00:00:09:11 - 00:00:31:25

Corey Andrew Powell

Hello everyone, I am Corey Andrew Powell and welcome back to the Motivational Mondays podcast presented by the NASA labs. Now serving over 2 million students and in our community nationwide. So we're really excited about that. Now, today, we have a, I just I can't say enough about this guest today. I absolutely adore her personally and professionally, and we've already had her on the show before.

00:00:32:03 - 00:00:57:05

Corey Andrew Powell

Eliza Van Court is joining us once again, and she is a number one best selling author, motivational speaker, and executive coach known for her expertise and communication and confidence building. Now with a remarkable career that includes serving as a cook House Fellow at Cornell University, a member of governance for America's League of Innovators, and a media commentator featured on major platforms like Drew Barrymore Show, PBS, and Forbes Eliza.

00:00:57:05 - 00:01:15:20

Corey Andrew Powell

She empowers individuals to excel, kind of do their thing, build it with confidence and kind of go out there in the world and personally and professionally owned the space that they're in. So today we are going to talk about her new project. That's an online confidence course, and we're going to discuss some of her latest exciting ventures as well.

00:01:15:22 - 00:01:18:01

Corey Andrew Powell

Eliza, welcome to Motivational Mondays.

00:01:18:01 - 00:01:24:18

Eliza VanCort

Thank you so much for having me. Corey. This is this is one of my favorite places to be in the world. I'm so excited seeing you.

00:01:24:18 - 00:01:38:02

Corey Andrew Powell

And thank you. Oh same here. Thank you so much. And you know, as I read your intro I'm like, oh my gosh, I'm an underachiever. Apparently. So I never stop slacking. I just like you do a lot of stuff.

00:01:38:04 - 00:01:40:15

Eliza VanCort

I have a couple of years on your. So, you know.

00:01:40:22 - 00:01:58:18

Corey Andrew Powell

I don't know about you. Okay. I'll take it if you say that's the reason. But in any event, very impressive resume. And I want to just before we go forward to talk about your new venture and everything you're doing currently, I do want to mention that we had you on that first time to talk about your book at that time, which was called A woman's A Guide to Claiming Space.

00:01:58:18 - 00:02:05:03

Corey Andrew Powell

Stand tall, raise your voice and be heard. Give a quick little synopsis about what that book was about or is about.

00:02:05:05 - 00:02:26:12

Eliza VanCort

That book is a five part book that basically is a guidebook for women. I looked around and I saw that there were all these guidebooks that said they were for everyone, but really they were for men. And I wanted a guidebook for women. And so it goes through everything from posture to imposter syndrome to anti mentors to lifting up other women.

00:02:26:19 - 00:02:37:02

Eliza VanCort

And it's all about claiming space. And the claim space is to live the life of your choosing unapologetically and bravely, which is something we all deserve to have. The right to do and should know how to do.

00:02:37:09 - 00:02:51:15

Corey Andrew Powell

Yeah, I love it. And you share so many personal anecdotes in that book that kind of got you to this place of knowing and sharing that perspective. So I encourage everyone to check this book out, and we'll make sure we have the link to that. Yeah. When this podcast airs as well, so people can make sure they discover it.

00:02:51:16 - 00:03:09:14

Corey Andrew Powell

But I'm more excited now, of course, to talk about your current stuff. And you have this new, current, venture, if you will. It's an online confidence course. I saw. The trailer looks amazing. Your website looks awesome talking about it. So share a little bit about this new course.

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Eliza VanCort

Well, I kept getting all kinds of feedback after my workshops or my coaching and or just people reading my book and they would say, I just feel more confident. And I realized that if you have confidence, there's so much you can do in the world, and often that is what holds us back. But I also realized that the way we've been approaching confidence is literally backwards.

00:03:33:27 - 00:03:57:16

Eliza VanCort

And so it's demoralizing. It makes people feel bad. It's this idea that if you don't have confidence, then you're doing something wrong, something in you. You're not feeling it hard enough or you're not trying or you're not believing in yourself enough, and therefore it's your fault. And so I wanted to crush that confidence myth. Just blast it open and then go into what confidence really is.

00:03:57:16 - 00:04:14:29

Eliza VanCort

And so from my perspective, confidence is not something that comes from within. It's something that eventually lands within. But it's actually something that you can do by moving from the outside in rather than the inside out. And that is what the course is all about.

00:04:15:01 - 00:04:20:12

Corey Andrew Powell

So that's an insert like that, that concept right there. I don't want you to give everything away.

00:04:20:14 - 00:04:21:10

Eliza VanCort

Of course.

00:04:21:12 - 00:04:39:03

Corey Andrew Powell

Talk about it because there's a lot in there. Yeah, I know, I know, I know, I know, but I just wanted to put the idea. But I mean, I guess in a nutshell, it seems almost like a if I'm understanding correctly, the work that has to be done is more internal for you to get there, not something you're born with.

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Corey Andrew Powell

Is there some work that can be done? And we all can kind of have that confidence building if we put that work in as that kind of a good summary of it, sort of.

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Eliza VanCort

I mean, the first thing is that you know, not everyone is treated the same on this earth. And so to say that some people just are born with confidence in some others when some have, you know, like, let's say you were born to a multi millionaire parent and you've got every advantage in the world and all of those things, there may be some things that were easier or people may have treated you differently, and you may therefore have a different perspective on the world.

00:05:11:04 - 00:05:28:29

Eliza VanCort

So the first thing is it's not it's certainly not something you're born with. It's sort of like saying imposter syndrome is the fault of the person. Whereas I think, well, what in that situation is making somebody feel like an imposter. So but the other part of that is that a lot of it is inner work that people talk about.

00:05:28:29 - 00:05:51:29

Eliza VanCort

But I have found that you can actually boost people's confidence really quickly by giving them external things to do with their body, their voice and their words, just like this little triangle. And just by putting certain behaviors out there, people start to treat them differently. And then that creates a positive feedback loop, because then they feel more confident.

00:05:52:05 - 00:06:11:25

Eliza VanCort

And these are things that are easy to implement. They're really not that hard to do at all. And they're totally transformative. So we have this kind of mini course, which is about a 4.5 hour course, and that I'm going to probably do the mothership course, but I wanted to give people the main tips that the feedback I get is this is the thing that did it for me.

00:06:11:25 - 00:06:13:17

Eliza VanCort

This is them turn things around.

00:06:13:20 - 00:06:44:12

Corey Andrew Powell

Yeah. And it's a great segue too, because you mentioned like the activities and the, the actions that makes me think that, you know, to share with everyone. You do have a background in theater, darling, if you have an acting background and I hear sort of some connective tissue, if you will, with sort of how actors in many cases, many classes, it's that similar kind of work is put in right, kind of understanding the why of a scene or maybe why a person would feel that way, internalize it a bit.

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Corey Andrew Powell

It can't, you know, when you're building a character. I see some similarities. There are my off the mark or. Exactly.

00:06:49:14 - 00:07:07:24

Eliza VanCort

So you're hitting it on the nose. I mean, I went to school and undergrad academics was political science other you know, and with focus on different different, kind of like gender studies. African-American said, these are the things that I was really interested in. But then I ended up going to law school and then I finished my first year at NYU.

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Eliza VanCort

I took a leave of absence, and I remember thinking, I got this scholarship to do whatever I wanted. I don't want to do any of this. So I took your acting technique, and my whole life kind of took off. I became an actor and then an acting teacher. And what's really interesting is when you think about people finding a character, so often you hear about what we call loosely method acting in this country, which is really a bastardization of Stanislavski, which I'm not going to get too technical.

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Eliza VanCort

Right? Right. But the Meisner technique, which is something that birthed the work that I do, is all about living truthfully under imaginary circumstances. And one way you do that is by changing your exterior. So, for example, if I had a student who had to play The Hunchback of Notre Dame and he wanted to know what it felt like to be that character, what he didn't think about it at all.

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Eliza VanCort

He put a hump on his back and walked through New York City, and by the end of the day, he could barely make eye contact with people. He felt demoralized and scared and depressed because of the way he was treated. Right. So he was no different. But the world treated him differently, so he ended up feeling differently. And that can work in reverse, where you put certain behaviors out that make you feel a project confidence.

00:08:31:12 - 00:08:44:06

Eliza VanCort

People will then treat you as such, and it can actually interrupt moments where someone's treating you poorly because you can actually give them a message that that's not something that you're going to tolerate.

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Corey Andrew Powell

That is so powerful. And I know that when we first had our conversation, you and I, I share with you that my partner had done that technique. He had done a two year theater program. And, at the Bill Esper Studio and, right. And it's interesting because because of him, I, I watch people in life with that filter.

00:09:03:21 - 00:09:23:24

Corey Andrew Powell

And I often hear him say things like, we'll watch a film. He's like, oh, that, that actors connected back there is connected. And I began to sort of notice that in real life, when we're in situations and, you know, you can only really fully be present if you can, honestly, really try to connect with what other people are feeling and going through.

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Corey Andrew Powell

And you really can't do that with a closed mind. You have to really be willing to understand that people's existences are all so, very, so varied and challenging, right? And you have to accept that and not think that, you know, everything is going to be easy for certain people or not.

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Eliza VanCort

Right. And a lot of confidence courses come at it from this idea that we are one group and everybody's the same. And that's simply not true. I mean, even what state you grew up and what your birth order is.

00:09:51:00 - 00:09:51:20

Corey Andrew Powell

Yeah, yeah.

00:09:51:22 - 00:10:17:11

Eliza VanCort

I see your age or your race or, your gender, all those things, you know, but just if you take someone from, you know, I actually worked at, MIT, and I remember talking to this young kid from Texas who was first gen to go to his, to go to college. And, you know, he was having a hard time because it was just a foreign world to him.

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Eliza VanCort

And so he was starting to feel bad. And one of the things people noticed right off the bat was his accent. So because of his accent, people thought he wasn't that smart.

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Corey Andrew Powell

Yeah.

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Eliza VanCort

And so, you know, we talked a lot about well, so he started to kind of behave that way. And I talked to him about, no, no, no, you've got to shift got to shift your body and actually give just the opposite message to right, willing, confident. And there are all kinds of things that you can do. I mean, one of my favorite things I don't I can't remember if I talked about this on the last podcast, but, you know, if you're talking to somebody and they're being unkind to you, a very simple thing you can do to kind of take your power back in the situation and feel more confident is to not move your

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Eliza VanCort

head. So usually we do affirmation nodding, which is one time thing to do. It's like, oh yeah, I hear you, right, right. And you want to do that? You're like, yeah, but often when we're under duress, we'll keep doing it, which is basically like, yeah, keep it coming, keep treating me badly. But if you just drop your smile and just look at the person when they're talking to you sends a very different message.

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Eliza VanCort

Or if you talk without moving your head, like, I'm really not comfortable with the way things are going right now. And I'd like to talk about shifting this. Right. That's really different. Right. Because you your head being still is a power move. So there are all these things you can do to forge connection or create take back power or someone's trying to take it from you are all different things.

00:11:42:22 - 00:11:52:24

Eliza VanCort

So the course talks about anti mentors, talks about boundaries, talks about cueing big and cueing small. All of these things you can do to really show up in the world the way you want to show up.

00:11:52:26 - 00:12:14:21

Corey Andrew Powell

You know, it reminds me of my my case. Maybe two jobs do careers ago I guess I would say, my creative director was a very tall woman, and, she's like the only woman executive. And she was like, naturally about five, almost like six feet tall with no shoes on. And she had a big personality to match, a very kind, very sweet, great mentor.

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Corey Andrew Powell

But she actually would be told by some people, yeah, well, you know, a lot of the guys in the room, they are intimidated by you. So wear it. Make sure you wear flats. She said, oh, honey, absolutely not. I'm wearing the biggest heel. Yes, I'm going to be like, they think. They think I'm tall. Now wait to that next board meeting, she said.

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Corey Andrew Powell

Why would I why would I not lean into what I am? And that is some of the work that I do with young people, which is, you know, understanding how to lean into yourself because that's your strongest attribute. Very often, you know, the things you are is really how you're going to go through life and all and claim it and claim your space.

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Corey Andrew Powell

I think that's part of what you talked about in your first book.

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Eliza VanCort

Absolutely. And that's that. I mean, you're somebody who obviously lives that authenticity, and I think there's nothing more powerful for a young person than to have someone tell you that who's doing it. You know, it's so different than if someone says to do it, but they're not really doing it. Yeah.

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Corey Andrew Powell

Yeah. So generation by older kids like. Yes. It's almost like your parents talking to you where someone was like, no, listen, I'm living that. Don't do that. So. Right. Yeah.

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Eliza VanCort

Exactly, exactly. So yeah, for me physicality and voice is one of the things we completely neglect because we spend a lot of time telling people how to emotionally prepare, but we don't tell them what to do when they get in the room. We don't tell them how to actually look at somebody's physicality and shift a dynamic just by simple things with their body and voice.

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Eliza VanCort

And that is one of the biggest confidence boosters you can possibly have. So it's exciting. I mean, I'm, you know, I'm getting so much feedback about it already. And I'm just it's really it's exactly what I was hoping. What happens pretty.

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Corey Andrew Powell

Yeah. That well that's excellent. Congratulations on that because it is helping people navigate a very difficult world when most of the times we are told to reduce ourselves, you know, we're sort of like told to sort of be less than. And I had an experience like that to where, you know, years ago I was like sort of telling I was being told that I was like kind of too much.

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Corey Andrew Powell

And I'm like, okay. And then I just kind of retreated. And then finally I had the realization that I'm not going to dim my light because someone else does not shine as brightly. And that's sort of owning your power to be like, well, I've, I'm a little bit too much. Maybe that's just how it is. I'm only too.

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Eliza VanCort

Much. I think it's at least Myers. I'm not sure who said if I'm too much, go find less.

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Corey Andrew Powell

Yeah. I mean that's really it. Right. Go for that. Yeah. I think someone once said to me, you, well you know you can suck all the life out of the room. Said that to me years ago was such an insult and and I was really feeling bad about myself for a couple years. Then finally I came back, did that same person.

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Corey Andrew Powell

I said, remember you said this to me. You said, yeah. I said, now I think maybe you just need a greater lung capacity.

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Eliza VanCort

Yeah, I, I you know, what's interesting is that is obviously a sign of someone who doesn't know how to shine their light. And I have found with myself, with, you know, I, I know you pretty well now, some of my other fellow creators, people who are able to be in their center and in their power, will attract other people like that.

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Eliza VanCort

But people who are not like that will often feel very threatened. A because they don't know how to, like, navigate that kind of authenticity and truth, but be because maybe they're not there. And it kind of is like a big neon light saying, like, you're not there yet and it can feel very. I just remember before I had a lot of change in my life that was pretty radical.

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Eliza VanCort

And I remember when I would be intimidated by confident people. I have a lot of empathy for that because I deeply have a I have a very deep memory of being there myself.

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Corey Andrew Powell

Right, right.

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Eliza VanCort

And, but I think that when someone tells you to show that your light is shining too brightly, it's because they haven't figured out how to turn their light on yet.

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Corey Andrew Powell

You. Oh gosh, I love that. Yeah. And that also ties right back into what you're saying about people. Are typically not confident because they just haven't had the tools, but it could be something that they can learn how to, to develop. So I think I love that you're kind of on both sides of that spectrum. Hey, I've been the girl, you know, leaning against the wall, not participating.

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Corey Andrew Powell

Maybe feeling. And then I've evolved. And now I can tell you that you can do it too. So and I love that you also mentioned your daughter as a key influence and how you deliver your keynotes.

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Eliza VanCort

Oh yeah.

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Corey Andrew Powell

So I would love to hear more about that. Yeah.

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Eliza VanCort

Well, you know, I used to give my keynote and I would talk about, you know, the physicality and voice and how to use silence and all of these things. And people would come up to me afterwards and they'd say, that's really great for you. But, you know, I couldn't do that. And I went home one day and I said to my daughter, I don't I don't understand why people are saying this.

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Eliza VanCort

Like, why would they say this? And like us, mom, you kind of look like a privileged white lady. Nothing bad has ever happened to you. So of course people are going to think that you can do it and they can't because they think you've never struggled, you know? And then she said, this is my favorite two kids. They know you.

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Eliza VanCort

She said, mom, you tell everyone to be brave, but you're not being brave yourself. You need to share your story. So now when I give my keynotes, I talk about the fact that my mother, who is paranoid schizophrenic, she was a wonderful mother and tells about four and a half kidnaped me and took me across the country by truck, from truck stop to truck stop, at a truck stop from New York to California.

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Eliza VanCort

And, you know, I started to conflate invisibility with safety. I started to strive for invisibility. And, you know, little girls are rewarded in this society for being small, for being cute, for being, you know, coy. Right? So when you start your life striving for invisibility and getting that message, stepping into your light, stepping into your power is a lifelong struggle.

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Eliza VanCort

And so I for me, I had so many amazing people along the way, so many mentors and and students and my kids who taught me how to really step into my power. And so for me, that's become a real passion to share with other people. And I've got to say, if you don't mind, I want to tell something that my daughter said to me recently, which is, yes, I think is very powerful.

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Eliza VanCort

So I know there are a lot of people right now, given everything going on in the world, that are maybe feeling like they're having a hard time. And, I called my daughter and I said, she she's an amazing young woman. And I said, Ella, you know, you you are working to try to stop climate change so I can you're an activist and you're putting all this energy into it, but you don't.

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Eliza VanCort

You kind of think we're all doomed. You don't really think that there's hope. So why are you doing this? It doesn't make any sense. And she said, well, I've thought about that a lot, mom. And I've decided that if just one person still has hope, I owe it to them to try. Yeah. And so that's my kind of thing with life is even when I'm having a hard day or a down day, you know, I owe it.

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Corey Andrew Powell

To the.

00:19:17:24 - 00:19:20:15

Eliza VanCort

World to try to do my best to make an impact.

00:19:20:18 - 00:19:40:16

Corey Andrew Powell

That's wonderful. I mean it's so it's really, cathartic too, because you're sharing, which helps you kind of expel things that you've held in for a long time and not shared. And those things are things that other people need to hear, so they know someone else has gone through them. And you did share that in your first, time on the show.

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Corey Andrew Powell

And the the car accident. Oh my gosh, hit by someone who was texting. Yeah. And driving. And then you, you know, you couldn't speak and you kind of had to come back from all that learn how to communicate again. I mean, those are the stories that when you walk in and share that it kind of lets people kind of look past the perfectly manicured nails and the hair and a glowing skin.

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Eliza VanCort

Nails are great right now.

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Corey Andrew Powell

It's like, yeah.

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Eliza VanCort

I think that's and I think that when you've had a hard time in many ways when you're young and you haven't gotten your life together, you spend a lot of time and energy trying to show everyone how okay you are, especially if people know your story because they assume you're damaged goods. So you really have to put a lot of effort into showing that you're okay.

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Eliza VanCort

Everything's fine. I remember this girl in high school said to me, you know, I saw your mom on the comments walking around, talking to herself. And that's so weird because you're such a nice person. And I thought, what is my mom being mentally ill and having a break have to do with me?

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Corey Andrew Powell

Be nice or. Yeah.

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Eliza VanCort

What are. You know, but I spent a lot of energy trying to show people how okay I was. And I realize now that, you know, being authentic about the fact that we all struggle because I know I still do is is so huge because we're all part of the human condition. And what we really need to do is uplift each other and learn how to keep whistling in the dark, you know?

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Eliza VanCort

Yeah. Hard days.

00:21:07:25 - 00:21:27:27

Corey Andrew Powell

Yeah. No, that's so wonderful. And I'm so glad you're sharing that because and part of like was a little bit of a sidebar there. Again, you know, what I talk about is telling young people to lean into those powerful experiences. And, even as much as they're willing to share some things are too painful. But a lot of them, if you are willing to share them, you find a community of people.

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Corey Andrew Powell

And that is so uplifting versus this idea that nothing's ever bad ever happened to me. And that's really not that's not relatable because most people have a lot of bad stuff and we feel good. We can talk to each other about it. So I love that you were doing it from that, that approach.

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Eliza VanCort

Yeah. And the truth is that our, our traumas and all of those things. Wow. Very, very difficult. And while something that I hope everybody could be in therapy for because we've all had struggles, do inform who we are and without them we would not be who we are. And so when I look back on those things, you know, everybody has these boulders that fall on them, these huge, huge boulders that just fall on them.

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Eliza VanCort

And I think there's this mythology that we need to just get rid of those boulders. But I don't think that's possible. But I think we can do is whittle them down until they're like a little pebble in our pocket and we can carry them around with us, and we can touch them, and they don't let us down. But we say, oh, yeah, I remember that person who died, let's say, and, oh, I miss them.

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Eliza VanCort

And I'm so glad they were in my life, even though I'm still sad or I remember that horrible thing that happened. But I wouldn't be the strong person I am now if I hadn't gone through that to inform us rather than crush us. And I think that's sort of the way we have to look at life in general is, you know, I don't think we can get over anything.

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Eliza VanCort

I don't think you ever get over anything. I think you can have those experiences and realize they are part of your collection of memories and make you who you are.

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Corey Andrew Powell

Yeah. That's perfect. This idea about closure I think is really elusive, not a real thing, especially when it comes to death. Oh I just want to get closure. Like when. Not that person's never going to be back. So that's not closed. But it's how we count, how we maintain. Right. How we are able to persevere and continue living.

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Corey Andrew Powell

Adjusting. I guess adjusting to that situation with those losses, right?

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Eliza VanCort

Yes, I get so I talked to a man the other day, this very big burly dude, actually, he was like, oh, and he told me his mom died and he started to cry. This is actually not just like a month or two ago. And he's like, you know. And I said, oh, that's so horrible. Yeah, I feel bad, though.

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Eliza VanCort

It's been a couple months. I feel like I should be over it. I said, that's your mom, right?

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Corey Andrew Powell

Like.

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Eliza VanCort

Yeah, I'm a sociopath if you are over it. You know, my my father's in his 80s and he's still crying about missing his mother sometimes. Yeah.

00:23:57:03 - 00:24:14:26

Corey Andrew Powell

Yeah, I know, and I love that you made that association. Like, you know, you're actually supposed to feel that. And for as long as you want to. And I think that speaks to the disservice I think we put on people, especially men. And I love that you talked about this big, burly guy that, they're not supposed to cry.

00:24:15:00 - 00:24:43:09

Corey Andrew Powell

You know, I tell friends of mine in the urban communities, you know, if a lot of young black men had been given the opportunity to cry, inner city men in general without being told it was a sign of weakness, there might be a lot fewer men, in that community who are, involved in criminality or, overly aggressive, you know, I mean, it's just there's lots of outlets that a lot of young people don't have because they're encouraged not to cry.

00:24:43:13 - 00:24:44:06

Eliza VanCort

Right?

00:24:44:09 - 00:24:47:19

Corey Andrew Powell

Yeah. To pin it all up, you know, and so that's unhealthy.

00:24:47:21 - 00:24:51:02

Eliza VanCort

We are we all need to listen to free to be human being more.

00:24:51:04 - 00:25:00:04

Corey Andrew Powell

We do to not just say that because, you did not exist. Well, we are not.

00:25:00:07 - 00:25:05:16

Eliza VanCort

It's all right to cry, cry and get this song.

00:25:05:16 - 00:25:25:03

Corey Andrew Powell

Out of you. Oh my gosh, everyone should know this was completely impromptu. We did not plan that. I literally have it on my desk. I listen to it. Marlo Thomas, you are a goddess. Oh my God, it might feel real bad. It could have gone sweet. You know what we need? I want to put a link to that too.

00:25:25:06 - 00:25:26:27

Corey Andrew Powell

Oh, send them everywhere.

00:25:27:00 - 00:25:31:19

Eliza VanCort

You, me is like, oh, Oh, God, that's amazing.

00:25:31:21 - 00:25:33:03

Corey Andrew Powell

All right, number ten. All right.

00:25:33:04 - 00:25:39:18

Eliza VanCort

So I love that I, I used to cry when I get to the line. Raindrops from your eyes.

00:25:39:19 - 00:25:40:05

Corey Andrew Powell

Oh my.

00:25:40:05 - 00:25:42:27

Eliza VanCort

Gosh. In all the mad out of you.

00:25:43:00 - 00:25:48:24

Corey Andrew Powell

Oh my God. Just such a good one. And of course, my favorite was, William, once a doll, but that's a whole other.

00:25:48:24 - 00:25:50:05

Eliza VanCort

Oh, yeah.

00:25:50:07 - 00:25:50:21

Corey Andrew Powell

For obvious.

00:25:50:21 - 00:25:53:06

Eliza VanCort

Reasons is gonna be.

00:25:53:09 - 00:26:14:11

Corey Andrew Powell

That, a father to. Yeah. Oh my God. Okay, okay. I'm sorry. Audience. We we're going to you. And I'm not going to cut this out because I want people to understand the importance of the the really the importance of the piece that we're referencing is a piece from Marlo Thomas and Friends, the actress and her husband, Phil Donahue, at the time.

00:26:14:13 - 00:26:24:27

Corey Andrew Powell

And it's a great piece about diversity and inclusion, and it targeted children at an early age and help them understand that they can be different and still be cool and love. So we want to make sure people know about that.

00:26:24:27 - 00:26:51:24

Eliza VanCort

But I was talking to someone the other day and I said, okay, so the answer name for diversity is homogeneous. Everyone's the same. Okay. The opposite of inclusion is exclusion. The opposite of equity is injustice. So do we want a homogeneous, unjust, exclusionary workplace? It's like to me that's just stunning that that would be the goal.

00:26:52:01 - 00:27:14:05

Corey Andrew Powell

Yeah. Well I think hopefully again education I believe people, once they get maybe more fully versed in something, they understand things better. So maybe, God willing, this conversation maybe helps people, do a little bit more look into that and what that actually means. So you can kind of make a better decision about what they're for, versus what they think they are against.

00:27:14:05 - 00:27:15:13

Corey Andrew Powell

And, yes.

00:27:15:16 - 00:27:41:03

Eliza VanCort

So as Doctor Maya Angelou says, words matter, words matter. Absolute understanding those words matter. I don't do d.i.d as my as my main work. You know, I do professional development, but the it's so antithetical to what I think is, you know, the basic tenets of all religions, which is do unto others as you would have them do unto you, which is in every major religion, to exclude people.

00:27:41:06 - 00:27:47:13

Eliza VanCort

Yeah. Like no one wants that. We do that to others. It's pretty. That's not a good way to go.

00:27:47:15 - 00:28:01:02

Corey Andrew Powell

No. Well, I, I definitely agree with you on that. Gosh, I know we just, you know, we can go on, you and I, so. But I want to bring it back to a great venture. You're working on two, two projects. One is ignite.

00:28:01:05 - 00:28:02:08

Eliza VanCort

Oh, yeah.

00:28:02:11 - 00:28:23:13

Corey Andrew Powell

Eric's and, Yes, yes. And I briefly met, I think through you, I think for a moment. Yeah. So tell us more about this initiative, because it's kind of funny. We have a new initiative as well at now sells called ignite. So I just thought that was very sort of timely and interesting. So what about so tell tell us about your ignite.

00:28:23:15 - 00:28:45:28

Eliza VanCort

Yeah, well, Alma's an amazing woman. She was a partner at Deloitte. She was the CMO of Cirque du Soleil. She's just, you know, I get around her and I. I look at my resume and go, I'm so. I'm so deeply not that cool, but she's just an amazing. Amanda's amazing woman. And we have she was that forward writer to my book.

00:28:46:06 - 00:29:04:23

Eliza VanCort

And we did a lot of work together when I was promoting my book. Most people write your forward and then they just peace out. And alma was there every step of the way for me, I have to say. And that was that was a big, big deal for me. And so when we go to work, my background is in political science and the performing arts, so it's much more academic.

00:29:04:29 - 00:29:32:23

Eliza VanCort

Her background is in corporate and business. And so we realized that the work that we do complements each other perfectly. So I do. So we've developed this whole master class for professional development that has to do with the work that I do with my workshops, which I do all over like fortune 50 companies. And those are just going in and helping people learn to be excellent communicators so they can persuade and lead and do all those things.

00:29:32:29 - 00:29:55:27

Eliza VanCort

And it's very customized. Alma goes in and she helps people figure out what kind of collaborator they are, so that people can have language to talk to each other about their collaboration. And because she has such a depth, full knowledge of this, because of the work that she's done throughout her entire career, and she has a way of going about it that is unlike anything I've ever seen.

00:29:55:27 - 00:30:23:14

Eliza VanCort

And so people have that interpersonal piece with her, and then that more internal peace with me of how or how am I going to show up in the world. So we combine forces and, the reception that we're getting, it's just, I think we really hit on something that is changing lives. I got an email recently from someone, and I can't say the name of the company because I'm fortunate I have an NDA, but it's one of the top five companies in the world.

00:30:23:14 - 00:30:47:09

Eliza VanCort

And they said, I never expected to have this kind of transformation in a corporate setting. Thank you so much. And that's, you know, it's making the departments that we go on leave bigger and stronger. So I'm so thankful. You know, it's great when you have a sister from another minister who's also a collaborator. It's just, you know, she's the best I got.

00:30:47:12 - 00:30:52:27

Eliza VanCort

You know, she's the best. And the other project I'm doing, you know, is I just just happened, right?

00:30:52:28 - 00:31:04:06

Corey Andrew Powell

Yes. I was just going to so perfect segue way because was like, all right. That was that was my second piece, which is this is big. This is huge. Now please share with us this next big awesome thing that just happened to you. And yeah.

00:31:04:09 - 00:31:28:28

Eliza VanCort

This is crazy. And if you're a teacher and you're out there or you're a parent who has a lot of kids in your house, you understand what it's like to mentor other people. And that's really where my passion lies. So, I've been an acting teacher for over 20 years, and I have a lot of students. And one of my students did a film called Stationed at Home, and he has been working and working on that.

00:31:28:28 - 00:32:04:28

Eliza VanCort

He does not come from his name is Daniel Macharia. He doesn't come from money at all. His dad's an Italian immigrant and they he just found a way to raise money to do this film. And he did a black and white film, which is bonkers. And we were basically told by our advisors, you're not going to get into any festivals, because if you get into a festival, like you would have to make, the only way you'd get in is if somebody without a connection has, doesn't like, isn't in the film with a black and white film because like, if there's they only take one black and white film and all the connections are going

00:32:04:28 - 00:32:23:09

Eliza VanCort

to get in first. But we were very lucky. We just got into the Glasgow Film Festival, which means we're BAFTA qualified, which is like the Oscars of Europe, and I'm in it. I produced it and we just found out that we're getting a review and I can't say the name of the publication, but I, because it's not public yet.

00:32:23:09 - 00:32:43:18

Eliza VanCort

But when it drops in March, when we premiere, we got this great review and then we actually sold out at Glasgow and they opened another theater for us. So, it's, but for me, the thing that just gets me going is almost everybody in it is one of my former students, and I got to have the acting all the time.

00:32:43:21 - 00:32:46:16

Eliza VanCort

I'm like, my face.

00:32:46:18 - 00:32:52:00

Corey Andrew Powell

Look how that comes full circle. I just want to clarify. It's it's not documentary. It's actually scripted.

00:32:52:03 - 00:33:00:13

Eliza VanCort

Yeah. Oh, yeah. It's it's a fictional film called stationed at Home. If you Google stationed at home Glasgow Film Festival, you'll see it. We're making a lot of the top ten lists.

00:33:00:19 - 00:33:01:02

Corey Andrew Powell

Oh my.

00:33:01:02 - 00:33:31:16

Eliza VanCort

Gosh. Yeah. It's crazy. And yeah, it's a beautiful story about this one lone taxi driver in Binghamton, New York, who meets all these different people and has this crazy, crazy night of madcap adventure, but also sort of like a ethereal melancholy that I think the reviewers line was, it is a trip into cosmic melancholy.

00:33:31:18 - 00:33:51:03

Eliza VanCort

So yeah, it's really exciting. And for me as an acting teacher, you could not wish for a better dream than your students, some of whom had never been in a feature film, getting all these crazy reviews saying, what brilliant actors. This is such a great film. What a great director, and realized they all came out of your itty bitty studio.

00:33:51:05 - 00:33:52:02

Eliza VanCort

It's really cool.

00:33:52:09 - 00:33:57:22

Corey Andrew Powell

Eliza Van Cort, thank you for being here today with us on Motivational Mondays and we wish you all the best.

00:33:57:25 - 00:33:59:02

Eliza VanCort

Thank you so much.