

Ep #221: Stop Hiding, Start Showing Up with Judith Gaton



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Tobi Fairley

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You are listening to the *Design You* podcast with Tobi Fairley, episode number 221.

Welcome to the *Design You* podcast. A show where interior designers and creatives learn to say no to busy and say yes to more health, wealth and joy, here's your host, Tobi Fairley.

Hey, hey friends, today I have an interview with my fabulous friend, Judith Gaton. Now, Judith is a stylist and she's a certified life coach. She's actually a master life coach now. In her previous career she was a lawyer. She is so smart. She is so inspiring. She is so creative. And I know you're going to love her. Judith is what she refers to herself as the professor of glam and elegance which is so true.

She has an incredible signature course that is just so sought after and so loved called The Style Masterclass where she teaches her clients to use thought work to create a lasting makeover because as Judith said, style is an inside job. And when you feel better you dress better. Well, today on this episode, we're taking that a step further. And when you feel better you show up for yourself. So today Judith and I have an incredible conversation about how to stop hiding, how to totally show up and become all that you are able to be, and meant to be, and want to be.

So, enjoy this fantastic and fun conversation with my friend, Judith Gaton.

Tobi: Hey, Judith, welcome to the *Design You* podcast. I have been trying to get you on the show forever. And I am so happy that you're finally here. Welcome.

Judith: Yes, it's so good to be here. I remember, we were at an event recently and our rooms were right near each other and it was like, you, human.

Tobi: I know you. Yeah, I was walking behind you down the hall and I was like, "Judith, is that you?" I could just tell of course from your flair and

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whatever fabulous dress you had on. So fun. Well, we're indulging in what we know about each other but why don't you tell everybody who you are and what you do so they can be in on the joke and then we can get into a really exciting conversation.

Judith: Yeah. So, my name is Judith Gaton. I am a personal stylist and master certified coach. So, I offer high achieving women, probably like yourselves listening to the podcast. High achieving humans, styling services and coaching. So, kind of shorthand, we dress you and then we coach you on your brain and we send you out into the world more confident but fully dressed, fully showing up as yourself.

Tobi: So good.

Judith: So that's the nutshell of what I do and who I serve.

Tobi: It's so good, I love it so much. And I love, any time that I have someone on the show like me who combines life coaching with their craft, it just takes things to the next level which is so exciting. So, I'm sure there's a lot of people listening thinking, a stylist who also is a life coach. I've never heard of that. But you can pretty easily start to see how important your thinking is when it comes to how you're showing up or what you would wear or not wear. Or as we're going to talk about today, even those people who want to hide a lot from the world.

And life coaching is a huge help when it really comes to understanding that. So, let's get into that conversation. And we were chatting a little bit before and I was like, let me tell you about the people that I work with. And what I mentioned to you is so many people are so used to making such beautiful spaces or parties, or entire homes, and making them look perfect on camera. Sometimes it's so much smoking mirrors that if you could see the other side of the room, it's a disaster. But the part that the world sees is this tiny little rectangle of perfection.

And as if Instagram wasn't already enough of that kind of filters and perfection, we come from that already way before Instagram. And it really I

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think causes, I guess it's a disconnect, cognitive dissonance, or something when people who are judging themselves, usually way too harshly, decide they need to show up on camera. And they don't look like that perfect little square in every way because we're humans, they decide not to show up. And they really, a lot of times are hiding. So, can you speak to that? Because I know you see this all the time.

Judith: All the time, yeah.

Tobi: Yeah. Tell us what you see, and what you think is going on there and let's get into what people can do about this.

Judith: Yeah. So, first of all I want to just say, we love you. When you hear Tobi and I say that you're hiding, I don't want that to drive you further into the cave, or the corner, or wherever it is you're hiding. We say that from so much love because we work with creatives, we work with high achievers, we work with people who want to practice their craft at a high level and love what they do. And it's more of a place, we're disheartened for you that people aren't getting to know sort of the magician behind the curtain.

All that magic in that interior doesn't happen without the human who creates the magic. For whoever you serve, the person behind the paintbrush, they matter just as much as what's happening on the canvas. And I think when we say this to you all, just know we're saying it from a complete place of love. We know what you do is so important so we want people to get to the know the person who is doing the craft, or the work, or the art, or the designing. You matter to this bigger picture.

So, I think the first layer is let's remove any shame that might be coming up for you. If you are hiding, we love you. And then the second layer is I want to address the thing I hear the most common, that nobody sees me. It doesn't matter, I work from home. I want the room to shine. I want the canvas to shine, the tabletop, or whatever it is. I want that to speak for itself. No one sees me, I don't really matter. But you see you.

Tobi: Right, yeah, totally.

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Judith: Hold on my friends, you see you and you're the most important person in this equation. Whether you believe us or not quite yet, but you really are the most important person in this equation because it's hard to execute at a high level whatever it is you're creating if you don't even like yourself and aren't taking care of yourself. It's hard to get to those pinnacles and those places where you're being interviewed for magazines or that special blog that you love, or that website that is the be all, end all of being on.

They're going to have to interview you. They're going to want to see the human and we want that to be an exciting time for you, not one that makes you completely freak out. And that's what I see most often in my clients, they're invited to things, speaking gigs, blah, blah, blah. And they're terrified because of what the hell am I going to wear.

Tobi: Yeah. I try to get people just to show up on Instagram and do some lives with each other, people in our paid communities and other things. And they are so terrified. They will spend months trying to get ready to get ready to go on something that they may not even keep, or that could be in a story that disappears 24 hours later. But they're so judgmental of themselves that they just can't show up. And we understand why. You and I have gotten the same messaging. And we're curvy girls too. We're not stick thin, perfect body women.

We love to show up in all of our curves and I think that I see so many people no matter what size they are, judging themselves, of course they're picking out all the things they don't like. My voice, I hate my voice, I hate my hair, I hate my whatever. So, what do we do about that? How do we start to just show up really?

Judith: Yeah. So, some of it is – this is going to be a little uncomfortable you all, but I say this all over the world. Really, really separating out how you think about your work as an artist or designer, from how you nitpick yourself as a human. Because that's going to be a huge – I think actually a huge, lovely thing once you get this separated from each other. That critical

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eye that you have is a great superpower of yours, that helps you create tablescapes, and rooms, and things that are lovely. So, we don't want to do away with this superpower of yours.

The problem is with every superpower there's a kryptonite side. The kryptonite side is we've turned this internal and we're really nitpicky and horrible with ourselves. So, part of it is learning to detach that from when you're looking at yourself. So that critical eye, we love it for the rooms and the things we design, we want to stop it in its tracks when it comes to ourselves. You are not a room, you are not a tableescape.

Tobi: That's so good really. You're so spot on, yeah.

Judith: Yeah. You are human, you are flawed. We're all gangly little weird creepy creatures. I mean really, we all are going to look the same. By the time we turn 90 we all sort of look the same. There's a reason. We're all kind of weird. Being a human is a strange thing. And requiring this level of perfection from ourselves, we're going to drive ourselves crazy. So yes, keep your critical eye when it matters. But when it comes to your body, we have to start to practice a little more grace. So, here's kind of how I teach this a little bit in my program.

We use a tool we call the museum curator's eye. And museum curators, they can take chamber pots and the right lighting, the right velvet backdrop, and now we have a work of art. Somebody used to piss and shit in that thing, let's be real. They were somebody's potty. Or we can get a trio of chamber pots and now we have a little vignette and it's beautiful. We're telling a story. Okay, humans are bizarre. Suddenly chamber pots are art but only because we said they were.

Tobi: Right.

Judith: Go ahead. Go ahead.

Tobi: I was just going to say, I mean I'm getting ahead of you here but I'm like, I love this. So even the thing we have been shitting on for years, which is ourselves. We can suddenly decide is also a piece of art, right?

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Judith: Yeah, the right lighting, the right backdrop.

Tobi: A little velvet.

Judith: A little plush velvet never hurt y'all. I bet you all are like, whoa, especially for your minimalist style, you're like, "No, what, velvet." And then our maximalists are like, "Yes, I'm here for the velvet."

Tobi: All the velvet animal print is even better too, yeah.

Judith: Yeah, right. Insert fabric of your choice my friends, a little chenille, whatever your thing, but seriously it's a mindset. So, this, again, remember that beautiful skill you have to look at something and see if I paired it with this, if I moved it with that, I can elevate this to art. You could do the same thing if you adopted that mindset with your own body, your own looks, your own hair whatever it's doing, your own skin whatever it's doing. There's so much place to play but there has to be that mindset shift first.

And then with what you have on hand, you can go live and we love you, you don't have to go live for half an hour. It could be three minutes of I'm nervous, but this crazy lady's on this podcast, so I'm going to do it. So, I'm doing it, so hi, okay, bye. And then delete it and that's okay.

Tobi: Yeah. Rip the band-aid off, show up, it didn't kill you, you're still alive. Maybe you could do this again. And it's so funny because the number of people that will finally do it after weeks and then they're like, "Oh my gosh, not only was that not bad, I kind of liked it. I think I'll do it again tomorrow." And I'm like, "See. See, it isn't that bad." Well, yeah, it can be bad, it depends. Like you said, if you are picking yourself apart, my advice is always do it and don't watch it again.

People are always asking me stuff about my podcast, and my videos, and my webinars, and I'm like, "I don't rewatch those afterwards. Are you kidding? Who has time for that? I just go with it." And it does help that you're not picking yourself apart. If you're rewatching every word and hanging on every word, and I can't believe I said that, or misspoke, or whatever, it's not going to be a fun experience.

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Judith: Yeah. But you as a business owner who is making however much, insert dollar amount is your goal or the business owner version of you who has achieved that thing of success. Maybe you won that award, you got on that magazine, whatever the case may be. That person doesn't have time to agonize over every word, every facial expression, every weird face they made. I just spoke on stage and they sent me the pictures and it was lovely that they sent me pictures of myself. I'm making the most wild ass faces, you all.

I had a moment because I'm a human too, I was like, "Is that what I look like?" And then I laugh because yeah, no, that's totally what I look like, it's captured in real time. Am I going to stop making these weird faces? Probably not. Should I spend time agonizing over this photo? Absolutely not. I don't have time for that. It's funny and I know this from having worked with hundreds of people, helping them prep for photoshoots. Depending on my mood any particular day when I first get those photos back, I might hate them. Give it a month and I might find one that it's like okay.

Give it three months and I'm like, "Actually there's a lot of cuteness in here." Three months, six months I'm like, "Oh my God, I was crazy, look at this, there's so much good crap in here. I forgot about this whole folder of pictures."

Tobi: Absolutely, yeah. And the thing is, is the other people aren't seeing you the way – we think other people are seeing us negatively. But to your point, I was in – I don't know if it's a speaking engagement I just attended of yours. But it was phenomenal and I couldn't stop thinking about it for five days after this conference and I think about it all the time. And so, if I were to see one of those pictures even if you're making a crazy face, or a silly face, or a weird face, I wouldn't even notice because it would probably bring me right back to the moment of how inspiring you were.

And I would just see inspiration in that picture and that's what so many people are seeing of us. But we don't get that, we don't understand that. And they're too busy picking themselves apart usually which is sad too. But

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when we can show up and not do that to ourselves, how many people we inspire I think is one of the beautiful things about not hiding anymore.

Judith: Okay. That's a beautiful segue to something I tell people all the time. It's actually not about you which I think sometimes as creatives and some of us are hams and we like the spotlight a little. And we just love people to appreciate our work. We lose sight of the fact that we create things for other people to enjoy whether it's spaces or actual products, or fill in the blank service we offer. It's usually never about us.

And we're so fixated on the weird faces we have made or the thing we said that we wish we wouldn't have said, or fill in the blank, thing that we're agonizing over. We lose sight of this thing that's so beautiful. Tobi's like, "I was thinking about your talk for five days." I wouldn't have even noticed because that moment was about serving the audience, Tobi was in the audience, rather than about whether or not I make a face.

And if I had focused on, oh my God, what if I make a weird face, it would not have been delivered nearly as well as it was. Because I didn't think about myself in that moment, I thought about the audience. So, it's just never about you guys. And I think if you can, pardon me for saying, guys, but it's never about you. So, you can get to that place in your heart and mind when your brain starts to throw shade and say, "But what about this or what about your grey hair, or your blah, blah, blah", or whatever the thing it's telling you.

You can be like, "Okay, but remember, it's not about us. It's probably not going to be that bad after all. It could take 10 seconds to think like a museum curator. And the beautiful thing is I could delete it if I really hate it." And then we won't.

Tobi: Yeah. You have planned B, C, D and E, right there baked into it that you're not even going to need but they're there. You have an exit plan if at the last minute you're like, abort, abort. It's fine. But I agree with you, just give it a try. I think it's so amazing. Can you talk to us a little bit about the styling work you do? Because I mean seriously, you all, you all have to

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rush and find Judith online. But not only does she make many of her own clothes. You had on a beautiful dress. I don't know if you made the dress, did you make the dress that you gave your talk in as well?

Judith: Yes.

Tobi: Okay. And you've made the dress you had on the day before. And she also has this fabulous collection of vintage hats. And she's always wearing a beautiful hat. And she's just, I mean just exquisite but cool, and quirky, in the most artsy way which all of our listeners will love. But talk to us a little bit about that because I think you're right, once people even get past the, okay, my voice looks weird, or my hair is curly, or my skin is this, or I have 20 pounds I used to not have that I wish I didn't have.

And once they even get past all of that I think there's so much pressure in industries like interior design and anything creative, I mean really kind of, it's really just kind of pretentious and snobby in a lot of ways as far as the way you present yourself for the mainstream part of the industry. Now there's always those people who we all adore even more that have the guts to be quirky, or unique, or a little different. But I think the pressure to fit in with regard to what you're wearing and how you present yourself and all of that also holds a lot people back.

And that's not at all being you, by trying to be what you think your peers even expect of you. I think it's more the peers than the clients that people worry about, right?

Judith: Yeah, it's the peers, I absolutely think so. And in my experience with entrepreneurs or just high achieving ladies who do different things, it's more concerned about what will my peers think than it ever is about the clients they serve. Very rarely does that factor in to be quite honest. Most often it's what will my boss think? What will my coworkers think? What will so and so who is in the same niche as me, what will they think if I blah, blah, blah?" It's preoccupation.

Tobi: Yes. All of that.

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Judith: Yeah, preoccupation with our peers. Here's a few things, love, and I mean this from having gone through a similar experience so I say this from the voice of experience. The first thing I recommend you do is turn off all the inputs from your peers, especially the ones where you get that little twinge in your heart of jealousy but not jealousy. It's just dismay that you're not their level and that thing that grips your heart.

Tobi: A little competition and a little – I know exactly what you mean. It's like hate scrolling a tiny bit. You love them but you kind of also, like it brings up a lot of angst every time you see what they do.

Judith: Yeah, that little angsty twinge, particularly those folks who I would just not forever but until you heal that little part in your heart, turn off those inputs because they're not going to help you find your look, or your style, or your voice. It's going to create paralysis because you're going to compare yourself. So, turning off those inputs is going to be so good for your brain, so good for your own creativity. Sometimes we arrive at a similar place as someone just because it's in the ether but not because we've copied them.

And I think sometimes that's where a little bit of this craziness happens, oh my God, they'll think I copied them. Or maybe you just like what they like. I don't know. So, turning off the inputs is really, really going to help you. That's the first thing. And the second thing is once all that noise is off, to just start asking yourself, what do I like? Because oftentimes as designers, or people who style other people, I am also one of them, if we style a certain amount of rooms or a certain amount of people who all like similar things. We get lost in do I even like this, or was that the client's thing?

So, turning off the inputs and asking yourself, what do I actually like? What are my own preferences? A lot of times designers or stylists, we get stuck in all black uniform, so that the things we design pop, yeah, okay. But maybe we also like electric blue, and we're not letting ourselves. So maybe all black is not a required uniform, take that with all the love in the world. But what do you like? What colors do you enjoy? What prints do you enjoy? What textures do you enjoy?

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There's so much room here to play, if we start to ask ourselves, what do I like without all the input of how it should be or how it should look.

Tobi: And what about body? I've always heard this, dress for your body type which the older I get it makes me want to scream. And we see certain bodies and we're like, "They shouldn't be wearing that." Because somehow we were taught that, or we got this cultural messaging. But what about just wearing what you love, how do we do that with confidence?

Judith: Okay. Can we just pause on the body shape thing?

Tobi: Tell me your opinion of it, I want to know, I mean honesty I really do want to know, yeah.

Judith: I have a visceral reaction to that whole thing. I have never, for the most part and the people that I serve I have never found a client who found that helpful. I think instead what it creates is more of what I'm not allowed to do and what I'm allowed to do. And what I'm 'allowed to do' I actually don't like any of those things. So, I'm going to have all this inner turmoil because I think I have to follow this prescriptive list from somebody who doesn't even know me.

And then we've created societally, and this is just how human heuristics work and how our brains work. We create hierarchies amongst the body shapes. And now, my fellow stylists, I love you all, I really, really do. And you could tell a client until their blue in the face – until your blue in the face, that hourglasses are not the epitome of perfection. However, if you're still positing to people that they're a category of some kind. When there's categories humans naturally create hierarchies in those categories. We're wired that way.

So as much as we could say, "All the body shapes are the same. There's not one better than the other, to be an apple, to be a pear, inverted triangle, hourglass". Whether it's elementary school shapes or fruit shapes and then tell humans, "But there's no hierarchy." It's kind of bullshit. It's not how our brains work. So why don't we get rid of all of those concepts, all of those

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categories and we start with the human that's in front of us and we ask them, "What would you like to wear today?"

If your body shape is not a problem, if your size, weight, shape, skin color, hair texture, insert human category was not a problem to be solved, or fixed, or hidden away, what would you like to wear today? And I think for me and I'm sure for you, a lot of our job is handing out permission slips. You're allowed to have that wild thing in your house. You're allowed to have that amazing thing on your body. They're yours.

Tobi: Yes. I love that so much, it gives me chills because yeah, I mean I definitely was taught exactly what you're saying. I mean I even hear myself saying words that I cringe of like, this is more slimming than that one. As if the only goal is to be slimming as opposed to saying, "I feel powerful in this. I feel excited in this. I feel alive in this." Who cares if it's 'slimming'? But that's what I was always taught. And so many people were.

And not that you can't wear that too, that's fine if you feel good. But I just, I love what you're saying to the limitless, taking the limits off, the limitless options and just putting it on and going, "Let me see. Let me see how I feel in this thing and why." If it wasn't a problem, if there wasn't someone judging me. If I wasn't hearing so and so's voice in my head saying, "You can't wear a dress, or you shouldn't show your knees, or you shouldn't show your arms", or whatever. And just showing up and feeling amazing in it. Yeah.

Judith: Yeah. We can allow ourselves the gift of feeling good more often. Now, you may not have the vocabulary yet outside of the paradigm of body shapes, or slimming, or flattering, or whatever thing you learned was what you're supposed to seek after. You may not have the language yet. But the way we develop language around these things and a new way of thinking about these things is really just asking ourselves some more open ended questions about what we want.

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Now, for some of you, you're going to be like, "I want to look svelte and slim." And you do, you will always. For some of you that may not be the quest anymore.

Tobi: Well, and also I think even that, even slimming, or my mom would say becoming, that's so becoming on you or whatever. But even those things are subjective, and at some level. And so, when I started a few years ago really showing up in things that I just wanted to wear because I thought they were cool, or hip, or I had seen something and I would have told myself, you're too this or too that, too old, too young, too whatever. And I started wearing them. I probably got more compliments on the things that I didn't necessarily think were the most 'slimming' or whatever that word was.

But they were more fun, or more energetic, or more – I don't know – exciting. That was always the thing. I would go out and think, I was afraid to wear this and look how many people commented on it. Isn't that always the case, because yeah.

Judith: I mean for most people yeah, because you exude confidence, an air of confidence when you're like, "You know what? Fuck it, I'm just going to wear it. And everybody's going to say what they're going to say and I'm going to roll." If you can walk into a space feeling that level of confidence, owning the room, owning whatever's happening to your body, people will naturally be attracted to that. Most humans find confidence very attractive. Whoever the human is that's exuding the confidence, we find that attractive.

It's like, this person looks like they know, just like I have a lot of friends like this. But they'll be in a grocery store just at a store shopping and people think they work there because they have that weird air of authority. "Can you help me? How would you put this together?" It's like, "Well, I actually don't work here but let's look at your throw pillows." There's something about those people. And it's never – we can't usually remember what they were wearing but there was something about them.

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And that's what I know I want for everyone is to have that something about you, that je ne sais quoi, that intangible air of confidence that attracts people to you. And from that place, whatever that is, you go pick out your clothes from that feeling.

Tobi: That is so good, yeah.

Judith: So much more powerful than here's this list of things I'm allowed to wear. Here's a list of things I'm not. Fuck all of that.

Tobi: I hate myself. I look horrible and here's all the things I cannot have. Now, make me look good. Now, Judith, do something with that. It's like when I think about, I mean designers are going to relate to this. It's like when you get a client and they're like, "Well, I have to keep my great grandmother's hutch even though it's ugly and I don't like it. And my mom gave me this thing and it was always in our living room. And if she comes over she's going to be pissed if that's not out, they'll also hate that.

And then I can't paint this or do this because my husband likes, you know, they'll paint the wood. My husband likes that." And then they're like, "So, but could you make it look like this photo of a chic, hip, New York boutique hotel?" And we're like, "That's a no. I'm good but I'm not that good."

Judith: Right. You're not giving me much to work with. We do that to ourselves. I hate this. I hate this. Here's a list of things I hate. My closet is full of them. And I want to feel good and confident next time I go to this speaking engagement or get interviewed. Okay, let's back up this train 20 million steps. Wait. What? If we start with this premise of things that we're not allowed to do, never thinking...

Tobi: Yes, and we hate.

Judith: Yeah. And that we hate and never thinking what do I actually love, what would I like, what do I want? We never factor those into the equation and we wonder why we don't feel stylish or confident.

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Tobi: It's so good, so good you all, okay. Judith, this was so fun. Anything else that people should know before we wrap up and tell them where to find you? When they're going to come out of hiding, we've told them, think about how they're thinking, and we've taken away a lot of limits about their clothing and we're starting to have them think in a broader, definitely more fun way. But is there any just key, key thing that you're like, I've got to make sure that you do this?

Judith: Yeah. I think for your first venture out, out of hiding whether it's going to be a post, or a video, or you can just do a story, or live really quick, delete later. I want you to just talk about why you love doing what you do. We don't have to know your history or background, you don't have to tell us anything that's super personal, which I think freaks people out too. Just start with I love designing blank, for blank people. So, I love designing bedrooms for newlyweds, whatever the fuck it is folks.

I love creating baby rooms for new moms, whatever your jam is. I want you to go to that place and talk about that thing that you love and then get the fuck out of there boo, mission accomplished.

Tobi: I love it. So easy and so simple. And we could talk about that stuff all day long, yeah.

Judith: Yeah. And then it's not about you. We've got you out there talking about what you love because that's at heart what this is all about. That's why we want you to come out of hiding. So, people can get more of you in your element talking about what you love.

Tobi: Yeah, the styling part is the easy part actually. If you will just show up, the styling gets to actually be even fun. So, if they want styling tips, styling help, all your genius, where do they go to get that? What can they even get? Where do they find you? What does it look like?

Judith: Yeah. So, the best way into my world would probably be to listen to my podcast, The Style Masterclass Podcast, they're really short six to eight minute episodes. There's a short episode coming up with Tobi. So, I want

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to just put that there. But they're really actionable. So, I talk to you about mindset. I give you a mission to go execute on. I think it's the best way to kind of ease you into this work especially if you've been hiding.

Tobi: Perfect. And are you also on Instagram? Which is our favorite place to hang out for designers? We love it.

Judith: Yes, because you all, my visual peeps, yes. So go to Judith Gaton J-U-D-I-T-H G-A-T-O-N on Instagram. That's also the same as my website, judithgaton.com.

Tobi: Amazing. They're going to love it. And you'll all get to see Judith's amazing hats and learn of all her wisdom that you didn't – I mean we heard so much of it already today. So, I can't wait for them to find you and to follow you. And thank you so much.

Judith: Thank you for having me.

Tobi: This was just wonderful. I loved it. I learned so much myself. And I've got to make sure I listen to your podcast all the time. I've heard it before but now you remind me that they're so short, that needs to be part of my daily go to. I'm getting back out there.

Judith: I highly recommend it, especially the episodes that are 34 seconds long, they're called pep talks. And it's just me talking shit to you lovingly with a 1950s peppy soundtrack.

Tobi: Amazing. And that will all make sense when you see Judith, because she's basically 1950s all the time and it's gorgeous and just inspiring and wonderful. Well, thank you so much. This was so fun. I loved it and I need to hit you up for some styling myself. So, I've got to give you a call, friend.

Judith: Any time, lady. Any time.

Okay, friends, so I hope you loved that conversation as much as I loved having it. And be sure and check Judith out in all of those places, her

Ep #221: Stop Hiding, Start Showing Up with Judith Gatton

Instagram is fabulous. You'll see all the beautiful clothes she sews, her vintage hat collection. And any chance you get to hear Judith speak, or take classes from her, I highly recommend that you do. Listen to her podcast, it's free and also fabulous. But she is incredibly bright and just brilliant and amazing. And I know you will learn so much from her.

So, thanks for listening today and I'll be back next week with another great episode of the *Design You* podcast. Bye for now.

Thank you so much for listening to the *Design You* podcast, and if you are ready to dig deep and do the important work we talk about here on the podcast of transforming your mindset and creating a scalable online business model, there has never been a more important time than right now. So, join me and the incredible creative entrepreneurs in my *Design You* coaching program today. You can get all the details at TobiFairley.com.