



The Limitless Women Podcast

Dr. Abiola Oladoke

After a guided moment of presence, Dr. Abiola gives her thoughts on coping with unique stress situations and tips for boosting immunity. Dr. Abiola is the founder of Empowered Entrepreneurs, O & A Wellness Group, Voce Fiori, Central Coast Cryoslim, Healthy Palate, and Home Front Warriors Project. She has been an entrepreneur since age thirteen. Dr. Abiola has a big heart for serving and is here to discuss the very strong concoction she is giving her patients that boosts immunity and energy...if you can stomach it!

So, if you want to discover the elusive key to creating a healthy and happy life for yourself, with tips on creating a structure that will move you towards greater clarity, organization, and creativity, listen to today's episode with your host, Laura Gisborne.

Want to skip ahead? Episode Highlights

- [00:32] You'll learn who Dr. Abiola Oladoke is and what brought her to the work she does today.
- [04:09] You are guided through a moment of presence, and Dr. Abiola gives her thoughts on way for you to cope with unique stress situations.
- [10:53] Discover how you can manage stress and boost your immunity during stressful times.
- [18:30] Find out the recipe you can use for Dr. Abiola's strong concoction, which she gives to her patients, that boosts immunity and energy...if you can stomach it!
- [25:18] You'll learn a practice from Dr. Abiola that you can do anywhere, anytime to relieve stress, based on focusing on immune points.
- [30:28] Dr. Abiola answers a question from one of the webinar participants – "Any tips on creating a structure for helping to move toward organization, clarity and creativity?"
- [38:27] Find out how you can get in touch with Dr. Abiola and where to find her free content for you, to help in being healthy and happy!



Episode Transcript

[MC] Welcome to the Limitless Women Podcast. Our mission is to help women business owners like you grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

[Laura Gisborne] In today's episode, I share with you an interactive class that I hosted with Dr. Abiola Oladoke. Known to many as Dr. Abiola. She's the Founder of O & A Wellness Group, a comprehensive health and wellness company that serves both individuals and organizations. She is also the founder and executive director of Home Front Warriors Project (a non-profit PTSD clinic for veterans, active service members, law enforcement and first responders).

Dr. Abiola has been an entrepreneur since age thirteen with training in psychology, applied neuroscience, clinical nutrition and, functional medicine, she brings comprehensive, brain based approaches to the health of her clients. You'll love today's interview where Dr. Abiola shares easy to follow tools to manage your stress, bring grounding to your life, and improve your well-being. Enjoy the show!

[Laura Gisborne] All right. Let me just say first and foremost, Abiola, thank you so much for all the work you do in the world. You're an incredible philanthropist. You're a great girlfriend. We had originally started this conversation, gosh, years ago, I think maybe 2017. I remember us talking about working together and then you offered to sponsor Limitless Women and you've always been so generous with your work and your contributions, and you have modalities. What I think is fascinating about you as a physician is that you have so many different modalities. You're one of us. You're one of our girlfriends. You're one of us that loves to study and learn, so we've got all the things that you bring in brain science, in naturopathic medicine, energy healing, and, and, and, so I'm going to stop because I won't do you justice properly with your bio. I want you to let us know a little bit about who you are and what brought you to the work that you do today.

[Dr. Abiola Oladoke] Yeah. Thank you very much for having me. Hi, everyone! It's so great to be here. I do hope that you are all smiling because we will all get through this. We're going to be sharing some things and answering questions about what's concerning you today.

As Laura said, my name is Dr. Abiola Oladoke. I am the founder of O&A Wellness Group, as well as Home Front Warriors Project. With those two businesses, with Home Front Warriors Project, we serve veterans, first responders and active duty members, so that's more important for us right now because we've actually extended our services to nurses as well and doctors that are on the frontlines, helping them that way. With O&A Wellness Group, we provide clinical health services.



We provide executive health services for entrepreneurs, for business owners, solopreneurs, people that want to look at their health and wealth from a unified perspective and say, "How do I actually increase my wealth and not burn out with my well-being and my health?" We serve people with that.

There's also something fun that I also like to do. I dabble into clothing, so I have some clothing designs that I work on. I also play around with live flowers. I have a company where we print messages on flowers. That's actually even more beneficial now because we're also sending just some little "thank you" messages to people on the frontlines right now that are just helping us and making sure that we're staying healthy.

[Laura] Yeah. You were going to do printing on the flowers every year. For those of you that haven't been with us at Limitless Women, there's a live event. This is our sixth year. One of the things, if you're going to scroll through the history, you'll see we always do roses and chocolates. We just really love to spoil our women, and so I love to hear more about how can we pay that forward now. I wasn't sure if we can do flower delivery right now. I guess we can. If we can do food delivery, we can do flower delivery.

[Dr. Abiola] Yeah. It's good to know we have delivery.

[Laura] Good to know. All right. Well, let's dive right in, darling, because clearly you're the expert here. This is your wheelhouse. This is your superpower. What can you talk to us about -- first, let's just take a moment to get present. Let me just get present with this because I can feel in my own body the stress of getting ready, the stress of being here. Just taking a deep breath and getting mindful. I really want this conversation to be of the most high use and value to everybody who's listening.

We know the stress we know, Abiola, and I think right now, as I was sharing to you before we started this recording, I was really present that I feel like I have a very blessed life. I feel so grateful every day. It just really hit me like a ton of bricks this week the impact of what's happened over the last six or seven weeks on the planet. Can we talk a little bit about why this stress is different and the uncertainty and the things, and then how we could maybe better cope with that? Any ideas about that?

[Dr. Abiola] Yeah. One of the things that I've been sharing with people is I think many of us are still present to what happened on September 11th.

[Laura] Yes.



[Dr. Abiola]

I was in the military and I remember vividly where I was watching this on TV, and immediately, we're changed. You take how everybody in the world, how we were all affected by something like that, and you multiply that by about 1000%. That's what we are going through right now in our bodies.

The Earth has this electromagnetic resonance that helps us all stay calibrated and grounded, and when something tragic or something like a pandemic happens, there is that rippling effect with our energies all across the board. We have over 180 countries in the world currently affected by this right now. I think there are 195 countries in the world and most of the world on some level is dealing with Coronavirus 19. Magnify what we felt on September 11th by that many times, it's what we're all going through, and so our energy, our way of life, what we know, the certainties, the things that were true for us, we're questioning everything right now. Our minds are trying to wrap itself around what is going on. There's the collective mind as well as the individual mind that is just going, "I don't understand what's happening here."

With that, one of the things that I mention to people is let's take a deep breath. People are like, "Oh my gosh, don't tell me to take a breath." No, we need to breathe and just find our foot again. I'm fortunate that I live close to the ocean, and so I get to go out every once in a while and just go plant my feet in the sand like in the desert. That just really helps, but there are many people who are not able to go plant their feet in the sand. There are things that we can do at home. If you have a backyard where there is some soil or some sand, go there and go plant your feet. One of the things that's also affecting us now, most of our environment is paved. The ground is paved, so we don't really get that grounding, that earthing, so finding a place to just really plant your feet. It does help us feel a little bit better and then we can think a little bit clearer about what is actually happening.

The next thing that we focus on is actually, how are we going to live? How are we going to survive? How are we going to be okay? We think about that individually and then we think about that as a collective. What I also mention to people is after you've taken a deep breath and your thoughts are now going to those bases -- as a psychologist, one of the things that we talk about is Maslow's Hierarchy of Needs, so you've got this initial self-preservation that then becomes the next thing that we're worried about after we've just taken a breath and go, "Okay, let me wrap my head around what's happening." Doing that, we want to make sure that we are avoiding information overload and that we're not plugged into the news 24/7. It's good to know, but too much knowing right now is not a good idea. I've just been recommending to people to get snippets of information and to also make sure that where they're getting the information from is not promoting any kind of conspiracy theory or anything that could contribute to the aggravation that we already have.



[Laura]

Exactly, yeah, and I so appreciate that. The grounding piece, it's been very helpful for me, and I don't know where everybody's calling in from. I have lots of girl friends in California, so they've got good weather although it's been raining a lot. It has not been snowing this week although it's supposed to snow again. What's up with the snow? It's supposed to snow again for us this weekend, but I really have done that this week. I've just gotten outside barefoot and just put my feet in the dirt. We don't really have grass right now. The snow has melted. We've got snow and dirt, but just even having the dirt is so grounding. It's interesting. It's really interesting.

I love this piece of -- I agree with you 100% on the news. One of the things we can do to not aggravate or agitate our feelings of stress is to be very mindful of what we feed our brains. We tend to have an extremely conscious and conscientious community of women that are part of our Limitless Women Community, so they've got this, and at the same time, I feel like this is different. We know what we know and we're being invited obviously as a collective, as humanity, to have a new perspective. I refer to this as God's work. I feel like this is something that the Divine, Source, Universe, God, however you are as a believer in your own spiritual path, has some messages for us, but we're in it right now. There's this place of being grounded, this place of being still.

The breath is so powerful. If you're not a person who meditates -- I couldn't even do yoga until I was 40. It was too painful for me. I just couldn't settle myself down enough, but there's something in the breathing that I understand helps, again, oxygenating your body, oxygenating your cells. This moves into another place we want to talk about like what can we do to boost our immunities right now.

[Dr. Abiola]

Yeah. There are some, in addition to managing your stress, just a couple of quick ways and then I'll segue into boosting immunity because they kind of support each other and go together. Practicing gratitude, knowing what it is that you are grateful for in this moment in spite of all the chaos, in spite of everything seeming like it's falling apart. I've had people say to me, "The world is coming to an end" and I said, "Well, the world is always coming to an end," but maybe not today that it will end for all of us. I actually did say to one of my clients who was so worried that everybody was going to die, I said, "Why are you worried? If we're all gone then there's no need to worry" and she's like, "Well, what a way to put things in perspective for me. Thank you very much," so I'll stop worrying.

You mentioned meditating. That's very supportive for the immune system, gratitude, practicing gratitude, being grateful for the fact that we are still healthy, that there are still some of us that are still able to take a full deep breath and fill our lungs and not be able to go, "Well, I can't take that breath fully," that we're still in our bodies, that we're still here, and also even be grateful for the chaos. This was something that somebody was like, "Wait. What do you mean I should be grateful for all of this?"



It's because in chaos comes order. There is a whole aspect of science like with quantum physics and even biology that is focused on how the immune system works based on chaos theory.

In chaos comes order. I told someone, I said, "I'm originally from Nigeria. From before I was born, all through my life, there's always been some kind of chaos or another happening in Nigeria and in Africa." I said we live through chaos. We're very resilient as human beings, and to remember our resilience helps to strengthen our immune system. We focus on the good habits and the things that we're doing right now. To further boost our immune system, sleep is very, very important now more than ever, that we take rest. There are some people that are going to find that they need more sleep than others just because of how this is affecting them, but take the rest and sleep.

You also want to eat very good foods. I've had people say to me, "Oh my god, I am eating everything in the house." I said, "Okay. What do you have in the house that you're eating?" to make sure that they are good things that you should be eating. Keeping up your fruits and vegetables intake is more important now than ever because they do contain polyphenols and phytonutrients that actually help our immune system to function better, so sleeping, eating well, drinking water. There's one other thing that I tell people. You should even drink matcha tea because it contains high amount of catechins that actually do boost immune function. Breathing is another thing that we can do and managing our stress. If you have any stress reduction or anxiety reduction tools then you want to use those. If you don't have any, there are plenty of resources out there that you can actually grab that you can use from the comfort of your home to support yourself in reducing anxiety.

[Laura]

Yeah. I thought you have a great free gift on your website about avoiding burnout, I think some of those same practices, so we'll share that as well here because I think those same practices are really applicable to what we're talking about.

I just want to touch back on something, Abiola. As you know, Africa is my favorite place in the world. I could really see myself living there if I could get my whole family to come with. My children first, Africa probably second. What I'd say is that what I find on the continent, when we spend time on the continent with our family and friends there, there's such a generosity of spirit. I'm curious about this as you're saying this.

I'm thinking about how Scott and I are always deeply, deeply -- and Erica too. Erica has been to Africa with me -- are so deeply inspired by how these folks that we would look at from the Western world as having very little in material means have the deepest, richest spiritual connections to each other, to source, and a generosity of literally how women specifically -- because I work in women's groups -- come together and give what they have and lift each other up.



I think there's something that we're being reminded of. I'm getting a little high right now. We're reminded of this as a species. They get it because they're so often in survival mode there that by supporting each other, coming together, sharing resources, they're able to all really thrive and prosper as a community. We are now as a global community -- again, if you're saying 180 countries, I haven't got that number this morning, but literally, we're all in it. How do we lift each other up? How do we share resources?

That's one of the things that we really aspire to cultivate. I say we aspire to cultivate because you're one of our Limitless Women. We have lots of women here that are listening to this now in the recording who already come to me with this amazing generosity. They've got it. I think that's why we are attracted to each other. As we continue to go through, what's happening is that we share resources. We lift each other up. It's a very different environment and I feel like there's some secret to that that's not a new concept. This is what we've done as a species to support each other and grow. Remember, you're not alone. Remember, you don't have to do this all by yourself. Remember to ask for help. Also remember to receive. Just put it out there.

Before we move into energy, I'm going to just put here we've got chat open, which is always easy. We've got Q&A because we're in a webinar-type format, but if you want to write in the chat or you want to write in the Q&A, let's hear a little bit from you, those of you that are listening right now live. What's going on? Is there a place where you're feeling a little stuck? Is there a place where you're feeling -- what I noticed was that I got what I think was food poisoning this week. We got takeout from my favorite Mexican restaurant that we haven't eaten at in more than a month and I got really sick. Of course, we're wiping everything down in the house with Clorox thinking maybe I have Coronavirus. I'm fine now, but what I noticed is this week, I've had physical reactions. I've had fatigue, which is why I asked about immunity and energy because I eat really well.

What things are you seeing your patients deal with? Also, to my girl friends who are here on the call, what things are up for you? Is there a place that we can support you? This is a safe environment. It's a place for us to all again just really let our hair down, no pun intended, but just really move forward. Talk a little bit about that, Abiola, and then if anybody has any questions for Dr. Abiola, please write them in the chat or in the Q&A.

[Dr. Abiola]

Yeah. There's a concoction that I've been giving to everyone. It's pretty strong, but if you can stomach it, you can take it. It really has a lot of different blends in it to support your immunity and to also support your energy and to just give you that immune boost that you need. Earlier, we mentioned oxygen. One of the things that we're providing for clients right now is we actually have oxygen treatments that really help to strengthen the immune system. For people that cannot come in, I've been telling them just go out, get some fresh air, and take deep breaths in and really fill your body with the oxygen that we need in order to survive.



We have different foods, as I mentioned, that we can use, but more than that, we have things like probiotics. You can eat sauerkraut. Raw sauerkraut is very, very healthy and they contain a high amount of nutrients that are supportive for the immune system right now. They also have the indoles. They have the sulfur that actually does help with lowering inflammation and helping our body manage that internal stress, and then you have things like honey that you can do. This concoction that I've been giving people contains onions, garlic, cloves and honey, and you take everything with ginger and cinnamon. You blend it altogether. You put everything in a blender. I tell people to just add more honey so it's not so potent, but the way that we would take it, being somebody from Africa that is very used to eating super spicy foods, if our ears are not burning or you don't see the smoke coming out of our ears, it's not hot enough.

You can even be crying and sweating and ears burning, and then you're like, "That's good!" So I just tell everybody to use a lot of honey to really temper that down, but blend everything together. Just take a teaspoon of that and mix it with some water and drink it. You can drink that every day. It really helps. I was talking to my mother earlier in the week because I check in with my parents often. They are in Nigeria, which I'm grateful for right now that my parents are actually in Nigeria and not here in the US because there's still lower number of people that are affected by this and they've taken precautions to just really nip everything in the bud. My mother and my family, they've just been drinking this concoction and my mom said to me, "I have to tell you, my energy is through the roof." There's nobody with her and she's like, "I'm doing this and I'm doing that." I'm like, "Don't overdo it." My mom is in her 80s.

[Laura] Wow! So what I heard was onion, garlic, cloves, cinnamon, ginger, honey.

[Dr. Abiola] Yes, and if you want to boost it up a little more, add some turmeric to it too.

[Laura] Or if you don't have all those ingredients, get some of those ingredients because these are all things we can cook with. I always say that what I find for myself personally because I travel a lot -- clearly, I'm not traveling right now, but normally, I can go on the road for four to six weeks at a time sometimes. Eating live foods wherever I eat in the world is really what keeps me energized. There's something about the energy of live foods and fresh things. Again, we know these things, but it's also a time to be -- what about adopting new habits? What about really giving ourselves permission to when the world ramps back up again and we get back to work and we start traveling again, I don't know when that will be or how it will look, but some of the things that you're bringing forward like the power of sleeping. I think it's such a strange badge of honor that I see women in the developed world where they're only sleeping a few hours a night.



They could be hormonal. There could be some things causing that, but then they're somehow proud of not sleeping. For me, I got asked this. I was on an interview with a bunch of young girls, young girls in their early 30s. I'm 53, so they're young to me. They were like, "How much do you sleep?" and I'm like, "Well, I went to bed at ten last night and I got up about eight." I wasn't probably sleeping the whole time. I read. I relaxed. When I wake up in the morning, I do my morning gratitude. I do my meditation, but I'm in bed probably a good ten hours, quiet, peaceful.

[Dr. Abiola] And probably, their minds were like, "Wait. What are you talking about?"

[Laura] "How is that possible?"

[Dr. Abiola] "That's half your life gone by. You're not accomplishing anything."

[Laura] I think I'm a Leo. It's a happy half.

[Dr. Abiola] Yeah. With that, I get people that say that to me too. They're like, "Oh, I read this by this author that says you can function on four hours of sleep." I say no, you're actually cutting down your productivity by about 45% if you're not sleeping well enough. You need to actually get more sleep. You will get a lot more done. Your mind will be clear. Sleep is not just something we do for rest. Sleep is actually an opportunity for our immune system and our brains to work through and clean out debris, waste, toxins, and things that actually could make us sick. Sleep is very vital. We're still working. Our bodies are working even more so when we're asleep because they can actually focus on healing things.

[Laura] Yeah. Think about babies and how they sleep all the time because they're growing. Their body needs that time, so that's the place. Again, that's a free one. That's one that we have an opportunity to really utilize. All right. I love this recipe. I love this concoction. We'll be trying that here in the Gisborne Family. Any other takeaways for us around stress relief, energy, or immune boosting? If anybody else has any questions, like I said, please type them into the chat or put them in the Q&A so I can make sure that we can talk to Dr. Abiola while we have her. We'll make sure you have her contact information and know how to get access to some of her amazing -- she has so many amazing free resources. She'll be with us at Limitless Women, so if you're planning on being with us the 24th through the 26th, we'll be talking more about that. You're welcome to connect with her there as well. Any other last minute takeaways?



[Dr. Abiola] Yeah. Some people, they've asked me, "What about supplements? What should I be supplementing with?" I tell people to help our immune system be strong, we need Vitamin D, which is why we go out in the sun, but we can't be in the sun as often and some of us don't even know when is a good time to be out in the sun.

For me as a dark-skinned person that lives in California where my melanin is calibrated to be right on the equator in Nigeria to here, I have to take extra Vitamin D, so I tell people you need Vitamin D, a little bit. 2000 IU is good enough. We don't need to go overboard. Vitamin A, zinc, honey, selenium, these are things that actually do boost our immune system, and Vitamin E. Just eat very well. Take good care of yourself.

On the anxiety front, one of the things I teach people is actually about tapping. I actually want to share a couple of points with people right now that they can just look at and say, "Okay. How do I just immediately relieve my stress?" There are immune points on our bodies that we can actually focus on. Let me just pull up -- I thought I had it up. There we are. Yes, there we are. One of them is right on the thymus. As we get older, our thymus actually tend to atrophy because our immune system is further depleted, so we can really boost our thymus function and our immune function by taking better care of ourselves.

Right here, if you put your hand down on your throat, right over the heart, just above there is where we have the thymus. If you actually just tap right there or rub the area and point to right there, that is the master point to actually boost the immune system.

There is another point right here. I'm putting my finger up so you can see, or maybe it's better this way, so right there. If you just press on either side and just push on that area, if you actually feel super sore or something then that's an indication that you really need to work on your stress and de-stress because you shouldn't feel sore. You can press on that area and that really helps to support your immune function. If you go down from the collarbone and you take an inch into the right and then an inch down, there is a point right here that you can actually press on or tap on. I use this point to just immediately help my clients and my patients to just really calm down when they're just feeling frazzled, so they're breathing and we're pointing and just tapping that area. If you don't remember everything, those three points just really help.

Another area is actually around our eyes. If we just rub right there, it really helps us to just calm down, and right over here, the bridge in between our eyes, just rubbing right there. One of the things -- I wear glasses. If you notice anybody like many of us, when we're feeling stressed or anything -- I'll take my glasses off -- we tend to do this. We just got to do that. That's an actual point that actually helps us to relieve stress. Remember these things that our bodies just like to do which we don't understand why we're doing it. If we push on those areas, it really helps us. Here, here, here, and on our thymus, there and over here.

[Laura] Perfect. That's beautiful.



[Dr. Abiola] You can just take deep breaths and just press and tap. You don't want to push too much because I've had people that said, "Aww!" Don't beat yourself up.

[Laura] Be gentle.

[Dr. Abiola] Just be gentle. Gently rub and hold and tap, whatever you like to do. That's very helpful to actually just help manage the stress. There are plenty more tools, but those are some things that can really help in getting started that you don't need to look up. You can just go, "Okay. I remember a few points." Here's the thing. If you don't remember every single one of those, if you remember two or three, that's good.

[Laura] Yeah. Self-care is a practice. This is what it is and we're all doing the best we can and we're getting a little bit better all the time. We have a question. It's from someone who's anonymous. I apologize. I don't know who this is, but what she's writing is, "I feel guilty if I'm wasting time because I'm home and doing nothing."

"I can't go out. I can't see people. Any thoughts on creating a structure for myself that will help me move towards organization, clarity, and creativity?" I have some ideas about this and then I'll hear what you have to say as well, Dr. Abiola.

I think the human body and our psyche specifically really reacts well to structure and to routines. When I first started being asked to help with this work around building businesses and growing financial independence, I became very aware that we all have systems in our lives. We're just usually not conscious of them. There are certain things that we have that are routines and are habits. I wish I knew your name so I could just send you some love. What I'd say is that number one, be kind to yourself in the same way that Abiola is saying don't tap too hard. Just rub places that feel right to you and just be gentle.

With your life and your structure, you're probably like most of us being called to reorganize. This is a wonderful opportunity for you to think about what you would love. My friend, Felicia Searcy, always says that. "What would you love?" I think that this is an opportunity for you to say, "How do I want to structure my day?" If you're a person who is used to having a lot of external direction, it can be a little challenging to start listening to your own internal, so I think the breathing habits, the walking, getting your feet on the dirt, if you're able to do that wherever it is that you're living right now, being kind and thinking about again, this is an opportunity for you to create a life that you really love that's your ideal.



If time and money were no object, if you had all the money you needed and you had all this free time, how would you be spending your day? What time would you be waking up? Would you be joining me with the 8:00 a.m. plus rollouts? Would you be taking time to eat the food you love to eat? Would you be taking time to exercise and move? This is a great opportunity, I believe, for you to care for yourself. I think when you start caring for yourself more, it'll help you feel a lot better. Please don't feel guilty. You're not doing anything wrong. You're being invited to have a quiet time. I'm happy to jump on a call with you personally if you'd like to chat. Just reach out to me either through my email address at laura@lauragisborne.com or connect with me on social media. Let's just have a chat if you need a little guidance on how to create that structure for yourself because once you do, you're never going to want to go back. You're going to love it and you're going to want to embrace it even more. Dr. Oladoke, what do you have on that?

[Dr. Abiola]

Yeah. I'm not used to working 100% from home. Most of the time, I do a little bit of everything, so I have a hybrid. I'm also used to supporting my staff. Having to put people on furlough and figure things out, I'm like, oh my gosh, all the interaction that I have on a daily basis are not there anymore and it's caused me to have to pivot, which I think is part of what you're asking, is how to pivot and handle all of this.

First of all, you're saying that you're home doing nothing is nothing. You are home actually taking care of yourself, so you are doing something to make sure that you are healthy and that you get through this. That's one thing. What I'll say is actually congratulations because some people are not staying home or not able to. Structure. If you have a morning exercise routine, I will say actually do that. If you don't, now will be a good time to start one. If you don't have a gratitude routine that you do in the morning and in the evening, now will be a time to start one.

I like to bookend my days. I like to actually say, okay, from this time to this time, this is what I'm doing. This time to this time, this is what I'm doing. It's something that I do for my work anyway. I've actually just taken that into being at home a lot now to where I'm like, okay, from this time to this time, I'm going to do more content creation. I'm going to write more and produce more content to support my clients. I've actually been writing a lot more, so if there's anything that you need to do in your business that you're going, "I really haven't had the time to do that," now might be a good time to actually block aside some times and get that done. Find time to actually just play and be with yourself and just rediscover you. I think this is one of the things that this time is asking us to do. Who are we really? I see people talking about who they don't want to be quarantined with and who they want to physically distance from because they just can't stand each other.

I'm like, well, maybe now is the time for you to rediscover each other and to actually rediscover. If you have anyone that you want to get closer to, now will be a time to reach out to them. Just because we are physically distant, it does not mean that we have to be socially distant.



Maybe now it's time to connect with more people virtually and reach out to people that you haven't talked to in a while and just chat over Zoom or over the phone or FaceTime. There are all kinds of ways to communicate now that we can see and virtually touch. Just close our eyes and imagine I feel you and I see you, and relate with each other. That helps with spending the time creatively and also giving you more clarity and focus, to actually just focus on taking care of yourself and practicing more self-care that can go with you into when we return to our normally chaotic, dysfunctional, super beautiful life.

[Laura]

If we do, right? If we do. I think again, there's an opportunity. You're asking specifically around organization, clarity, and creativity. I'm a fairly creative person. I've built nine businesses. I've given birth to a couple of humans. I've built my own house. I do a lot of fun, creative projects in my life. What I can tell you is that in my own experience, the creativity doesn't happen in the busy times.

It doesn't happen in the times when I'm so busy making a living that I'm losing sight of this. I would say that we have a community of not type A, but triple A, super duper high-achieving women in our community of Limitless Women and a lot of us are not good with being still. We're not good with receiving. We're not good with just listening.

I think this is an opportunity for you to actually listen to what your heart is calling you to follow and then trust that you don't have to have the answers. One of my good friends, Samantha Bennett, who will also be with us at Limitless Women, said her sister called her and said, "Quit trying to get an A+ in quarantine. You don't have to write a book just because you're home. Calm down." There are a lot of people that like to have staycations. Think about giving yourself a break and understand that in those quiet moments is when you can really trust your own intuition and hear the voices that are speaking to you to tell you what your next steps are. Just know that this too shall pass. You're doing the right thing. Thanks for coming today and reaching out and asking the question. We've got you. You're not alone. We're all together in this and we're going to make it through.

Abiola, I think we're going to wrap up here, my dear. Are there any other final takeaways you want to share? I want to make sure that everybody knows how to stay in touch with you, which we'll put in the links here so people can know how to get in touch with you and follow up. What's the best URL that we could share for you?

[Dr. Abiola]

Oh wow.

[Laura]

You have a lot of them.

[Dr. Abiola]

I know.



[Laura] Talk about a limitless woman. You're a creative genius.

[Dr. Abiola] My gosh. I think there are some resources on productivity and focus which might benefit the person that is asking about clarity, creativity, and organization. That will be on www.theempoweredentrepreneur.net under "Free". There's a place where you can get the -- there are a lot of things that we're adding there.

[Laura] Is it theempoweredentrepreneur.net?

[Dr. Abiola] Yes, theempoweredentrepreneur.net.

[Laura] Okay. I put that in the chat.

[Dr. Abiola] Yeah, I was doing the same thing.

[Laura] Great minds think alike.

[Dr. Abiola] That's one place where there are resources and there are ways to get in touch with me there. Everything goes. There's an opportunity to chat. Clinically, it's www.drabiola.com and on there, we've got some information about COVID-19, just on some things to do. I mentioned earlier that one of the things I'm doing now is actually writing more, so I've got a few things that I'm actually working on to just support more people. That would be on there. We have a whole section just for COVID-19 where we're just adding information so people can really get some scientific stuff on practical things to do and --

[Laura] Yeah, get sound advice instead of fake stuff. All right, my dear, I so very much appreciate you being here with us today. I'm looking forward to playing with you at Limitless Women. If you're planning on coming to be with us -- Abiola, you're already registered, but if anybody's planning on coming to be with us, this is the first time in six years that we're not charging any fees for meals or materials obviously because you're going to be feeding yourself at home, so join us if you know that your heart is calling you to expand.



It's going to be a very fun weekend. We have a series of three-hour blocks. We'll do three hours on Friday afternoon, three hours on Saturday morning, three hours on Saturday afternoon, and three hours on Sunday morning. We want you to have as much of a full retreat experience as you can without just being attached to the computer.

I will tell you also to know that we've got a couple of calls coming up this week on how to get prepared because again, we want you to embody the principles. We want you to have stress relief. We want you to have things that are going to make your energy feel good. We want you to really get not only your business principles, but also what you need to support yourself as a leader as we grow through this time and come out on the other side, so come and play with us if that speaks to you at limitlesswomen.com.

Abiola, I so appreciate you. I adore you and I hope you enjoy the ocean. Be thinking about me, my little mermaid self, missing you. I hope to be with you again in person soon.

[Dr. Abiola] Yeah. I've always lived by the water and I don't know how to swim. I have to be by the water, but I can't swim. I just enjoy just standing there and going -- oh, somebody is asking if there's a link to sign up with Limitless Women.

[Laura] Sorry about that. I missed that in the thing. Hi, Debbie! If you go to limitlesswomen.com, that's the homepage, but you'll tap down where it says "Events" and it'll take you there. You do need to register. We ask that you give a credit card not because we're trying to charge you anything. We're not charging, but we have to have that to validate that you're actually human instead of a computer because unfortunately, we've had some strange spam bots, so just get yourself set up to be with us and you'll immediately start receiving emails. If I can do anything for you, please reach out. Otherwise, I will be with you at the event in two weeks. All right. Abiola, thank you.

[Dr. Abiola] Thank you very much, everyone.

[Laura] I so appreciate you, my dear. Have a wonderful day.

[Dr. Abiola] You too.

[Laura] Thanks again for your generosity. I love you.



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