

The Brave Files Podcast
Lekeshia Moore: The Unicorn of Minorities
Episode 169

Heather Vickery 0:04

Hi everyone, this is Heather Vickery and you've tuned in to The Brave Files Podcast. Happy Pride Month brave ones, for those of us in the LGBTQ community this month is about celebration and love and honoring all that makes us wonderfully unique. The fight for LGBTQ rights goes on all day, every day, and it's often difficult and sad, and really a struggle. But in June, in June, it's all about joy. So I want to know, how are you celebrating pride this month, give me a call and share your thoughts. I want to hear all the fun details, you can call it 312-646-0205. And I'm also wondering, my dear brave ones, if you have joined us over in Brave on Purpose, yet it is our Facebook collective that's totally free and filled with very cool people just like you who want to leverage their fear into intentional bravery because they know that when they do that, they choose bigger things for themselves. They have way bigger payoffs and it's contagious. It's an incredible community. And I want to see you over there. So just go over to Facebook, search Brave on Purpose, answer three little questions and come hang out with us. Okay, so this week, I talked to an absolute inspiration. As a black bisexual female veteran with an invisible disability, Lekeshia Moore calls herself the unicorn of minorities. After years of trying to make herself fit in conventional boxes. Lekeshia decided to create her own damn box with courage, compassion, a lot of patience, and a little time. Lekeshia now lives a life full of pride, love and gratitude. I cannot wait to introduce you to her. So let's get started.

Lekeshia Moore 1:55

Indefinable, necessary, and powerful.

Heather Vickery 1:59

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. Oh, you all are in for a treat today. Um, so I have really, really been looking forward to this conversation for a couple of months now. Today's guest is an incredible human named Lekeshia Angelique. She is living her life out loud, and helping others have difficult conversations that create gigantic shifts, she calls herself the unicorn of minorities as a black bisexual woman veteran who has an invisible disability. Y'all, she's a badass, she's leading with empathy. And from her firsthand experience, her journey is one that really ignites hope and joy, and I'm super excited to have you with us. Welcome to The Brave Files.

Lekeshia Moore 3:24

Oh my god, thanks so much for having me.

Heather Vickery 3:28

I think you are just a ball of energy and and wonderfulness. And I love your approach of empathy. And I want to get into your story. But I dig on this right now. Like as we first start, because to be at the intersection of all of those different types of minorities. It's, I imagine that you are able to be more empathetic, right? You can see where it's not so cut and dry for everybody in all of these different spaces.

Lekeshia Moore 4:01

Absolutely. And that's why I think that empathy is actually my superpower where it kind of holds a lot of people back. It's, it's definitely my superpower.

Heather Vickery 4:09

Yeah, wow. Okay, first of all, that ,I love that because whenever I teach a workshop, we start with superpower, what is your superpower? So I should make that part of my regular brave files question. What's your superpower? I dig it. And empathy is a pretty kick ass superpower to have. And a lot of people don't and we learn to grow it. So tell us a little bit about about who you are. But But your awareness of being in an active part of all of these minorities, some of them obviously, you didn't have to aware into some hope that you just knew right away, and then how they all play off of each other. Yeah, I think that's where I want to start. There's a lot of things I want to talk to you about. I'm really excited.

Lekeshia Moore 4:57

Yes. So like I said, empathy is one of those things that is just in me, right and having, being a woman and being a veteran and having an invisible disability allows me to really get on the level with people when they're in need. And it took me a while to really understand that that was my superpower, because for so long, it was something that is ingrained in us to shy away from right, because empathy is usually synonymous with weak or sensitive. Sensitive I got a lot.

Heather Vickery 5:32

Yes. What a misnomer.

Lekeshia Moore 5:36

Yeah. I got that a lot. So being sensitive, or being someone who now I say, I'm in tune with my emotions, and I have a range of emotions, and I like to express a range of emotions versus Oh, you're just being sensitive. It really just gives me this different insight into people. And I've been a people watcher, I guess from from a wee little one. So it's allowed me to really understand people and how they think and how they move, just observing.

Heather Vickery 6:09

Yeah, I really love that. It's an underrated skill to observe. Well, I think everyone is so and I don't mean this in as bad of a way as it sounds, but it's so self centered, so self focused, that observing is something that we often miss, what's that old saying, You have one mouth and two ears. So you can listen twice as much as you talk, but most people don't. And yet, still, we've struggle, people don't tend to care for themselves properly. self care, which is a buzzword, but a

really important word like is by the wayside because especially as women, we're told we need to sacrifice ourselves for the greater good and give everything for everybody else, even if we're not told that this society really tells us that yes. And so this listening is important. You said you've been an observer from the time you were a little child. Can you give us some examples of that?

Lekeshia Moore 7:09

Yeah, so I'm the middle child. So you know, getting. Yes. And I would say, Oh, I don't even I don't have middle child syndrome. Who even knows what that is, right? Until I really understood that, you know, my brother and I are Irish twins. So we're a year apart. Exactly. Our birthdays are in, in July, and my sister's three years older. So my sister was self sufficient. You could get herself out of places, you know, walk, do all those great things. My brother was a tiny baby. So my mom would grab him. And then here I was left in the middle. Just sitting in the car and looking like, someone should probably get me. So the running joke is the forgotten child, they just leave me in the car. And then they'd realize, Oh, wait, we left Kesha and go come back for me. And I just sit there contently. Like I know, they'll come back. They'll realize soon.

Heather Vickery 8:01

What a patient human.

Lekeshia Moore 8:05

And just from there, my mom was like, you were always just different. Like, you've always just set you played alone. You know, you just watched people and you were just into yourself and not didn't require much. So I took that with me probably throughout my life, you know, being that I didn't need much attention, so I thought

Heather Vickery 8:24

I was gonna say that seems dangerous.

Lekeshia Moore 8:29

And so it caused me to kind of go through some deep dark times, as well. So hit some depression and things being like, hmm, do I really not need attention? I think I do. Two times divorced, trying to just fit in molds that didn't quite fit me. So that's why I'm free from labels. Even though I fit into all these boxes, I didn't fit in the boxes.

Heather Vickery 8:58

Now that's, that's a big statement. And I would love to explore that a little bit more. I understand. I'm certainly just having a conversation with a client literally in the last hour about not having to fit in the boxes, except that we somewhat desire it because it makes us feel like we fit it sounds to me, would you say that you've sort of created your own box you're like for lack of fit into all of these boxes. I'm just gonna make one or not.

Lekeshia Moore 9:31

Now uh, now at this almost 40 year old self I've created this box of this is just who I am and I'm living, like you said, living my life out loud. You know, prior to that, of course, I was trying to

please everyone but myself and I've gotten so lost and trying to be what everybody else thought I should be that I didn't even know who I was. And it took me a while to you know, really go on a self finding journey to find out you You know, it's because of these boxes that I'm having so much difficulty. It's because of these boxes that I'm, you know, marrying divorcing, because I'm not happy. I'm marrying people that I think, you know, my parents will approve of and think society will approve of, and that fit, you know, success and all of these things, and it's just making me miserable inside.

Heather Vickery 10:28

I've been down that journey. And would you say for you, was it conscious that you were making those choices? Because you thought your parents would approve? Because you thought society would approve, or were you just doing it? Because it was almost rote? Like, well, this is what you do now.

Lekeshia Moore 10:46

I think it was a combination of both , because there was a thing like so I, in finding myself, I was really trying to trace back to, like, where is this coming from? Why am I doing this? And I was a teen mom. So I got pregnant at 15 and had my son at 16. Yes. So that was the most devastating probably time of my life, not because I had gotten pregnant. But because of the disappointment I was to my parents, my dad, like was like, I'm so disappointed in you and like that moment stuck with me for the rest of my life. So I became a over achiever, because I needed to prove to everybody that teen pregnancy didn't, wasn't going to define me, I was still going to be successful, no matter what. So the fitting in the boxes, you know, to get out of the teen mom box is what I was driven to. And it drove me almost in a grave. Honestly.

Heather Vickery 11:45

I can see that that intense urgency to be approved have to always do something for approval is such a deadly and dangerous position to be in. Tell me what happened after you had your child.

Lekeshia Moore 12:02

I graduated early. I graduated at 17. And then I joined the army at 17. I turned

Heather Vickery 12:09

I didn't know you could join the army at 17.

Lekeshia Moore 12:11

Who knew? Right? You can, your parents have to sign for you. They signed. My father's military as well. So yeah, they signed for me to be a minor in the military. And I was off two weeks after graduation from high school, joined the military. And again, miserable. Because it wasn't what I wanted to do, but it

Heather Vickery 12:35

You were a kid. was a kid. Who had a kid. where was your son?

Lekeshia Moore 12:38

My son was with my parents. So they watched him while I went to basic training and completed my training and got to my first duty station, which turned out to be right back at home. So it kind of worked out.

Heather Vickery 12:47

Oh, well. That's good.

Lekeshia Moore 12:48

Yeah. But I came back home and I hated it though. So I got married.

Heather Vickery 12:57

You got married because you hated your job.

Lekeshia Moore 12:59

Yeah.. So I could get out. Yeah. And be you know, stay at home and figure out what I was going to do. So I did that. I stayed home with with my son and actually ended up getting pregnant with the twins like right after that. So yeah, so I was 19.

Heather Vickery 13:16

Now you're your baby with baby three babies.

Lekeshia Moore 13:20

And then I decide to go back to college. And that's when I really was like, You know what, this is not the business right here. You know, I need to, I don't want to be a stay at home mom, I enjoy working. You know, I enjoy being driven. You know, I had goals and dreams and all these things. And I didn't want being a mom to stop me from doing all that. And so I went back to school get a degree in criminal justice. Because I want to be the police or something. I don't know. Again, I'm still a child with children. Thinking that I wanted, I think it was like the FBI because growing up all I did was read books like Nancy Drew was like my jam. And I watched Silence of the Lambs probably more times than I'd like to admit. And I just had these dreams of like, chasing down serial killers and doing all this stuff. So yeah, I went and got a degree, a master's degree, mind you too, and in criminal justice, so and did absolutely nothing when I started working in HR.

Heather Vickery 14:24

There's just a level of learning but all of it shows such masterful resilience. And it sounds like at that point in your life you shifted from I'm going to do something so that other people approve to I'm going to do something that I want to do.

Lekeshia Moore 14:40

Yes, yes. I think that was the only way I made it through college honestly. Because if I would have went for like something, oh, you're going to need to get a good job in like HR go for an HR degree. I definitely would have dropped out that is HR is so boring. That's what I did. After I started working for the government. I was HR for 20 years and bored. Bore me with paperwork.

Heather Vickery 15:02

Sure, yeah, HR is a thankless job. That's for sure. Yeah, I think it just deserves to be spoken. I'm sure it has been. And you don't need this for me. But Holy shit, going back to school as a kid with three babies, and getting a master's degree is really super badass.

Lekeshia Moore 15:23

Thank you. It's hard to do it. And when I was doing those things, all of the things, all of my accomplishments that I would get I, it wouldn't be like, this is an accomplishment, this is something you have to do, because you messed up when you were 16. So just keep doing those things, you know, so I wasn't even like, Oh, you have three kids, and you have a master's degree? And I would be like, and isn't that what everybody does? Who, who messes up?

Heather Vickery 15:49

Most of them just continue to fuck up the rest of their life. Most people go, Oh, I guess I fucked it up. So I'll just, they'll just sit here in this space and be broken. And and that wasn't, that wasn't going to be you.

Lekeshia Moore 16:11

No definitely not like that. Proving and making up for I think it was this making up for what I had done to my parents. And that's how I viewed getting pregnant. It wasn't something that I had done to myself, it was what I had done to them, to have to call their friends and be like, she's pregnant, and she's a teenager and you know, to carry this child around, like the be around with my little belly in high school and them taking to doctor's appointments. And because I wasn't the driving, I wasn't even driving, you know. So all of these things. I just felt like I was just a huge disappointment and embarrassment to my parents, so

Heather Vickery 16:50

And it just hurts me because clearly having to live that experience was torture enough to go to school. I mean, 15 I have even almost 15 year old I have a 16 year old you were what a sophomore.

Lekeshia Moore 17:05

I was a junior because I graduated when I was 17.

Heather Vickery 17:08

Cause you graduated early. But like, right whatever torture, there was, to anybody else was going through yours had to be so much worse.

Lekeshia Moore 17:19

Definitely torture. And I was the only one in my school who was pregnant at the time. The following year, seemed like everybody was pregnant, but seemed like my junior year. Nobody was pregnant. So it was the whispers and you know, all of those things that happen when you're in high school with the mean girls, and yeah, it was really bad. I couldn't wait to graduate, which

is why I was out of there early. And two weeks after graduation, you know, went off to boot camp, because High School was pretty much a miserable experience for me. Yeah. And I was talking to about this the other day too. And postpartum depression wasn't a word that I had in my vocabulary back then. I don't think anybody really had back then. And especially with a 16 year old, like, oh, you probably have postpartum depression. And I think that kind of started my mental health like journey of, even though I'm dealing with this postpartum depression of being a teen mom, I need to get my schoolwork done. Make sure I graduate, make sure I lose this weight to get into the military and, and then you know, then leave my child to go into the military. Definitely depression was was was there and I work through it by just continuing to work, work, work, achieve achieve achieve, press it down, don't pay any attention to it. And maybe one day it'll go away.

Heather Vickery 18:41

Which of course it didn't.

Lekeshia Moore 18:44

It grows into a big huge monster.

Heather Vickery 18:46

Yeah, I mean, I have four daughters and two teenagers and the depression and the difficulty of just been a teenager enough, is it's all already hard. I just can't imagine so share with us. At what point in your life and in your journey did you go I don't have to do this. This does not to be like this.

Lekeshia Moore 19:15

Really took me till probably I was in my mid 30s. After my second divorce of the twins father, married again, quickly divorced. This one was shorter. The first one lasted about eight years. This this one like 18 months like divorce. I just couldn't do it. I was like, No, I can't. I was even more depressed to the point where it was like, Okay, this is it for real. This time. You know, this is when I started to realize that I didn't want to be with the men anymore. I wanted to be with a woman. And so all of that emotion and the stigma that was going to come with divorcing and being with women and but you were with a man and you know, just the how confusing bisexuality is to the whole world, right? And again, being that embarrassment to my parents, having to tell people, oh, she's with a woman now. And so all of those kind of emotions came back up, as if I was like, 16 again, and having to tell them that I was pregnant, you know, now it's this, I'm bringing a woman home. Here's my girlfriend.

Heather Vickery 20:25

I am very curious to know how that went over. I'm thinking of all of these. And I'll be really transparent stereotypes that I have heard from, from a military bracket background and the folks that the LGBTQ folks I know, in the black community tell me that, that there's a huge stigma, homophobic stigma in the black community. I'm super fucking white. So I don't know that firsthand. But I've heard that like, all of these different ways, like what was that experience like?

Lekeshia Moore 20:58

Absolutely. There's definitely a stigma and especially in the military. So no matter what anyone says about don't ask don't tell being repealed. Please don't ask, don't tell., because it does definitely affect your career. So you know, being that goes into that compartmentalizing. So there's parts of me that, you know, I can hide and that I can't hide that was a part in the military that I still was like, not forthcoming with people were would just assume that there was a man somewhere hiding in my life because I had kids, so I didn't correct or say anything to the contrary, until probably five or four or five years ago. Yep. And then for this for my family, some days, my mom is just like, yeah, this is it. And then someday, she's like, so is this phase over yet? Or is it gonna be over? It comes into phases. Because, you know, first it was like, okay, that's her little friend. And then we got engaged, and it was like, Oh, my God, she's keeping her. She's really doing that. And so now the wedding is next month. So now it's just like, Okay, this is I'm gonna now have to tell people that Kesha has a wife and I honestly don't. I'm waiting to see what that sounds like coming from her mouth. So we'll see.

Heather Vickery 22:31

Okay, your wedding is just now coming up. I don't know why I thought you were already married.

Lekeshia Moore 22:34

It's coming up June 25.

Heather Vickery 22:36

Ah, congratulations. This is really fresh and raw for you. I don't know why I didn't realize that. I thought maybe you had a few more out years under your belt.

Lekeshia Moore 22:47

Yeah. Well, we've we've. So 10 years now. I've been out. But just you know, in us getting married or getting engaged. We've been together and living together and just decided

Heather Vickery 23:03

Well, congratulations.

Lekeshia Moore 23:05

Thank you. We're excited. We're headed right off to to Grenada. So I'm super excited about that.

Heather Vickery 23:12

I would want to go anywhere not home right now. After year in lockdown. How did your kids take the news that you were in love with a woman?

Lekeshia Moore 23:25

My kids are absolutely amazing. So when it was like, me and your mom are dating, they were like, goodbye. We already know, shut up. Like, what do you think you're doing here? Like, do you think there's a secret like they knew already. And the little ones, of course, they were tiny, tiny. You know, they were they were smaller. So it's been normal for them like so. Even like at

school. They're like, I have two moms. And you know, the kids say something like, Oh, that's weird. They're like, like, Why is that weird? They don't understand. But my son, I think my most nerve wracking conversation was probably with my son because he was a teenager, and he's a boy. And it's like, how is he going to take this is gonna be embarrassed of me now. And now they think it's the coolest thing ever, like, and their friends too. They're just like, oh my god, it's so cool. You have two moms?

Heather Vickery 24:20

I love that. So have you been surprised by by the times and the folks that you didn't get the expected pushback from?

Lekeshia Moore 24:32

Yeah, I was definitely surprised by my son. I don't know why I just assumed that he'd be like super upset but he's such a good kid. I should have known better. My mom I was I was definitely not shocked. At all. I knew I expected expected her to my grandmother still doesn't know like, I think I don't know what she's waiting for. Yeah, I don't know what she's waiting for. She's waiting to tell her. I don't know she's waiting for like, let's see if she really gets married.

Heather Vickery 25:02

Yeah but 10 years. How do you, has your fiance not met your grandmother?

Lekeshia Moore 25:07

No, she has it. So my grandmother is sick. And I haven't been with my fiance for 10 years for the whole 10 years. So I had a girlfriend previously, a six year relationship. And then that ended and then now I've been with my current my current fiance, spouse, I'd say girlfriend and she'd and she kill me, my fiance. So two, two long term relationships with females, and yeah, so no, we haven't gone because of COVID. And we haven't gone to Fayetteville, which is where I'm from North Carolina, but I live in Tennessee. And as when my mom comes here, she doesn't bring my grandmother because she can't really travel. She doesn't like to be away from home. Like she refuses to leave like the confines of her house, even before COVID. She's just like, no I'm not leaving. I love it here. So yeah, so no, she hasn't really met her. And honestly, I've been thinking about this, like, this has been on my mind, like, what will they say when we are all in the room together? Because I imagine it will be the next holiday season. So next year holidays. Will it be, this is Keshia's friend still? Or will she just ignore it completely? Just act like she's not there.

Heather Vickery 26:17

Do you get a say any of this? I mean do you have a relationship with your grandmother? Could you tell her?

Lekeshia Moore 26:21

I do. I do. I could. I could. I definitely could. But at this point, like, I'm not sure if she would understand what I'm saying. over the phone. That will definitely have to be in person. Yes. Yeah.

Yeah, so definitely have to be in person. And I mean, and their Southern old school. You know? Yeah.

Heather Vickery 26:48

I don't envy that situation. I recall my grandmother, my mom's mom was the one that we were all the most worried about. My family is a bunch of rednecks from the Midwest. Love you, you're listening. And I think my mom's biggest fear, when I came out was that they would be harmful or hurtful to me, and then to her. And lo and behold, they really all surprised us a lot. They, every one of them said, Whoa, we're a little confused, because I'd been married to a man for a decade and had four kids. But you're ours, and we love you. And I actually did a solo. My only ever solo podcast episode was this past Thanksgiving. And I told the story that I about coming out to my grandmother and about how I was, you know, constantly afraid to then I came out to her and she was fine. But we just didn't talk about it. It just wasn't a thing. But right before she died, we had a phone conversation. Just days before she died. We had a phone conversation. And as we were hanging up, she stopped me. And she said, however, I want you to know how proud I am of you. What you did had to be very hard. And I think you're really brave.. So I tell you that story. I do not know your family. And I do not know your grandmother. But what I learned from that was perhaps if I speak my truth, I give people the opportunity to love me as I actually am instead of what they want me to be. Yeah. I hope that for you. Yeah, for sure. I'll let you know. I'll definitely keep you posted. Please let me know. I really hope that for you. I just trust yourself and you're listening to me this magical laugh and this wonderful energy that you give to the world. And I just hope that you let give them the chance to see who you are and will love the hell out of you.

Lekeshia Moore 28:55

Yes. I don't think they'd love me any less. I think that the questions and like how does that work? You know, all of that. Those type of questions would would come afterwards. But yeah, I definitely look forward to next holiday to bring my wife to Thanksgiving dinner.

Heather Vickery 29:15

Yeah, oh, I definitely can't wait for an update on that. Okay, so I just I love all of this as you have gotten more comfortable with yourself and started to do things for your own sense of joy instead of appeasing other people or making sure people approve or like you. You did some cool things right? You quit this 20 year boring as HR job. Start your own diversity and inclusion company. Right?

Lekeshia Moore 29:46

Absolutely. Yes. I think that's been the bravest thing I've ever done in my life.

Heather Vickery 29:53

Interesting. You've done a lot of things.

Lekeshia Moore 29:55

I've done a lot of things. Yeah. And I definitely think that was the bravest right? I compare it to joining the army people, like you have to, you know, shoot weapons and, you know, march for many miles and do all of these extraordinary physical things. And yeah, nothing compared to quitting my job, moving in with my fiance, because independence was key for me like being able to make it on my own was something that I really was really driven in me. So relying on someone else, quitting this job and starting a business was definitely not something that I would have done like my family is you go to work, you get a good government job, you retire from that job, you get your pension, and you work until, until you can't work anymore. Like my dad's still working, like he doesn't have to, but he just is like, you're just you just have to work, you just get up and you go to work. Like he doesn't even know why he's going anymore. He just goes.

Heather Vickery 30:52

So that's, what did they say to that? When you're like, by the way, I'm living this very secure job where I have all these benefits and started my own business.

Lekeshia Moore 31:01

My mom flipped out like not not only because I was quitting my job, but moving in with a woman like she's like, you're independent. Why would you do that? Why would you give up your house, you know, I had this big house, and, you know, my cars and me and the kids were living our best life, you know? And she was like, why would you give all that up to move in with someone? And I was like, it's not just some random stranger. It's my girlfriend soon to be fiance, I hope and wife and she's just like, I just don't understand it.

Heather Vickery 31:33

Yeah. Wow. your business, your company is called Genuine Allyship. Is that the name of it?

Lekeshia Moore 31:39

So no, it's Lekeshia Angelique Consulting and Genuine Allyship is what I teach. Yes.

Heather Vickery 31:45

Okay, that's the class. And I love that. So I was looking through my notes here before we chatted and I actually really love that name. My partner is also in the DNI area. We've talked about that. And I think I introduced the two of you.

Lekeshia Moore 32:01

Yes, we have a great chat. Yes.

Heather Vickery 32:02

And you should know each other. But what I love about this space, the DNI space is that there are so many different ways to do it. And they all hold value. Like it's not like once you've done it in one way with one person, you're done, right? Because these perspectives and your perspective of approaching it from a space of empathy, I'd love to hear a little bit about that, just why you created that and how it helps people.

Lekeshia Moore 32:33

Yeah, so I just saw this huge need in the wake of, you know, everything that happened the summer of last year with the George Floyd murder. And all of these consultants and diversity experts and new jobs with titles of like belonging, manager, and all these great things started to pop up. And I was like, are they really doing the work though? Do they really have the base to really do the work, you have all these pretty spreadsheets that come out. And there's a gap between theory and actual practice. And what it is, is bringing that empathy back into the education so that we really create spaces and places of belonging and that is the key to Genuine Allyship.

Heather Vickery 33:18

I love that. I actually think it's this the key to life.

Lekeshia Moore 33:24

Yeah. That too.

Heather Vickery 33:26

The key to life, as soon as we can recognize that our experience isn't the only experience and hold space for recognizing other people's experience. We don't have to undo. I mean, that's like coming out. It's the same thing, right? Like, I don't need you to understand. I just need you to accept it, and work with it.

Lekeshia Moore 33:53

Yeah, I think the biggest part of what I've learned is I started the business and it's growing massively is that people want to do the right thing. There's, there's bad people out there, right? We know there's bad people in the world who are all of the things that we tell them not to be, but most people really want to do something and they just don't know what that is or how to do it. Or you know, my ally ship journey, which by the way, everybody should be on an ally ship journey, because even if I am this unicorn of minorities, I still have to work at being an ally for the people who are not the the way that I am, you know, they're the transgender community, all of these things that I don't have a lived experience in. I'm learning to be allies for and I have to understand that there's an education gap. I need to understand you before I can help you. So understanding that and yeah, just knowing that everybody should be trying to be the best ally they can be to whoever they can, they can help. We all have privilege, we all have it.

Heather Vickery 35:03

I appreciate you saying that. I really do think it's true. And all these things can exist at once. We all have privilege and we have privilege we can use, and we can be others, and we can struggle and things can be hard. And all of these things coexist. But it's too important to be open minded and willing and empathetic and to hold space for everybody's journey, even if it feels really foreign to you.

Lekeshia Moore 35:37

Yes, yes.

Heather Vickery 35:38

Yeah. And I feel like for you, Lekeshia, you've, this seems to be a running theme. Right, like from being a 15 year old, who's pregnant, like this idea of, of almost, of needing this, of needing what you're giving to the world right now. That's probably what the 15 year old you needed was somebody to be empathetic and hold space for you. And you had to do it yourself.

Lekeshia Moore 36:05

Yeah, I always tell people like, as my coaching clients and the people that are in my space that I had to become the coach, the mentor that I needed. And because we're all on these different journeys, it looks different for everybody. So it's hard to really say, you know, this will work for this one person. So becoming what I wanted. And what I needed back then, has been so instrumental to I think my success.

Heather Vickery 36:34

Absolutely. And we teach what we most need, what we most need to learn. I think all of those things are true. What would you say if you look at it, you're still so young, you're younger than me file quite a few years. But you've done a lot of living, there have been a lot of, I always say I lived three full and complete lives before I got here. I feel like you're a little in that, that boat, but what would you say has been the biggest surprise joy?

Lekeshia Moore 37:06

Oh, the biggest joy, I think was really finding at first, you know, honestly, I would say it was like, Oh, it's my kids and watching them grow into these beautiful adults that they are. But now I know the value in my biggest joy being finding myself and finding what I believe to be is my absolute soulmate. Like, we didn't talk about how we met and everything but I saw her a year before we spoke words to each other and knew we would be married without saying a word from the back so you can see it from the front from the back. I just had this feeling in this image of us getting married at the first time I saw her so and here we are about to get married.

Heather Vickery 37:52

I love that story it sounds to me, are you an intuitive person?

Lekeshia Moore 37:57

Typically not but this that, which is why it makes it that much more like amazing to me like if she, if I had not gone home and told my brother the story of the feeling that I got when I saw her and and ranted to him about her every single day until she spoke a word to me. She wouldn't have believed me at all. But he was like, oh, when did the first time you saw her like, Oh, this is the girl you've been talking about forever that I'm sick of hearing about you know, and I was like, Yeah, sorry. I told you. I was like, I've been dating you for a whole year in my head.

Heather Vickery 38:32

That's either the sweetest thing she's ever heard or the creepiest. Since you're engaged, I'm gonna go with sweetest .

Lekeshia Moore 38:38

Yeah, it could have been a really creepy, right? Yeah.

Heather Vickery 38:43

I love that story. I'm so glad that you told us that. And I really love that you'd like the greatest joy is finding yourself is getting to be you. And I will say I feel that I really feel that like getting to be this version of me this real authentic, honest, true version of me. Without, I don't know if it's so much without fear. But it's without fear of consequences. Like, I don't fucking care anymore. what anybody else thinks that is beautiful and freeing and wonderful.

Lekeshia Moore 39:17

I think what I've learned is that we have more chances, right? You have multiple chances to get it right. If this isn't work, I can do something else. I know that now like before, it was like I have to succeed at this, or else but now it's like, if this doesn't work, I'll try something else. You know, healing myself while attempting to heal the world is just something I want to do. How that manifests itself may be different from what I'm doing right now. You know, we make up a year from now to do something else, but it's okay. That's okay. You know, I'm going to be alright. So I think that it took me a very long time to get to the point of like, you're going to be alright, you don't have to be killing yourself to be successful.

Heather Vickery 40:00

Oh, that's beautiful. And I certainly love healing myself as I help heal the world. I mean, hello. I love that. All right, well so that to me is something absolutely worth celebrating. So it's it's fun for me this is I love this question so much. How do you celebrate anything big successes, little ones happy moments? How do you celebrate?

Lekeshia Moore 40:28

So because I'm super obnoxious, me and my fiance like sharing with her and she's like my biggest cheerleader. So no matter if it's like, someone just signed the contract or if it's I lost a pound. She's always like, wait, go high five. She's my biggest supporter. So definitely, if I need a like a pick me up, I definitely am able to just tell her one little thing that went right today and she's gonna boost me up like, I just won a million dollars. She is my hype, man, for sure.

Heather Vickery 41:02

I love that. I love it. And I love that your relationship is sort of rooted in that space of celebration. It's so special and so important. I think you are just joyful like you do you feel joyful. I feel so much joyful energy from you.

Lekeshia Moore 41:19

I do you know, honestly, this is the best time of my life. Like you said, I felt like I've lived four lives now. And this one has absolutely been the best that I'm in this space now. And and I haven't been in it long. And so I'm really, really, really looking forward to what comes next in the future which before it was just like, what's next is getting up going to work tomorrow. You know, it was the next day there was Groundhog Day over here. So

Heather Vickery 41:48

All over the world. It's so cool. If folks want to get to know you learn more about you, connect with you what's the best way to do that?

Lekeshia Moore 41:54

Yes, I hang out on Instagram at Lekeshia_Angelique and spend a lot of my time on Facebook and my group the call the B E and I lounge right there on Facebook. So yeah, that's that's where I hang out.

Heather Vickery 42:08

I love that. And before we close off the conversation, will you tell us what your favorite charitable organization is to support?

Lekeshia Moore 42:15

Absolutely. My favorite organization is Embrace Race. And they are a organization that is helping to raise a braver generation. So I absolutely love, love love, every year I have a campaign for them. Because I mean, hello, the children are a future and they're helping to raise that generation, free of all these biases that we are, you know, has been ingrained in us from birth.

Heather Vickery 42:41

I love that. Tell me a little bit more about the organization. Where are they located? What do they do?

Lekeshia Moore 42:46

So they raise they do education, webinars, all of these things on racism and race and LGBTQ, all things teaching our younger generations. How to get this right. You know, they they have books that are more diverse. They have education for parents who have kids who might come out all kinds of things in teaching kids to be inclusive. Yes

Heather Vickery 43:14

I've never heard of them. I'm so glad that you shared that with us today.. At we will. There'll be our charity of the week. So we're gonna give them lots of love. And we hope that the listeners will do the same thing. Y'all give them lots of love likes and shares and donations if you want or volunteer your time if you've got it or recommend them to someone who might benefit from what they're out doing. So thank you so much for sharing that with us.

Lekeshia Moore 43:39

No problem.

Heather Vickery 43:40

Lekeshia will you give your three words one last time?

Lekeshia Moore 43:43

Yes. Indefinable, necessary and powerful.

Heather Vickery 43:48

I love those words, and I love them for you and they make me feel giddy. And indescribable is yes, my indescribable unicorn friend. I love it. And I just I love you. Thank you so much for spending some time here with me and sharing your story and your brave journey with the listeners.

Lekeshia Moore 44:08

Thanks. Thanks for having me.

Heather Vickery 44:11

All right, folks. I do feel all those feelings. I'm feeling that so it's all just so good. It feels so positive and high vibe and high energy. And I'm so glad I got to introduce you to lucky shirt today. I'd love to hear your thoughts on this conversation. Give me a call at 312-646-0205 let me know what you think. You can also find me on all of the social medias. We're at Vickery and Co in all the places and if you liked this episode, do me a favor, share it with a friend and be sure to subscribe rate and review because as silly as those things sound, they do make a difference and we are the little podcast that could we need your help. So glad to be here with you today. I will see you talk to you again next week. This is Heather Vickery reminding you today and every day to go out and choose bravely.

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