

The Brave Files Podcast
Heather Chauvin: Clear Before You Create
Episode 159

Heather Vickery 0:04

Welcome to April friends. It's April Fool's Day. And as it turns out this year, the joke is on Team BRAVE. See, we had meticulously planned to launch a Kickstarter today, you know, April 1, April Fool's Day, no joke, but it accidentally launched last week. So yeah, I guess the joke was on us. But hey, when you work really hard to create magic, and take something from a casual conversation and manifest it into a dreamy project, you roll with it when the universe says it's time to go. So yes, I have collaborated with my awesome friend client client friend, Rachel, I always call her that my friend- client, client- friend. It's kind of an ongoing joke at this point. And we have officially launched a Kickstarter for our Create Brave Cards. They are a guide to sourcing and manifesting your next steps in life and in business. Our goal was to design a deck that was like having a coach in your pocket, or in our case, like having two coaches in your pocket. They are inspired by tarot cards, but they're not tarot cards. They're just words and phrases to help you get creative with problem solving, getting unstuck, thinking about next steps and simply getting out of the box when it comes to taking your next steps. As you know, I'm in the business of brave helping people find their most courageous and brave paths, and Rachel is in the business of creativity. She helps people build lives that engage their creative spark. And together we want to help you create brave. So that's why we created the Create Brave card deck. This stunning deck is beautiful beyond words with custom art and quality craftsmanship. We hope you'll consider supporting the Kickstarter and sharing it with others, this is the best time to get your cards. This price will never ever be available again. And we got funded in 29 hours, which is wild and exciting and almost unheard of. So now we're working towards really fantastic stretch goals, but we need your help to get there. So please get all of the details at VickeryandCo.com/createbrave, check out the Kickstarter, see if you like the cards enough to become a backer, and please consider sharing it with others. Again, the link for all of the details is VickeryandCo.com/createbrave.

Heather Vickery 2:29

Okay, so let's chat about today's episode. When Heather Chauvin was diagnosed with stage four cancer, she was terrified just like any of us would be. But interestingly enough, she wasn't afraid of death. She was afraid of dying without ever having felt truly alive. It turns out that cancer was the wake up call she needed. It just wasn't the way she wanted the message delivered. And Heather wasn't going to take her newfound awakesness lightly. So she decided to get to work living her best life. Oh, and she also beat cancer. Join us as we talk about growing pains, how to lead by example, and the epic highs and lows of motherhood. Let's get started. Courage, energized and authentic.

This is Heather Vickery. And you're listening to The Brave Files, stories from people living courageously. When we choose bravely and big and small ways, it powerfully elevates our lives. I hope these stories connect with you and encourage you to embrace bravery in every possible

way, day after day. Together, we can build a movement of courageous living that enriches both our lives and our communities. And if you enjoy the show, I asked you to please share it with others. Maybe think of someone who you want to choose bravely right alongside you. Thanks for tuning in. Now, here's the show. Friends, I'm so happy to have you here with me this week. Please help me welcome a fellow Heather, a fellow coach to the show today. Heather Chauvin is a strategic parenting expert who helps ambitious women become leaders at work and at home. She's also the host of the moms in control podcast and a survivor of stage four cancer and there's a lot more that's like a little tiny blip on the radar of how cool this chick is. So Heather, welcome to The Brave Files.

Heather Chauvin 4:35

Thank you, Heather. It's always an interesting conversation when I'm talking to another Heather.

Heather Vickery 4:40

I know we should just talk about that for a second. Is it okay? I don't know if you comfortable to say how old you are because I don't see very many Heather's

I'm actually going to be 35 next week. I yeah, I'm a young I'm a young Heather.

You're a really young Heather. So I'm 46. Happy birthday. I'm 46 and there were a ton of Heather's in my school but I never meet them in the professional workforce and the year I was born was like one of the most popular names and then it went to the least popular name.

Heather Chauvin 5:14

I've known a few my age growing up but not many yeah it my mom said actually it was supposed to be a Stephanie but then she named me Heather.

Heather Vickery 5:25

Stephanie was on my list also it was gonna be a Stephanie or Julie and my mom said she looked at me she said well this child's not Julie she's Heather. But Stephanie also it's interesting, Heather Stephanie and Kristen and Jennifer those were the four names everybody was named one of those four names when I was growing up.

Heather Chauvin 5:45

Interesting

Heather Vickery 5:45

So for those of you listening I'm very curious how many Heather's or Stephanie's you grew up with that's so funny but it's always fun to find a fellow, fellow Heather so there ya go.

Heather Chauvin 5:57

I find in the entrepreneur space they're wildly creative

Heather Vickery 6:01

Right let's just roll with that. I love that we are wildly creative just by design of our name. That actually reminds me, there's a really great youtube clip I'll share it with you all in the show notes by Benjamin Zander who is a teacher and a writer he wrote the book The Art of Possibility he's given a speaking engagement, he's a conductor and he talks about names. He says parents don't give children names to live up to, they give children names to live into.

Heather Chauvin 6:32

hmm i love that

Heather Vickery 6:34

Right. So I have to think about what it means to live into our names so not where this conversation was going but I dig it. Tell folks a little bit about you and if memory serves me we've connected before which led to this interview. Your first of all, stage four cancer, we don't often get the pleasure to talk to somebody who has experienced stage four cancer so I'm really glad you're here and I believe that most of your really brave entrepreneurial work has happened since then or through that and is that do I have that right?

Heather Chauvin 7:08

Yeah and the interesting part was I became an entrepreneur before I got sick. So seven years ago I was diagnosed with stage four cancer and raising you know doing the raising the kids I did start my business, actually it was about a year before that but from writing the book and having to you know think of the timeline it was September of 2013 when I gave my resignation to my corporate job I used to be a social worker and made the decision like okay I'm done. I was on mat-leave and I live in Canada so you have a year

Heather Vickery 7:50

Okay so nice.

Heather Chauvin 7:51

I say that to Americans and they're like ,must be nice and i'm like i'm like.

Heather Vickery 7:57

No I don't have any begrudgement for you on that. I, everyone deserves it and i'm glad that you got it.

Heather Chauvin 8:02

Well I actually, yes anyways that's a whole other podcast and conversation.

Heather Vickery 8:06

Because you started a business

Heather Chauvin 8:08

Yeah and then because I started a business and you don't get anything when you're a business owner so anyways I decided okay I'm not going back but I took kind of that year as like the I had something to go back to right the the holding on to something and it was in December that I was diagnosed. It was almost like as soon as I just cut all of the safety ties I was like oh and now you're sick. But I already I knew previously that something was off but I fell into that you know, that female trap of like I don't have time for this I don't have time for this give to everybody else but yourself. But it was actually nine years before that when I really stepped into there has to be something more when I became a mother because I was educated or I was getting educated and everyone was like, it's just a phase get over it blah blah blah. I kept looking around and thinking, is everyone, am I the only one feeling like not settled on the inside? Like what's going on here? And they're like oh suck it up buttercup. So I fell into the wellness space meditation mindfulness. I hired the mentors, I went on the retreats, I did the workshops but cancer really kicked my butt in the sense that it was it was the integration, like facing your biggest fears and looking at it and that was that was the game changer for me which really accelerated my message and how I worked with people especially in the parenting space.

Heather Vickery 9:38

When you say facing the fears, I'm always very interested in, I have seen a number of different people have different fears. So what were your biggest fears when you were diagnosed with cancer?

Heather Chauvin 9:53

Well, my number one fear was the fear of dying, which people think that is like, Oh, that's common. That's normal. But the interesting part was I that was my masked fear. That was like my outward fear.

Heather Vickery 10:08

Yeah, it's the easy. That's that not not easy. I don't mean to be flippant. But the normal go to.

Heather Chauvin 10:14

Yeah, you're like, What are you afraid of, I'm afraid of dying. But there's a story that I tell I remember, I was in between treatments, and I was home. So I would be in the hospital for a few weeks at a time. And that's, I mean, I'm like, Oh, my gosh, I could go down that rabbit hole regarding treatment and my resistance to it and having to surrender to Western medicine. But I remember being home in between treatments. And I was in the bathroom. It was in the middle of the night, and I woke up paralyzed in fear and just, you know, in my head, it's like, I'm gonna die, I'm gonna die, I'm gonna die, I'm gonna die. And I went into the bathroom, trying to hold it all in, because I could not let anybody you know, I could not disrupt anybody else with my emotions, right? So I had to hold it in, and hold it all in. I'm like, you're gonna die, you're gonna die, you're gonna die. And then there was this little voice that said, but you're not dead yet. Like, you're in this moment, Heather, you are not dead. And then I was like, Okay, I'm not dead, I'm not dead. And then this little, this other voice came in and said, You're not afraid of dying. You do not know how to feel alive. Because you have never felt alive. And I realized my biggest fear was not dying. My biggest fear is, I did not know how to be anything. But in survival mode. That was terrifying.

Heather Vickery 11:39

It, it is. It is terrifying. But also it's wildly intuitive and vibrant. And I think some people would have that sort of experience, and still not know how to be alive. But that's not what you chose. So what shifted for you after that moment?

Heather Chauvin 12:04

So I also want to preface that all the work that I was doing, right, so cancer was not the kick in the teeth that got me into personal development. So I was into it previously, like the meditation, the green juice, all of that, the journaling. And now it's like, oh, crap, now I actually have to do the work. Now I have to do it.

Heather Vickery 12:27

Well, if I just have the right smoothie, or if I just journal enough, or if I meditate enough, I'll be happier. It'll all work. It'll be fine. In its mass gain. It's you have to do the work.

Heather Chauvin 12:37

Yeah, yeah, I can see when people are running away from themselves. And I was completely running away from myself. And then I had to start asking myself, okay, how do you want to feel? I always, I always say that to people. How do you want to feel? Ask yourself that a million times a day, like right now, while I'm in this conversation with you? How do I want to feel? I want to feel connected. I want to feel energized, I want to feel authentic. Okay, how am I? How am I channeling that energy, through my words, through my attention, through everything that I'm doing. And so that coming, going back to that moment, that story where I said, I want to feel alive. And then I was like, Oh, crap, I don't know how to feel alive. So I started asking myself, Heather, what do alive looking people do?

Heather Vickery 13:25

What do they do?

Heather Chauvin 13:26

And I remember watching people outside in general, right, like going for a walk exercising, sitting at, gosh, sitting at cafes, and

Heather Vickery 13:37

I know we've missed that.

Heather Chauvin 13:39

Yeah, I'm like, Oh, I would do anything for that now, and just looking out the window or journaling. So I started doing these things very slowly, like I had no energy. So alive that day would have been taking a shower, or just like boosting myself out of bed. But it was those little things. But here's the thing. When I started doing that, I didn't feel alive. I felt everything that was inside of me, that needed to come out, the guilt, the shame, the fear, the anger, the overwhelm, the not enoughness. All of that had to pour out before the aliveness and energy could come back in. And that was the frustrating part. Because we're so like, I want it now. I want it now. I want it now. And I had to kind of declutter, right, before I could bring in the good stuff.

Heather Vickery 14:27

Yeah. The clearing, clearing the process of ever moving that I have a client and a friend who I've done some work with who's an energy healer. And before she'll do any of that you've got to clear before you can manifest or create space. And I always find that such an interesting process. That's one of the reasons that I'm a big so I'm not a big fan of the girl wash your face concept because I think that's just like suck it up. Get over it. Be a big girl versus I think you have to acknowledge and feel all of the things that you're feeling, express them and then you can move through them onto that next phase which you're you're calling living, and what I'm hearing maybe because I'm just really in tune to it, is I think your desire to live in that moment for you was your desire to step into bravery, right like if it meant getting a shower, or taking a walk, or feeling sad or moving through your enoughness. Those are really brave things to do when you've never done them before.

Heather Chauvin 15:36

Yeah. Yeah and in the moment you don't really think you're being brave.

Heather Vickery 15:42

No.

Heather Chauvin 15:43

Yeah.

Heather Vickery 15:44

Yeah you don't. That's what you know my my coaching platform is called the Brave Method and brave stands for boundaries, reassessment, reframing, resilience, action, accountability, vulnerability and expanded, empower but the three r's that reassessment that is so impactful because you have to stop and look back and be honest about what you see and what you felt, and if it got you where you want it or not. If we if we move past reassessment, if we don't look at what's happened we can't ever know if we're on the right path.

Heather Chauvin 15:48

And it doesn't always you know, I also get triggered by we can do hard things because

Heather Vickery 16:26

I like that one because I think but hard, we get to self define hard just like we get to self define success but i'm curious.

Heather Chauvin 16:32

Yeah so we hear it all the time in the wellness space and I think I see started this like cracking opening of people being especially i could see it happening next year because of the pandemic the toxic stuff that happens like just think positive and just do all these things, and I just want happiness and it's like, but we have the yin and the yang we have the night and the dark and we have to feel both. And so I keep hearing we can do hard things, or I can do hard things from like, freedom doesn't feel hard to me. Like there's, there's a sense of flow and ease but we're a culture that's addicted to thard and busy. So when I have to put hard and busy on my freedom it feels very counter active so I'm like but what if I don't find things hard, I really don't, what I find them is emotionally uncomfortable. So sending an email to a potential, or doing a facebook live, or like something that scares the crap out of you its not hard or difficult, right it's not hard to put your shoes on and walk outside if you're able bodied.

Heather Vickery 17:36

It's just emotionally challenging.

Heather Chauvin 17:37

It's emotionally challenging so I started saying I can do uncomfortable things.

Heather Vickery 17:41

oh now that i'm all into. That's my catchphrase, everything we really want is just on the other side of uncomfortable.

Heather Chauvin 17:47

Yeah and so like it's not hard, it's just emotionally uncomfortable and when you realize that, you're just moving through this energetic resistance and you're like, oh that's that's the store, that's the game that we're trying to play. We're not running away from the discomfort, we're running towards the discomfort, but when I heard I can do hard things it's like, oh no I'm purposely trying to make this hard and suffer through this because I believe everything needs to be hard. So that was a big mental game changer for me too because as a mother, as a business owner, as you know someone who values her health, like as number one priority, and and teach that to women, like we can just do uncomfortable things but it doesn't have to kill, you that's that defeats the whole purpose.

Heather Vickery 18:38

Right and that's the whole point is that it it probably won't kill you.

Heather Chauvin 18:44

Right. And we've been taught not to feel.

Heather Vickery 18:46

Yeah that's, you're right about that. And that's so much of the core of the work I do. I call bullshit on the word fearless. I say brave is greater than fearless. Fearless is for sociopaths and three year olds. And the whole point is, is to feel the fear and you know put it in your pocket and do the thing anyway. But to pretend you don't feel it doesn't, doesn't get you anywhere.

Heather Chauvin 19:11

No, you just shove it down and it comes out sideways eventually it will get you eventually.

Heather Vickery 19:17

Okay I love that visualization, that it comes out sideways. So alright, so you're building this business. You have small children. May I ask this, we haven't said what type of cancer did you have?

Heather Chauvin 19:30

So it was the stage for sporadic burkitts which meant I had little tumors growing all over my abdomen.

Heather Vickery 19:38

Oh my, that's terrifying. And you're in full remission?

Heather Chauvin 19:43

Yes, I went in remission within the first few months and then with the type of cancer the reoccurrence rate was pretty high within the first year or two and, and then I just after, after I went through traditional treatment, I kept asking myself, How good can I get? How can I get better? How can I get better? I didn't just want to survive. We know people. And I kind of felt like they just dumped me. And this isn't, they purposely didn't do this, this is just how the healthcare system works. But it was like, you don't have cancer anymore. There you go. And I just remember looking at my doctor saying, Now what? I feel like you dropped me in China, and I don't speak their language, and I don't understand the culture. And she's like, well, you got to figure it out. And I'm like, Damn, Oh, my gosh, so I was trying to run away from being sick. So I'm like, What can I do? What can I do? What can I do? I found integrative medicine. And now I, I'm just like, How good can it get? And every day, I'm learning something new and generating more energy than I ever thought possible for myself. But we're not taught this as women in our modern culture.

Heather Vickery 20:55

No, we are not taught that at all. So what would you say having and surviving and thriving through cancer has taught you?

Heather Chauvin 21:07

That the more alive you feel, that is the whole point of life, and you are worthy of feeling good. And I did not realize that for a few years. I heard it previously. Everyone's always trying to search for their purpose, like, what's my purpose? What's my purpose? And I think that's just a term that has been well marketed to. And then we're trying to find this golden ticket somewhere that we can't find. I bought into it. I was like, what's my purpose? What's my purpose, but the second, you start to feel good, and that's through any bucket of your life, your your body, your mind, your bank account, your relationships, once one area, you start gaining momentum in one area, it's connected to the other areas, and you start feeling better. And then you're like, oh, oh, I don't. Because if you ask me what my life purpose is today, it changes with the wind sometimes. And it's it's not. I think that's the question that all human beings are trying to answer. I don't even remember what your question was. But I'm just like, going on a rant here.

Heather Vickery 22:22

No. It's a good one.

Heather Chauvin 22:23

Yeah. And that, that's what my point is, is like, sometimes you start on one path, and you're like, what was I doing again? I want to go down this street now.

Heather Vickery 22:32

Yeah. I love that. A lot of people hold themselves so firmly to the path that they've created. Again, that's why I like that, those three R's reassessment, reframing, resilience, that taking the time to intentionally look at where you've been, and make sure that where you're going is still

where you want to go. Right. And so you're saying that it floats with the wind and it changes, but for some people, it's not that easy, right? Like, they're, they're so sure that that they're not allowed to change their minds. It's, it, talk about freedom, being able to realize that, just because it's always been done that way doesn't mean it has to be done that way is revolutionary.

Heather Chauvin 23:10

I'm raising a teenager right now. At school, they're asking, like, which path? What do you want to be when you're older, and he's freaking out about it.

Heather Vickery 23:18

Who the hell knows?

Heather Chauvin 23:19

I'm like, do you know how many people who still do not know who or what they want to be? I said, Honey, you have so much opportunity in front of you, like actually what makes you energized? Like, what? What makes what do you love doing? He's like, I don't know, like, you got to follow those breadcrumbs. And like, because you do know, you're just resisting because I could, I could, you know, mirror back to you what I see you light up when you do. When you light up in your life. And, and he would probably be like, But mom, that's not hard enough, or that's not what everyone else thinks I should do. So it's like, it's like this, unconditioning, and it starts so young, even when you're trying to raise children who are conscious.

Heather Vickery 23:58

It does. And as a parent, who as a human, as a coach, an adult who spends a lot of time in gratitude, and self compassion, and empowerment and all of that I find that I'm wholly unskilled and incapable of getting this through for my children. But I'm reminded that it's simply not possible. I would be so great if they could all just learn by osmosis. But we learn by living, we learn by experiencing and doing and so I'm, I am giggling. And I love it. Because your bio says that you're a strategic parenting expert, and I'm like, That's so cool. Who the fuck is a parenting expert? Or maybe it's just that we're better. We're an expert at telling other people how to parent because it's really hard.

Heather Chauvin 24:49

But well, the funny thing about that is people are like you're a parenting expert, or like, what's your title? And I usually come back with human being and they don't like that. So then it's like, we got to put this in the bio. But here's the interesting part about parenting. I, so I started my career in social work, I helped families reconnect, and you know, whatever, come home, yell at my children. And then I was like, I'm a hypocrite, and I can't live like that.

Heather Vickery 25:21

Or you're just human.

Heather Chauvin 25:22

Or I'm human. But it felt like I was a hypocrite. Because there was no, there was no space for being human in the professional realm. It was like, This is the strategy, this is the way you do it. This is what you need to tell them, Heather. And I was like, no, not for me. So then when I went in the online space, and I started podcasting, and helping people, they're like, what's the answer? Give me the quick fix, give me the strategy. And I said, you need to lead. I said, parenting is a leadership like position. And how do you want your children to be, then you need to role model that, but have absolutely no attachment that they're actually going to listen to you.

Heather Vickery 26:04

That's it. Yeah. That's the secret to parenting. Yeah, lead by example. But don't be attached to whether or not they follow your example.

Heather Chauvin 26:12

It's annoying. And then that is the whole point of like, you know, you cannot white knuckle. And what I found was, so I, I went into this, you know, talking about mindfulness and conscious parenting, and then when I got sick, I was like, I'm done having these conversations, because I would hear women all the time. So I work primarily with women. I don't have time for this. I can't implement. My marriage is falling apart. I, I don't like my business. I don't like my career. I'm lonely. I'm this, I'm this, my mind. And I'm like, Okay, oh, gosh, oh, there's a lot of projection going on here. There's a lot of mirroring. And every time I have a parenting conversation now, this is my favorite with quote, unquote, parenting experts. They say the same thing. And when I'm introduced as that I'm like, I'm not an expert, I might be an expert. I'm, I'm still trying to figure out who I am. And I probably know my children better than anyone else. But they know themselves better than I know them. And essentially, like, what is an expert, we're all trying to master something.

Heather Vickery 27:19

Yeah. I appreciate that. It is just way harder to parent teenagers than I ever imagined. When my children were little babies and toddlers, and for any of you who are in that space, it the days are so long, and you feel like you're going to be stuck there forever. And even if you're, if you're intentional, and you're present, and you're loving it, and there were moments that were great like that, but it's like, Oh, this is so hard. Dude, it's so much easier when they're toddlers. For me anyway. But it's a different kind of hard. That was like a physical hard, like you don't sleep enough and you're running around. And this is some sort of emotional. It's a mind game. I was not personally prepared for how much it would hurt when they detach.

Heather Chauvin 28:18

The grief.

Heather Vickery 28:19

There's so much grief when I say they don't need me anymore. And my friends like, oh, they'll always need you. And I'm like, Oh, it's different. Of course, they need me then. I'm their mother, but they don't need me to survive. They don't need me to make their meals or, you know, they

don't even need me to drag them around anymore. They don't need me. Now they have to want to need me.

Heather Chauvin 28:40

Yeah. Have you ever. I always, I'm so now when I watch like movies, and I see puppies being taken away from their mother, like, Oh my gosh, I know how she feels. She just gives birth to these things, raises them for eight weeks, and then they're gone. And then you know, like, it's just so painful. And it's just, you have a grief. And my mom actually lives with us, which is a whole other can of worms. It has been personal growth on steroids. But I look at her completely different now and time, you know, seasons that I had in my life. I'm like, I'm so sorry.

Heather Vickery 29:21

Like I apologize to my mom all the time these days.

Heather Chauvin 29:25

Every time you look at a woman, you're like, Wow, you are so strong. The things that we have to go under go that, you know, are done in silence.

Heather Vickery 29:33

My mother used to say I hope you have a daughter just like you. And I would say me too, because I'm perfect. And then I remember a couple years ago I called her I was like I have a daughter just like me and I'm really sorry. So sorry, I was an asshole. She's like, it's okay. I love her. She's like, Oh, it's okay, honey. I forgive you. You came back. It was okay. I'm like, okay, that's helpful. That's very

Heather Chauvin 29:56

Like you called me Heather. Like it was inevitable.

Heather Vickery 29:59

Yeah. Exactly I had a name to live into. I love that. You've mentioned your book earlier. Tell us about your book. And I'd love to hear a little bit about your writing process.

Heather Chauvin 30:09

Hmm. Okay, so Dying to be a Good Mother is about essentially how we kill off parts of ourselves as women to be good in the world. And there's so much as every time I talk about it, it's just there's another layer and another layer. It's a prescriptive memoir. So I tell my story through cancer, but I also tell my story about how parenting was my awakening and opening, I was actually 18, when I had my son, when I became a mother. And I just remember looking at him thinking, I need to become the person that I most desire you to be. And it's intriguing, because, you know, culturally, we're taught to give, give, give, give, give, and that's what good is in the world as a mother or a woman. And I think now we're really starting to debunk that and wake up to it, actually no, that that's not beneficial. And one of my actual loves, is teaching parents how to read and understand children's behavior. Because I truly believe that when we can just see

people for what they're experiencing, like they're not angry at us, they're not mad at us. They're projecting how they feel. This is how we create connection in the world. And, again, you can be fully alive yourself, being brave, going after what you want, and desire- doesn't happen overnight. And that's what the world needs from you. And that's this quote, unquote, secret that everybody's searching for.

Heather Vickery 31:39

I love that. And also, I'm amazed at how remarkably mature and intuitive you were as an 18 year old to say I need to be, you need to be the person I want you to see yourself as, because I was 38 when that happened. And I had four kids. And I remember that moment like it was yesterday.

Heather Chauvin 31:59

Yeah, I feel like I came out of the womb 100 years old, to be honest with you. Like, it took me a really long time to say, Oh, I feel aligned now. Like my my soul. I've always felt way older, like old old old soul. So yeah. And the older I get, the more I'm like, Okay, I think my soul is aligned my body now.

Heather Vickery 32:22

I have a really good friend who used to say that, he said, I was born old. And every year I get younger, I get closer to being balanced. That's fascinating. You're only the second person I've ever heard say that. But I think it's something cool. So the first of all, I love the title of your book, where can folks find it? We're gonna put it on, I should, I do want you to answer that question. But we're gonna put it in our show notes. And we have a bookshop.org page that has The Brave Files library. So we'll make sure it's there. But otherwise, where can they find it?

Heather Chauvin 32:52

I made it really easy for everyone. So they can just go to DyingtobeGoodMother.com. And we also, there's a link there to everywhere you can purchase the book online, you could probably Google it and find it everywhere as well. And we also have a downloadable workbook, it's 27 pages to go along with the book that you can download for free.

Heather Vickery 33:11

Oh, that's awesome. What a great resource. Thank you for sharing that. It sounds to me like your mission to actually live to live fully. And to be part of that experience is a very celebratory way to move through life. And one of the questions that I ask every week to each guest is how do you like to celebrate? I didn't mean to put words in your mouth, but does that feel that way to you like it's a series of small celebrations.

Heather Chauvin 33:41

So I want to laugh because celebrating to me feels like receiving. And as somebody who I mean, we all have trauma in our lives, but I think that's something I'm still working on, which is celebrating. Learning how to really authentically celebrate is, is a skill that I'm still developing,

like letting it seep in, you know, all the way in through the skin. But I remember when I wasn't living, and this is you know, pre not even children but in my whole life just surviving just existing and feeling like I was borderline going to die. I didn't know how to feel I didn't know how to feel the good and I think I'm still in recovery for that have like really knowing how to celebrate myself.

Heather Vickery 34:33

Oh, that's so interesting. And I so appreciate that perspective. And the notion that you feel that it is receiving because I actually think that it is an external process an emotion because most forms of celebration involve. It can be anything but you know pumping your hand and shouting that's amazing or telling somebody that you love or sending a text, or declaring on social media, or going out to dinner. Like kind of depends on what the celebration is, I got out of bed today, but whatever. And and what science tells us, particularly positive psychology, is that when we share our happiness, it's contagious.

Heather Chauvin 35:21

Yeah, I agree.

Heather Vickery 35:23

So it is so interesting to me to hear you say that it's a receiving. And I'd be curious to know if if, after this conversation, you'll have to let us know if you look at it. Perhaps it could be receiving and giving and how it can create joy and gratitude for the people around you as well.

Heather Chauvin 35:42

That's so interesting, because when I hear celebrate, I feel like it feels selfish. But when you reframe it, and when I say selfish, I don't physically mean selfish. Yeah, I mean, it means individualized. Yeah, but my love language is acts of service. And I would rather give everything away. That doesn't feel like celebration. To me, that feels like purpose.

Heather Vickery 36:05

But it is celebration.

Heather Chauvin 36:07

I know. It's so weird.

Heather Vickery 36:09

Yeah, cool, right?

Heather Chauvin 36:11

I guess I've been celebrating, I just I do it. I've always thought of it as like, giving my husband gets so annoyed with it. Because I'm like, it's like, what do you want for your birthday? And I'm like, go buy this for this shelter. And he's like, Oh, my God, you're so annoying. And I'm like, I just, I want to give, I want to give, that makes me so happy to make other people happy. So yes.

Heather Vickery 36:30

Yeah. I love it. There are so many ways to celebrate. And it brings it just brings joy celebration in the form of giving your time or your energy. Last night, I had a really great client when and I literally started dancing around my house like a weirdo. And my partner was so tickled and excited that she got up and started dancing. The next thing you know, we're joyfully dancing in the living room. And that is an external proof that that celebration, brings joy and connection and community. And yeah, we'll live into that.

Heather Chauvin 37:05

And yeah, and I like how you say it's contagious. Because it is. It's just, that's the virus we all need to be getting.

Heather Vickery 37:13

Absolutely. My own mentor used to say celebration is a lost art and hearing, you know, going through this conversation with you, I feel like that's really very, very true. And just like everything else, you've said in this whole conversation, if we want to do it have to be very intentional about inviting it.

Heather Chauvin 37:34

For sure. That's all the feeling.

Heather Vickery 37:38

Yeah, very cool. I so appreciate that. Well, I also get to ask, these are the two questions that I ask every single week. And so this one is really near and dear to my heart. What is your favorite charitable organization to support?

Heather Chauvin 37:50

So when you asked me this, or when I knew this question was coming, I had about 80 things go through my mind. But I will tell you one that I personally have been a part of that I love giving back to his Big Brothers Big Sisters. I was a big sister and I it just brings me so much joy to allow children to experience like what true connection is when someone else feel again, coming back to celebrating, allowing people to to experience true connection with an adult, or someone who's a little bit older than them to be like I got you, I see you.

Heather Vickery 38:23

I love that. And that's a magical way is to help others celebrate, which is clearly external. That's a wonderful organization. listeners, I asked you this every week, and I really hope you listen. If you don't already know your local boys and girls chapter get to know them. They're going to be our charity of the week, we'll have all their social media links out on all of our social media platforms and in the show notes, and do what you can give what you can even if that's just a little bit of a social media love or presence or like or whatever, if you have time or money. do that too. Because it's always been so but right now this time and space that we're in right now. Coming together as a global community, to love and support and celebrate with one another is

what's going to get us through. It's what's going to make the difference. I love that. Yeah, that's so cool. Well, my fellow Heather, will you share your three words with us one last time,

Heather Chauvin 39:22

Courage, energized and authentic.

Heather Vickery 39:25

And I feel all of that for you. I do want to I want to play with energised for just a moment and hear what your motivation is with that word and what you mean when you say it.

Heather Chauvin 39:37

Oh, dang. It means so many things. I feel like energized and alive are very close for me, but it's just like not feeling dead inside. It's like things have moved around like these conversations to me are energizing. Like I get so excited. It feels like energy in motion. It's it's just movement, excitement, but energize like, I feel strong I could go, go, go. And there's a lot more to give.

Heather Vickery 40:04

That's beautiful. I love that. Well, I think that your your neat chick, and I hope this okay didn't offend you with the word chick.

Heather Chauvin 40:11

I love it. I love it. I'm over here like giggling and like, awe.

Heather Vickery 40:17

And I really appreciate your your honesty and your, you know, your willingness to be like, yeah, my bio, totally said, I'm a parenting expert. But what does that even mean? But you have such a gift of way of helping people look at things from a unique perspective and to come at it from a different angle and to be creative in their approach. And that, that does seek an expert touch. Lots of people get good at maybe doing that for themselves. But to be able to do that, for other people, is a special trait. And so I'm so grateful for what you give out and into the world. And it's I'm so thrilled that you came spend some time with us.

Heather Chauvin 40:55

Thank you. I love this conversation. And Heather, I truly, not only because your name is Heather, but you, you create a unique space, especially in the online platform like podcasting. I just love listening to the conversations you have with people. So thank you for putting yourself out there as well.

Heather Vickery 41:13

Thank you so much. I appreciate that. listeners, I hope that you enjoyed yourself and you're feeling a little bit more courage towards a living, and energized and authentic life from this. I would love to know what you think. Give us a call at 312-646-0205. And share with us what you loved about the episode, what you'd like to see more of or maybe even just how you're out

choosing bravely every single day. I want to remind you that if you are looking to be here now, to be Brave on Purpose, come and join us in our Brave on Purpose collective. It's a Facebook group that's totally free and filled with the coolest people you will ever know who are committed to helping themselves and one another step out of fear and into bravery in every possible way. Just search up Brave on Purpose when you're in Facebook, answer three little questions and we'll see you there. This is Heather Vickery reminding you today and every day to go out and choose bravely. Hey, friends, I want to share something really exciting with you. We already know you enjoy listening to podcasts because you're listening to this one. But I'm also betting you enjoy audiobooks. And hey, listen, if you don't already enjoy audiobooks, then it's time to check them out. That's why I'm really excited to share [libra.fm](#) with you. They are an incredible new platform for listening to audiobooks. And by choosing [libro.fm](#) over other audio book services, you are supporting a local bookstore of your choice and investing in your local community. [libro.fm](#) offers over 150,000 audio books via their primary platform, which by the way, they built with love and from scratch because they're a small business also. They even offer bookseller recommendations for great audio book options. You can sign up right now via [www.VickeryandCo.com/libroFM.com](#), that's [VickeryandCo.com/libroFM.com](#). And when you do, you'll get one free audio book of your choice. And the proceeds will go to your favorite local bookstore. Now check what I just said there, you're going to get a free book and the proceeds are still going to go to your local bookstore, because [libro.fm](#) makes sure that their booksellers get paid even when they give a promo to customers. I've listened to over 20 audiobooks this year alone. I especially love listening to memoirs read by the author. And it feels great knowing that all of my purchases support my local bookstore, The Book Table in Oak Park, Illinois [libro.fm](#), the same audio books, the same price, but a completely different story. Check them out right now at [VickeryandCo.com/libroFM.com](#). Have you ever thought about starting a podcast? Maybe you've had this thought and then quickly shut it down? Because who has the time? Or you don't know how or gosh, it just all seems too hard. If you have something to share with the world, we want to encourage you to get your message out. The world needs to hear it Did you know that 50% of all homes are podcast fans. If you've ever wondered about having your own podcast or how it can increase your business, or get your message across, then please join me and the other experts from the Podcast Power Academy for our monthly free q&a session. It's called So You Want to Start a Podcast? This casual level conversation will help you understand how podcasting can be a great decision. Why now is the best time to get started, and how to get into action with it? Visit [PodcastPowerAcademy.com](#) to learn more.

Heather Vickery 45:17

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