

the dots

a podcast about connecting.

Janelle Saar Transcript

Announcer: [00:00:04] Welcome to The Dots. A podcast about connecting. The Dots is a series of conversations with artists, community leaders, entrepreneurs, and change makers who talk about how they connect the dots and bring things together for their communities, companies, and themselves for a better life. And now your host Digital Strategist, speaker, and entrepreneur Kathleen Buczko.

Kathleen Buczko: [00:00:30] Janelle Saar, pilot, business consultant, entrepreneur, and coach. Janelle never stays in the boxes but empowers thousands to find their path, through her web site and personal coaching practice. Janelle, welcome to The Dots. Thanks for joining us.

Janelle Saar: [00:00:46] Thank you so much for having me. I'm so glad to be here with you.

Kathleen Buczko: [00:00:49] Tell me a little bit about your journey. Where did you grow up?

Janelle Saar: [00:00:54] So I grew up in Woodland Park, Colorado, where I had just recently moved home to. So I grew up in the mountains, which was a great place.

Kathleen Buczko: [00:01:04] Well then tell me about your journey away from the mountains and your your path to today.

Janelle Saar: [00:01:11] Sure. So I when I graduated from high school I actually went to a flight school to become a pilot. And from the time I was a very young girl actually when I was.

Kathleen Buczko: [00:01:22] Weren't you 19? You were like a baby.

Janelle Saar: [00:01:25] Yeah I was 19 when I got my commercial pilot's license.

Kathleen Buczko: [00:01:28] Amazing.

Janelle Saar: [00:01:28] So I actually started flying when I was 17.

Kathleen Buczko: [00:01:30] Wow.

Janelle Saar: [00:01:31] Yes. So I was very young it was a calling I had from a very young age.

Kathleen Buczko: [00:01:36] And how long did you fly planes?

Janelle Saar: [00:01:39] I flew airplanes for several years. It took me a couple of years to get through all of my ratings and certifications. And then I actually spent some time flight instructing and teaching other students how to fly.

Kathleen Buczko: [00:01:53] Awesome. And then you continued your career in the aviation industry if I'm not mistaken. Right?

Janelle Saar: [00:01:58] That is correct. I started in crew scheduling in the airline industry and then

moved into the maintenance organization and ran distribution centers, as a manager very early on in my career in the airlines.

Kathleen Buczko: [00:02:18] How did you stay in that environment? How did you enjoy that environment or did you?

Janelle Saar: [00:02:24] I did enjoy it. I think there's some wonderful things about being in the aviation industry and one of the best things is the amazing people that are in that industry. It's just a really fun place to be. So that was a big part of it for me. And I was learning and growing. You know I was young in my career and young in my leadership and I feel like that industry really supported me and helping me to step into who I am as a leader and really helped me just develop skills that I don't know if I could have gotten any other place the way I did it in that industry.

Kathleen Buczko: [00:02:58] And then you stepped out on your own. Correct?

Janelle Saar: [00:03:01] I sure did. I had a moment that I felt like it was time to do something different. I actually read a book called Cash Flow Quadrant by Robert Kiyosaki, that changed everything for me. I read the book and I just knew in an instant that my life couldn't stay the same. And I quit my job and I sold my house and I started my consulting business and I shed a lot of boxes that I felt like I was living in and up till that point in time in my life.

Kathleen Buczko: [00:03:28] What was your consulting business about and how did it help you change and shed those boxes?

Janelle Saar: [00:03:34] My consulting business was based on, it started off being based on process improvement and leadership development. So I really was focusing on how to help businesses do what they do better. More efficient. And it really helped me because I was able to start improving things. I just have this natural knack to walk in and be able to see and understand how things can really be done differently and can be improved upon. And so that was one of the big things that I got out of that was the ability to be able to start shifting and making things better. And that really then dovetailed into leadership development. So helping other leaders be able to do that and that ultimately is what led me to empower sisterhood was being able to you know start to look at processes and look I believe we're living in a system. So look at what we're living in and start to be able to see within that, how we could make things better and how we can do things different to experience life differently.

Kathleen Buczko: [00:04:38] So you apply the standards of process improvement to your personal life?

Janelle Saar: [00:04:43] Absolutely. I absolutely do that and I encourage that in all of my coaching because I think when we understand what's happening in the system that we live in. It helps us be able to fast track making changes and doing things different. You know if we don't understand what's happening, we get caught in the chaos. And a lot of times people get stuck there because they don't know exactly what's happening. So I absolutely love to apply the process improvement methodology and things that I learned through that, to help people then be able to fast track in their own life to making change and making improvements.

Kathleen Buczko: [00:05:16] So Janelle give me an example of how that would apply.

Janelle Saar: [00:05:20] Sure. So you know a lot of women that I coach, again they kind of get lost in the chaos of their life. One specific example, I was just coaching a woman the other day, who she couldn't get organized in her life. She was she just kept trying and trying to find a way to get

organized. And when we sat down and said you know what's underneath the lack of organization? I was able to hold a container for her and help her see that there was something else that was driving that need to be organized. And when we could focus on that. She had a limiting belief that was holding her back. And so when we could start focusing on the limiting belief, then she could start to move through things much faster. And as a result of that, then the need to be organized became easier, because she was when she had a limiting belief she was focused on being organized but that really wasn't the problem it was kind of a symptom to the belief that she had. So we were able to really then go into that belief and because she could see what was happening to her. She could fast track through the belief, instead of staying stuck in what she believes was holding her back. Does that make sense?

Kathleen Buczko: [00:06:33] It does. It does. If I can kind of play it back to you? It's really about kind of understanding what your motivation is and what your underlying belief would be in that motivation. So it's not so much about cleaning your house but perhaps about cleaning up something else.

Janelle Saar: [00:06:52] Absolutely. And then when you do that clean up, then it shows up in a lot of other areas of your life.

Kathleen Buczko: [00:07:00] So when you're you're dealing with with your clients and I know that you've gone through some personal changes as well through your blog.

Janelle Saar: [00:07:11] Absolutely.

Kathleen Buczko: [00:07:12] How do you how do you give insight to those people who are facing those challenges? How do you advise them? You know do you contextualize it in terms of your own life? And share a little bit about that story as well, Janelle.

Janelle Saar: [00:07:29] So I want to say absolutely. I bring my own story in. I believe this is one of our gifts as women is we need connection and we need to understand we're not alone in the journey. So I do share my personal story a lot. Because I feel like when women can see, oh you know I'm not alone someone else has been on the same path. It brings us a level of support that we don't have when we don't share our story. We don't share what's happening to us. So for me that's the critical part is for women to understand you know that we're all we're all on the same journey, in some ways, with things and I connect there through my personal story. So I'll share just a little bit about my own journey in that I went through a lot of personal development after a divorce that happened many years ago in my life. And that then led me to the place of stepping into a spiritual journey. And so you know I had had a peek under my own covers and look and see what was happening in my own life before I could start to help other women. That's that's one of the fundamentals in my work that I do is I believe we can only lead people to the place where we are at. So it's tough to lead people if we haven't done our own work. And so in my own journey, I had to look at you know the same things now that I'm helping other women see. I had to look at you know limiting beliefs that I had. I had to look at how I was showing up in my life. And some of the things that I saw was like, oh I love who I am. And on some of the things I was like, oh I don't quite love that part of me and I want to make some shifts because I'm not being who I want to be or I'm not stepping into my full potential. And so for me that was a big part of my journey was doing my own work before I could take the hands of women and then guide them through their process, and their work, and their growth, and expansion.

Kathleen Buczko: [00:09:17] So from that process you found your voice.

Janelle Saar: [00:09:22] Absolutely.

Kathleen Buczko: [00:09:23] And how would you define your voice today?

Janelle Saar: [00:09:27] That's a great question. My voice is very rooted in love and unconditional love and support and connection. So I feel almost like there's almost as though my voice just continues through the sisterhood. Meaning that my voice allows other women to step into their voice. And as we do that our voice really becomes one. We're all connected in that space of finding our authentic voice. And so for me a lot of that is rooted in the love and the light and then being authentic to who I am. Which then gives others permission to be who they are and to find their voice.

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Kathleen Buczko: [00:10:30] I found it fascinating that you talk about it's every woman's birthright to live a life overwhelming with everything their heart desires.

Janelle Saar: [00:10:44] Absolutely gives me chills as you're saying that. That is that is. So I'm so passionate about that because I believe that we live in a world where women are so often asked to get into a box to, dim our lights, to do things that are congruent with who we are. And a lot of us have done that. I know I've done that in my life you know kind of stepping into the conformity. Unconsciously. Not realizing that I'm doing that. And so I want every woman to remember and awaken to the fact that it is her birthright to have everything that her heart desires. Everything that she wants to have in life. There's nothing too big for us when we own that as our birthright.

Kathleen Buczko: [00:11:28] How did you step out of that container?

Janelle Saar: [00:11:32] Another great question. I had to find my own courage. And the way I say it is I feel like I had to not only overcome my own stuff but I started to realize that I had to overcome other peoples stuff. So people that loved me, wanted me to get back into the box at times. Wanted me to dim my light because it was safer because there wasn't risks. I mean for me, I stepped out big. Because I quit my job. I sold my house. And I started my consulting business because I just knew my life couldn't stay the same. So it was easy for people that love me to go "whoa, like what are you doing? Are you sure that you want to do this? Have you thought this through?" And so I had to overcome not just my stuff but theirs as well. And for me that was calling in some divine support and really listening to my inner voice and allowing her to be a part of what was unfolding in my life. Versus just doing it in the old ways that I had been conditioned. So I had to really foster who I am at my sacred core essence, in order to be able to step out big in my life and shed all of those things that I didn't want to hold onto anymore.

Kathleen Buczko: [00:12:46] So I would agree that the next step for everyone is in finding their voices to define their path. And that's really at the heart of connecting the dots, is looking at as you say all of your stuff. And as you begin to look across that stuff, understand kind of even where society has put you. We were just speaking with another woman who is very involved in global empowerment of women and women who have been First Ladies in and across the world.

Janelle Saar: [00:13:25] Beautiful.

Kathleen Buczko: [00:13:26] And so you wouldn't think that that's associated. That coming out of their box and understanding what their path is, is something that you would associate with someone of power and status. But what she defined is that, that power and status did not define the woman.

And that oftentimes there was so much societal baggage around who that woman is and who women are and their society, that those women were not able to reach their goals as well.

Janelle Saar: [00:14:01] Absolutely. The path appears when we step into who we are. So for me, I believe we have to find ourselves first. And then I like to call it our divine assignment. Our divine assignment or our purpose, then appears. I find for a lot of women it's very hard to focus on the mission or their purpose, first. There has to be some aspect of finding themselves. Because as long as we're in the box or we're doing things that aren't authentic with who we are, then it becomes very difficult to connect to our unique gifts and what it is that we are here to bring through. And I believe everyone has a divine assignment. They have a reason why they're here. They have something that they're passionate about. Something that you know, is going to allow them to have an impact in the world. But we have to find ourselves in order to be able to see and explore what that mission might be or what our purpose is.

Kathleen Buczko: [00:15:03] So within the container breaking structure. How do you accept your divine assignment?. Right? You may think you have it? It's your passion. It's what? You transitioned from you know, a pilot to a business consultant. That's a radical change in assignment. And now an empowerment coach. And the term that I loved is spiritual evolutionist. How did you know that truly your divine assignment was spiritual evolutionist?

Janelle Saar: [00:15:44] Well I think that's our divine assignments can shift. And so there was very much for me an underlying theme throughout everything that I've done in my life. And that is helping people to grow and expand and make them more. Whether it was a flight student in an airplane, who maybe their lifelong dream was to fly and I'm helping them fulfill that. Or being in you know a leadership role in the airline industry and I have you know employees that I'm helping to develop or now in my coaching practice. I feel like the theme was always there and in how I deliver that, evolves and changes. And I think I love that you picked up on the word spiritual evolutionist. And evolution isn't, there's not a stopping point to it. You know it continues to evolve. So I think one of the things that we have to remember about our divine assignment is as we grow, our divine assignment growth. As we shift, there might be some shift in our divine assignment as well. So that everything stays in alignment and is congruent. And so I think part of the secret to being able to really fulfill our divine assignment is to being open to what's next. It's easy at each step of the way to say, OK this is it. And this is the only thing. I've got it all figured out. And then a lot of times as soon as we think that, the next wave comes in. Right and it's like, OK here you are. When I was in the business world there was a time I really thought like this is what I was here to do. I'm helping people in this way. And then boom here comes empower sisterhood as the next idea. Like, oh but you could do this as well and shift people in different ways. So I think we have to stay open to evolution being an ongoing process and not feel like we've arrived at our final destination., when an idea comes through. It can continue to grow and expand.

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Kathleen Buczko: [00:18:27] Janelle, what motivates you at this point?

Janelle Saar: [00:18:30] What motivates me is making a difference for people in this world. And obviously women is my target audience right now with Empower Sisterhood. And I, it just makes my heart sing to watch women get it. To watch the lightbulb come on. And sometimes I can be you know a smaller shift in their world and sometimes it can be a giant shift. But the moment they you know can shine their light in a new way because of the work we've done together. It just makes my heart sing. And I believe that the world is in a time where we need women. There's an awakening happening in the hearts and souls of women and the world needs us right now. So when I look around at the world and then I feel what it's like to have a woman step into who she is and remember and awaken, that just like fuel is my heart and soul on such a deep level and it motivates me to keep going every day. And to find more, you know women who are ready for the message, and who are ready for the evolution, and expansion.

Kathleen Buczko: [00:19:33] We've been talking a lot this week with women who are making an amazing transformation not only in their own lives, but also in empowering women to make change in our world. And to begin to really really protect this fragile, little earth that we live on. So as a spiritual evolutionist, Janelle, what's next for you?

Janelle Saar: [00:20:00] Well I have a program that I'm launching right now that is called The Daily Love Nudge. And that program is all about putting love and light out into the world to help support women as they step into something bigger. So I think the first step for us as women is connection and support and knowing we're not alone in the world. So this program is all about putting that love and light out. Letting women be able to receive. Fill themselves up so that they're ready for the next big step. because I think for the world to change, we have to change ourselves. We have to focus first on us and then we can start to change the external world. So this is a big step to help just support women in bringing love and light in and into a world, where it's very easy to get into the boxes, and get caught up in the negativity of what's happening in the world. And you know it's it's all around us at this point in time. The news, social media posts, and to be able to find a place where you can get a source of light, and the good stuff in life everyday is so key. So that's my next mission is to provide that to women. And just they have to say yes once, and then it's going to be my job, and the empower sisterhoods team's job to get this love, in light, and good stuff out into the world for women who are ready to receive it. So we can fill them up. Get them ready for the next step.

Kathleen Buczko: [00:21:29] I think we're doing an amazing job Janelle, getting everyone ready for the next step. Your journey, and building, and transitioning your life from airplane pilot to personal coach and bringing a broader experience to women to give them the opportunity to change their life is so needed at this time and thank you so much for joining us.

Janelle Saar: [00:21:50] Yes thank you so much for having me.

Janelle Saar: [00:21:59] The Dots produced by Chapelure Media at The Network Studios. Follow The Dots podcast on Facebook, Twitter, and our website at the dots podcast dot com. Please subscribe and review on iTunes, Stitcher, Google Play, or wherever you tune in to your favorite shows.