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99 "Limit Breaking" Female Founders Share The Most Significant Lessons Learned from Their Experiences



By Yitzi Weiner and Cam Kashani

(Part 3 of 4) (Part [One](#) and [Two](#) Here)

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



Who She Is and How She Has Broken Limits:

"I'm Noelle Rose Andressen, a professional contemporary modern dancer and choreographer for Rubans Rouges Dance which I founded in 2009. Through dance, I use my true life stories to speak healing to audiences so they can overcome.

Since 2008 I have created dances not only about what I suffered but the controversial topics in our world today. My company and I perform these dances internationally to raise awareness, give women a voice of empowerment, share hope and to make change in the world.

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 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.

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 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 human issue as it affects men too.

Currently, I have authored a book series: DanceWarrior™ which goes into further depth of my personal stories. Not only can people see my dances they can also read about the dances they have just seen and get more insight and help.

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 good and fruitful future." The first portion of my life was very challenging due 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 have hope and do the work needed to heal and succeed.

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 one else can replicate. When I started to share my story through speaking, 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 hope and do the work needed to heal and succeed.

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.

