

WOCAndAllies_EP78

Elaine Lou Cartas: Legacy leaders, I am recording this podcast episode a little late at 9pm because we have a mother of three, a multi passionate entrepreneur who's had nine figure businesses and how long have you been married now, Danielle? I know you just celebrated.

Danielle Kitzes: We just celebrated 13

Elaine Lou Cartas: years. 13 years of marriage honoring herself doing Me Time.

Elaine Lou Cartas: My former client for, I believe, a year or two and now my new neighbor, by the way, because I moved to her neighborhood, literally a mile away. Yeah. I'm excited to have Danielle Kitzes in here. And I didn't even know this. I was like joking around in a very fun manner of you are like Miss America. I didn't realize you were all the things indigenous, Jewish, Catholic, Costa Rican, European.

Elaine Lou Cartas: It's amazing. So we wanted to focus on being real, having real talk on motherhood, being a multi passion entrepreneur, me time, being a caregiver to our parents. Yeah. Danielle, what else? Oh, hello. I forgot. Danielle is also a medical intuitive, energy healer, intuitive. If it wasn't for Danielle, I wouldn't have gotten Reiki certified with her own mentor.

Elaine Lou Cartas: Becky Hernandez. So Danielle, you helped open that portal. The reason why I got into Reiki and spirit spirituality is because both my grandmothers were starting to go transition. So thank you. Danielle, what else do you want to brag about, yourself? Oh

Danielle Kitzes: man. And I, we were just talking about this, that it was because of you and obviously therapy, all about therapy and having a a good partner.

Danielle Kitzes: That I was able to really step into being able to celebrate myself and acknowledge my wins and my accomplishments. I think you covered it.

Elaine Lou Cartas: Yeah, it's, it's texting a friend that lives close to us since we are neighbors. I think we're literally a mile away from each other. We are not recording next to each other, but we are technically a mile away from each other.

Elaine Lou Cartas: Oh, we could. Yes. Future episode. And. One of my friends, who I box with, do Muay Thai with She didn't bragging that she's a nurse and a respiratory therapist to the rest of the gym. I was like, You should brag about I don't like bragging. I was like, You know what? Men brag all the fucking time.

Elaine Lou Cartas: this is not bragging, you're just stating facts. you are saving lives. Because she comes in, she looks really tired, because she was working a long 12 hour shift, and everyone's Oh my god, what happened? No, I just worked. I'm like, yeah, she, and I would just be that cheerleader. She's saving lives, everybody.

Elaine Lou Cartas: But anyways. Danielle, so you are a multi passionate entrepreneur owning several rental properties, co owning an escrow company for 15 years and overseeing nine figure deposits, while at the same time also being a spiritual mentor, Reiki energy healing, and a mother of three, a loving daughter taking care of your mom, and married for 13 years.

Elaine Lou Cartas: How did you? Get here. How did you, girl, how'd you survive?

Danielle Kitzes: I think that is still not yet clear. If I've survived, but no, I have. I'm here. You're thriving.

Elaine Lou Cartas: Sorry, not just surviving, you're thriving.

Danielle Kitzes: I, really am. I'm at a place of being really happy and content where things are. But I think it's life.

Danielle Kitzes: It's where life takes you and where you allow it to take you. That's how I've gotten here, I think. Every aspect of where I'm at and what I am doing now is attributed to some passion I had when I was younger. I always loved real estate and I loved architecture and interior design. And you have such a beautiful home that I got to do a Reiki session with you.

Elaine Lou Cartas: You can walk my

Danielle Kitzes: home. And we're in that room, right? So that was really helpful. Having a dad who worked in a real estate industry, that's kind of luck, right? What you're born into. But him finally agreeing to have me work with him because it was for years now, And then just in the journey of with spirituality and healing and that was a part of my childhood and through my mom and hearing stories about our family. Yeah, it's just been all these different pieces of my past. finally emerging to a place where I could accept them as passion and things I wanted to do and not feel like I had to force myself to just pick one right? But there's a way to do things against the grain that actually works better for me and better for my life, better for my family.

Elaine Lou Cartas: It makes sense. we worked together for a year and when I was. preparing for this interview. I'm like, I texted Danielle before. I was like, I didn't realize, I knew you were amazing, but I didn't even know how much more amazing you are. And I love that you not just acknowledged it, but appreciated my compliment to you. And it makes sense why you are multi passionate is because you are multi dimensional, from your upbringing. I know you are a survivor of intergenerational trauma. I have a lot of listeners, including my own clients, who are beautifully neurodivergent, right? Having Wow. Whether anxiety, PTSD, and depression.

Elaine Lou Cartas: What advice would you have for those that are listening? Or what do you wish someone told you when you were like really in the thick of it? So

Danielle Kitzes: I think I can say what I didn't like being told, which was, and I think this is something people of color and children of immigrants can understand is don't tell the doctors or don't ask those questions because it'll be on your paper.

Danielle Kitzes: It'll be on your medical history. And there's so many barriers we were already up against. To make yourself extra different was not seen as. I think I would have appreciated someone just saying it's okay to be different and it took years and like you mentioned, labels, I recently just last summer finally got a full psychological, assessment and it was the most liberating thing I could have done for myself, between, talking to therapists and my partner and having my little village, getting to know that you're not crazy.

Danielle Kitzes: Getting to know, oh, there is something here and you don't have to identify with the label, make it your whole identity. At the same time, you now have access to more tools and resources that can help you navigate life within these different subsets or bubbles that you find yourself. So I would say talking to people is the best thing, acknowledging that you are who you are and there's nothing wrong with you.

Danielle Kitzes: And even, especially for neurodivergent folks. The next step that there's nothing to fix, right? Like you are who you are. And maybe there are things that we can, you can bring into our lives to help us adapt better in a world that wasn't built for our brains or our experiences in the case of CPTSD, right?

Danielle Kitzes: Or PTSD. And what

Elaine Lou Cartas: is that by the way? Just in case people don't know. So that's

Danielle Kitzes: complex PTSD, and that is one of the labels that I was given. Because, but it gives so much clarity of, Oh, this isn't what someone else has experienced. So this makes sense why I may respond or react in a certain way. So being able and being willing to put your trust and faith in a medical institution that we hear so much about, right?

Danielle Kitzes: Or in the lives of professionals that really do have your best interest at heart, right? Like the person who saw me. She was a woman of color and that made me feel even more comfortable, right? That here is not just a woman, but a woman of color working with me, hearing my accounts and being able to say, Oh no, you don't have that.

Danielle Kitzes: You have this, right? And here are things I recommend. Here are tools I recommend to help you get even healthier along your journey.

Elaine Lou Cartas: It's.

Elaine Lou Cartas: I know you said the word liberating, right? Liberating in terms of you finally getting that validation of, I'm not crazy. There's actually a reason why I am this. Like this. For those. Oh. What did, what insight would you have? Because I have, I know people where they're like, they, self diagnose themselves because it was TikTok or Instagram popular.

Elaine Lou Cartas: oh, I have ADHD. Oh, I have this. So they could probably self diagnose themselves because they could relate to that while at the same time, why would you advise or encourage those to look at a formal psychotherapy assessment and to work with a therapist? What does that do? Because I can also understand the fear of, oh, they're probably going to validate that I am crazy.

Elaine Lou Cartas: What

Danielle Kitzes: am there is that aspect too, right? If you come up with, if there is some sort of diagnosis that terrifies you and one, like the CPTSD obviously was not one that I was expecting. I thought it was something else. And I did go through like a whole two week grieving period of Oh, this wasn't just something I was born with.

Danielle Kitzes: This is something I had to actually live through. And if you're going to get a therapist to make sure this specialist, this therapist had a specialization. In whatever is your label or your perceived label because they're going to be able to help you. They'll understand and come from a place of wanting to give you resources that could benefit you to feel better because that's really what it is.

Danielle Kitzes: It's about us coming to a place of acceptance and feeling better in the skin. We're in and the world we're living in. So you can self diagnose yourself, and I had done that with another label, but there's so much overlap between different labels and different characteristics and symptoms that having the professional, I've been through 12 sessions, I went double what she would normally do because she was like, I could diagnose you with this, but there's also this.

Danielle Kitzes: And by digging deeper, she could say, Oh yep, that's off the table. That's what this is. And so it helps to have a better understanding so you can get more appropriate tools and resources to help you. That being said, it also helps me understand different parts of the population because even if I have this label, right?

Danielle Kitzes: I can see how the characteristics here also overlap with this bubble. And so it helps me to better understand others. And relate to them in a way that even though I may not fully know their experience, I

can understand that feeling. I can understand living with certain characteristics. The self diagnosis is helpful if we're going to be able to use that to move us forward in a productive and healthy direction. But if it's just a label to give an excuse, oh, that's why I do this, right? But we're not going to help ourselves live better in our world. Then why and also by going the next step to the professional, I think you're giving yourself and those around you. My husband better understands me now.

Danielle Kitzes: My friends better understand me, other, just other people I connect with better understand me and I better understand them because in it, like it just happens that you say something and someone's Oh my gosh, me too. And you start chatting and it just opens up this whole other world. Where then someone else feels understood, safe, heard, seen, and maybe deciding, maybe this is something I want to explore further for myself so I don't feel trapped or stuck in this way of living, right?

Elaine Lou Cartas: I'm we're around the same age, you're the same age as my partner, And I am, I'm just being transparent. I am very jealous that it is now where it's more open to talking about these neurodivergences compared to when we were younger, like school or even high school, where we can even talk about it.

Elaine Lou Cartas: And I've been trauma informed certified. And even through that. I'm being mindful of when clients ask me, for example, Hey, how do you do this? I have problems doing time management. And rather than telling them what to do, I asked the question, what has worked for you? What is a step you can do because it's being mindful that someone's brain. You were saying about how it is better in terms of your relationship with your husband, your relationship with your friends, with family members. And I know so often what people think of that. This is how anxiety happens. We think of the what ifs and what the future is going to hold. And a lot of things like, okay, they're going to label me with.

Elaine Lou Cartas: Or they're going to validate that it's ADHD, example. So what do I do now? Do I just say, Hey mom, I have ADHD. This explains why I have piles of clothes throughout my room, but they are organized in my head. The chaos files. Yeah, the chaos files. Yeah. I have a lot of family members and friends who have ADHD, so I'm curious, what is the communication with a loved one of hey, I had this realization, or not realization, but I was assessed.

Elaine Lou Cartas: Or

Danielle Kitzes: both. It could be a realization of I think this might be me. Rather than using it as an excuse, do you know what I mean? Because you'd want to make sure that the other person doesn't feel like, oh, she's just making an excuse to explain why she's so messy.

Danielle Kitzes: And I think. You share, hey, I'm starting to notice these things what else would you know, say about me that like is quirky and then having the feedback of a loved one and being willing to, take it, for some people that have like rejection dysphoria, you might, that might be like a no go, like a no zone.

Danielle Kitzes: We're not even going to ask that question, but it helps because. You can both work together on, hey, I want to try doing this to see if it helps me, or hey, I actually do need reminders here or whatever it is, hey, I could use your help in learning how to organize, what is that even, how did you do that, right?

Danielle Kitzes: it, has to be a give and a take, and there has to be vulnerability on both sides of recognizing this is a real thing, one. Whether you believe it's purely scientific purely spiritual, purely whatever, or some hodgepodge. The fact is, you both work together to help each other and support yourselves, right?

Danielle Kitzes: I'm here to help my partner. I'm hoping he's also here to help me. And then when I, when he sees me in a certain state Or if I tell him, hey, today is just not a great brain day for me, then he can ask me, what do you need my help with? How can I support you? That

Elaine Lou Cartas: question. and I don't think that's just a neurodivergent thing.

Elaine Lou Cartas: I was having It's a life thing. yeah. I was on a phone call with a loved one and they were sharing with me like how they were having conscious conversations with their partner. And she was just like, Oh my gosh, I'm having these realizations that I haven't been paying attention and blah, blah, blah.

Elaine Lou Cartas: I'm like, this is great. no, that just means I've been a horrible partner. No, it's actually great. You're aware. So two things. One, be aware, create action. But, what people forget because, I don't know why, but we just, I feel as a woman, we make shit up in our head in a story. And I tell We do sometimes.

Elaine Lou Cartas: I'll be honest. Yeah, I know. We do. We do. I told my loved one, I was just like, literally just ask him what does he need? Yeah. ask someone what do they need and take ego out the door. If your partner is going to be telling you, I need time and space, because that's how they cope. And maybe you are different.

Elaine Lou Cartas: Maybe you want someone to hold you. You want someone to listen to you and cry. That is okay. But also be okay that not everybody has similar coping mechanisms as you. That's why the question of what do you need right now is an important question. How can I be

Danielle Kitzes: there for you? How can I support you? And, but the thing is, we have to also be willing.

Danielle Kitzes: To receive the help and it's not just a neurodivergent thing. This is a person of color thing. This is a, first generation thing or it's it is, so much piled on top of everything that we have to be willing to receive help. And if we start feeling that feeling to, as my therapist told me, she's over communicate, just over communicate.

Danielle Kitzes: Hey, I need help. But my brain, I use that my brain is telling me, not me. My brain is telling me this and then I'm going to be a burden and this and that. And so by just letting it out there, it's not just your partner. It could be friends and family that do want to support you because you will come across people who don't believe in it.

Danielle Kitzes: oh, that's just the that's just silly talk you have, right? So it's, especially important you recognize who are the people that really are your village. Who are the people that really May not understand, but are willing to try to learn and try to grow with you. And that you're going to have mis you're going to make mistakes.

Danielle Kitzes: There are going to be some setbacks and not berating you or giving you an extra hard time, but recognizing, oh, this is hard. This is really hard for her and she's probably going to beat herself up more than anything like that I ever tell her. So being able to know who you are, which is how I got here, right?

Danielle Kitzes: All these life experiences and being able to say. This is who I am for better or worse, and the parts that are worse, I'm not just going to live and dwell in there Oh, I'll never change things ever changed, no, how can I help myself? So that the anxiety piece or depression piece we're not so strong, right?

Danielle Kitzes: Because it is ultimately on us to help ourselves. And if we're not willing to do that, it doesn't matter whether you self diagnose or go to a professional. Nothing real or sustainable is going to happen in your life.

Elaine Lou Cartas: So I will be vulnerable because this might help people that might be stuck in the mud, right? And it was after we worked together because I know we worked together during COVID and the pandemic. And my business doubled. you knew me before then, because you used to go to my in person events back in the day. Yeah, and I just I think at the time when we were working together, I had about 20 plus clients.

Elaine Lou Cartas: And I was doing bi weekly events. And then after doing that for a full year or two, I like burnt out. Where? I would just randomly cry. I wasn't triggered by anything. But I'm pretty sure anyone listening, or even you, Danielle, I would just start crying. And I knew what I had to do to make money. I knew what I had to do for work.

Elaine Lou Cartas: I just couldn't. And I felt, and I kept complaining. I kept complaining to my boyfriend. I kept complaining to friends and loved ones. And then in my head, I heard all the shit talk. I'm like, I am so tired of listening to this bullshit. I need to go see a therapist again. I just got over myself.

Elaine Lou Cartas: Yeah,

Danielle Kitzes: you get to a point where, I can't live like this and I say even, in this household, which gets rather busy, I don't, Danielle

Elaine Lou Cartas: locked the door right before this. I

Danielle Kitzes: had to lock the door because my mom walked in being like, what's going on in there? But with living with my mom, my husband, my three kids and a dog, it can be a lot sometime.

Danielle Kitzes: It can be a lot. There's a quote that you can do it all the day you realize You should not do it all. Which means asking for help.

Danielle Kitzes: Yeah, and you can do it all. And you'll never be able to do everything 100%. So you can do it all. And no, it's not going to look perfect. And it can get messy. And you may not appease everyone in the process, including yourself.

Danielle Kitzes: You will inadvertently ending up, you're going to let down someone at some point. I think it was Shonda Rhimes, like her book of yes, the year of yes, or whatever it was, right? Something like that. I started reading it and I wanted to read about a woman who was this top head who was really killing it and also a mom.

Danielle Kitzes: And I remember her saying that at some days she's doing great. She's at school with her daughter, watching the play, doing this, but then something suffers over. And then the next day, she's doing amazing at work and she hasn't seen her kid for however long, right? So yeah, you can do it all, but do you really need to, do you have to?

Danielle Kitzes: Is there a way to bring in more ease? Is there a way to, the intergenerational trauma piece, listen to what were the voices you heard and the words you heard and the actions and the silences, what did the silence mean growing up? And is that what you want to recreate in your life? You can, but you have to, is there a different way that's maybe more beneficial for you and future generation?

Elaine Lou Cartas: I actually love that and I actually want to remind listeners what you grew up to and saw or maybe even what made me realize I want to get out of politics. I was seeing all these. People that I admired, right? They had amazing clients accounts making great money were in the front page of all the big newspapers, but then I saw their personal life.

Elaine Lou Cartas: I'm like, I don't want that. And so seeing what you grew up with, or maybe professionally in your career, I just want to remind our listeners, you get to unlearn and create how you want your life to look like. And. Acknowledging where you're at in this present moment because I understand that we can't control life experiences and situations.

Danielle Kitzes: We're not a hundred percent in control, but we can, it depends on the trauma piece too, but we can either choose how we're going to respond versus react or help ourselves get to a place where we can respond more in alignment with what we want to respond with versus the initial guttural.

Danielle Kitzes: Reaction that we're hit with and yeah, that's part of why I left that company. We had sold a business, right? We sold it to a bank and I got pregnant with my second daughter and I'd had complications with my first personally and she had complications as well. And I remember thinking to myself, I don't want to do this again.

Danielle Kitzes: I already have one prototype of what that life is like. I don't want to do that again. And, also because you realize your worth, and you realize where you're appreciated or not. You realize maybe the environment isn't actually helping you grow, right? Maybe it's not who you are anymore, and

Elaine Lou Cartas: I made that big decision.

Elaine Lou Cartas: And that's a lot of grief. It's a lot of grief when a lot of grief,

Danielle Kitzes: and there was that feeling of, I'm going to disappoint all these people. Because, so my dad's company, there was, his business partners, person, his son also working there, there was, I'm going to disappoint all these people by leaving.

Danielle Kitzes: And my life is for me and for my family. No one else is going to be raising my kids and being there for those moments. And I'd already missed plenty of things with my birth, right? So it was that reparenting piece, each child I said has gotten a different version of me. I think a better version with each step.

Danielle Kitzes: I'm

Elaine Lou Cartas: getting more, Danielle, I got these earrings, I'm going to take it out because I'm getting so relaxed as we're going to deepen into our conversation to continue. But also just realizing, the struggles that come, with parenting more. So I just feel like you have to know who you are and you have to know what you're willing to accept and what you're willing to choose.

Danielle Kitzes: For yourself moving forward, and if you choose to have children or be a part of other children's lives, whether their nephews, nieces, nibblings, I love that phrase, nibbling. Wait, I have not heard

Elaine Lou Cartas: that term. What does that mean?

Danielle Kitzes: Yeah, it's a way of being able to say nephews and nieces without having to be gender specific.

Danielle Kitzes: Oh, I love it. like siblings, but nibblings, right? Thank

Elaine Lou Cartas: you. Love it. I love it. I was like, oh, this is so

Danielle Kitzes: great. But it's just being able to see how you want to do things differently in your life than how you were raised. And it doesn't mean your whole childhood was horrible. Maybe for some people it was, maybe for some people it wasn't.

Danielle Kitzes: But it's saying, okay, this part is lovely. And for the part that isn't, What can I do? And again, what resources do I need? What tools do I need to help myself move forward to live something different?

Danielle Kitzes: Despite possibly disappointing everyone in the process of you figuring out who your true self is.

Elaine Lou Cartas: And also true self at the moment. I also want to share that too. Because true self can evolve and change. Oh, thousand percent.

Danielle Kitzes: Depending on what happens. We're always evolving, yeah. Yeah. Yeah. Me today is not the same person 10 years ago.

Elaine Lou Cartas: No, because some, life situation or experience happened and you're like, Oh, that makes complete sense. Yeah. There, I think it was You know, our spiritual mentor, Becky, that said it, but our kids, our elders,

Danielle Kitzes: in another dimension. They teach us a lot.

Elaine Lou Cartas: Yeah. Yeah. I see my nibblings, as you were sharing earlier, where I'm like, oh my gosh, that's where I got it from.

Elaine Lou Cartas: Yes. and then how can I change the situation here? for example, I was with my. My two nieces, right? They're sisters and she's yelled at her little sister and she's Tita, which is similar to Tia or Tia, Tita, look, she like marked it all over the, like the coffee table.

Elaine Lou Cartas: And then I'm like, okay, I'm so glad you shared that with me, but your sister probably just didn't know that was wrong. like she was in very reactive state and I was like, Hey, We're going to clean this together, okay?

Danielle Kitzes: And we're going to get a piece of paper and you can color on this as

Elaine Lou Cartas: much as you want.

Elaine Lou Cartas: I was like, let's get a napkin. there were washable markers. we're going to clean it. And I was like, you need to write here, okay? not here on this table because we put our food here, we put coffees here. explaining it to them too. Yeah. Because they

Danielle Kitzes: do understand. Yeah. Yeah. People can understand so much more than we give them credit for, which in turn speaks to how we were raised and maybe not given credit for understanding a lot more than our parents or elders thought we knew.

Danielle Kitzes: And we did. Oh my God. So there is that up learning there too, right? I'm like, I was being gaslit, but not intentionally. It was just. Oh, no, you didn't see that. Oh, no, you didn't hear that. Oh, no, you heard wrong. Did I? We realized later. Oh, no, I didn't. I heard perfectly clearly and correctly. And, and then this understanding even the past, why were things said the way they were.

Danielle Kitzes: Yes.

Elaine Lou Cartas: And also not blaming our parents, but there's also the, to my understanding from how they were also raised you need to respect the elders, right? Yeah. So do what they say, right? don't touch that. Like for example, when I was young there was hot coffee and my grandma yelled at me and I was three.

Elaine Lou Cartas: She was like, don't touch it. I'm a kid. I'm gonna go touch it. What happens? I got third degree burns. I went to the hospital.

Danielle Kitzes: it's funny you bring that up. And also because tonight and this kind of touches also with how kids are the younger generations really are here to teach us. So very honest, like I'm generally I think a pretty calm parent.

Danielle Kitzes: But I have my moments. You're human. I am human. I have raised my voice. It has happened. So tonight, my youngest decided it would be fun to stand up on bed and put on pull up, her nighttime pull up, and her pants. She's still two. She's almost three. But she's not as coordinated. At first, we don't stand up on bags and, and I got scared oh my gosh, she can fall off this bed because she was very close to the edge.

Danielle Kitzes: And I raised my voice. Please get down from the bed. That's not safe. And she just looked at me and wouldn't listen, just kept doing her thing. And I was like, if you're unable to keep yourself safe, I'm going to have to take you off this bed. I was like, I'm going to count to five. and I had made a threat, which I try not to do, but it was okay.

Danielle Kitzes: then you're going to have to, sleep in your bed all night. And, but it was coming out of fear, which is very much from my predecessors, right? And I felt yucky about it afterwards. And she went straight to my husband. Mommy yelled at me, she made me sad, and she told me this. And I heard it, and she came back to me.

Danielle Kitzes: She said, I don't, I didn't like you yelled at me. And we had this conversation, I said, you know what, you're right. That was inappropriate of me. I did it because I was scared of you falling down, but that's still not okay. I'm not going to do that again. I'm going to do better. Do you forgive me? she said yes.

Danielle Kitzes: And I was like, can I have a hug? She just beamed and she said it a few more times as I was putting her to bed. I really didn't like that. And again, it goes to show where they're talking to us. So we make mistakes, but we have to own up to it and then create repair, right? And create repair. So that's that reparenting and being willing to swallow our pride and ego and be like, yeah, I screwed up.

Danielle Kitzes: I told her, you're right. I shouldn't have said. You have to spend all night in your bed because the kids know if they wake up in the night. They're welcome to come join us, whether they're scared or not. we don't want them to have excuses. We want that. They want to just snuggle and settle. You don't need to make an excuse for what your needs are in that moment.

Danielle Kitzes: Right and so that was tonight, putting her to bed and having to. Oh no, I made a mistake and I'm not going to do that because it's not right and I don't want you to think that.

Elaine Lou Cartas: I'm like thinking of so much like alliterations episode where I'm like I need to rename it to like even talking about multi generational caregiving because in all vulnerability, for example, I mean you're in real estate, but my parents own a property and they rented it out to a friend of a friend and they wanted to back out of the one year lease, right?

Elaine Lou Cartas: And they were giving the sob story. And I'm like. Mom, this is a business transaction, right? And I was like, we're going to get a lawyer involved. And she's wait, why? How much are they costing? I'm like, Mom, this is a business transaction. And I was like, she's been giving you too much sob stories. You're not like this.

Elaine Lou Cartas: No. And so I was like, I acknowledge I raised my voice and it was like, you should have known, like you should have done this. I shared this with you that you were supposed to do it, but you still

didn't listen to me and you did it this way. Now I have to repair it. I'm like having to deal with talking to a lawyer, explaining everything for two days because I knew my parents were going to explain it to me.

Elaine Lou Cartas: Like to, to the lawyer. And as I was yelling, and then my mom was like, I didn't know, Elaine. and then it just also made me have a better understanding of that, because I'm a first gen immigrant, I am born and raised here. For immigrants, it was different. We have a different perception, I think.

Elaine Lou Cartas: Yeah. They had to assimilate and integrate, right? And they'd be too scared to speak up and, I told them, I'm like, hey, I'm sorry I yelled at you. I actually have a better understanding of what you had to go through as an immigrant. I'm not gonna lie though, in my head, I was just like, if this is the other way around, my parents would know it.

Elaine Lou Cartas: They still do not apologize when they make mistakes. It's so

Danielle Kitzes: different. So different.

Elaine Lou Cartas: Yeah, but I will because, I'm just trying to be a better human. I acknowledge that I'm not a no at all.

Danielle Kitzes: And, I think to your point where my mom lives with us. And so I remember saying, I'm so grateful because I love my mom.

Danielle Kitzes: Growing up she was my best friend, but now I, see how there were certain aspects of the relationship that maybe were not ideal or maybe could have been different. But again, everything happens. I'm here. I'm doing great now. So it's fine. But I remember saying I was so grateful to have her live with us.

Danielle Kitzes: So that she could experience unconditional love and all the things that I started to notice why, right? Like, why do we do the way, why do you do things the way we do? Why do we say certain things? Why do we act? Why do we think a certain way? It was being able to be like, okay, you didn't get that. And maybe I didn't get that, but now I know that it can be something different.

Danielle Kitzes: And I want to give that to you. And so it's been interesting to see, even on her end, there are certain layers that I've seen shift and change because there We speak differently to one another or to the kids, or we do things differently that they can grow. I'm not saying to, put hope in all adults of prior generations but through our example, we do get to show them something different and we may get that apology.

Danielle Kitzes: You may get a different way of communicating with one another. yeah, it's, really beautiful being able to be in that space of you, acknowledging and sharing. Whether it's reciprocated or not isn't the point. It's just you being a better person.

Elaine Lou Cartas: Sharing without expectations, right? Because then when you are attached to an expectation, then disappointment happens, resentment happens. So my next question, and I warned you before we hit record, is more of a selfish question and we're alluding to it in this conversation, being a woman of color, being first gen immigrant, often women of color, or just women in general, we are, no one, tells us about this silent role of being a caregiver to, cause who do our kids go to, they're crying, they're going to go to their mother, who do our parents go to when they need support, like what I was sharing about my parents.

Elaine Lou Cartas: Whether it's legal, or financial, or emotional, or even taking them to the doctor. It's the daughters. It's the woman. Usually the daughter. Yeah. can you share advice or tips on how to handle it? Or even how to even create boundaries? Because Yeah. I don't get it even perfectly. Even I was getting text messages from the lawyer, from talking to my parents, and during dinner.

Elaine Lou Cartas: And. And my boyfriend's you're doing a lot, I'm like, but I'm choosing

Danielle Kitzes: to, but I'm choosing We've been raised in to, but there is a choice and I think again, I'm not perfect and I've made my fair share of mistakes, but boundaries are key and, especially when you have someone who's older and has their own aging related stuff going on, whether, mental, emotional, whatever.

Danielle Kitzes: Dementia, Alzheimer's, all that, it is being able to say, I can't do that right now. I will do it. And recognizing for yourself that this is not the same person you had 10 years ago, 20 years ago, 30 years ago, whatever it was. So there's a lot of grace involved in forgiveness of yourself, right?

Danielle Kitzes: With people who are cool, just you're tired, you're overwhelmed, whatever, but also for them that they're going through a lot. And nurses. It's not just a change in your role, but a change in their role, because they have to get help now, right? And for those that have been helping their parents since childhood, especially if your parents spoke at, their own native language, their own native tongue, it's giving yourself the ability to take a moment and say, I don't have to do this right now.

Danielle Kitzes: Or like you said, I get to do this right now. Taking space when you need to, being able to say, even if it's, again, with those with memory care issues. 5 times, 10 times answering 20 times the same question, walking out the room if you have to. I just, I gotta, ground myself and center myself and take some deep breaths.

Danielle Kitzes: But you have to do what's right for you to ground and balance so that you can be the best version of yourself for yourself and for this person that you're caring for. Because especially at, as they're older there's no need to make all of our lives how, based on how we're treating other people.

Danielle Kitzes: It could

Danielle Kitzes: be frustrating. For sure and it's also again, trying to remind yourself that this is a different person and you're a different person, so if you tended to react a certain way as a child when a parent acted towards you or said things towards you, that you don't have to be that version of yourself.

Danielle Kitzes: What? Having your village, friends, family, therapists, whatever that looks like, having your village to help you with whatever you're feeling and going on. I share with you how I spent part of this weekend helping a friend moving out of her, moving out of when she used to live in her mom's apartment 20 plus years ago because her mom's moving in with her and her family. And so it means asking for help. No, it's not just like I was telling you, it's not just, Oh, let's go to brunch. Oh, let's do happy hour. Oh, let's get a mani pedi. Oh, let's get a massage or facial together. It's. Hey, I need you to help me move out of this place or help me pack. I need to help. I need to help me unpack.

Danielle Kitzes: Hey, I'm, struggling here because I have a child, sandwich generation, and an elder. Can you help watch my child? Can you, whatever it looks like but being able to recognize your limits and not wait till you're at your limit for the best of your ability to then ask for help, because then you're at your limit and you may not get help and you

Elaine Lou Cartas: feel, I want to share even the siblings part of it, right?

Elaine Lou Cartas: I have two brothers, and like I said, I am the female, and there's that silent role. And like I said, I have agency and choice, I've decided to take it. At the same time, also honoring what my brothers are willing to put into it, right? And for one of my brothers, he has two kids, so completely understand that.

Elaine Lou Cartas: The other one, single. Is in sales and travel. Except he's very, he's the baby. He's the youngest. So he's very short with my parents. Gets annoyed really easily when there's a mistake that happens. And I was like, look. I know you do not want to talk to mom and dad. But I need your emotional support to talk things through.

Elaine Lou Cartas: even in this situation this past week, I'm like, hey. I remember I referred you to a lawyer. It worked out well with you. would you refer them to even mom and dad? Yeah, okay. So what are the steps? And then even sharing him my thoughts or ideas of what my parents should do next. And then I would talk to my mom, okay, I talked to, Daryl, my other brother.

Elaine Lou Cartas: It's oh, you talked to him? How come he doesn't talk to me? mom, you already know he's going to be so annoyed talking to you. Just know he cares and loves you. Yeah, we're not going to go there. Yeah, he cares and loves you. So he's talking, he's supporting you by talking with me. The best way he knows how.

Elaine Lou Cartas: just even respecting what other people are willing to do. I love that you have siblings because that does help a lot, generally, to be able to dole out. But again, it goes back to picking up for yourself and the boundaries and really asserting yourself like, this is what I'm going to do. This is what I can't do and I need you to help me here because there's so many dynamics where it is left on one person and the rest are like, oh, I don't want to do it.

Danielle Kitzes: And they don't. Any other person bends and conventions, but they don't actually pick up for themselves and say, nope, sorry. I really I'm not doing this. Or, hey, you need to chip in the money that if you're not going to be here in this capacity, I need you in this and I do have a half sister. We have the same dad, but different mom and different than having a full sibling.

Danielle Kitzes: But it is helpful to have someone that you can talk to you. And, hey, I need your advice. Hey, I'm going through this. if you have that's great. If you don't, then it's, finding that network and if you don't have that in friends or family, you have to find it. that's the thing is, the action and when you said that earlier, the taking action and you have to, because you'll drown otherwise.

Danielle Kitzes: Being There's no way of mincing it. You will drown otherwise. Being

Elaine Lou Cartas: brave enough to ask. Actually, what I even took away from this because my dad is preparing for knee surgery. See, we are talking about real life situations. Like real. So he's doing a knee replacement. It actually works out well because my boyfriend's going to be out of town.

Elaine Lou Cartas: So I will be there the first 10 days of his surgery. And I'm also going to be there for pre op. But there is a day after where he's going to do an appointment. So you actually really gave me great advice. Shit, I can't take him. What am I going to do? But I love the language that you just shared, hey, I'm going to be 10 days with dad.

Elaine Lou Cartas: I'm going to be there pre op. Can someone please bring him post op? I have to be at

Danielle Kitzes: a conference. Yeah. And you have, and that's the thing, it's really honoring where you're at and what you can and can't do and not trying to be everything for everyone because you will suffer. and it also shows, hey, I trust you.

Danielle Kitzes: You are fully capable, sibling, cousin, whatever, to help me in this capacity. I trust in your ability to take dad home from the hospital and do something when I can't or whatever it is. Yeah, it's, I think the other

thing too is I'm grateful that I have. a pretty good relationship with my mom, and I think it can get complicated for those that don't have that.

Danielle Kitzes: And so in that respect for advice there, it will be don't force yourself to do something just because you think you should or you have to, so it does get tricky depending on what that dynamic is. But again, therapy has helped and again, if you don't have that, it's talking to a friend, it's going on one of those.

Danielle Kitzes: Internet forum, chat groups, whatever that you can talk to along that same theme or whatever is going on in your life because some friends don't have that. They're not dealing with sandwich generation. They're not dealing with a parent because maybe their parents have already passed, right? So just being able to find what you need to help you get through it is a big part of it.

Elaine Lou Cartas: Yeah. Oh, we have dived deep in conversation. I was like, take notes. That's life. That's life. Like motherhood, multi passion entrepreneurship with these nine figure empires, caregiving. So a more lighthearted question. That's next is, how did you. Delve into wanting to be an intuitive, a medium, a spiritual mentor.

Danielle Kitzes: I didn't. I was terrified, especially the mediumship, but I remember things in my childhood and always feeling certain things and intuiting certain things and hearing, again, stories of other relatives in my family and what they could do, and it was yoga training. I did a yoga teacher training. And that was the gateway and then in that training met Becky who did Reiki and I remember her business card had a line from a Fruit of Luv song and it caught my attention and I was like, I don't know what you're doing.

Danielle Kitzes: I don't know, what you do. I don't still understand what this Reiki business is, but I know I need to meet with you. And so experiencing it with her, made me feel like, oh, this feels right. And then she started telling me, you do this, And I had other people like I'd rather get a random psychic reading or whatever and they'd say the same thing.

Danielle Kitzes: you know you do what I do. I was like, oh, yeah, okay. I'm laughing. Sorry. I am. I'm laughing because I remember I was telling him like my grandma just had a stroke. what do I do? talk to Becky. I'm like, okay. And then I talked to Becky and she's I need to communicate with my grandma, how do you do it?

Elaine Lou Cartas: She's Reiki. I'm like, I don't want to do it. And she's like, why? I'm like, because it's such a trendy thing and I don't want to do something that's trendy. I just really want to communicate with my grandma. She's no, you, need Reiki. I'm like, okay, but I don't want to call myself like a Reiki master and have to do all this trendy shit.

Elaine Lou Cartas: I'm just being really honest and transparent.

Danielle Kitzes: Yeah, because it took off. It went in a certain direction and. There was a whole aesthetic behind it. Yeah, I did it. Which I felt free to, but I was like, but this isn't quite me,

Elaine Lou Cartas: Yeah, exactly. I didn't, want to meet the branding that was perceived.

Elaine Lou Cartas: Yes.

Danielle Kitzes: Yeah. No, it's, it is the opening. that was the opening and her saying, I also teach this other stuff to really help you heighten your intuition. And so then through that, I was like, oh, okay. And then it was. You're I was so scared of the mediumship. She was like, you've got to do it.

Danielle Kitzes: And it's true. So now I tend to lean into the things that terrify me to a certain extent, not safety ones. Not going to be foolish. Because there's something there I meant to learn. There's something there for me to overcome. And it was in that, that seeing how I navigated the initial medianship sessions that, there were a lot, you're talking about the trigger warning.

Danielle Kitzes: There were a lot of unallies, like intentional unallied. And those were my greatest fears. If I had one of

Elaine Lou Cartas: them. I'm sorry, what does that mean just in case other people who are listening have it? Suicide.

Danielle Kitzes: Suicide. And I'd had someone in the house I grew up with commit suicide. Not in, not when I was living there.

Danielle Kitzes: Before I'd lived there and I could feel the energy because it was in my room and my closet and sorry, my mouth

Elaine Lou Cartas: is open because, I went through a similar experience where I was living somewhere and they didn't tell me when I was renting it, but someone committed suicide in the room I was sleeping in.

Elaine Lou Cartas: Yeah,

Danielle Kitzes: it's, it was intense and that's part of why it scared me, right? Because, but then as I started to experience this practicing and that was. Pretty consistently, a lot of the situations that came through and navigating it, I realized, you know what? I can handle this. I can handle this. And I had a deeper understanding of why people do that. And so it just anchored me even further in the spirituality piece and wanting to understand also the neuroscience piece, like why understand what is it, what's going on in our brains and how is this part of our brain? Is it genetic? Is it epigenetic? Is it right circumstance? I think you get into a car accident that damaged your prefrontal cortex.

Danielle Kitzes: And there are all these different parts to it. That just took me down this path of weaving the spirituality, but also how do we move past where we're at? But it's like practical spirituality, like getting to know ourselves more deeply, our faith, our connection to our spirit and whatever it is we believe in, if we believe in something more.

Danielle Kitzes: And how we relate to others in that space. it's When I talk about P& L reports with my clients, we're looking at their numbers, right?

Danielle Kitzes: Sorry. The data, all the

Elaine Lou Cartas: data. even before the data, right? we're just like intuitively, it's okay, I know that majority of my revenue stream is coming from this.

Elaine Lou Cartas: Yes. I think I'm getting an ROI from this marketing channel. I don't think this is working. So it's think, right? Intuitive. This is what I'm thinking. And your intuition's always right. What data, right? The masculine energy, the opposite of feminine spirituality. What it does is that it actually validates and confirms intuition that you have so that you have inner confidence.

Elaine Lou Cartas: So it's that. what you were talking about, the neuroscience cognitive as well as spirituality, so that you then have the confidence and the validation to take action. Yes.

Danielle Kitzes: And I love that you said that because I've met so many people who are like, how do I know if I'm right? How do I, and in getting the practice with your intuition and confirming, you then get to see sometimes you have this weird feeling, but it wasn't really your intuition.

Danielle Kitzes: It was a fear, a trigger, an unhealed wound that was coming up. And some people follow that. And then they're like, that didn't work out for me. oh, then tap into that. What really was going on? Let's go on a deeper level because intuitively it could be you knew something wasn't right, but you were so married to the story, so married to the idea, that you went down a different path that from the data supports, oh yeah, I should have done that.

Danielle Kitzes: I just really wanted it to work. And that can be. Business. Relationships. It could be a lot of

Elaine Lou Cartas: areas. It could intertwine in different aspects of your life. And what's really fascinating is that the same lesson continues to happen, whether it's a different phase, a different situation, until you finally get it.

Elaine Lou Cartas: Yeah,

Danielle Kitzes: because you stop the pattern at that point. You realize what's happening. A disruption. Yeah. And you make a choice to do different. And it's beautiful. It's beautiful when you get to witness that because. It could be just as simple as saying no, if you have a pattern of always saying yes, okay, people pleasing or whatever, and then being able to be like, oh, no, I'm not gonna be able to do that, and then not explaining yourself, because it could be in ways, you said no, but you kept explaining yourself, maybe you over explained, maybe you gave an excuse that wasn't a real reason, until you get to that point, just be like, I'm sorry, I can't, that's it, and all of a sudden, things free up for you.

Danielle Kitzes: It's beautiful, it's painful, but it's also really beautiful to know that we don't have to live in the space of suffering. Yeah, and whether we have neurological differences that can sometimes impede our way forward, right? Again, given the space and the society we live in, whether we have that or not.

Danielle Kitzes: We still have the ability to say, I'm going to choose different. I'm going to choose to make a better life. And it can be hard from a very depressed state, like hard from an anxious face, right? But you choose your heart. I can't remember who said that, but someone was like, choose your heart. Choose your heart.

Danielle Kitzes: And I have to like Google it, but there was someone, I remember, I don't know if it was on social media or an article or a book, but choose your heart. And that impacted me because yeah, if we expect everything to be easy. We may never fully grow to what we're capable on growing into, and so these challenges and again, life, even the areas that had trauma brought me here and I can't want to take that away because if I hadn't gone through all that, I don't know if I'd still be in this space.

Danielle Kitzes: I don't know if I would be doing what I'm doing. I don't know if I'd be able to relate and connect to so many people of such different backgrounds. I'll let you go on. Yeah. That was the first. Oh, that was the quote, by the way, that Becky, she had, there's beauty in the breakdown. And that was one of my favorite songs.

Danielle Kitzes: And when I saw that again, it's just, whether you call it, signs from the universe, whatever you want to call it, it just felt like this, there's something here. I can't ignore this. It led me here. So I'm glad I, looked at her card and I took her seriously and took that feeling inside.

Danielle Kitzes: Seriously, you just gotta see her, you don't know why, but you have to do it. Yeah, and

Elaine Lou Cartas: I remember that's what you told me, and that's when I saw her. And I just even think of different situations where there's like a fuck yes moment, I'm gonna do it. I know when it's something, there's two emotions that come through me, or intuitive feelings, fuck yes, I need to do it.

Elaine Lou Cartas: Or the second is, there is fear in it, but I know it would be good for me. Yeah. going back and doing EMDR therapy, for example. It wasn't like, fuck yes, I need to do it, but it was I need to do it, but I don't know. I don't know if I don't, I want to go dig deep through my trauma and triggers and feel all that shit again.

Danielle Kitzes: And I haven't even done that yet. So that's something too, going back a few questions, why having a professional work with you is so helpful. Is I was like, oh, yeah, I'm going to do now that I know I have. Okay. I have this. Okay. Let's do this. And I remember her telling me Daniel's going to take you a while and I don't recommend doing first.

Danielle Kitzes: And I was like, what. She's yeah. she talked about the science and everything, right? there's some things are inconclusive, but she said, you have to work on somatic first because it's still in my nervous system. It's still in my body and it was mind blowing because I could have potentially done some treatment, resource that I thought was going to be helpful that could have potentially set me back a bit because my body wasn't ready yet to, Or to be in that space. Of, the rapid eye movement and bringing stuff up and going through it all over again. So I'm glad you brought that up because that's the thing, a professional can tell you based on the science, Hey, this tends to work really well with people in their space or yes, that's right.

Danielle Kitzes: You should try that. Or, you know what, after six months of somatic work, see how you're feeling, try it out. That way we're not putting ourselves in a situation of trying to rush. The healing process or rush something that we're not really yet capable or ready to receive.

Elaine Lou Cartas: I want to validate that for you because the first time I was, I went through a lot of therapists.

Elaine Lou Cartas: I am a therapist slut because this girl needs a lot of work. Not you, me. Oh, I need help too. It's okay. It's all right. I think it was 2014. Yeah, 2014. I was fired two times. I was working in Montana. I was working with a therapist there and she was fired from the job or fired. No, I was fine. no.

Elaine Lou Cartas: I'm not a therapist, but fired from two jobs and I was living in Montana working on a campaign and I was working with a therapist because I just was just at my lowest point after being fired twice. And then when you're working political campaigns, you're living in different states and you're with a therapist.

Elaine Lou Cartas: You don't know anyone, so you are It feels a little

Danielle Kitzes: unstable in that sense that you never know what's happening

Elaine Lou Cartas: next. Correct. It makes me start to exchange The campaign like ends like in three, six months, a year, like it's a, it's basically like a project until it's election day, but anyways, I was with my therapist, I was sharing everything that's going on and she's okay, let's try EMDR and we tried it for 15 minutes and she's Okay.

Elaine Lou Cartas: You're not ready. And like my Asian dude was like, what are you saying? I can't do that. Do I need to do to be ready? She's no, you're not ready. And you know what? I actually appreciated that. It wasn't like, okay, how are you going to go from amateur to pro athlete? It's just, you're not ready. So I appreciated that.

Elaine Lou Cartas: And then I remember about two years later, then I moved back to California and I, still had an ongoing, not like a consistent. Therapy patient relationship, but just a continuous 1, like, when I needed her

every couple of months and then I told her, hey, I'm feeling something in my chest when this happened and then she was like, you're ready, ready for what?

Elaine Lou Cartas: I completely forgot about it. I was like, what are you talking about? We, I was just so used to talk therapy. She's no, you're ready to do EMT. I'm like, what? She's but you can't do it with me because I'm not licensed in California is to go find someone. So even to your point, what you said earlier is I found a therapist who was a woman of color and that made all the difference.

Elaine Lou Cartas: Cause I've worked with other therapists and not that they weren't great. They were wonderful, but I don't have to explain certain things in terms of Cultural expectations, right?

Danielle Kitzes: There's already like a, an understanding that you it's like going past a couple sessions, right? You don't have to explain the background or

Elaine Lou Cartas: the basis.

Elaine Lou Cartas: No, and plus I'm paying a therapist for a full hour, so let's try to save the time and go deep into the shit.

Danielle Kitzes: I will, say my therapist, I'm amazing, and she's a white woman. And I'm always so grateful for her, because I'm half white, half a spoon, right? And the Hispanic side has some indigenous foods and so there is, even though it's not the exact makeup of myself, there is this person who is trauma informed, right?

Danielle Kitzes: Have experience with all cultures, so it is, finding what's your right fit. what do you need? It's dating.

Elaine Lou Cartas: It is. So when I meet people and they're like, I already tried therapy, it didn't work. I'm like, you just didn't meet the right person.

Danielle Kitzes: You didn't meet the right one. It's

Elaine Lou Cartas: like saying, I'm never going to find someone.

Elaine Lou Cartas: you just haven't met the right person yet.

Danielle Kitzes: That's true. I went through a couple. I think of the person I had when I was in my 20s. I wasn't ready for it.

Elaine Lou Cartas: Yeah, I was going to say, I was like, and I also think about the person I was before. I was like,

Danielle Kitzes: I was complaining about like boy issues and it was very surface level because I wasn't ready yet to go deeper. Yeah. So I remember that it's different as you evolved and who you want to see as a therapist, right? now I have someone who calls me. She calls me out but it's so helpful, And be able to understand myself better and also how to relate differently, especially if you have a trauma, very traumatized background, whether it's PTSD, CPS, or whatever it is, or even just being a child of an immigrant and hearing stories, right?

Danielle Kitzes: And seeing what they do to help get themselves ahead. Being able to talk about that and help unlearn or see what are the things I can take from this that are great. 1 of the things that might be crippling, you might be, really holding you back from something. You really want to do. Just amazing to have that extra person to bounce ideas off.

Elaine Lou Cartas: for our listeners who haven't found the one, I'm talking about therapy, you could go to [psychologytoday.com](https://www.psychologytoday.com) and then there are filters to look in specific states or maybe you have a specific challenges or issues that you want to work with. Like maybe you have ADHD, maybe you are going through gender identity stuff.

Elaine Lou Cartas: Absolutely. Maybe you want to work with someone specifically within your religion or ethnicity. You could mark those to find the right fit. And here's the thing. I want you to date as many therapists. They do a free complimentary call until you find the one and you will know. How I usually know is something happens and I just cry like they get something out of my soul and I just feel it.

Danielle Kitzes: And especially if we've been taught, like I was taught not to cry and it's interesting. Like you said, being in therapy and you start moving your eye like, I'm sorry. And it's you don't have to apologize. But again, it's that part of that, I call it my programming, right? What was my initial programming but finding that person that gets you to open up or gets you to have that aha moment.

Danielle Kitzes: Yeah. And you mentioned Becky. So I have my therapist and I have my mentor, my spiritual mentor and they both have their place. And I love them both like I would, I could not imagine my life without either one there. Is there something about the spirituality that not every therapist gets, right? Not everything.

Danielle Kitzes: There is. Yeah. That having someone, I'm blessed. My therapist is obviously very spiritual, so it works wonderfully for me. I don't have to hide any part of who I am with her. But if you don't have that, having that extra person. To talk to you in deeply about spiritual nature and just what's going on. It offers you hope. It offers you like positivity and like a way out that you know you're going to get through this.

Elaine Lou Cartas: I know we are talking late at night. It is 10 22 PM neighbor.

Danielle Kitzes: It's just a tad bit, But I loved

Elaine Lou Cartas: this late night conversation. We delved deep into everything from motherhood, mental health, marriage, multi generational caregiving. I am sure our listeners are in love with you. She's

Danielle Kitzes: very kind. Thank you.

Elaine Lou Cartas: Everybody, I just want you to see how she received that compliment. I

Danielle Kitzes: appreciate that. Yep. Yeah. But it's taken. It takes more than to be able to like, yeah, thank you. I'll take that. I'll receive

Elaine Lou Cartas: it. So two things.

Elaine Lou Cartas: One is, what is the takeaway that you would like our listeners to take from this episode? That's one. And second, if people want to connect with you, work with you, how can they do that? So the first thing, which is the takeaway, I would say is allow yourself to be willing to grow and expand wherever you're at in your journey of life.

Danielle Kitzes: Whether you're single, married, partnered, divorced, widowed, whatever age range, allow yourself to be able to meet yourself where you're at and keep going forward, and find that village. Find that village to help you in that journey, because if not, it can be, suffering and it can be cumbersome and overwhelming and no one has to go through life alone.

Danielle Kitzes: Yeah, we can have moments of loneliness that doesn't mean we're alone and we should. That's a quote that would be a takeaway as far as connecting with me and you know this I don't.

Elaine Lou Cartas: Connecting with you and working with

Danielle Kitzes: you. Yeah. Those two. So I do have my website which is divine radiant loving dot com.

Danielle Kitzes: That just gives an insight of who I am and what I do. The I would say Instagram also divine radiant living dot com or at divine radiant living. I don't. I've tempered myself. I'm not on social media all the time. I will post mainly stories and occasionally a post, but it gives you again an idea of who I am.

Danielle Kitzes: You can message me through there. You can email me daniela at divine gradient learning dot com. Yeah, then that's really it. I said a piece about social media. I just. I used to like, Oh, I had to post, I got to do this. And then I got to a point of, I lived my life. I'm being present with my family and the businesses.

Danielle Kitzes: I have the real estate I have, I manage I'm a fiduciary for someone as well. I help them with their funds. So that takes time. And I'm not going to spend 40 hours on social media. I'm going to post when I feel it's aligned, share when I feel it's aligned, and then spend the rest of my time living.

Danielle Kitzes: Yeah. So

Elaine Lou Cartas: I hope all of you connect with Danielle. I will put all our contact information in the show notes. And then Danielle, you, I had the wonderful opportunity where you were a client of mine. So for those listeners who are probably in the fence, interested in working with me, what do you want to share with your experience?

Elaine Lou Cartas: Any results?

Danielle Kitzes: I love because I got to see you like pre pandemic and in pandemic and now post pandemic and I love having seen your journey and your evolution because it's not just you as a person but it's even you professionally and to know that when someone works with you, you're willing to learn.

Danielle Kitzes: You're willing to not just be the person in that room on that day but a year from now you're going to be a person who's grown from everyone else you've worked with. And they, they need to be willing to put in the work with you that this is something you have to be really willing to do it, to listen, to receive the suggestions, take action.

Danielle Kitzes: And if something doesn't feel aligned, then come back to the space with you and be like, I didn't feel right. Let's, work through this. What else? What else is there? Because it is, it was a very profound growth experience for me getting to work, both in the group, in person, and then in the group setting.

Danielle Kitzes: Yeah.

Elaine Lou Cartas: And now we are neighbors.

Danielle Kitzes: Now we are neighbors. And just see where you're sitting. I think I grew from having worked with you two. I saw, I was like, oh yeah, you know what, I don't want to do that. Yeah. that's not the path I want to go down. Social

Elaine Lou Cartas: media. You don't want to be on it all the time.

Elaine Lou Cartas: I don't. I love doing this podcast, for example. I get to talk and I don't feel on. The only energy I feel like I, I need to maintain and manage is either myself, it's a solo episode, or the speaker. And then it goes out into the ethos of people listening to it, but I am not attached to the number of downloads because guess what?

Elaine Lou Cartas: Not everybody sees the numbers. It's just me and my team. And it doesn't matter. And

Danielle Kitzes: the people who are going to listen to you are the people who are going to work with you or may work with you, right? I don't know, they're on the fence. Yeah, they have to be ready to be in that space to want to work with you and really do the work.

Danielle Kitzes: It can't just be a, I think no, it's like you have to have that. This is a commitment and by doing it, great things will happen. If you're not ready for those great things to happen, if you're not ready to grow through some mistakes you might make in the process. And it's not a bit of work.

Elaine Lou Cartas: Yeah, I really appreciate you saying that.

Elaine Lou Cartas: Because so often people think I'm going to hire someone, not just a coach, but a therapist. They're going to fix me. They're going to tell me what to do. But you have to be willing to do the work and not necessarily work in terms of action.

Danielle Kitzes: Yeah. But keep it inside. Yes. Your mindset.

Elaine Lou Cartas: The awareness. The, sure. Let's say I give you advice to do posts on social media every day and you having the awareness of. Not that this happened, I'm just giving an example. Oh yeah, no worries. Elaine, I don't want to post every day. I'm like, okay! This is great! I'm so glad you don't want to do it. Mark that off as a no Danielle, I am very mindful that you have a mother, three kids, a husband, more importantly, you are a human, and this is probably your me time as we're recording this at almost 1030 p.

Elaine Lou Cartas: m. This is

Danielle Kitzes: great. This fuels me, by the way. I love this. This is a

Elaine Lou Cartas: jam. Honestly, I feel like, because we had coffee, I think a month ago, this felt like a continuation of our coffee chat. So good. if our listeners loved this and you want Danielle back on, let me know what we should talk about next time.

Elaine Lou Cartas: we're

Danielle Kitzes: neighbors. We

Elaine Lou Cartas: could be in the same room. We could do this, yeah, we could do it in the same room, correct.

Danielle Kitzes: We could have a little coffee talk, and we could do this. Although I don't, I try not to drink too much coffee anymore now, it's green tea for me. Oh,

Elaine Lou Cartas: I just need some loose leaf tea.

Elaine Lou Cartas: I could bring it over. I'm, secretly inviting myself in because I love her office.

Danielle Kitzes: Perfectly fine. But this is really wonderful. Thank you.