



The Music-Preneur Mindset Podcast

EP36: Music-Preneur Spotlight: Lauren Kelly Benson & Corina Corina



You're listening to Episode 36 of the Music-Preneur Mindset Podcast.

Hey there! You're listening to Episode 36 - Music-Preneur Spotlight: Lauren Kelly Benson & Corina Corina. Today's episode is sponsored by The Music-Preneur Mindset Summit, which you'll hear all three of us discuss later on in the interview.

If we haven't yet met, I'm your host, Suz - a mindset coach to help music-preneurs build sustainable careers in music by focusing on time management systems and goals that fit their situation.

I wanted this spotlight to feature two amazing artists, not only because I wanted the last interview of Season 1 to be epic, but because I wanted to touch upon something I know a lot of you struggle with - Accountability.

When it comes to accountability I couldn't think of a more appropriate example than the relationship that exists between Lauren and Corina. Their dedication to their accountability structure is enviable and I think their insight will help you find a partner and a system that works for you.

In addition, Corina was a major influence and inspiration behind the birth of The Rock/Star Advocate, as she was a client of mine in my last business - IXiiV Consulting - and we began doing work to address Post Tour Depression and out of our work together came my first offerings as The Rock/Star Advocate and she continues to be someone I go to for advice on how to best support musicians.

The beauty of her situation with Lauren is that they are in very different places in their career, as you'll hear them tell you. Corina is about to release her third solo full-length album *Hangover Music*.

Lauren, on the other hand, is an entrepreneur and is preparing to release her first EP, while maintaining the growth of her yoga practice. Even though they are not in the same place in their journey they are in agreement in how they need to be supported and what that structure needs to look like for them to succeed.

You'll also hear Lauren describe how the birth of this partnership came to fruition through one of our other guests, Cheryl B. Engelhardt. We cover a LOT of powerful revelations and realizations both musicians have come to through their journeys and I have no doubt you'll be taking notes!

So get out those writing utensils, and without further ado...

Suz: Hey everyone welcome to our final interview of the season, of season one of the Music-Preneur Mindset Podcast. I'm here with Corinna Corinna and Lauren Kelly Benson and we're in the very affluent Stewart Hotel right near Penn Station in New York City. So we're gonna be fancy and have a fancy interview.

So Corina, why don't we start with you? Why don't you tell us a little bit about where you are in your journey right now as a musician.

Corina Corina: Thank you so much for having me, having us actually we've been talking about doing this for awhile and this is awesome really happy to share. I am preparing and to release an album. I am in a place of openness to how that's gonna look and how it's going to work.

In the past I've like recorded an album and released it right away and just like busted my ass to get it out there in a very like formulaic way, but because I haven't released an album in four years and I think the climate of social media and the way that people listen to music has changed even a lot in that timeline, I'm not exactly sure how I'm gonna do it. And we're working on it and that's where I'm at.

And I'm also in an acoustic duo and I'm just continuing to have fun with that and like stretch myself out, collaborating with another person so closely really challenges me as an artist in a lot of really good ways. And I am also working on a project with a producer emcee guy, which is my angry rap album, and that's been a lot of fun too and really some really heavy lifting in terms of like looking inward and I'm really enjoying it.

Suz: That's awesome and you'll hear more about Corina's new music coming out and all the links to her projects including her blues duo, Max Caddy, can be found in the show notes, be sure to check it out!

And Ms. Lauren Kelly Benson, your another multi-passionate artist yourself and so won't you tell us about a little bit about where you're at right now?

Lauren Kelly Benson: Yes thank you, yes for having us, I'm a big fan of your work and a lot of what you've shared with the world has helped me a lot, so I hope anything I can say can help someone listening now.

I am at a very different place from Corina, she's on her third album and I am at the beginning. I've, as an artist, spent a lot of my time supporting other artists and you know offering hooks on a rap song or writing with other people or in collaboration with a band, so I am working with Willie Green on my first solo project. We're wrapping a four song EP that I hope to release soonish.

Those four songs are the beginning of a full length album, so we'll continue straight from releasing that to continuing the work on the full length album. I have a band coming together. I just completed my first tour with a very good friend of mine, Jesse Davis, and yeah I just like feel very much at the precipice of releasing a lot of new stuff.

I released my first single at the beginning of the summer, yea, that's where I'm at.

Suz: No matter where we are in our journeys there's always certain obstacles, whether you're on your third album or getting really ready to release your first EP, there's always obstacles so I'd like to know what do you feel is your biggest obstacle right now,

whether it's personal or music-related what do you feel is like your biggest block right now that you're just chipping away at?

LKB: I can take that. I feel connected to my obstacles for sure. I also have my own wellness company, Aditi Flow, and finding the balance between this sort of money making business adventure and money spending music venture. And it is yoga and wellness for artists and so I love it because it's creative work but it's also a lot of work and I really want to be focusing more energy on the music and more time and more money, but then you need business to make money, so yeah it's just the balance of really being able to stay rooted in your passions and rooted in what you want to put out into the world but also realistic about being an artist in a city like New York.

CC: So everything she said! It's always been lack of resources always, but I feel like that's not a very interesting answer, so I'm gonna keep it One-Hundo. I think a big obstacle I face is just my own emotional well being. I deal with a lot of depression and I've had a lot of health problems for the past couple years as you both know and just getting... lack of energy and lack of inspiration and just getting discouraged.

I am trying to find somebody to premiere my newest single and I've gotten a couple rejections and it feels like s**t, it really does and I don't know how other people feel about it, but I personally never get used to rejection. And I work in sales and I still just... you know some people just don't get used to it, it sucks.

And also just like constantly wondering, like I've been at this for a really long time, like Lauren said, I've done a lot of tours, I've put out multiple albums and different projects and you know I still feel like it hasn't quite happened for me and I'm doing a lot of soul searching about like why that is. What's my blind spot? What am I doing wrong? Is it going to happen tomorrow? Is it never going to happen?

And these are... a lot of existential questions that are really can get kind of dark and sort of hard to face but ultimately better art will come from it and there's no hiding from it.

Suz: I thank you for being so honest with us, I never expected any less and I know that a lot of our listeners face those things and so I think that's really important for all of you listening out there that you're not the only one that is, you know, working through these mental roadblocks, these emotional roadblocks, these struggles to just keep going when we are working voluntarily in such a negative space a lot of the times.

Have you found it difficult to find your niche or your people? Or, you know, does it surprise you in terms of who resonates in response to the music that you put out?

CC: Yes it's hard for me to find many people in the world in general. I have a a lot of different sort of identities that I embrace, so I think that I find, you know, I have my artist community, I have my LGBT community, I have my women community, I have like my Bay Area... you know I have all those different things and I'm lucky to have so many wonderful people in my life who really do support me and and it's important for me to remind myself of that.

People often question why do I have these two such distinctly different projects and I can't imagine doing it any other way because I so deeply resonate with like contemporary R&B and Hip Hop, that's so much a part of who I am, but as soon as I started going forward with the Corinna Corinna project I really missed the blues music that I used to play with my dad, just my dad playing guitar and me singing like really sad songs at a really young age and I found Jesse and I love doing Max Caddy also.

And it's really funny when people from my Hip Hop world come to Max Caddy shows and they're like, "Well I wasn't expecting that at all!" but impressed because we're good but I feel like I'm still finding my sound, to be honest, you know?

I'm not that young and I've been doing this a long time and I feel like I know when it happens and there were a couple songs on my latest album *Hangover Music*, I also work with Willie Green and this is our third album together and we've done a million other things and there are a couple songs on this album we're like, "This is the sound!" Three albums and we're like this is the sound, but it continues to evolve and you know some of my favorite artists continue to find find their sound and my sound will proba-

bly be different in a year and the stuff that I'm working on right now that I'm excited about is totally different than *Hangover Music* and *Max Caddy* and I think that we all owe it to ourselves to not put ourselves in a box or pigeon hole ourselves as any one thing.

But just knowing how to focus the marketing, so that I'm not going to do *Max Caddy* and *Corina Corina* the angry wrapper on the same album but they're both true to who I am. And the other thing that surprised me is that no matter what I do and how much I try to target female audiences and LGBTQ audiences I just have a lot of dude followers.

It's like every time I look at any analytics it's like 65-70% male listeners between the ages of 25 and 35. I don't know why, I'm kind of a guy's girl but I also think I'm a girl's girl, so I don't know why. I'm glad people were listening thank you for listening I feel like I have a lot of things to say that are very feminist in spirit that it would actually serve men well to hear.

So thank you for listening and I hope that you're processing and taking it to heart, thank you dudes!

Suz: That's that's awesome, you have something to add?

LKB: Yeah I was just listening to *Corina* and one thing that really resonated with me is that she has these two separate projects but they're both true to who she is and that's what's going to resonate is the truth that you embody and just putting that out into the world is what's going to resonate with whoever it resonates with for whatever reason.

I was thinking about that on this first tour and you know I took my first single which is about police brutality and slavery and my black ancestors and I went on tour in the Pacific Northwest, where if there was one black person in the audience it was a treat, and so I did have to do a lot of thinking about like, "Okay, well this isn't the avatar of who I

wrote this song for, or who I am, but this is an audience and I'm on a stage and I'm gonna sing the hell out of this song.”

And I was nervous about how it would be received and it was received well and openly because it is art and that's the audience and I'm the performer.

Suz: And you were open to perform it.

CC: And it's a good song!

Suz: Absolutely! Sometimes is that simple, when the art is good, you know, people will gravitate towards it and I think what's really important that you both said it's about authenticity and for those of you listening it's really easy to forget that when you are on your third or fourth or fifth album and you're like, “Ahh when am I gonna be done?” You're never done, you know? And even as a as a professional in the industry, my services, I'm redoing my website right now, it's never going to be done, my services are never gonna be perfected, my business model is never going to be completely finished work, it's always evolving when you are evolving yourself. You're not the same person you were three years ago so it's important to keep that in mind and not get down on it.

You wouldn't be who you were if you didn't do the first album, you wouldn't be who you are if you didn't do the first tour, you know, so you have to go through all the stuff and let it evolve the way that it's going to so I thank you guys for that because that was really well said.

I want to know, because the reason we're doing this interview together is because you guys are in an accountability group so I'm curious, how did you find each other and what does that type of support that you offer each other look like for anybody that's maybe listening who wants to find an accountability body of their own?

CC: Lauren and I... we met through Willie Green. We were both artists who have done a lot of work with him and I sort of knew of her and met her at a few various events.

We both have a few exes who run in similar circles, went through some pretty hard times when it came to that, so that was like the first thing we related on. We're both yoga teachers and practitioners.

I left New York for a couple years, but before I left I think we're pretty cool and it was always kind of like this joke about like damn we have a lot in common like s**t and then I left for a couple years and came back and she's been the greatest gift I've had since I came back. This accountability thing has just been like, I've been in a 12-step program for a long time and I liken it to sponsorship. It really really has been transformative for me.

Suz: I know that a mutual friend of all ours and a former guest of the Music-Preneur Mindset Podcast kind of spurred this on for you, so tell us about that.

LKB: Yeah so at the Music-Preneur [Mindset Summit] conference I met Cheryl [B. Engelhardt] and I was like in the middle of the writing process and knew that I was arriving at a place to like dive into music as a career and so I did a group with her. The work with her was say over 6 weeks and meeting weekly and all these tools and all this information and then at the end she was like, "Now continue this work and find someone who can hold you accountable and who you can hold accountable and someone who has similar goals and who you can trust."

And I immediately thought of Corina. So we use Cheryl's template for accountability which is three areas of our life and the top three priorities of the week in that area of our life and so Corina and I basically chose the things that we have in common as the three areas. So we do our 2nd Chakra which is hippie grown up stuff yeah so that's the seed for the hippies out there, that's the seed of creativity and also abundance as far as money and also sexual, dating life stuff.

So that encompasses a lot for us and me and Corina are close enough that we can share in that area of our life. What else? Health, which we both do physical and mental health when it comes to that area of our life, and then our music career. So every week

we have 9 things - 3 in each category that we tackle in those 3 areas of my life and it's been really super helpful to me.

Sometimes I pinch myself that I found someone like Corina who is very... when Corina writes it down it gets done, which holds me accountable in a way of really watching her get through her list. I think I've come to the table a little bit more sometimes like, "I didn't do that one." But I'll write it down again this week. But yeah it's been a really grounding process we meet once a week and yeah.

CC: Also it's nice because just like a plug for friendship, especially being in our 30s, career people in New York City, it is very hard for us to just make time for each other as friends and because we have this thing that we do we usually include like a brunch or like a yoga class or whatever and it's just kind of a way to just like spend time with a friend regularly, where probably if we didn't have this we would flake on each other all the time, never see each other like with most of my friends.

Suz: That's awesome and so if you guys want to emulate that accountability process I will be a listing what Lauren said in the show notes so you can see how they do it and then you can try to find someone and emulate that for yourself. And as Corina said, maybe a friend, you know, somebody that you have a lot in common with can be just as helpful and if you don't have somebody in your life you can go to a group, I know a lot of you are in that Rock/Star Collective on Facebook.

You can go into that group and just ask or you know go out on Twitter and say, "Hey I'm looking for somebody. Who else wants support?" I'll also leave the link in the show notes, I also have an accountability group that I run, it's a monthly subscription service so if you need extra help staying accountable you can check that out as well.

Lauren had mentioned, you know sometimes you just move those tasks to the following week, you know sometimes things happen and you do the best you can so when it happens to you guys what do you do? Because I know that when that happens it can come with a lot of guilt, a lot of talking yourself... you know putting yourself down,

and you know feeling shame around it. So I wanted to know what do you do and what do you do to help the other person when they're feeling that way okay?

CC: So I'm a Virgo, and I as Lauren said, if something is written down it will be done but I think, like she said, she was glad and grateful to find me I think every accountability partnership needs a Corina and needs a Lauren and I think part of what you've taught me is like it's okay if something doesn't happen and that is hard for me to let go of.

And part of it is like not wanting to let Lauren down or not going to break my perfect track record or whatever. But the other thing that we've... first of all we don't ever make each other feel bad about anything obviously, but if there's something that seemed important on Saturday we're doing this and then by Tuesday something else comes up or it's just like I don't really need to do that yet, that's fine.

It doesn't mean that we like failed our accountability, I'm just like, "Oh I was planning on doing this and I realize that it just doesn't need to get done or OMG this other big thing happened." And then sometimes what often happens, I think for me personally, and we have different styles of things that motivate us, but when I say "Write more" or "Write a Max Caddy song" that s**t never gets done.

I'll put it on my thing for like two weeks and then I'm just like, "I'm not going to do that." And sometimes I think for a little unspoken rule to have for myself is if it's on there for more than two or three weeks in a row and I don't do that, I just take it off. It's just not gonna get done and it's fine.

And the other thing is that we are very collaborative about it. We see each other, were very very close friends and we're very honest with each other and I think we're very honest with ourselves. Like for example, this past week I was struggling with some eating disorder stuff and Lauren was like, "Yeah... I think that you know..." Sometimes it's a little push back it's a little tough love and it's a lot of bouncing ideas off of each other and believing in each other and that sort of thing.

so it's not just like I show up and here are my goals and that's it. It's just kinda like "Oh, well ok, 2nd Chakra... I have these two like kind of dry grown-upy kinda things I have to deal with..." and Lauren's like, "Well there's nothing about sex and dating on there, what do you think you can do?" and I'm like ffdkgffdgfgfdd... And "Why don't you try this that or the other..."

So it's really good to have somebody there to reflect that with me and to be flexible.

LKB: I think for me personally because I am someone who is not a Virgo and it's not going to get everything done in the exact order and way planned, but I do get to it, in the beginning I was a little bit nervous that we wouldn't be the right match and I think I spoke out loud like, "Okay so I didn't get anything done in my Health category and I'm worried you're gonna be mad at me or judge me or that I am not inspiring you back or that I'm like the lazy one of the partners," and just like speaking those worries we were able to find what works for both of us.

I need safe space around me for me to be vulnerable, for me to be real and honest, and so Corina and my friendship is a safe space and we really work hard not to judge each other and to remind each other not to judge ourselves. And yea, just to be in our flow about it.

Suz: When things come up and life happens, you know we've all had those times where certain things have to take priority and a lot of those times we didn't plan for those things to happen, so how sacred is your time together? What happens if you can't make your scheduled time to meet? Or what happens if, you know, you're gone and you gotta check out for a couple weeks... like is that just non negotiable, you find a way to check in? Or like what happens when life doesn't go as planned and and you can't keep to your scheduled appointment with one another? What is that like?

LKB: So that happen to us. My father got really ill and passed away shortly after we started this and I was just out of town and had no idea when I was coming back and kind of couldn't even fathom thinking about like a date when I was dealing with this

and we just stayed checked in. Corina actually kept to the three things a week under... the Virgo...

CC: I was like, "You don't have to respond to this but.."

LKB: Yeah she texted me her accountability and I stayed aware of what she was doing it was a text, I didn't even have time or really energy to do a phone call for some of that time and just observing her staying in that, and I'd sort of be like, "Well maybe this week I'll do this..." and even that kind of took me out of what was happening with my father and dropped me into my album. So yeah we just navigated that as it came, but that's what worked for us - Corina stuck to it and I received that and did what I needed to do and as soon as I felt ready we got right back on schedule.

One thing that does feel important is we try to schedule the next week before we part ways this week. Cause if you think you're gonna text each other, you think you're going to figure it out, it'll be Thursday before you realize you still have... you don't have any time. So we really try to make the schedule and stick to it and just be honest about, "I can't this weekend or next weekend."

CC: I mean I'm not gonna front it's always sad when we don't do it, I really look forward to it, it's awesome. But yeah like I went out of town for a couple weeks - did we check in?

LKB: Yeah

CC: Yeah I mean you went on tour, things come up but we get our groove when we need to. We're always in it somehow.

Suz: You guys are just so super talented and such wonderful friends to other people and to each other that I think it's awesome because I get asked, "How can I stay accountable?" All the time people ask, "How do I vet and accountability person? What does it look like once we start working together?"

And just you sharing your process and what it looks like when it's not going to go as planned, no matter how much of a Virgo you are, sometimes it's not going to go as planned...

CC: This will work!

Suz: So I think that's important for people to hear that like it can still keep going and it doesn't have to always look the same way each week, you can make adjustments, give yourselves permission, and I think that's really important.

CC: Can I just make a plug? There's a little thing called the Gretchen Rubin's 4 Tendencies and it's the 4 different personality types and how we're motivated and I think it's really important for people to be in touch with that because I am a rare case where I can be held accountable to myself and to other people, and some people can only be held by other people, some people only by themselves, some people are just like not at all, just nothing works and I think it's important to know your style.

Because I do feel like sometimes when people work with me on certain things and they're like, "Oh you get everything done," or whatever and it's just it's not because I'm better than them or more disciplined, it's just because the way that I hold myself accountable is just different. We're all different, so I think it's important to figure out what motivates you personally and and, you know, play to your strengths just like with anything else and not feel like s**t about it.

Suz: I love the tendencies that you mention and the link to those will be in the show notes so be sure to check that out guys. And being that you met Cheryl at the Music-Preneur Mindset Summit last September, which then, as most of you know, spurred on this podcast. We're doing it again this September in Long Beach, and both of you will be a part of it which I'm super excited... I kind of look at you guys as like our resident center-fied coaches where you run your yoga and journaling/meditation classes that I know really, like when I got the feedback from people those were like their two favorite things that they did that really were quite powerful, so what was it like for you

last September and what do you think people could gain from it if they're thinking about going this year? Like what stood out for you that was beneficial?

LKB: So much! It was really, first of all it was really fun, you know adventure time. And then it was just really inspiring. Lots of information, lots of connections and contacts that we both still have. As a yoga teacher and as a facilitator of spaces like that, I think it's important to just be in space with people who share your passions or share your questions or share your burdens you know?

So just being in community with fellow musicians who are really trying to take it to the next level and monetize or really get organized or whatever their goal is even just that, regardless of the information that you take or leave, just the experience of that and being in community with people like that is really transformative. I feel like I can't even believe it's coming back around because the energy still feels fresh to me and exciting and inspiring and I still have people and online communities and notes and everything that I can drop back into when I need like a breath of that air and then we get to do it all again soon so it's just exciting. So YES, sign up. Do it!

CC: Yes everything she said again. I even actually got a tattoo based on a conversation that Lauren and I had on the drive back from the trip so that's how you know it was a big deal. It was also really fun like sharing a hotel room with Lauren and these two other amazing women who remain our friends to this day and drinking champagne and listening to Cardi B like why don't I do this more often, it's awesome!

Again just being in the space and being around other people... I have a full time job that is not, doesn't feel very creative, and it was nice to have a weekend where I'm like, "Oh yeah, I'm an artist that's what the f**k I am! And these people have no idea what I do for a living and I don't have to be that person here." So that was really great and also, Suz, shouts to you because you know I am in yoga teacher and meditation teacher as well and Suz was like, "Why don't you do journaling workshop?" and I'm like, "What?!" And I did it and it was great!

It's always nice to find when you have a gift for something that you didn't realize and I truly believe that I actually did a very good job. And I held another journaling workshop later on a few months later in New York City and I plan to do a lot more, I think I feel very passionately about journaling. I have a journaling/meditation practice that I do every single day I don't think I've missed a day in like two years, knock on wood.

So yeah, it was wonderful and like Lauren said, I feel like it's still sitting with me and I can't believe it's coming back around again and it'll be great.

Suz: I'm just really grateful for the both of you and you know to anyone listening whether you come to the Summit in September or you go somewhere else or you go to multiple ones, as they both said, find that community, you know? Go to a festival, go to a conference, go to a meet-up, anywhere where you can remind yourself that you're not alone, because a lot of us have friends that aren't in the business and we have family and I know, I think it was Episode 16 I talked about when your family and friends just don't get it. So if you, especially as Corina said, if you have a day job you start to feel so removed from your passion and so when you have an opportunity to be in that sort of space with fellow artists it's really really powerful, so get somewhere where you can surround yourself with like minded people it's really really important.

We are now at a point where it's time for my rapid fire questions that I ask each of my guests. So no wrong answers, whatever comes to mind and... go! You have one extra hour in the day how do you spend it?

LKB: Yoga.

CC: Learning to play an instrument.

Suz: You can collaborate with anybody living or dead, who you collaborating with and what are you doing?

LKB: I just want to hang out with Rihanna.

CC: I just wanna you-know-what to Rihanna, which I guess I'll hang out with her too, so whatever...

Suz: So you all can hang together!

CC: I want Isaac Hayes to produce one of my albums. I was very sad when he died because that was the plan.

Suz: Well there we go. Your big ask. What is your request whether you feel it is out of your control or not, we never know who's listening we never know who knows who, six degrees of separation, we never know what resources somebody can bring our way so let's put out into the Universe. What do you want to see happen for yourself? What request can you put out there?

LKB: Suz, this might be you... I noticed in releasing my first single that even with the research and the resources that I've sought out I feel lost on my action steps, on... I know there's no right way to do it, but I don't know if that's a business manager or a manager-manager. I'm just like, "Is this what this email should look like? Should I have even sent that email? How do I get more people to listen?" Like I need management, I need support around the business of doing this, especially learning from single and moving into EP, and then ultimately album, like I need a partner. I need a hand-holding business guru manager person.

Suz: Yes we can certainly talk. Yeah, well I notice you say "should" a lot, so I think a lot of it is confidence building and just knowing to listen to your gut and saying like, "Here's all the advice I've read, here are all the different pathways I can take, I feel this is right for me I'm gonna do it." And I think that that's something we can talk about, that's awesome.

And Corina, what is your request to put out there?

CC: I am in looking for a larger force/machine behind putting my album *Hangover Music* out. It is very good, I deeply believe in it, I've been working on it and sitting on it

for a very long time. So whether that's a record label or some sort of sync licensing deal or something that just gets people to listen to it, which seems to these days be people only listen if other people have already listened and if there's a million plays or whatever. So I believe that it's great but I just need people to f**king listen to it.

Suz: So if you're listening, and I know we have some people out there that are of the industry side of things, if you go to the show notes you'll see Corina's EPK and it'll tell you all about her upcoming music. So if you want to take a listen and you think you could help, take a listen! Click on that link!

Every week we usually have an actionable or download for our listeners, giving them something to do, giving them something to take action on for the week. I always like to ask my guests what would you like our listeners to go do when they're done listening to this episode, which will end in a few minutes. So what can they go do?

LKB: They can listen to my single, *Say Her Name* by Lauren Kelley Benson everywhere where there's music.

Suz: Love it and there'll be links to that in the show notes.

CC: Find me on Spotify or whatever your streaming platform is and listen to a bunch of songs and then tell me which one is your favorite! Or YouTube! I have 10 music videos!

Suz: That's some great market research we just did right there. Go tell Corina which one you resonate with most and give her some market research data points. Awesome.

CC: Can I say something that I would like them to do for themselves? So that was what you can do for me and what you can do for you I think everyone should see a therapist and meditate daily or some semblance of that, even if it's just like just get quiet. Just get quiet and people who say, "Oh no I can't sit still because my brain is racing a lot," that's exactly why you should f**king sit still. So just set a timer for one minute, just start there it will make a big difference.

I'm so thrilled that this was the last interview of Season 1 because it's just such a nice wrap up of a lot of the topics we've spoken about on this podcast. We've talked about how to deal with continuing to go on when you have grief. We've discussed giving yourself permission when things don't go as planned and how to find support in others.

I hope you've now seen the importance of knowing what that support needs to look like for you and how to let other people know how to best support you.

I want to thank Corina Corina and Lauren Kelly Benson for their time and willingness to share many personal details with us today so you could get a full 360 look at what accountability can truly look like and how powerful it can be.

I want to thank them for also sharing their account of The Music-Preneur Mindset Summit with us and I hope you'll decide to join us this September!

For more on EVERYTHING that was discussed today, be sure to head on over to the show notes page www.therockstaradvocate.com/ep36 to find links to everything and to purchase tickets to the Summit.

Thanks again for turning in! There's just ONE episode left for Season 1, so don't miss the grand finale! Subscribe now and access all Season 1 episodes of this podcast on your favorite app or by visiting www.therockstaradvocate.com/podcast.

If you're looking to figure out your next steps, find time to balance everything on your plate, or gain more accountability & guidance, let's talk!

That email again is suz@therockstaradvocate.com.

Until next time, Rockstar! Have a wonderful week and I hope to see you back here next week so we can get grounded to get rising! Take care.