to get there. Does that sound in line?

[00:17:42] Shannon: It does. It's more about building that lifestyle, I guess. It's like, as you know, you can worry about the money, of course. But it's the hours and it's how you feel at the end of the day. Because you could have an amazing job with an amazing paycheck, but you're dreading every other aspect. I think by just sticking with those non-negotiables as best you can, you're on a better path to find your true, I guess, next step, wouldn't you say?

[00:18:09] Kathy: Yeah, without a doubt. I'm thinking about some of the clients that you've worked with. These are people, whether they really love their careers or not, they know that it's time for a change. Can you explain some of the indicators? When people come to you, what is it that would make somebody want to come to you for your services? What is it that says to them, "It's time for me to start talking about this"?

[00:18:37] Shannon: I have a lot of clients that come to me that are kind of like me. They might be young moms or moms that are just like, "Okay, well, now, the kids are in school and maybe I can do something different," or that are just figuring it out. "Act I was great, but now what am I going to do? I don't want it to be all about the kids, so maybe I can work."



Or just trying to really in that conundrum of not sure and not wanting to lose our identity, right? It's so easy for us to lose our identity when we get married, when we have kids, when we maybe take a job that we don't truly feel aligned with.

So I think what I've experienced, like I have one friend who I'm speaking to and she's actually a former friend of a friend from my TV days who has two little ones. She's getting offered jobs, but the commute in Los Angeles is crazy. The hours are crazy. She's trying to figure it out. She feels, she says, worthless, which is definitely not the right word because she's with her kids, but she's trying to figure out how to still be creative and contribute to the family but be there for the kids.

So we're just going through different ideas. What we talked about the other day was even opening an Amazon shop. She was interested in that. We started exploring that more. I'm like, "What could she sell on Amazon that she could have control over?"

So I think it's just looking at each person. What really works and what will make them happy? You don't want to do something every day that you're not happy with even if it gives you the perfect lifestyle, so it's really that whole combination. And I think, a lot of times, with little kids, they really do make you think like, "Okay, I can be their mom and be there 1000%, but I also want to be me." It's just that balance or that harmony that you're trying to find.

[00:20:30] Kathy: It's interesting that it comes back to this idea of identity because one of the things that I work with the folks, with students and the clients that I have, is many of them like me, 30-plus years with a corporate identity, who



am I without that? But here, you've got not only is it the work that I do, but it's also the relationship that I'm in and the responsibility that I have as a mom and what that means.

What heartens me, because I have some years on you, because I can remember back where you can have it all, and that's what people were programmed to do to exhaustion and to complete burnout. What reaffirms to me that the world is changing some, just by listening to the story and the story of your clients, is there are options now that just didn't exist 20 years ago, certainly not 30 years ago, right?

So if it's helpful, things have changed. And I love that there are folks like you to help people start to explore that. Because a lot of, I'm sure, what you've absorbed over the years are the generation before you. You're saying, "Hey, there may be some other options, and not only did I do it and I can show by example, but let's explore what that might mean for you and tailor it to a life."

So, it's a beautiful story with amazing outcomes. I think that the future is bright there just to help this generation through a lot of what you struggled with. That's wonderful.

I am curious about the connection between making big career and life moves and overall happiness because it's not a simple equation. You mentioned that you can be in a family with somebody who wishes other things for you.



I'm sure a lot of this comes from good communication and from teamwork, but can you speak a little bit about-- even if all the pieces are falling into place, how do you stay in that and making sure you're at least in a sweet spot because it's fluid? Life is fluid, of, "You know what? We're doing the best we can with what we have and it feels like, directionally, we're moving in an agreed-upon direction."

[00:23:04] Shannon: That's such a hard one. It really is. We still work on that. Because I feel like my husband is still on television. What's nice since COVID, he's actually been able to produce TV from our house, which is really crazy. We live in New Jersey. He works for a company in California and he travels quite often.

But day-to-day, he's here, which is amazing. It would never have happened three years ago. But I feel like he's here to see the day of what would've been my sole responsibility of picking up the kids and taking them to activities and making their lunches.

So I think for him to see that and really see that maybe when I started my franchise, I wasn't making the money that I was making as a television producer. But what I felt like I was bringing to the family was I was able to pick those kids up every day. I was able to drop them off. I was there to take them to doctor's appointments. And all of that help around the house was something that really has a lot of value. And I think he has seen that over time.

Now that that company runs itself, I'm able to pay myself. I'm contributing well to the family. And then I decide that I want to start this other business and do the career coaching and do the podcast. He's skeptical again, but he knows his crazy



wife has all these ideas and I'm not a one-track person. He's like, "Okay, I know you can do it. Let's see."

And so he listens, he sees. He sees me spending so much time on it because it's a fairly new business within the past year. But he is supportive. And I think as long as I show him how happy I am, I feel like, hopefully, he's seeing that it's working for our family. I'm contributing. I'm with the kids all the time.

The kids don't think that *Second Act Success* is a business. They think it's just like fun for me because I'm always doing it. I'm always happy and I'm like, "Oh, listen to this." My husband might say, "Well, put that computer away. Come on, we're watching TV." The boys will say, "No, she loves it. It's not work."

And that's an example I'm trying to set for my kids and I think my husband can see that too. I'm enjoying it. I don't know, I just feel like as long as there's communication like you said and you're able to contribute, you're helping in whatever way possible, and the lines of communication are open, I think it's a win-win.

[00:25:36] Kathy: It's interesting that now that we're almost three years through whatever the changes that COVID has brought to us, he has insight that he would've never had into your day-to-day, which is really fascinating to me. I didn't know that you could produce remotely either. Isn't that amazing?

[00:25:55] Shannon: We didn't either until this and it's totally amazing. His prior job that he was at, he was directing TV shows from this very room. It was crazy. So yes,



it's a blessing really because he otherwise worked the long, crazy hours and would get home when the kids were asleep. Now, he's very active in picking the kids up and just being more of a present parent as well. I think it's benefited our family and probably many families across the world in that way.

[00:26:23] Kathy: Wonderful. So I'm curious to get a few of your guest stories with unique second acts. You've had the podcast now for a while. You've talked to some people. What have been some of your favorite stories or unique stories that have come through that podcast?

[00:26:40] Shannon: One was this woman, Hannah Campbell-Anderson. She was an actress in Los Angeles. After a while of doing plays and things, not making it super big like she had dreamed, she was at my wedding. This is actually funny because it's someone that I knew. She was at my wedding helping my photographer because we had an issue with flowers and the photographer said, "You should be a wedding planner."

A few months later, she opened a wedding planning business that was quite successful for years. She literally just sold it a few months ago. But the fact that she went from being an actress to being a wedding planner and she talked about how similar those careers actually were. You need to read your script. You need your format. You have to know - and the same thing in planning a wedding, so that was quite interesting.

Also, even my episode that came out today, a woman who was a teacher. And she always wanted to paint, but she realized she just didn't have time. She was



teaching while her kids were growing up and then she took a 9-to-5 job to contribute to her family when her kids were in school.

Then she decided, "I just want time to paint." She couldn't figure it out. She finally ended up teaching some art classes. And then she decided to put teaching the business from her 9-to-5 job and art together. And now she coaches artists on how to make money from their art, which I never even knew that was a thing, but how cool is that? She was like, "There's no such thing as a starving artist. You can make money doing what you love."

There's so many more. I have another friend who worked in fashion in New York City. We've become friendly since the podcast. And she worked for these huge brands doing marketing for Marc Jacobs and all these brands in New York City. She decided after having her kids that she wanted to learn how to be a lactation consultant. And she used the bus commute to study and take her certification. Now, she has her own business helping other women feed their babies the way that they want to.

[00:28:44] Kathy: I'm curious if you find that there are common themes throughout the stories. And are there points of departure where there's some uniqueness to it, but there's also some commonality? Can you talk a little bit about just the themes that you see?

[00:29:02] Shannon: Well, I always ask my podcasts, "What is that thread between all of your careers?" It's amazing that everyone can find that thread.



For me, I always say it's producing. I'm producing TV. I want to produce my life. I'm producing this business. I'm making it come to life.

This one particular guest, she worked in marketing for the health & beauty world. She started getting really into yoga and then she decided to become a mental health therapist. For her, it was the service piece and it was the wellness and health piece that kinda went through wellness brands and health and beauty to yoga to being a mental health therapist.

So I think that everyone can find those threads that come through. And I think that's been very apparent in everyone that I've worked with and had on my podcast. But there's definitely people who still have that next act they want to go to or that they tried something and it didn't work and they kept going.

There was another amazing woman, Katina Turner. I found her particular episode very interesting because she was actually a television producer, too, funny enough. She went to open up an apothecary in a small town in the South. She went from Manhattan to the South and it didn't do well. So she closed it. She opened a hair salon. It didn't do well. She closed it. She opened another one.

In our conversations, never once does she bring up the failure or bring up, "Oh, maybe I'll do something else." She just said, "Okay, this one didn't work. The next one will," and she went on to the next one. That is truly awesome to see and I think and I hope inspiring for other people to hear because nothing is a failure. It's teaching you about your next step just like your corporate career led you here.



Everything that we did in the past, I feel like, just adds to our résumé, just adds to the more well-rounded person that we are today, right? Wouldn't you agree?

[00:31:05] Kathy: Yeah, there are two things that I really love about what you said. One is this idea of thread. For those listening, it's not always apparent. I remember being on some of the first podcasts that I did as a guest after I wrote my book. Somebody asked me how my former career helped with this. In answering that question, I realized that there was so much, just tons of stuff I learned about business strategy and about relationships, learning about all of the things that you did that felt good or that you were good at and how that informs where you're going.

It's not an accident, even the "missteps" or speed bumps as your guest experienced. So I love this idea of trying to identify these threads because they really are there. Whether you're connecting the dots looking back or you're trying to pull a thread through, they are there.

And the second thing that you talked about, which is really this idea of resilience, of knowing that these experiences are feeding into something that is going to be something if we stick with it. I think there's that quote that most people give up just before they're about to succeed. Like that idea that if you just stick with it and just try something else. And I love your guest's attitude of just, "Try something else," and she was just trying to find that right fit, so that's incredibly helpful.



I'm curious. With everything that you're juggling, how do you keep yourself well? You've got two businesses, two kids, you've got a husband. How do you find time to fill your own tank?

[00:32:45] Shannon: That's the thing I'm working on a lot. I think having the kids go back to school just this past week is helping a little bit. I have an exercise bike that I tried to do in the morning before I even get on my computer. Because as you know, you get on the computer and you focus and you realize, "Did I eat yet? Did I wash my face?" [laughter] So, I try to do that in the morning a few times a week and then get into the work routine.

I have an amazing puppy dog that I love and he wants a million walks a day. So I at least go on one. My husband does most, but I'll at least go on one walk with him, especially now that the weather's nice. I love podcasts, so I love to just listen to my podcasts and just walk with him.

Otherwise, I'm on a new healthy eating plan that I feel has really energized me. It's forced me to look at how I eat. Just recently, I realized I'm a stress eater, which I never realized. I've never really had a weight problem, but I realized that I never really ate healthy. I realized that every time I get stressed at work, I would run and grab whatever the kids were snacking on. I'm on this new eating plan that just has me really focused on what I'm eating. I love it and I felt new energy in that. I think just devoting myself to that has helped too.

[00:34:00] Kathy: You're hitting all the bases. That's good. That's wonderful.



[00:34:03] Shannon: It's only September, so we'll see.

[laughter]

[00:34:07] Kathy: Well, it's really such a wonderful conversation and I really appreciate your time. Can you tell our listeners how to get in touch, where to find you, and some of the things they can find once they go there?

[00:34:18] Shannon: Of course. My podcast itself is *Second Act Success* and everything can be found at secondactsuccess.co. There, you'll see links to where you can get the podcast on Apple or Spotify or wherever you listen. You can also get information on coaching. I have one-on-one coaching available. And I have a course that's coming out hopefully in October so that you can join the wait list right now as well. That's all on secondactsuccess.co. I'm also on Instagram and Facebook and most of the social media platforms as well.

[00:34:48] Kathy: Perfect. And we will link all of that up in the show notes. Again, I want to thank you so much for your time today and for your insight and your unique view. I wish you all the best, both of your businesses, and wonderful to have you here.

[00:35:01] Shannon: Kathy, we have to get you online too because I want to share your story with the world-

[00:35:06] Kathy: Sounds good. All right.

[00:35:07] Shannon: - my world. So, I'd love it.



[00:35:10] Kathy: Consider that a yes.

[00:35:11] Shannon: Yay! Okay. Well, thank you for this lovely conversation and for the opportunity. I appreciate it.

[00:35:15] Kathy: Thank you.

[music]

[00:35:19] Kathy: Thank you so much for joining me today. I know there are many ways you can spend your time. Thank you for choosing to spend it with me. Until our paths cross again, be kind to yourself and show your Warrior Spirit some love.

If you know anyone who could benefit from today's episode, please pass it on. And many thanks for supporting the show by subscribing and leaving a review. It means a lot and it helps others find their way to our circle.

If you'd like to access the show notes, have a question you'd like addressed on a future episode, or would like a transcript of this episode, visit www.AthenaWellness.com/podcast.

Until next time, be well!

[music]

[00:36:21] [END OF AUDIO]