

Melinda Raw

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TRANSCRIPT OF "CREATE THE RIPPLE PODCAST" INTERVIEW BETWEEN CANDICE SMILEY (HOST) AND MELINDA JACKSON (GUEST)

Candice Smiley:

All right. Well, welcome back to another episode of the Create the Ripple Podcast. My guest today, well, you guys can't see her, but she's got this amazingly beautiful smile and we hit it off immediately. Mama needed some coffee and so she was gracious enough to let me do that. So ladies and gents, I'm very excited to be sharing space with her today. Now you know, unless it's your first time joining us today, here, we talk about trusting the Niggle and telling the truth. And the Niggle is that really annoying inconvenient truth that tends to show up as a sensation in your body, and it usually means you're going to have to do something different than what you're doing. We're going to talk about some of that today. And the telling the truth part is less about telling the truth to other people and more about telling the truth yourself because when you can do that, you can begin to live and operate from a place of integrity, which just makes living on plan on purpose that much easier. So without any further ado, let's hear from my guest today.

Melinda Jackson:

Hi! I'm Melinda Jackson. I'm the owner of Melinda Jackson Public Relations, and I'm based in Raleigh, North Carolina in the States, a little bit further south from where you're at. A lot further south and a lot warmer.

Candice Smiley:

I'm excited. So PR. You know what? PR has always fascinated me. So tell me how you got into that, and then I really do want us to circle back around to the burnout because I have a sense that you and I have a very similar experience in terms of how we burned out and what we learned from that burnout. But let's give people a little bit of a backstory about how you got to where you are today.

Melinda Jackson:

Yeah, so I grew up here in North Carolina. I'm from a family of entrepreneurs to the point where my dad was a CEO of finance company, but then had 10 other businesses on the side. So I mean, it's in our bones to work hard. I grew up across the street from my grandpa's farm, big farm and family on all sides, hardworking Southern people. And so that was really instilled in me and after college, I moved to Los Angeles because I wanted to work in entertainment public relations. And so for those that don't know, public relations can mean a lot of different things, but at its core, it's really all about how a client, a business, a person relates to the public. So is it getting them media hits? Is it getting an entertainer on a red carpet? Is it helping someone throw an event for a brand? It's all these outward-facing things that aren't necessarily advertising or marketing. It's more organic in a lot of ways. So I wanted to move to LA and I did a planning trip, did not result in any job opportunities at all, got offered a lot of internships, but still knew in my gut, again, trust in the niggles, like you said, knowing that I was meant to live in LA. And my family said, "We're going to cut you off if you leave. It's not a good idea. You're not set up properly to go." And I was like, "I do not care. I'm doing this." So I packed up everything I could in my car, had \$500, had a paycheck on the way in two weeks, the day after Christmas, had all of my Christmas presents which were like a bunch of gift cards like it's a subway and target.

Candice Smiley:

[inaudible crosstalk 03:13] Yep.

Melinda Jackson:

Yep, all this stuff! Literally had a bag, a freezer bag of quarters that my Papa gave me because he was collecting them for all of us and had all the 50 states on it. I had that to use for laundry. Like I don't even have any of them today and it's sad because he's passed away, but I'm like, "You know what? Whatever." But I knew this is what I needed to do. So I moved to LA, really struggled for a long time. I was doing three internships at once, just hustling, hustling, one of them were paid. I had plenty of part-time jobs. I was coaching cheerleading out of school, doing all of this stuff, and this was in 2009 so we were in economic ruin in the United States. So no one was getting a job. Everyone was going to grad school but I just kept on doing it and seven years later, I ended up at my dream firm, my dream PR firm, and everything was on paper, this magical, beautiful thing that it should have been, but it was the worst experience in my life. And

I was so burned out from my previous firm that I was at for six years that I stayed out way too long and got paid \$0, and being alone in LA and working in such a fast-paced environment, being completely alone, not having any family over there. I was 3000 miles from any of my family about to turn 30. My grandma had just died. My second nephew had just been born and I was like, "I can't do this." I could not keep food down. It was manifesting in my body. My anxiety was so bad. I couldn't sleep. I could not think straight. I kept messing up at my job and kept getting in trouble for mistakes I made that were stupid mistakes that I should not have been making, but I did not have the capacity to function. Like literally basic human functions, I could not do. And that was really a pivotal moment in my life and I moved back to North Carolina. And we can get back. We could get into all the rest of that later but that was such a huge moment for me, really listening to myself. Like, one, trusting my gut to LA was where I needed to be, and I do not regret that at all. I loved my time there. But two, realizing when enough was enough and I had to stop fighting it and I had to listen to my body and I had to listen to my gut and the universe and God, and be like, "okay, things have to change because I am dying, like physically dying."

Candice Smiley:

I know. So I don't think I've ever shared this with my listeners before, but when I finally took my break and got reentered, refocused like you, I don't regret the years that I did before I worked like you, multiple businesses, I was in event planning, I did way too many events for free. Met a ton of people, grew my network, you name it. You know, it put me in a great space but I ended up working a lot more from my masculine, which was from multiple spaces. I was working in a man's world and so it made more sense. I was doing more events for men and so they appreciate that I would speak their language. The problem was I was so divorced from what I needed and who I was and how that was supposed to play out because I had started because I knew I was called to connect, collaborate and communicate. These are things that I knew I needed to do. And so I'm still doing that today, like I look at podcast and it still feels like an event. There's still promotion, we're still getting together. So all of those things have continued all the way through, but I burnt totally out. And I used to burn out every four or five, six months and I would disappear in turtle. My friends would be like, "you were there?" And then we don't see you for a month. Totally herma mode! No energy, no space. And then I chatted with a naturopathic doctor

and I'd always had a sense that if I don't slow down at some point, had some really great mentors who said to me your adrenals are really, really taxed. And I've had the adrenal failure, lay on the floor, couldn't move, you name it. I could see it come in a mile away. They said, you know what? You're going to run out and come to this place where because your body's been living on adrenaline for so long, it's going to have a negative effect. It's going to manifest in an autoimmune disease. It's going to manifest in some sort of interesting way, which was a huge wake up call for me. And then COVID hit and all of a sudden, the world shut down. And I was like, "oh, I don't have to be going to 10 networking events a month in order to be successful." And I think for a lot of people that really happened and it was really a really great pause for me to stop that habit that I had been in before then of constant burnout. So you made the shift, you move home. How have you structured your now so that you're not burning out because you're still in PR. So you're still doing the thing that you were called to do, but how do you do it now without the burnout?

Melinda Jackson:

Yeah. And honestly, I think if I moved back to LA now and got back in that, I would obviously handle it a lot differently for a lot of reasons, but noticing when to say no and noticing when to stop and to listen to my body and all of that stuff, instead of just saying yes to everything. Because I'm like you. It's so easy for me to just tap into that masculine and just be like, "let's go, let's do this." And then it's like, okay, you have to have that balance. And I am very bad about being masculine. In like romantic relationships and I give the guy no space. And don't worry, I'm going to therapy about it, and this is for another podcast.

Candice Smiley:

Listeners you may not know this, but seriously, I do not try to chat with my people before I get on the call so that you are literally hearing me learn about them the same way that you are. And then they started talking. I'm like, where have you been sister?

Melinda Jackson:

No, I literally was going to say, I think we were separated at birth. We'll figure this out later. But anyway. So when I moved back to North Carolina, I got a job at an advertising agency. So it was very similar to what I was doing in Los Angeles, but completely different. And two years there, I

burned the fuck out again, like [not clear 08:59] because I didn't learn my lesson. And also, I wasn't where I needed to be. And it was like the universe, God, my gut, were all telling me, "Get the fuck out. If you don't get out, we're physically removing you." And so, again, I had my whole body shut down. I got kidney stones. I had to get kidney surgery because I got kidney stones. I was having to go to the chiropractor three times a week. My back was so fucked up from all the tension and everything. I'm trying to work out because working out makes me feel good but when your adrenals are so burned out, you have nothing to go on. You're so on fight or flight. You're in such fight or flight that that's hurting you worse. And like even just going for 30 minutes on the elliptical, you have no nothing in your tank. So I went to my doctor one morning. I texted my doctor, I was really close with him and I was doing freelance work for my doctor's office. So I was close with him anyway. I text them and I was like, "I do not want to be alive anymore. I'm suicidal, I just cannot do this. We have to get me on medicine today." And I am not a medication person and I'm very open that I have anxiety and depression, but I just know that a lot of my blocks are for things that I need to work through, not necessarily as much of a chemical imbalance as some other people have. I know the things that I can do to cope with it. And again, work with a therapist, work with my doctors on this, I know that this is something that is not needed for me. I got on depression medication that day. A week later, quit my job. My bosses told me, "You should just stay. We'll develop you a little bit more, then you can go out on your own. You're not ready. Nobody's going to want to work with you. You don't really know what you're doing." At this point, I was nine years into PR, almost 10. And I'm like, "I know what I'm doing. I know what I'm doing at this point. I'm good. Trust me on this." I told my parents I was going to leave my job. They said, "well, you need to go and cancel your lease and you need to move back in with us" because they live about 45 minutes from where I do. And I'm like, "That's ridiculous. Watch." Within a week, I had three freelance clients that would've covered all of my bills. So I'm still handling my two weeks left at my job and I was still going to do a little bit of freelance work for them on the side but I had, within a week of quitting, enough clients that I could sustain myself. And making that jump and trusting my gut and going against everybody else but knowing that I'm going to be protected and knowing that I have the skillset, that I could sustain this and that I could do this, it helped so much. And three years later, I have a thriving business. I'm helping people every day grow their businesses through media relations. My business doubled during COVID. I make three times what I made at agencies and I'm able to

travel the world and work a lot less hours and have such a beautiful work-life balance. Do I still have times where I'm anxious and depressed? Yes. And my clients know that I have that and that's something I'm very vocal about. And they are like, "Girl, you're in Mexico. Don't work this week, have fun. You deserve it. You've been doing a great job." And I take that to heart. I take that very seriously. I could not do that at an agency. I could not do it.

Candice Smiley:

No, I love that. And I think that's exactly, yeah, we were definitely separated at birth for sure. And the number of times that I have sort of stepped out and I think it's been hard for the people around me, my parents being one of them, they are lovely, amazing people and they can't imagine living the way I do. Right? And the number of times when, for example, I got left with a significant amount of debt because I had had a really bad meter when it comes to choosing men, and I got left with over \$350,000 worth of debt. And everybody said, "Well, just claim bankruptcy." And I was like, "No! Look, girl's going to figure it out." Girl did figure it out. And it was like that, like you said, this knowing. I'm like, "No, I will go, I will use my skillset, my skillset's amazing, I can charge for it. This is what I'm going to do." I've had amazing people who have stepped up and said, "Yeah, we're going to help you get through this and reset your life and recreate it." So I love what you brought up there. I love that you know yourself, because I would agree for years, I struggled with wanting to end my life. And it's usually, well at the time, it was because I was stuffing down a sexual assault that happened. I was stuffing down these things and rather than speak out until someone they were making me uncomfortable, they hurt me or removing myself from situations like that, I was taking it on. I was blaming myself. We can't live with that kind of self-hatred and not want to end yourself. Some people are like, well, do you worry about it now? I'm like, no. Sure, I have a down day where I think girl, you need to go back to bed. Hit the reset button. But for me, a lot of those things that, like you say, are depressive symptoms were because I was not listening to myself and I'm a huge advocate for that. I chatted with a woman a number of weeks ago and she said she's debilitated by anxiety. And I said, "Is there something that's happened in your life that you haven't talked about yet?" And you can see it on her face. And I said, "I don't need to know. I don't want to know, but I have the name of a really great therapist." And I said, "I bet you, if you can deal with that thing that you're not talking about, that anxiety will at least become manageable." At least it has for me so I love that

you brought that up. Let's talk about this imposter syndrome. How the heck does somebody who is as fabulous as you have imposter syndrome? But I say that because I know some women who listen to my podcast and they definitely struggle with imposter syndrome. And so I love that you are so honest about this as successful as you are. You still feel that. Let's talk about that for a minute.

Melinda Jackson:

Yeah. I think, well, we're always going to be our toughest critic and that's something that I always work through with my therapist, with like astrologists, with everybody. Everyone's like, why are you [crosstalk 14:58]?

Candice Smiley:

Are you realizing this? Okay, really amazing women like us have therapists. They're on speed dial.

Melinda Jackson:

Like literally, y'all, I've worked with some of the most famous people in the entire world. Everybody has a therapist and everyone, and this is actually a question and a topic that I brought up. I was at a conference. I was at Create and Cultivate in Chicago and I brought this up and it was like Ashley Tisdale and from High School Musical and she's got all these other things. I think Whitney Port was on there from The Hills and all these really successful women. And I'm like, "Do you guys have imposter syndrome?" And they're like, "Yeah, all the time. We're always like, what am I doing?" Because Ashley Tisdale was like, "I don't know if people are going to take me seriously with my brand because I'm this girl from high school musical." And Whitney Port was like, "I don't know if people are going to take my fashion line seriously because I was on a reality show." And so everyone experiences this. And so that kind of helps me feel a little bit better about things. But I think for me, and it's something I didn't even realize and it was like a pivotal moment for me this summer. I went on a hiking trip with this guy I'm very, very close with and I just love him to death. And we were in a cab in Vegas because we were going to go to the airport and he's like, "Why do you always tell everyone that you lived in LA? That's the first thing you lead with? Why do you do that? You own a company, you have a Grammy, you have all these things. Why do you lead with LA? That's not you." And he's like, "There's so many

other things in your life that are beautiful and you're so successful. Like why are you doing this?" And I'm like, "because I feel like if I don't say that to people, I'm not good enough or they're not going to take me seriously." If I just say, "Hey, I live in Raleigh and I have a PR company," they're just going to be like, "okay, cool. I don't know what that is and who gives a shit?" But if I say, "Hey, I lived in LA and I have a Grammy and I know all these famous people and still talk to them," then that's going to make me seem better and they're going to take me more seriously. And it's stupid. And, again, it's something I'm working through. It's dumb. But knowing that everybody feels this way, I promise you, Beyonce does not feel like she's enough. I promise you. She doesn't.

Candice Smiley:

Right? Which is crazy. Queen Bey. Like seriously.

Melinda Jackson:

I know.

Candice Smiley:

Oh my gosh. Oh my gosh. Well, you know what? I love that and I love that you're able to show up with this incredible level of transparency because one of my favorite quotes is by Mary Shire and she talks about what happens if one woman tells the truth about her life? The world splits open. And originally when I heard this quote, my listeners know this, for me telling the truth at that point in my life meant like the ending of things. So splitting open was not going to be a positive thing whereas now, I feel like when women like you and I come together and we're telling our truth to each other, to the world, we're opening up in a way that allows for change and transformation. And so one other woman who says, "well, I really want to do this," she might go out and do that. I love that you operate from your masculine because this is such a challenge for me now to live in the feminine. And I was listening to a meditation the other day. The feminine is not just about waiting for stuff to happen. The feminine is very active. It's just different active. And it was talking about how we have to make an agreement to receive.

Melinda Jackson:

Oh my God, that's my goal for the year. That's my goal for the year is to be better about receiving because I cannot do it. I literally cannot do it.

Candice Smiley:

I know. And this whole concept of like, do I make an agreement to receive, do I say, okay, I'm ready to receive, but have I actually made the agreement, which is really powerful, right? You and yourself in the mirror. I make the agreement that when something comes to me, I will receive it, I will be open to it and I'm ready for that. And it was very interesting to me because I was like, do I do that or do I just continue to sort of move forward? And lately the universe has been trying to give me things and I've been kind of like I don't know. And I was like, wait, you made an agreement to receive so just receive. And then the challenge has been very much from that woman energy, at least for me, the unhealed feminine, which is to overwork, to over give, to overcompensate, because we are simultaneously too much and not enough. Do you find that shows up in your life?

Melinda Jackson:

Oh my God, like you're preaching to the damn choir right now, all of this. Literally, I'm drinking rose tea because that is going to open up your heart chakra a little bit. Rose is the highest vibration, energy, flowers, and it just helps me. Like if I'm drinking, I'm like, "okay, this is a thing that's feminine. I can do this. You know, I'm just drinking a thing." But yeah, it's hard and receiving is so hard for me. And like I saw it show up so much in not only romantic relationships in the past year or so, but friendships. I will not borrow a book from anybody. I'll just go out and buy it. And God forbid, I'm like at a dinner with a guy and he pays for it. And I'm like, "Well, you don't think I can pay for it?" And then I make him feel bad because I'm like, "I make more money than you make, bitch. Like I got you. I'm a boss. I can do this." And then I make them feel like shit because I don't know how to just let people do things for me because I don't feel worthy enough to receive. And so now that I've worked through all my unworthiness stuff, I'm like, it's okay if I borrow a book from somebody or somebody gives me a book or if someone takes me to dinner or whatever. It is okay. They do not think I'm mooching off them. They do not think less of me. As much as I love to give to people and it lights me up to give other people like that too, and they don't expect anything in return and it's okay.

Candice Smiley:

Well, it's like breathing. And that was something I've had to learn. You can't just suck in air and you can't just blow it out either because then you die. So you do have to in-out which is challenging because I'm usually the one that has to jump in. And how often have I taken on too much because I feel like I always have to fix, rather than allowing the person to experience what they're experiencing? Something that's really supported me to take on not feeling like I can't accept and receive, is to make sure that I can give them the gift of my thank you, which has had a huge impact. You know, somebody pays for dinner or lends me something, do I stop, look them in the eye, as an introvert that's hard for me anyway, but look them in the eye and say, thank you. And you should see them light up. I'm like, Ooh, this is good. And then I feel like that energetic exchange has actually happened even if I make sure that the book is back to them sooner than later. Right? So I feel you in that because I think we both have fought so hard to have our space and have our place rather than just being able to say here I am. One of the things that made a huge difference in the current romantic relationship that I'm in is I emerged after fourteen weeks of healing and I had a feminine balance coach who was amazing, helping me fix that side and realize I needed to marry the masculine and the feminine. They needed to come together. There was a reason there's both existing. And so the first time I showed up with this individual, he and I had hung out as friends before and I sat down. And he's like, how are you? And rather than launching into what wasn't real and true in that moment for me, I went deep and I said, well, I've just emerged from fourteen weeks of healing. I've been seeing a feminine balance coach on Thursdays and a therapist on Mondays, and just not any other therapist I can in the meantime, because I'm trying to embrace my feminine. And the look on his face was total shock and then he settled into his chair and he said, well, that's interesting because I've been studying masculine energy for the last five years. And I thought, well, of course I would attract that kind of person right now, regardless of where it goes from here. And he's like, tell me more about that. And it was an amazing way to start the relationship because it sort of set the tone, and then at some point he said, well, maybe you have different boundaries now. What does that look like? And I said, "I have no idea what it means to be in a relationship if I'm living in my feminine and I'll probably go to the masculine all the time and make more decisions. If I don't feel safe, I'm instantly going to go that direction." What does that look like? Do you experience stuff like that now that we're sort of warming into dating?

Melinda Jackson:

Oh my God. Literally, realizing that boundaries are a thing and I need to have them with people was a game changer for me this last year. And I say this last year because, and I don't want to put all my business on here, but I did have a situationship thing happening with someone. A situationship, that's what the youth are calling it these days. I learned that from my intern. But I had a situationship and we've known each other for a very long time and trying to see where things were going to go and whatever. And I realized, oh my God, I'm getting in fight or flight. One, I had to learn about attachment styles. I am anxious attachment style. He has avoid attachment style and those are complete opposites. But then learning that we're both coming from a place of anxiety and he's just shutting down and I'm just grabbing on, which makes him shut down even more, figuring out what that balance is and then figuring out, okay yep, I am overriding, I'm bulldozing. That's what I always say. I'm bulldozing you, bud. I'm bulldozing you. I realize that I'm being way too masculine, babe. I got to pull it back. So that, and then boundaries, oh my God. A boundary? Hey, we went through some really intense times and I was like, let's not talk for X amount of days. If I have an end date, I can survive that and that will help me not be anxious so let's do this. And we had to do that a couple times. And right now we're not even really talking and it's okay. I'm like, whatever happens happens because we're both in different parts of our lives, but it's been such a learning experience for me, and I think a huge test from the universe and a learning and growth time probably for both of us, honestly. Because it's like regardless, we have to grow. And like I'm learning so much. No matter who I end up with, I know that I can then go into a relationship completely different than I would've shown up before.

Candice Smiley:

Oh yeah. And speaking as somebody who really stumbled, literally stumbled, into what has become an incredible relationship. My current partner, Mark, he said to me, "I always thought you'll meet your person and they help you work through your stuff, but you meet your person and the work continues." And that's just such a huge awakening. The difference is that I'm not trying to help him unpack his stuff because I feel like I'm further ahead and he's not trying to help me. It's just that we are literally just there and aware that our triggers and we talk about it. And sometimes I'm showing up and I'm saying things like, "I don't even know how to talk about this right now, but this is what's coming up from me." Or "You say this, and then I feel this

way." And that I've never been that honest before because it's really vulnerable and being vulnerable is really scary. You're like, what are you going to think of me? And I think, well, am I going to think of me? I spent my whole life trying to make everybody else comfortable and how is that? How uncomfortable is that? Are you doing a lot of reading around this because I feel like I'd like to leave the listeners with some books or some audios or something? Because I feel like they're like, "Me! That's me! What do I do about it?"

Melinda Jackson:

Yes. Oh my God, I have all the things. I literally have all the things. I have all the tips and tricks. Okay, do you want me to just give them to you?

Candice Smiley:

Let's give it though because my V.A will pull them out and they'll be all down below and the girls can go find them.

Melinda Jackson:

Okay, perfect. Perfect. Okay, so one, I do the two big magnetic work. So it's a bunch of coursework by Lacey Phillips. She's out of LA. She's amazing. So it's all manifestation work, but it's really rooted in neuroscience and mirror neurons, and it's something that you can do alongside therapy. Therapists kind of suggest it because you journal and you do these meditations and you work through it and then you can always talk about it with your therapist later. And it's just been amazing. They have inner child work and going through lack and lack mentality around money and things like that and why you maybe don't feel worthy. That's been very transformative for me and even if you don't necessarily want to sign up for that, she has a great podcast you can listen to. I think it's called 'Expanded,' but it's 'To be Magnetic.' And there's just tons and tons of stuff on there and they literally work with people in the science field so it's not just all woo woo. There is some clinical research behind it. Then book wise, Attached. So that's all about learning your attachment styles. So good. And then, oh, Codependent no More. That has really helped me and that one is more for people who are involved or around an alcoholic or someone that's in Al-Anon. But there's still just so much, so much good stuff in there and realizing, oh my God, it's not my problem to fix everyone all the time. I need to fix myself first. So that's really helped. And just a fiction book that I absolutely love that I think is just

amazing and I'm re-reading it right now and I gift it to everybody. It's called the Course of Love by Alain de Botton.

Candice Smiley:

I had read all of them until you said that. So I was like, okay, we're on the same page.

Melinda Jackson:

Yeah. So it's the Course of Love by Alain de Botton. And it's a fictional book about this couple and it's like the truest form of love. It's the most realistic form of love in a realistic relationship. It is not this beautiful, well, oh, how it hurts and flowers book or like sexy time or anything like that. It's like, okay, these two people are severely broken but they found their way to each other. But the drama does not stop there. You know, it's like they still have to work through their own issues together and separately. And it's just a beautiful book.

Candice Smiley:

Okay. I'm excited. I have to make sure I find books that are not just work related because otherwise I just I move from like work to work, to work, to work, to work and there's no break. Wow. Okay, I'm excited. Well, ladies, I have read most of those except this 'To Be Magnetic.' I'm like I'm in!

Melinda Jackson:

To Be Magnetic. Oh my God, it's so good. I would suggest starting with their podcast and just to get a feel for it, but I'm very woo woo. I'm all about manifestation but this is the best thing because it's not the secret. Just imagine it. It's going to happen because I think that we're set up for failure. And they talk about that too. We're set up for failure if we say, oh, if you just keep thinking about it, it'll happen because then you'll beat yourself up when it doesn't. But if you work your way through the blocks and figure out, oh actually that's something I'm so, and like there's a lot of unworthiness around that. You work through that, you up level and then you can get what you want.

Candice Smiley:

Yeah. You have to become what you want. You don't attract what you want. You attract who you are.

Melinda Jackson:

Exactly. Yeah.

Candice Smiley:

I think for most people they're like ouch. And I'm like, you're welcome. Don't I know it? Yeah, well, this has been so much fun.

Melinda Jackson:

Aw, thank you.

Candice Smiley:

Seriously. This has been so much fun. Anything else you want to leave the listeners with before we unleash you? **[Crosstalk 30:54]** unpack though, seriously.

Melinda Jackson:

Yeah, oh God, and I could talk about this stuff forever. Yeah. I mean, if anybody's interested in PR, the work side of things, you could find my website. I'm sure you guys will have it in the notes but it's melindajacksonpr.com. On social, it's @melindajacksonpr. I don't really update my professional stuff that much, but my personal stuff is way more fun. So that's @melindagale, G-A-L-E. It's the masculine spelling of gale because my grandma spelled it wrong for my mom and then I got it too. And Melinda means gentle and Gale, my spelling of Gale is like a forceful wind so I'm just this big contradiction.

Candice Smiley:

So it's like you're this big wind of change, come on.

Melinda Jackson:

I am something. Yeah, so at Melinda Gale. And yeah, if somebody's interested in PR, I do that, but then also I do a lot of consulting calls too for entrepreneurs who are just starting out and want

to do PR on their own. Just to get the ball rolling, I do that and I'm about to launch a DIY PR course in at about a month.

Candice Smiley:

Very cool. Okay, well, we're going to make sure that we have all of the links, and certainly, if you have some sort of an affiliate program, that's my jam to refer people that I love and trust as we were talking about that it's all about the vibe for me. And so I'm so glad I had chance to actually meet you and chat with you some more about the real stuff, all the things. That's going to be the title.

Melinda Jackson:

All the things.

Candice Smiley:

Boundaries are hard things.

Melinda Jackson:

Boundaries are real. Like I seriously never had a boundary in my life until this last year and I was like, why don't any of my relationships work? Oh, okay. Now we get it.

Candice Smiley:

Oh my goodness. Well, Melinda, thank you so much for holding space with me today and showing up as honestly as you had. I've just had a ball and I can't wait to have you back for an Encore performance. We'll have to have you back after all those things launch and see what's going on in your world.

Melinda Jackson:

Yeah, I would love it.

Candice Smiley:

Beautiful! And to the rest of you all, you know the drill. Head down to the links below and a click, follow, like, share, comment, you know the drill, it means the world to those who are

putting out this content and making the time to share as honestly as we do with you. And to the rest of you, thank you so much and I'm going to catch you on the flip side.