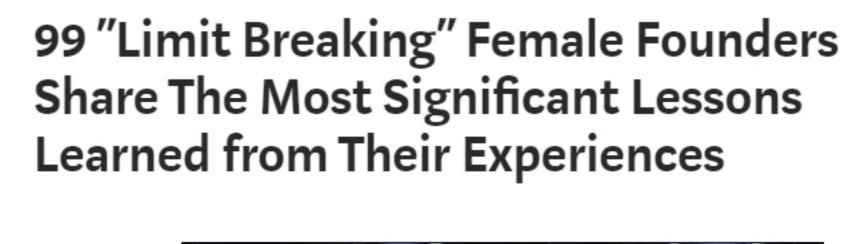
Jan 22 · 220 min read

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WELL-BEING WISDOM WONDER PURPOSE WORK SMARTER UNPLUG & RECHARGE | THRIVE





2018 has begun, and pundits and opinion makers are predicting that 2018 will

(Part 3 of 4) (Part <u>One</u> and <u>Two</u> Here)

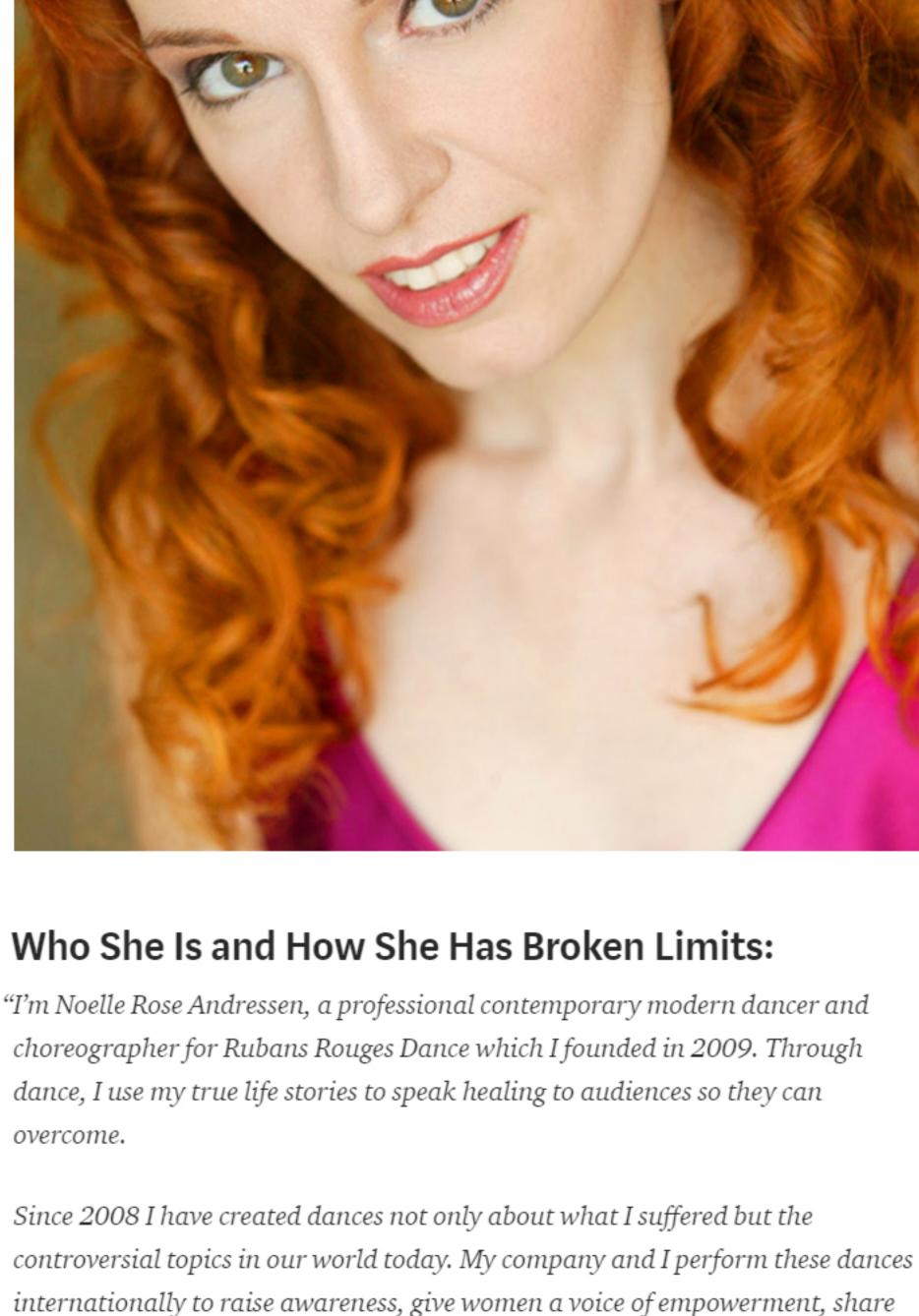
be the "Year of the Woman". That of course, is yet to be seen. And we have heard this prediction before. Yet it is hard to deny that women have made enormous

progress in the past few years. I partnered up with my friend Cam Kashani, a leader in empowering female founders, to profile some "limit breaking female founders" and the lessons that they can teach us. We hope that you can find empowering and actionable words of wisdom from this third set of profiles.



Noelle Rose Andressen, Professional Contemporary

Ballet Dancer-Choreographer, Rubans Rouges Dance



ballet class- my beginning and rehabilitated my broken body. I then began Rubans Rouges Dance and performed on ABC's "Modern Family"; the g.l.a.a.d. Awards; CBS Studio Center; and indie dance films. I broke limits.

hope and to make change in the world.

human issue as it effects men too.

In 2012 I was nominated for Performance Artist of the Year for "Coeur de Verre" another section in my personal story "RED RIBBONS" that tells of when I was sexually abused by my grandfather.

It is in the darkness of a theater when people see my artistry on stage that they

feel safe to express themselves and often take that first step in healing so they too

can triumph over tragedy. There's nothing more powerful than having a woman

fall into my arms (in tears & broken) after my performances and tell me that I

gave them a voice and courage to face their reality and take the first steps of

One of my life stories in dance is about surviving breast cancer. I was not expected

live let alone thrive. After my treatment I did what few do: I went back to a college

healing. I am breaking limits for the sake of healing. I am a survivor! I am a thriver! My example helps others do the same. Sometimes I've been angry that so many emotionally wounded can be counted; other times I feel secure knowing I'm making a difference to help prevent or stop this negative cycle in the world. It makes me want to shine a brighter light on the

issues especially when it comes to abuse, which is not a female alone issue, it is a

further depth of my personal stories. Not only can people see my dances, but they

can also read about the dances they have just seen and get more insight and help.

Currently, I have authored a book series: DanceWarrior™® which goes into

Here Are The 3 Most Important Lessons I Learned From My Experiences: 1. Heal Your Past So You Can Have A Future. Our pasts, especially our wounds can be great catalysts for progress and effective tools of learning. However, past wounds can also hinder us like unwanted anchors when not properly

healed. I implore others to "Heal their pasts so that they can have a future, a

to circumstances and unhealed wounds. I had to heal my wounds to move

forward. If the first portion of your life was horrible, your second act can be

better, it can be different. We can all be major players in our "second act" if we

good and fruitful future." The first portion of my life was very challenging due

2. Do Not Succumb To The Status Quo. You have a unique voice. You were chosen to be here to do something that enlists your talents and skills that no

have hope and do the work needed to heal and succeed.

one else can replicate. When I started to share my story through speaking, dance and my books, I began to shine, I found my voice. Not everyone appreciated it. Was it their envy, jealousy or fear, I don't know but I wasn't about to dim my light to make others feel comfortable around me. Distance yourself from the negative. Pay no mind to negative people and haters. They are not your tribe. You are called to be formidable at any age and every stage. If the status quo is telling you can't because you're too young or too old, show them differently. Do not let anyone put you in a box or label you, labels are for clothes not people.

3. Good Leaders Often Stand Alone. In the process of finding your voice and your calling you may stand alone for a time. Good leadership is about doing the right thing and that is seldom popular. You must be willing to go the distance alone if necessary but keep your mind and heart open to helpers along the way. The idea is to build a team that believes in your mission, not to build an impenetrable fortress. I had to learn to stay the path no matter what, even if it meant being alone. I was not bound by chains to this self-promise, but I found my roots went deep into fertile ground that bared much fruit.

