Corey Andrew Powell:

Hello everyone, and welcome to another inspiring episode of Motivational Mondays, presented by the NSLS where we are now at over 2 million members strong. I'm your host Corey Andrew Powell, of course. And I am absolutely thrilled today to be joined by a powerhouse of talent, creativity, and motivation. Our guest is the incredible Michele McCain, who's a global motivational storyteller, thought leader, singer-songwriter, actress, and she's graced stages all over the world from debuting, uh, debuting at Shea Stadium, alongside the legendary James Brown to shining on Broadway in the Tony Award-Winning ain't Misbehaving. Her illustrious career includes starring in roles and international productions of Barnum, and sharing a spotlight with legends like Bebe King and Michael Bolton, Celia Cruz, and even leaving her mark as a published songwriter and a presence in film, television, and global advertising campaigns. Woo. Girlfriend's been busy. I'm so excited to welcome over here. We're gonna talk a little bit about this new phase that she's actually engaged in, and, uh, it's a, a sort of a, a new chapter for her, becoming more of a global presence on the internet. So we're so happy to have you here. Michelle McCain, welcome to Motivational Mondays. Hello.

Michele McCain:

Hello. Hello. Thank you so much for having me. I'm so excited. I feel like a child with a new toy on Christmas, honey. <laugh>.

Corey Andrew Powell:

Oh my goodness. Well, I'm so honored to to have you here and, and full transparency, Michelle and I, well, we've never met physically, but we've like adored each other forever. And we talk online and we chat all the time online, and we recorded a fabulous song together.

Michele McCain:

Yes.

Corey Andrew Powell:

Called Work <laugh>.

Michele McCain:

Work, work, work, honey.

Corey Andrew Powell:

Work, work, work.

Michele McCain:

Good Things come to those that work.

Corey Andrew Powell:

Yes. It really embodies, I think both of us really could sink our teeth into that because I think we're the living embodiment of putting in the work.

Michele McCain:

Yes.

Corey Andrew Powell:

And, and getting the results. So, but enough about, you know, that stuff that includes me. We're here to talk about you. So I wanna first off say, let everyone know you are coming, uh, to us today from Mallorca, Spain,

Michele McCain:

Palma de Mallorca in Spain. Yes.

Corey Andrew Powell:

But you're a Brooklyn girl originally, right?

Michele McCain:

Born and raised in Brooklyn. Yes.

Corey Andrew Powell:

Oh my goodness. So really your-

Michele McCain:

From Brooklyn.

Corey Andrew Powell:

From Brooklyn, yes. And so tell me about how you, um, I guess you wanna give us the abbreviated version, if you can. How do you end up in that beautiful place, uh, at, not that, not that Brooklyn's not beautiful, but how'd you end up there from being a Brooklyn girl?

Michele McCain:

Well, one of my moments of Broadway, we did the International tour. So, you know what happens to a lot of us, I call myself for Broadway refugee.

Corey Andrew Powell:

Mm-hmm.

Michele McCain:

Because a lot of us, we come to Europe and many of us stay. I'm one of the ones that stayed, and that was almost 40 years ago. I've been here that long.

Corey Andrew Powell:

Wow.

Michele McCain:

Uh, so yeah, coming on tour with, uh, aint Misbehaving. I was around for two years touring. And then, then after I had, uh, residency tours, uh, residencies in, uh, Germany, in, uh, theater westerns with Freddie Quinn, who was the singer of Just the Gigolo. You remember that song?

Corey Andrew Powell:

Mm-hmm <affirmative>. I do.

Michele McCain:

Just The Gigolo before

Corey Andrew Powell:

David Lee Roth's version, by the way.

Michele McCain:

Yeah.

Corey Andrew Powell:

Yes.

Michele McCain:

The original. So I worked with, uh, Freddy in the theater in Germany after leaving Barnum, uh, after leaving Ain't Misbehaving. And, um, I also did the Spanish version. So we were in Madrid for a year or so, and then we went on tour, and one of the places we came was Mallorca. And I was sitting on the rocks looking out at the sea one one day, and I saw the most incredible orange sunset. And I was just sitting there all by myself, and I said, I'm staying <laugh>. And I, and I stayed.

Corey Andrew Powell:

Wow.

Michele McCain:

Everybody else left, and I was here, and I'm still here.

Corey Andrew Powell:

Isn't that's something, yeah. <laugh> no moments of inspiration. I always tell people too, that's why it's important to travel in general because many people who have never been outside of their own comfort zone or their own zip code for that matter, um, they don't know there could be a whole other place in the world that really beckons and speaks to them so.

Michele McCain:

The thing is, is that we're not, we're not, uh, on a whole encouraged to travel. The ones that traveled in the summertime were a certain class of people that centered children with their backpacks to Europe every summer. And they're the ones that got that kind of knowledge. We didn't have that kind of knowledge to tour and get on a plane and go to Spain and go.

Corey Andrew Powell:

Yeah.

Michele McCain:

You know, we can go to The Bahamas. We can maybe shoot down the Puerto Rico every, but coming all the way over here. It just wasn't happening, especially in my time.

Corey Andrew Powell:

Yeah.

Michele McCain:

Now it's most frequent. Now it's everywhere, but.

Corey Andrew Powell:

Mm-hmm <affirmative>. Yeah, that's true. And also for a lot of, uh, people who are, uh, I guess in certain minority groups as well, social economics come into play for what my generation growing up, so most of my friends, um, didn't travel because of finances on.

Michele McCain:

Mm-hmm <affirmative>.

Corey Andrew Powell:

That level of travel. And so I am making up for it now, mind you believe <laugh>,

Michele McCain:

You surely are. And I hope, I hope that you, we are going to see you here in Mallorca, one of these summers.

Corey Andrew Powell:

Yes. It is a dream. And I have a friend, Michael Harbo, who lives there, and, um, yes, I hope to visit and see you both in person one day, eventually. So as on my, my bucket list for sure. Now, your journey in show business began with of, as I mentioned, the iconic moment performing alongside James Brown at Shea Stadium. What was that experience like? Because for a woman of a certain age, like James was like Michael Jackson, you know what I mean? <laugh>, you know, at one point.

Michele McCain:

And that, and that was in that time of I'm black and I'm proud. So you can imagine, um, I was 13 and, uh, 60,000 people. You can imagine. You don't, you don't understand the ramifications of doing something so, so large. But apart from that, at that time I was dancing. So I was an African dancer with Olatunji, and we were called the Pied Pipers, and we toured with James Brown and <laugh> in that, in that instance, in, uh, in Shea Stadium, I was dancing with a seven foot boa constrictor under those hot lights. And, uh, he happened to bite me in the boob.

Corey Andrew Powell:

Oh, no.

Michele McCain:

So I was, I was bit in the boob holding this big giant thing. Of course, he was tired. It was hot, the lights, nobody thought, and they sensed very quickly. So I was getting tired. Uh, the witch doctor passed me, the snake. I had him in my hands. I was getting tired. And so my right hand kind of like started to go down. And when he sensed that he, he lunged for me, and he bit me in the boob, but my reflexes were so quick that he grazed me, but he didn't, uh, get hooked into my chest, but he had my costume in his mouth. So I had to dance. I had to dance off the stage. Honey, I danced off the stage with the boa constrictor. And when I got backstage, my mother was screaming, she was all hysterical. The security guard was screaming. He had his his gun out and said, you can't shoot him now.

Corey Andrew Powell:

<laugh>,

Michele McCain:

What you doing? You know?

Corey Andrew Powell:

Right, right.

Michele McCain:

So finally we got him off. They put him in the box. Unfortunately, they, they put him to sleep, but, uh, yeah.

Corey Andrew Powell:

Oh my goodness.

Michele McCain:

Many people don't know that story that's going in the book. So you got it here first.

Corey Andrew Powell:

<laugh>, the exclusive snake boob bite story from Michele McCain. I love it. <laugh>. Oh my gosh. That's terrifying though, because, you know, people don't realize very often in the world of performing, you know, there's a lot of stories like that where we kind of go the distance.

Michele McCain:

Yeah.

Corey Andrew Powell:

For an, for an audience. And they, they think, no, that's not a prop. No, that's a real <laugh>. That's a real story.

Michele McCain:

It was real, and it was heavy and it was hot. But yeah. Well, I've got, I've got, you can imagine the stories I have of.

Corey Andrew Powell:

<laugh>. Yeah, yeah. I'm sure <laugh>. Well, I mean, that's the whole thing, is like, people ask you what's one of the most memorable experiences, and they don't expect a story like that. So I'm glad that it worked out well for you. And that snake did not eventually have you for lunch. So <laugh> or dinner or whatever time of night,

Michele McCain:

Or have my boob for lunch.

Corey Andrew Powell:

Right. Yeah. At least that. And leave you with just that one. So that would be, um, not, that would not have been pleasant.

Michele McCain:

It would not be cute.

Corey Andrew Powell:

<laugh>. No. But you made your Broadway debut as well, and Ain't Misbehave. And now, um, did, wasn't Nell Carter in that show?

Michele McCain:

Yes, I was Nell's understudy. Oh, one of, one of her understudies. Yes.

Corey Andrew Powell:

Wow. And did you go on because of, uh, in that process where she didn't go all night.

Michele McCain:

Honey, Miss Nell was a trip, honey. She was wonderful. She was in, she was, she was wonderful. And then on the other hand, she was totally uncontrollable.

Corey Andrew Powell:

Yeah.

Michele McCain:

And, uh, yes, she did that to me.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

I used to watch the show every night, even before I, I got into the show because at that time there were maybe like 4,000 people auditioning for.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

Aint misbehaving at that time.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

And I'm one of the ones that had never sung in a show. I had never been in Broadway. I had never been on that kind of stage. And, uh, but I had many friends that were dancers and many friends that were in, in the theater. And I would go every single night and watch the show before I even got in. I learned the show. I knew the show, and at that time, I was, I was in between sizes, so I was too small to be, I was too big to be Charlene, and I was too small to be, uh, Armelia McQueen's part. And I still wasn't even enough weight to be Nell's part. So, and I had just recently lost that doggone weight. And so I started eating, I started putting in <laugh>. I started putting, I started eating and going to the show every night watching it. And Richard Mulley, who was the director, would come and gimme a hug, but he was really seeing if I was gaining weight, that's what he was seeing, you know? And, uh, to make a long story short, I got into the show. Uh, I had an out of body experience.

Corey Andrew Powell:

Hmm.

Michele McCain:

Uh, in my audition. Um, I learned so much from my friends. It was, I was totally prepared. But the girl who went on before me, who was in Sophisticated Ladies, I think at that time, obviously she could sing my off.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

And, uh, she sang the Sang s same song I was going to sing.

Corey Andrew Powell:

Oh.

Michele McCain:

<laugh>

Corey Andrew Powell:

You had no idea until you heard her go first.

Michele McCain:

Oh, no. I heard her sing. And I said, oh my God, she's singing my song. What? Oh, what do I do now? Remember, I'm the one without the experience there.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

But I knew I did have my own piano player with me. And I said, okay, well, let's just do this. So I went, I sang that song, but my out of body experience came because I watched myself from the wings at the piano singing. So I, I was in the wings and I saw myself at the piano singing.

Corey Andrew Powell:

Hmm.

Michele McCain:

And to make a long story short, I got in the show and she didn't.

Corey Andrew Powell:

Oh my goodness.

Michele McCain:

Yeah. Yeah. Uh, Nell one night she started the show, and then she started during the show, she would sing Now, mean to me, must give Be mean to me. Yeah. <laugh> honey,

Corey Andrew Powell:

That nasal tone. Yeah.

Michele McCain:

Oh, child. And the next thing I knew, they came just before intermission, they said, you're on. And I was like, okay. And I just put on my roller skates and did it.

Corey Andrew Powell:

<laugh>. I love that. You know, Michele, there's, well, because we are a leadership podcast, and there's so much to unpack there when it comes to the leadership lessons that we really drive home. One of my favorite in that story is the fearlessness to have the, the, I guess the guts just to know when you have to be prepared, be ready, because you don't know when the moment's going to come. But you have to just be ready for it. And also know when to pivot. You know?

Michele McCain:

Yes.

Corey Andrew Powell:

You were there to audition and you ended up getting an understudy role, and you took it. You didn't say no, you said Yes. I'll figure it out when I get there. Didn't that fear stop you?

Michele McCain:

Of course.

Corey Andrew Powell:

Right. There's so much there when it comes to leadership. So I love the fact that you were not afraid. I mean, was there ever something that you were like, oh, I don't know if I can do this. Or we just, were you just really like, no, I got it.

Michele McCain:

I I'm, I'm not a person that says I can't do, I, there's certain words I don't use. And I believe our words are magic wands, and we have to be very careful of what we say.

Corey Andrew Powell:

Mm.

Michele McCain:

What we say goes out into the universe. And if you are giving mixed signals, the universe doesn't know what to give you. So you have to be very intentional in what you say I believe. So I'm not a person that says I can't do this. And it doesn't matter if I get those little butterflies. I get 'em, get those little butterflies. You normally, before I say I have to go to the bathroom, it's like, I don't go, but I gotta go to the bathroom.

Corey Andrew Powell:

Right.

Michele McCain:

So, I mean, those things are normal. If you don't have those, you're a little bit, uh, ai Yeah. You're like a little bit robot.

Corey Andrew Powell:

Right. Sure.

Michele McCain:

You need to have some kind of emotion. And, um, I, they used, and during the years, 'cause I did Aint Misbehaving for over five years between Broadway, between the national international companies, traveling two times through Canada, and then two years, um, two years or so, almost over here in Europe. So at one point I was the troubleshooter. So whenever there was a problem, they would call me. They would use me, they would change me. They would, because they knew that I would handle it.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

Whatever had to be done. You know, even there was a curious story from how I pivoted from being nell's understudy. 'cause at one time she had two, Terry White, I don't know if you know, if Terry White, Terry White was one of her understudies. And then we have the Diva Lilies White, who was also there.

Corey Andrew Powell:

Of course.

Michele McCain:

Yeah. I was there in that whole time with, with those those divas. Okay.

Corey Andrew Powell:

Yes. Yes.

Michele McCain:

Um, and I was the, I was the baby. I was the, the, the one, like, where the hell she come from? <laugh> That.

Corey Andrew Powell:

You know. Right. <laugh>.

Michele McCain:

I was the one. Oh, she can't sing. I was that one. But I was the one that when I finished my songs, that would be up on their feet.

Corey Andrew Powell:

Exactly. And you don't even get that. You don't get there unless you could sing. I mean, they don't play at that level.

Michele McCain:

I had, I had to, but there's a whole lot of emotional, Broadway is a very curious place. They are very territorial, and you have to really be, get into the, to the tribe in order for them to accept you.

New Speaker:

Mm.

New Speaker:

When you're an outsider, you're an outsider. You don't even look to see what makeup somebody else is using. You just don't do it. It, you look at your makeup, you don't No, no. It is, it is deep, you know.

Corey Andrew Powell:

Wow. I didn't know that.

Michele McCain:

I've, I've, I've had itching powder put in my underwear. I've had <laugh>. Oh, yeah. Honey, they're deep <laugh>.

Corey Andrew Powell:

Oh my goodness. Well, see, I never got that far. I well,

Michele McCain:

Yeah, but you've been with models, so, you know. Right.

Corey Andrew Powell:

Same. Yeah. They can be vicious. Yeah.

Michele McCain:

You know, they can be vicious. So anyway, um, it was, uh, we, we were, I was an understudy and we were going to open in Baltimore, and they were bringing the national company down to, you know, get ready to do the, the, the national tour. So that day, everybody was coming, all of the, the big wigs were coming down. And, uh, I had asked Arthur Faria if he would watch our rehearsal, because, um, I had some questions and I was having a little bit of tiff and tough with the, uh, dance captain. And so they said, yes, of course. So they came, they watched our rehearsal that night when I came into the theater, went to go to the dressing room of the, of the standbys. My name wasn't on the door. And I'm like, why isn't my name on the door? And they were like, well, you're not in here anymore. I'm like, well, why am I not in here?

Corey Andrew Powell:

Hmm.

Michele McCain:

You're, you're, you're you are around the corner. So, okay. I ran around the corner. To make a long story short, they took the role away from the girl who had the role and gave it to me.

Corey Andrew Powell:

Oh my goodness.

Michele McCain:

So that night, I became a lead.

Corey Andrew Powell:

The lead actress. Yeah.

Michele McCain:

So you can't be, you can't walk in fear.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

You just can't, you have to be ready. You have to be prepared. Education, study, know your craft.

Corey Andrew Powell:

Yeah.

Michele McCain:

And if you don't know, be open to learn something new.

Corey Andrew Powell:

Mm-hmm. <Affirmative>. Yeah. Yeah. When it comes to leadership, the best thing is that people have to really admit when they don't know something. And that is the most important thing. So many people are afraid to admit that.

Michele McCain:

Yes.

Corey Andrew Powell:

And it's very important just to be like, Hey, you know what? I don't know. And, you know, we talk about the Broadway thing. I auditioned quite a bit, and, um, I always got the callback, but never got the part. And eventually I was like, like by the third callback, I'm like, you know what? I've sang these songs enough. I'm not, I had to ask myself, am I really interested that much in it? And I was like, no, I'm not coming back a fourth time. Like, y'all heard me sing these songs.

Michele McCain:

Yeah.

Corey Andrew Powell:

Like, but I, that's the choice I made, but other people.

Michele McCain:

Yeah, yeah.

Corey Andrew Powell:

You know, keep the perseverance, keep going. And, you know, that's the choice that I made to be like, eh, I don't think I wanted that bad that badly. Yeah. You know?

Michele McCain:

Yeah. You have to, uh, when I saw Aunt Misbehaving, a friend of mine may rest in peace, took me to see that show. And when I saw Amelia McQueen turn around on that piano, big, beautiful cough. I mean, I love all of the old things. And so it was just amazing.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

And in that moment, I knew I wanted to do that.

Corey Andrew Powell:

Yeah. Yeah.

Michele McCain:

I just knew I wanted to do it, you know, and I didn't stop until I got it.

Corey Andrew Powell:

So what would you say has been for you, one of the most rewarding accomplishments when you've done so many different varied things?

Michele McCain:

That's, that's, that's difficult to answer. Only because each moment was special. Each, each thing that was accomplished was, was special. And once you've, I, I'm the type of person that normally, once I accomplish something, then I'm onto the next thing, the next high, the next w whatever. Something else presents itself.

Corey Andrew Powell:

Right.

Michele McCain:

So that's, that's a little bit difficult for me because for that very reason, because I've done so much. I mean, how I, you know, I've done the, the James Brown, the Michael Bain, seeing Celia Cruz se <inaudible>, you know, uh, and then how you take that, and then you do a movie with Mickey Rooney in Portugal.

Corey Andrew Powell:

Oh, wow.

Michele McCain:

Yeah. You know, I mean, so there, there just moments in life. But what we have to learn to do, I think it's very important. We have to realize that the sky has no limits. People say the sky is the limit. There is no limit. It's infinite. It can go on forever. You can go on forever. You can do whatever you want. You can do whatever you can think of. If you can think of it, it can be done. It's around you all the time. How did the airplane get here? The car, the ironing board, the, the, the, the refrigerator, all of these things, they came because somebody thought of it. So anything that we can think of can happen.

Corey Andrew Powell:

Yeah. Yeah. That's why I'm always like watching Shark Tank going, I gotta, I gotta figure out <laugh> what that new thing, girl. I'm trying to find that, that fork that cooks its own food. Or, well, wait a minute, I'm trying to invent something, <laugh>

Michele McCain:

Speak. Speaking of that, now I have a thing about, I hate, hate flies. And so I, you know, and I'm here on the, in, on an is so you can Right

Corey Andrew Powell:

<laugh>.

Michele McCain:

Yeah. So I have my little thing, and the other day I just realized if I take the cap from the pen and put it on the straw, it fits perfectly. Oh, okay.

Corey Andrew Powell:

At you. Okay.

Michele McCain:

And I've been, and I've been thinking all this time, <laugh> this, how, how can I get somebody in China to make this for me?

Corey Andrew Powell:

<laugh>, listen. Well, we've had Mark Cuban on the show. We've had Damon, we've had Barbara Corcoran on, on different, um, things that we do here at the NSLS. So, you know, I'll see if I can find out maybe a Shark Tank connection and get you on there, <laugh>, and figure out how to get your idea presented. It's very funny you say that because I love that we should really make, uh, be serious about this. Because so often we all have ideas and we have these things, and they become fleeting. Right?

Michele McCain:

Yeah.

Corey Andrew Powell:

We think of them, they're in and out. We don't do anything to bring them to life or execute them. And I remember being in the eighth grade, and I hated that men's shirts were also boxy and long. And I had a little short torso, and they always looked like I was wearing smocks. I hated them. Do you know, this is like me, like in the eighties, I would go home and I would cut the bottom off my shirt, and I would sew them with my grandmom's hem tape. Remember hem tape to.

Michele McCain:

Yeah. Yeah.

Corey Andrew Powell:

Make your, you know, the With an iron.

Michele McCain:

Yeah. You, you iron it

Corey Andrew Powell:

On, iron it on. And I, and I would iron on my hymns and make my shorts shirt or, and tighten them up around the waistline. Well, that's now called Untuck. It <laugh>, you know? Wow. That's that company, that guy literally made an entire empire for shirts.

Michele McCain:

Wow.

Corey Andrew Powell:

With that exact concept. And I thought about that. I'm like, I thought about that, like literally when I was 14 or 15 years old. But he thought about that too, and made it into a business. So everyone, do not discount your ideas when you think of something.

Michele McCain:

Never, ever, ever. You have to know your why. You have to know your why. You have to know your, your value. And you have to think about it. What we have to learn to do is be intentional. And we have to teach our children to be intentional with their thoughts. You know, Johnny wants to play the guitar, get him a guitar, and let him play it.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

Give him lessons and teach him. Let, even if he decides not to do it later, it's something that he has, it's something that he can always use at some point in his life. I, I have a grand piano here in my house that nobody plays.

Corey Andrew Powell:

Yeah. Well, I can relate. I have <laugh>, I

Michele McCain:

Have this.

Corey Andrew Powell:

Yeah, me too.

Michele McCain:

In fact, we have the baby, their, um, baby grands, right? The little ones.

Corey Andrew Powell:

Mm-hmm <affirmative>. Yeah. Yep.

Michele McCain:

Okay. We both, I think we both have the, have.

Corey Andrew Powell:

Yeah. I think I posted a picture of mine while

Michele McCain:

Yeah. And, and, and we have the same.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

And so I got this when my daughter was six or seven. She's 37 now. Never played it. I think she played the chopsticks one time. <laugh>. And if I ever have anybody here that I have to rehearse with, which is very, I hardly ever do that in my house. It's been played. But I always say the only thing, I'm a bit angry with my mom about that she never insisted that I learn how to play the piano.

Corey Andrew Powell:

Hmm. Yeah. Yeah. My mom, it's so funny. My mom, I was just visiting with her, and she said that exact same thing. So she said, well, when I come visit you, we'll knock about. And my mom is 75 on her next birthday, and she's thinking of finally, thank you. Yes. Yes. And she's thinking of at 75, especially, because it's really, it would be a great cognitive exercise for memory. She's like, I think I'm gonna buy a little piano and start piano lessons at seventy five years old. So,

Michele McCain:

Of course she can, of course, of course she can. My mom's 92. Oh. And she, and she's here with me. Unfortunately, she's had her ups and downs and, you know, there are days when she's super and getting up and wants her hair done, her nails done, get her feet done. We take her nail and do that and go out to dinner and stuff. But they're, they're a treasure, you know?

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

I'm going to interview, I'm going to interview her, um, because I wanna have that, uh, I wanna have that memory always.

Corey Andrew Powell:

Yeah. Yeah.

Michele McCain:

And pa and pass it down. Can you imagine my mom has seen everything 92 years old.

Corey Andrew Powell:

Yeah.

Michele McCain:

What has she not seen of, of the, of the transition of, of the world, you know?

Corey Andrew Powell:

Mm-hmm <affirmative>. Yeah.

Michele McCain:

And, and it's just important. It's important that we don't put a limit on ourselves and that we don't block our blessings.

Corey Andrew Powell:

Mm-hmm. <Affirmative>.

Michele McCain:

Yeah. Do not block, do not sit like, no, I don't want no ble

Corey Andrew Powell:

<laugh>.

Michele McCain:

No. Open your arms up. Open your arms up and receive the goodness. Receive the blessings. 'cause they're out there.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

And if you don't take them, if you don't receive them, somebody else gonna take them.

Corey Andrew Powell:

Yeah. Oh, that's so true. That's so true. And you know, it's amazing too. And I tell people how, you know, they are often their own worst enemy. They don't really get it. But so often people's most doubting voices are the ones that they, themselves are repeating to themselves. But then there's another layer to that. Most of those negative voices have come from other people. So they're in there.

Michele McCain:

Of course.

Corey Andrew Powell:

So you learn how to get rid

Michele McCain:

Of them. You've got to shut out the noise. You gotta shut out those voices.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

You know, but we were, we, we are so programmed, you know, when you live over here in Europe, you get another perspective of life on, on a holistic kind of way. And we are so programmed, especially in America, in a negative way, about our schooling, what we eat, how we live, how we approach things. We, we are trained to be workers. We're not trained to be millionaires. We're not trained to be billionaires. You know, I'm around those kind of people. Uh, and in the last few years, a lot.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

I see a lot about investing, about investing money, who invest, who taught, told us about investing, nobody.

Corey Andrew Powell:

Mm-hmm.

Michele McCain:

You know, I even got this little black book that has these, these envelope things. And you can put money in. At the end of the year, you'll have $5,000, you know?

Corey Andrew Powell:

Yeah.

Michele McCain:

I started it, then I took the money out 'cause I had to use it.

Corey Andrew Powell:

<laugh>. I was gonna say, did you, did you get to the end of the finish line with that? Apparently not,

Michele McCain:

But now I started it again. And so, because I wanna go to Ghana next year, and so I'm, I'm, I'm putting that in there.

Corey Andrew Powell:

Yes.

Michele McCain:

But yeah, you've got to, you've, you know, you've got to not block your blessings. And you've got to stop saying that the sky is the limit. 'cause there is no limit. There is no limit to what we can do, what we can think, how we can feel, how we can love, you know. And if we, if we follow those few little, little, little things, it makes a world of difference.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

You know, I have two mentors that I'm working with now, and mentors are very, very important. You know, I used to think, oh, that, all that jumping up and down and rah rah rah and sis boonah, and doesn't really, but you have to find your tribe.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

Everybody's tribe is not your tribe. You have to find your tribe.

Corey Andrew Powell:

Yeah.

Michele McCain:

And, uh, I'm working with this woman called Arlan, Arlan Hamilton. She has, that's a whole nother story. Just write down that name and check her out. This woman is fierce. Okay. She used to, at one point, she was so poor, she would sleep in the airport in, uh, San Francisco on the floor at night, and in the day, get up and go to Silicon Valley and pitch her spiel. She's one of Mark Cuban's partners. Oh,

Corey Andrew Powell:

Wow. Okay.

Michele McCain:

Okay. So I have, I'm, I am, she's my mentor. And I have learned so much from this woman in le She, she's doing a thing that she will teach you how to make a hundred thousand a hundred a, an extra a hundred thousand in, uh, in one year. If you listen to everything that she says.

Corey Andrew Powell:

Hmm.

Michele McCain:

The value that this woman gives you in information, you don't, even if we won the lottery, we won't have enough money to pay this woman. Okay.

Corey Andrew Powell:

Wow.

Michele McCain:

And she's giving it, I mean, we, we pay, uh, one, uh, hundred a month, whatever. But what you get is so incredibly valuable that it's not even, it's stupid. The money that she she's <inaudible>.

Corey Andrew Powell:

Doing it. Right.

Michele McCain:

Mm-hmm. And then the other one is in YouTube. Her name is Taiwan. She does, uh, this is why I learned the word evergreen content, which I'm doing now with my motivational things.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

And she has over 12 million viewers and 180,000 followers. This woman makes a really nice chunk of money every month, but not only from YouTube, from the ads from this. And what I'm learning from her is ridiculous.

Corey Andrew Powell:

Mm-hmm. <Affirmative>.

Michele McCain:

And these are just things that you just don't think about because who has time to go through all of all of, um, uh, uh, of YouTube looking for information? And who do you believe in? Who don't you believe in? Who, you know, all of these different things. Um, but yeah. So I'm doing the mentor thing. I'm doing all of this. 70 honey, get it

Corey Andrew Powell:

<laugh> Yes. At 70 years old reinvention. Yes. Doing these amazing things. And that's, and that's, that brings me to my next question about the Michele McCain experience. It was that your YouTube channel and, and

Michele McCain:

Yeah.

Corey Andrew Powell:

What is it exactly that you hope to accomplish?

Michele McCain:

That's, that's, that's my YouTube channel. And it's also my, um, my community because I have a community of my own.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

Which is Michele McCain experience a safe space for women over 45, or women over 50.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

Where we gather. Um, and mine, my mine is free. And later I will upscale because I've learned about upscaling.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

I've learned about courses, I've learned about doing all these things.

Corey Andrew Powell:

Right.

Michele McCain:

So, uh, what we will do is they come in, we talk, we talk about things. We talk about, um, empowering one another. We talk, we are, we're seen, we're heard, we're not judged. I told them, I said, this has to be the place where you come to just chill.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

You have to just chill. And so this is what I'm doing with that. The YouTube and the podcast are two different things, but they all intertwine. So I'm using the podcast as an open funnel to funnel people into my community. So that's more private.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

That's a private place.

Corey Andrew Powell:

Yeah.

Michele McCain:

Where women have a space where they can just chill.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

But the other is an open, it's YouTube and it's, it's motivational. I also have a motivational, uh, faceless channel with just quotes, you know, for just to, because women are so well men too. But I, I'm a woman and I have to try to defend women at the moment. And we are just so tired. Women are just tired. They get up in the morning, they fix the food, they do this, they go cooking, they go to work, they take care of the kids. They do this. I know it's typical, but it's true. And you, you get tired after you're doing all of that. And then on top of that, you know, you have to look good. You have to lose weight. You gotta go to the gym, you gotta do your nails. You gotta do your, I mean, come on, gimme a break.

Corey Andrew Powell:

<laugh>. Yeah. Puts a big stress on women to do all those things and somehow do it like in heels.

Michele McCain:

<laugh>. Yeah. Yeah, yeah. Sure. Yeah. I, I, I, I, I had to say to somebody the other day, they wrote something that they were starting on their, on their channel and was like, uh, we wanna empower black women, big powerful black women. I said, girls, listen, I understand your heart, and I know that you are very truthful in your wanting to help and all of this, but do you mind thinking about changing that word? Black, powerful women we're tired of being powerful. When you say that word, they're looking at us like, oh, here she comes. She powerful.

Corey Andrew Powell:

Right.

Michele McCain:

If you, she big, she can, she can, she can knock us out. She can knock it down. She can. No, we're just women.

Corey Andrew Powell:

Mm.

Michele McCain:

Just like all the rest of y'all, can you kind of change that narrative and give us a break? Let us breathe.

Corey Andrew Powell:

Mm-hmm. Wow. That is really profound. Because they, obviously, the intention is that it's representing strength and power, but you're saying, yeah. But then that also gives the approach, uh, the appearance that we can handle everything.

Michele McCain:

Yes.

Corey Andrew Powell:

Throw it all on us. 'cause we're.

Michele McCain:

Yes.

Corey Andrew Powell:

Destructible at the end of the day, no, we are just as vulnerable as any other woman,

Michele McCain:

As everybody else retired. I mean, come on, give me a break.

Corey Andrew Powell:

Mm. Yeah.

Michele McCain:

Give it a rest.

Corey Andrew Powell:

Yeah.

Michele McCain:

And they did, they did change it up a little bit. And I thanked them. I said, thank you. You know, 'cause on top of this, these were not black women that were saying these things.

Corey Andrew Powell:

Mm. Okay.

Michele McCain:

They were the other. They were the other.

Corey Andrew Powell:

Yeah. Yeah.

Michele McCain:

There's so many of us. Well, these were the others.

Corey Andrew Powell:

Right.

Michele McCain:

And I'm like, no, no, we're tired. I don't want you to put that, I don't want you to speak in my name that way.

Corey Andrew Powell:

Hmm. That's so powerful too. Because, you know, it's a great lesson of, very often we have people who are meaning well to be allies.

Michele McCain:

Oh, yeah.

Corey Andrew Powell:

And we've gotta be very careful not to shut them down. I, you know, me on Facebook, I used to be like, <inaudible>. I used to be just, I had to take a step back because I was just snatching wigs, honey.

Michele McCain:

We were snatching <laugh>. That was so wonder. But that was so wonderful.

Corey Andrew Powell:

Yeah. We had those fun.

Michele McCain:

And then you, you were chopping people, people,

Corey Andrew Powell:

Right. My chops. Yeah. I would chop them

Michele McCain:

And people got to chop. That was just wonderful.

Corey Andrew Powell:

Which was fun. I had to kind of make it my own way. But yeah. But there were times though, where I would see conversation about conversations about race, for example. And very well-meaning people who are not black would try to enter the conversation. And black people would, uh, a lot of black people in the conversation would tell them, you know, well, this isn't for you and, and nobody's talking to you and mind your business. And I would,

Michele McCain:

Yeah, yeah.

Corey Andrew Powell:

I would get in there and, and I would say, well, wait a minute. Oh, we cannot, on one hand ask white people to understand our plight and then shut them down when they attempt to enter the conversation. So I love how you, you educated these women and you said, I appreciate you, but I'm gonna need you to change.

Michele McCain:

I will always say, please, and thank you first. Mm-hmm <affirmative>. Before I have to cuss you out. <laugh>.

Corey Andrew Powell:

Right. Lead with the positive. We lead with

Michele McCain:

The positive. Always, always, always.

Corey Andrew Powell:

Wow. Always. Well, my dear Michele McCain, I have one, uh, final question for you here. And it is, given all this great advice you've given and shared your life story with us and all the wonderful things you're doing, which we're gonna make sure we have links to your wonderful social media, uh, platforms at when we do publish this interview. But I would love for you to share, because we have many listeners who are college students.

Michele McCain:

Yeah.

Corey Andrew Powell:

They're at the beginning of their life.

Michele McCain:

Yeah.

Corey Andrew Powell:

They're, they're starting out on their journeys. What advice would you give them about building a fulfilling life and career?

Michele McCain:

Well, I think that the first thing that they have to acknowledge is that education is very necessary. Whether you are going to school, whether you read every book that's in the library, whether you, if you wanna make a million, that's a millionaire.

Corey Andrew Powell:

Mm.

Michele McCain:

How to do it. You wanna make a dress, you're gonna ask the dress maker how to do it. And we have to, again, we have to find our why. What is your why? Why do you want to do what you want to do? And unfortunately, you know, I don't know if it's that, that, that way now in America, because you have to remember, I lost the whole generation of America.

Corey Andrew Powell:

Mm.

Michele McCain:

Okay. I've been over here so long. I've lost the generation. I've recuperated quite a bit because now I'm in a community of 400 women. So I have that sisterhood now that I didn't have all of this time growing up. And I've learned a lot of things. So you have to know your why. That's the first thing. And you have to shut those voices out sometimes. I know mommy might want you to be a doctor 'cause they need a doctor in the family. I know daddy might want you to be a lawyer 'cause they need a lawyer in the family. But what does your child want?

Corey Andrew Powell:

Hmm.

Michele McCain:

What does your child want to do? My daughter is 37. She's traveling the world. She's working in what she loves to do. Uh, she just came back from, uh, being the, um, the first and second ad on Gordon Ramsey's show.

Corey Andrew Powell:

Oh, wow. Okay.

Michele McCain:

She's doing things.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

Movies at, and I told her, fly, fly and do what you wanna do. You can always come home. You can always come here and rest. You can always come here and lick your wounds if you need to. You can always come here and kick your feet back and be happy. We have to let our children grow. We have to let them be themselves. They are separate human beings. They're separate entities. They have their own minds. They have their own thoughts. Let those thoughts neutral. Let them grow and help them. As long as they're not killing somebody, as long as they not drugging it or whatever is negative for them.

Corey Andrew Powell:

Mm-hmm <affirmative>.

Michele McCain:

If it's something positive, you need to let them grow. And you need to be there to support them. So I would say to them, do what you wanna do. Look for it. Find it, study it. Maybe you'll find out later. It's not what you wanna do, but if you don't try it, you'll never know that. So don't block your blessings. And remember that Michele said the sky has no limit.

Corey Andrew Powell:

Hmm. I love it. Thank you so much, Michele McCain, words of wisdom and words to live by global motivational storyteller, thought leader, singer, songwriter, and actress. And just really just an awesome lady. I absolutely adore you. And uh, we really appreciate you being here today with us on Motivational Mondays.

Michele McCain:

Thank you, Corey. It's been a pleasure. Blessings.