



## FIERCE WEDNESDAYS

Hey FIERCE Mama,

Welcome to the FIERCE Wednesdays newsletter, where I provide weekly tips to help burned-out moms find purpose and love life through my FIERCE methodology in four minutes or less. Each tip will fall into one of my six-step FIERCE methodology steps. Click [here](#) to learn more about the FIERCE methodology.

This week's newsletter falls into the **I** for "**I AM**" category of the methodology.

I have been reflecting on vulnerability and how it can help us show up more authentically. Yesterday on social media, I talked about a conversation I had with someone I love and how sharing some of my recent failures, challenges, and disappointments was beneficial for her to

hear. She shared that it made her realize that everyone has challenges, even people that seemingly have it all together. It got me thinking about how we show up unintentionally with a facade of "Everything is fine." This way of showing up can be especially true for those in leadership positions, mentors, coaches, teachers, etc., because we may wonder if we can effectively lead if we appear to show "weakness." Will anyone listen to us if they don't think we have it all together?

The Oxford Dictionary defines Vulnerability as *"the quality or state of being exposed to the possibility of being attacked or harmed, either physically or emotionally."* It's no wonder we may subconsciously avoid situations that make us vulnerable.

Brené Brown's "[The Power of Vulnerability](#)" is a collection of teachings on authenticity, connection, and courage that help dispel the myth that vulnerability is weakness and reveals that it is, in truth, our most accurate measure of courage.

So how can we show up and lead authentically, which will mean exposing our vulnerability occasionally?

Understand that vulnerability is a strength, not a weakness. It takes great courage and self-love to show up with our flaws and shortcomings. It makes us relatable. People are more open with others they can relate to and more likely to trust and listen to people.

Vulnerability is also the result of internal work. Self-Introspection happens before a person is willing to be vulnerable. It shows a level of self-love and an overcoming of the fear of rejection.

## **QUOTE(S) OF THE DAY**

***"Vulnerability is not about winning or losing. It's having the courage to show up and be seen when we have no control over the outcome."*** - Brené Brown.

## **2 Corinthians 12:9-10 ESV**

*But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses...*

Stay FIERCE. I love you,

Ugochi

PS > Today, on this episode of the FIERCE Mothers Podcast, I sit down with Pamela Sofola.

Pamela is the founder and CEO of A Beautiful Closet. A Beautiful Closet was birthed in 2011 and was inspired by numerous comments by beautiful and confident women from various countries around the world about the taste and artistic rendition of Pam's dressing style. Most women desired to "look inside the closet" of this fashion trendsetter.

Pam has traveled the fashion world in Europe, the Americas, and Africa. As such, she has grown to appreciate the innate trans-cultural desire of individuals to express themselves through their dress.

Pam believes that "Dressing is an art, a form of expression; it is the first thing people see when they meet you. How you dress can relay much about an individual without that person uttering one word. It can portray an individual as confident and strong or timid and insecure."

Pam's keen sense of art continues to conjure her clients' expressions of joy and satisfaction. She strives to offer timeless pieces that are carefully handpicked that can be worn repeatedly without losing that "wow factor." She has also launched her "Pam Sofola Couture" clothing label to cater to people who want quality clothing made from quality fabrics.

To listen to [episode 57](#), click [here](#).

# INTRODUCING THE



**Whenever you're ready, there are two ways I can help you:**

**1. The FIERCE Catch Fire Kit** – The kit is [available](#)! What if you could be the mother your family needs without putting your dreams on the back burner? Your goals still matter; going after them is possible without neglecting your family. I'll show you how. Your purchase makes a difference! 15% of all bundle proceeds go toward my non-profit project helping vulnerable children in Nigeria. Click [here](#) to learn more.

**2. If you would like a more customized and personalized approach**, it would be my absolute pleasure to work with you 1:1. Reply to this email or [book a call](#) and let's [chat](#).



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