



# The Millennial Life

podcast

with Liz Higgins

## **Episode 29: Fierce Intimacy For Driven Entrepreneurs and High Achievers, A Conversation with Kimberly Rose Pendleton, PHD**

Liz Higgins (00:02):

Hey, y'all! Liz Higgins here, and welcome to the Millennial Life Podcast, where my main goal is to share conversations that will inspire you and drive you toward the life and relationship you desire. I'm here to share what I've learned as a licensed therapist and relationship coach specializing in millennial relationships and wellness, as well as transformative conversations with other professionals. Thanks for listening and enjoy today's episode!

Liz Higgins (00:35):

Thanks for tuning into today's episode! I'm really excited about our guest today, Dr. Kimberly Rose Pendleton, who is the founder of The Intimacy Incubator and a program called Uncover Kimberly. Thank you for joining us today! This is so awesome to have you on.

Kimberly Rose Pendleton (00:53):

I am so happy to be here. Thank you so much.

Liz Higgins (00:58):

I was very excited to come across your work and learn more about you. I think that you are in such alignment with a lot of the clients and individuals and couples out there that are listening to this podcast. And I know you're going to share some wonderful things for us today in the realm of intimacy. And I'm excited cause I haven't done an episode yet on intimacy and relationships and specifically thinking of that journey for those driven individuals. Millennials, entrepreneurs, who are maybe in partnerships but struggle to find balance amidst the grind, especially when it comes to just expanding in their intimate relationship when life is crazy.

Liz Higgins (01:43):

So love to have you here.

Kimberly Rose Pendleton (01:47):

I am so happy to be here. Yeah, I think this is one of those topics that we kind of all know is important and yet it's almost harder than some other areas of our lives to find resources around, and community where we can really like dive in, just support in general. And so there's such a mix of like, 'Oh, I know this matters. And like, I'm not really sure who to talk about it with.' So I think it's great that we are starting the conversation, so that we can say like, 'It's us, you can talk about it with us.'

Liz Higgins (02:23):

Absolutely. And you are not only starting the conversation. I mean, you are already making, I think, massive movements in what you do with your program to really help people embody this concept that we're going to talk about. Like, growing in intimacy while you are driven and pushing towards financial goals, business goals, things like that. But maybe to start, um, with you being a PhD and an intimacy coach, tell us a little more about that. Like what do you do? What got you into this work?

Kimberly Rose Pendleton (02:56):

Yeah, I love that question and it's so... Because I feel like it's so easy to get into the day-to-day of doing your work and your life that you don't always think about, like, how did I get here? Um, but I was doing my doctoral work on basically women's experiences. I was focused a lot on, uh, sexual assault and harm and recovery, but it was all very cerebral and academic. And I started coaching while I was finishing my graduate career and it felt like this applied version of everything I was learning about healing and feeling better and, like, reclaiming bodies, and intimacy. And kind of all these different pieces of women's lives, who I had been working on in this kind of more academic way. I was then able to talk to women, like, one-on-one and actually then start talking to men too, and have clients who were just kind of opening up about what they wanted. Whether they had experienced like an acute sexual harm moment or it was just growing apart or distance or feeling kind of like, of a heartbreak feeling like something was a bit off.

Kimberly Rose Pendleton (04:16):

And so for a little while I straddled both worlds and wasn't sure, like, how could I choose? Like, it felt so fun to do these coaching sessions kind of on the side, but it felt like my real life was as a professor. And then I created Uncover, my business where I just brought them both together. So I still do teach sometimes as an adjunct professor, (I teach at Johns Hopkins) but my main work is bringing all of that more academic side and weaving it in with all of the coaching stuff and wellness. And what I learned kind of in the other parts of my journey about like tantra, and trauma healing, and self care, and these different pieces of the puzzle that were not part of my PhD. And now they all get blended together really to provide my clients and my colleagues with this set of tools that I wish I had had a bit earlier. You know, I feel like I spent a decade like assembling all of these different things from all these different corners of the world. And it's now so gratifying to be able to say like, you can join something like The Intimacy Incubator, or even just watch our free programs, and we'll just share them all. Because it shouldn't take everyone 10 years to have these intimacy tools. You know what I mean?

Liz Higgins (05:45):

Absolutely. And I think, well, first of all... That's amazing what you've shared about your journey and how you've really created a bridge between what I think people could experience - just, two totally different worlds, that educational cerebral field of, you know, education on these things. And then just the real "doing" piece of it with getting into coaching and stuff. But, um, that, yeah, that's amazing. And I think, you know, being in the field so to speak, myself of like relationship and stuff, when you're in an area like this, it almost serves as a mirror to yourself and to your own work, and healing, and growth. So that also must be an amazing journey that you continue to be on, just how all of this has manifested in your own life and journey

Kimberly Rose Pendleton (06:33):

A hundred percent. I mean, I think the other piece of the puzzle is what was going on in my personal life all throughout that decade. And even now, like, as I've built my business and realized that actually it's sometimes the very same trauma healing tools and intimacy tools that I've utilized

in my relationships and in my healing that have ended up being so instrumental in my business. Whether it's about kind of showing up vulnerably or being flexible and able to kind of roll with things as they evolve. And really being willing to kind of get into the, um, the like, messy work of connection, which I think has made me a much better coach and a much better CEO of a team as it grows. Just noticing that it's like, some of the same ways that I was learning to relate in love, and in my body, and in intimacy, are actually the very same things that are helping me grow into being such a strong leader.

Kimberly Rose Pendleton (07:41):

And so I would say now, with my one-on-one clients, that's the bulk of what we talk about is this kind of concept of intimacy leadership where you bring that side of you to the forefront in your work. Not in a way that means you're abdicating, like, leadership or responsibility, but actually where, you know, we're kind of stepping into it more being like, 'Okay, I'm not afraid. Yeah, we can get into it. Like what is real here?' And I don't think I would have ever guessed that would be the skill set I would need most for my business to grow to half a million dollars. You know, I wouldn't have thought like, 'Oh, intimacy will do it', but it is. It's like exactly what it's been. So maybe someday there'll be, you know, like an intimacy course at MBA programs around the country.

Liz Higgins (08:34):

I would sign up for that in a heartbeat! I mean, I think that there should be, and, and again, just another reason why I'm super excited to have this conversation with you today, because even in my journey as an entrepreneur and going from being, like, an individual therapist to building a group practice, to wanting, wanting bigger, wanting to really make an impact, and soaking in resources on entrepreneurship and stuff, like... I have personally experienced a real lack for, like, my relationship, my partnership and navigating that as I go on this very unique journey. Um, then that typical, I guess, stereotypical path of like, you know, graduating, getting a job and, you know, doing the thing of really just wanting to unleash creativity and go forward. Like how that will change me and, you know, and respectfully affect my relationship. So maybe we can back up a little. And I just wanted to ask you to define intimacy.

Kimberly Rose Pendleton (09:38):

Yeah. Great question. Especially because I think some of the ways that intuitively we want to use it in this conversation and, like, in our work are a little bit more expanded. Like I think sometimes we hear intimacy and right, just think about sex. And of course, like, I think that is a fun part of it. And I talk about that with my clients. And sometimes we go down a bit of a rabbit hole - um, pleasure or orgasm, and some of the things that do feel a little bit more, uh, like traditional intimacy definitions. Like how often are you connecting with your partner? And then I think there is this deeper level of connection and definition that is definitely built into that first piece around sensuality and sex and kind of kissing and all of that. But there's this intimacy definition that I think can have more to do with 'How comfortable are we with deep connection?'

Kimberly Rose Pendleton (10:41):

So I think that on a kind of intimate scale, a lot of us are actually trained. At least I know I was, to be at like a fairly shallow level of connection and it's still so important and can be so nice, but like, 'Oh, you like that? I do too.' Like me too. Just this kind of like we're up here. And I consider really deep intimacy to be like, when you're able to go a few layers down and share like, 'Oh, this is like what I'm afraid of, or this is what I really am desiring and longing for.' And often, you know, there's a block there, not just because we're trying to keep all this secret stuff hidden from everyone else, but often because we don't know. I can't even tell you how many clients I've had, who don't know what their deep desires are themselves.

Kimberly Rose Pendleton (11:35):

It's not like they're trying to hide them from their partner. It's just like, you know, I haven't allowed myself to get that intimate with myself, so there's no way someone else can. So in that sense, I consider one definition of intimacy to be like, to be vulnerable and courage to connect. And I think both of those definitely make the sex and sensuality definitions better anyway, because you're able to really fully be like, 'This is what I want, and this is what I don't, but there's also so much more.' And I think it really does speak to what you were saying about as, as you go down the path of entrepreneurship, where it's so easy to be working all the time, first of all. And it's also such a different way of engaging with work, where you're like, kind of pulling out your soul and, like, putting it on display for the world. It's like, you're so into it. And so I think that it can be challenging with partners who haven't done that themselves and are maybe watching us being like, 'Whoa, what is going on?' Right?

Liz Higgins (12:52):

Absolutely. That's so true. And I just love how you are defining intimacy. And clearly it's not going to be this simple, like, aha moment of a one-liner that just fits for everybody. Like it's this deep process, but really connected to, like, an inner knowing and being able to ultimately share that relationally. I love that saying that intimacy is like IN-TO ME. I see kind of that inside out process. And so it sounds like you, you know, when you do this work with some of your clients, they're just realizing maybe the shallowness, not, not as a judgment, but just as a metaphor of the shallowness of that depth and what they've really accessed versus what's possible. Right? So I'm curious to ask you, like, when you start out on this work with your clients and stuff, you know, what do you see are some of those initial shifts, or mindset shifts maybe, that people need to make to even begin this work of deepening intimacy?

Kimberly Rose Pendleton (13:56):

I love that question. And you know, I think we're getting more fluent in this topic every day already, but one of the pathways that I've seen and that is so crucial for entrepreneurs is really utilizing pleasure and self-care in a way that helps us get more in touch with what we want in general. You know, I think there can be such a, uh, it's, it can be so easy to slip into just taking stock of what we have to get done and doing it. And maybe there's some time for like a reward afterward, but it's certainly not built in. And I like to have people when they're at least beginning their intimacy work, flip that around where it's more a question of like, how can I bring as much pleasure as possible into kind of "regular" life. Um, and sometimes that means, you know, where they're working or what they're working on.

Kimberly Rose Pendleton (14:59):

Sometimes it's just a mindset shift of like, how could I, how could I let this be more fun or more enjoyable? Is there a way I could do this sitting outside on my patio or, you know, whatever it is, but there are these kind of almost counter-intuitive moments where you focus a little bit more on, like, the outward experience that you're having in order to make room for the inward experience to be heard loud and clear. And that sense of 'I don't know what I want' can get so interrupted when we start asking like, 'Okay, well, how about a small thing? Do I want to buy these flowers to put in my place? Like, do, what do I want for lunch?' Like these kind of small choices so that we're building that muscle up of like, I listened to my desires, I know what I want.

Kimberly Rose Pendleton (15:52):

And I find that that actually helps so much in business because you can dream into your desires of that more. But I mean, of course in relationships too, because it's not done all on someone else to kind of guess out what we want. We've been filling up our cup all along and then they, first of all,

can see and like, realize like, 'Oh, she likes roses. Okay, great. I'm going to, like, she bought those for herself. I'm going to buy them for her too.' But it's also like... it takes such pressure off, you know, then that intimate connection gets to be like the overflow instead of what's getting us to a baseline of pleasure and feeling good, if that makes sense.

Liz Higgins (16:36):

Absolutely. And I think that's such a beautiful way of bringing it home to, like, very intentional ways to start this practice. It's, it's not like, you know, you're going to just start diving into this deep, deep conversation about sexual desires and stuff. Like it's just leaning into that voice inside that's, you know, what do I want today? What would be nice for me to experience from lunch to flowers, to things that connect you to your, to your senses, I guess, is where it kind of begins.

Kimberly Rose Pendleton (17:08):

There's that something I like to tell myself actually, throughout the day and some of my clients have adopted this too, is this kind of meant to be little bit joke, but also to take it seriously, of come back to your senses, like come back to your senses and it really does help. And I think that so much of my conditioning, especially being an academia so long where you're not really taught or meant to be embodied. You're meant to be up in your head because that's where the magic happens. It was such a process. And so liberating to imagine coming back down and to like, okay, what else, what am I touching, smelling, seeing, you know, hearing? Like literally coming back to my senses.

Liz Higgins (18:01):

Absolutely. I love that. I do want to bring us back to this idea of like, entrepreneurs and people in relationship to an entrepreneur could also be somebody who's just incredibly driven, incredibly busy. Their schedule is full, like work is demanding. Yeah. The, like, dynamics, maybe play out in relationships like that, where one or both of them is kind of in that space. How do you maintain like a healthy relational practice, intimacy practice when the work is so demanding?

Kimberly Rose Pendleton (18:40):

Absolutely. Yeah. I think it's so helpful to signal, as you were, that there are people who are going to have that kind of schedule (even who aren't entrepreneurs) who this can apply to. Yeah. I think that's such a good reminder for me. And I do know in our community of entrepreneurs and especially if your partner is either working with you in your business at all, or is doing their own venture, you know, there is that sense of like, 'Okay, how do I stay focused on this human in front of me when my mind is going to, like, the 10 things that I was supposed to do by now that I haven't done yet, or like, did this link work?' And like all this stuff. And you know, it's so interesting. I, I definitely find that that same sensory focus can really help, like even having a conscious you know, kind of scene creating objective of like, 'Okay, I'm going to have like this candle burning and this music playing.

Kimberly Rose Pendleton (19:45):

And I really am going to bring all my senses into some designated time together.' Whether that's like a date night or a day off or whatever, it is really letting your body kind of help take control. And then some practical things that have really helped me are actually having more people in my business so that there are times where I can feel like I'm REALLY off. And that has been a game changer, like having boundaries. And I think this is something that a lot of the women that I work with have to re... We get to relearn it. Um, but I think we inherit an idea that intimacy requires no boundaries. And I think instead, what entrepreneurship teaches us is that the stronger the boundaries are, the more freedom there is for intimacy. So if you're taking Fridays off and the last

week of the month, you're not coaching and you've got a team who's got these processes handled, you really have for intimate connection in this way that's so much less distracted.

Kimberly Rose Pendleton (20:50):

And I think that that's been a huge (kind of both literal and metaphoric, you know) reminder for me, that boundaries make intimacy easier instead of making it harder, even though I feel like my natural conditioning is to think like, 'Oh, just be available all the time. That's what intimacy is.' And instead it's felt like, 'Okay, we've got this day and it's just us and I am right here.' Or like, to my team, like, 'I am not here this time and it's on you. And I trust you.' And both of those have been such intimacy builders in a way that I actually don't think I expected until I was learning it through my business.

Liz Higgins (21:40):

Yes. Oh my gosh. I could not agree more. And I feel that I, I quickly learned that too, when really expanding my business and stuff... and at the same time in my personal life, having children, which is, I mean... parenthood will take all of your time if there's no structure in there. So it was like, whereas before all that, I could kind of work all the time and it was okay. And I, you know, whatever, like I really had to get clear on, um, defining that time and outlining it so that when I'm home, I can be home and I can feel free within that time to just be a mom or be with my husband or whatever, whatever. So could not agree more with you. And I know that you do a lot of work with women specifically, and I, I want to ask you about that because I think in our culture, we also, we are starting to talk more about this too, but women feel the, the load, you know. There's stuff out about the mental load of, um, family life or even relationship life sometimes, that women feel this emotional load of being responsible emotionally and stuff. So what do you think about all that stuff and how you see women kind of navigating partnership?

Kimberly Rose Pendleton (23:01):

Absolutely. I mean, I think that's another piece of the puzzle. Like boundaries where you wouldn't necessarily think like, Oh, this will be my intimacy bootcamp. Like, let me add some more boundaries. It doesn't feel like as directive as lingerie shopping or something like that, but it is, you know, it opens up that space. I think that hard conversations and more boundaries around labor are another kind of secret intimacy tool. And one of the elements of this is just like energy management. You know, I think that for a lot of my clients who are both parents and partners, there's a sense of like, just the mental toll of managing so much of what needs to get done, even if they're not executing on it all... it is still exhausting and depleting in this way that doesn't leave enough left over for like a fulfilling, nourishing, intimate connection. And so the more that a partner takes it over, or even if there's like more community care and help in the form of neighbors or nannies, or honestly like, however... You know, I think that it's just so clear that two humans were never meant to be in charge of raising a bunch of children by themselves and like a little house alone. Like it just seems so hard.

Kimberly Rose Pendleton (24:33):

So I think just, like, acknowledging that like, 'Oh right. If I'm carrying all of this, the chances of me being able to get my own needs met and then, like, snap into, like, sexy mode for us to have an intimate connection are going to be so slim. But if I'm held all day and someone is, like, helping manage all these little tasks and you've got this and I've got this and we've both got space, it's like, Oh, like this is all so loosened up. Like now we can come together.' And I think there is still a lot of shame around kind of like not being able to hold it all. And I think if we could just throw that in the trash and be like, right, that was never how this was supposed to work. Let's look at what we need and said, um, both in terms of like more stepping in from a lot of our partners, especially if we're with men who like were socialized potentially not to think that stepping in was their job. Um, but

also from other types of care to, you know, networks and sharing time and sharing resources. Like I think that we can just start with the ground floor of like women doing it all was the non-sustainable plan and then figure out how to redistribute the labor from there. Right,

Liz Higgins (26:00):

Right, right. And I think that's such an important point, uh, to hear you say, this is not how it was meant to be like, how about we just not try to make this over-functioning, over-responsibility like shaming ourselves for not doing every single thing. Let's, let's, let's not make that the conversation at all. Let's work on looking at, you know, reshaping this conversation. And I think we are in such an exciting time, especially, especially us millennials, because we are changing the script and it's okay to say like, I want to have, you know, a partnership. I want that, but I don't know exactly what that looks like or what that's going to mean. That's okay. We figure out the skills, you, you work with somebody to learn exactly how to make that happen, but everything you're saying about boundaries and kind of claiming those needs and looking at the pieces of this narrative, you're living, according to that, you need to let go of maybe even this all sounds like it comes together in this deep work that you do with clients.

Kimberly Rose Pendleton (27:09):

Yeah. Yeah. I know. I think that it's such a nice reminder that we get to make all of these things, whatever we want them to be. And I think that, you know, abstractly, that can sound nice if a little daunting of like, okay, great. Well, on top of everything else I have to do, I have to remake the entire definition of like marriage and success. But I think it's also so liberating to be like, Oh right, like we're coming at this moment with a totally different understanding of what work is and what partnership looks like and what we want here. And like what we're gonna try to model for the next generation. And I think the, the thought of, you know, a wave of women as entrepreneurs who are able to show up as parents and in relationships in this really like whole intimate way, just feels like one of the best legacies we could leave behind that.

Kimberly Rose Pendleton (28:14):

We rewrote the script in so many ways about, you know, leaving behind the hustle culture and like grinding until you drop and not just sort of adopting these kind of workplace mentalities, even in our own businesses when we control it, it's like, 'Oh, why aren't you doing this? I actually could do it differently if I wanted.' Um, you know, it feels like that's just the first domino to fall in this, you know, string of us getting to remake life into what we want, including in our relationships and our, the, our self-talk and our relationship to ourselves. And then how we show up for each other, how we show up in community, how we show up for our kids, like all of it.

Liz Higgins (29:02):

Yeah. That's, that's really beautiful. And I mean, the pace of our culture and the pace of our world right now, it's just so incredibly fast. And I guess, I mean, hearing you say that that is, is something that you kind of have to pause on and really look at and decide if that's, is that really carrying you, you know, on this life that you want to live.

Kimberly Rose Pendleton (29:26):

Yeah. Yeah. And I think kind of with that, there's this question questioning process, I think we could bring in of like, which parts of this did I actually choose and which did I just take as normal? You know, like, Oh, this is just how it has to work. If I'm going to do good work, I have to feel stressed. Or if I'm going to be in a relationship, it has to get less and less romantic and less and less intimate over time. This is just how it works. And I think there's something so nice about being invited to be like, what if it didn't like, what if we just got to rewrite this? You know, we inherit such

stories about even what it means to be women as we age that we're just kind of like getting less and less attractive and it's less and less good.

Kimberly Rose Pendleton (30:18):

And it's like, what if that just were not how we thought about it? And then actually we get to get more and more brilliant and beautiful and sexy. The older we get and we got to have more and more passion as we figure out more and more ways to ask for what we want and to have our partners also know what they want and that everything gets to get better and better and better because why wouldn't it like we're getting better in our businesses. We're creating more money and wealth, more spaciousness, like a lot of what I think we're handed as women. We can just be like, no, thank you. We're actually going to live in this alternate universe where this all gets to get better and better and better all the time.

Liz Higgins (31:06):

Yes. And I think what's so exciting about all that is like more and more data is there to indicate that your sex life can get way better with age that, you know, these, these notions that we have that we think, you know, are the truths are totally not, and it can be so helpful to maybe be, be more surrounded by something that's going to really encourage you to grow and develop and keep deepening your relationship to yourself and to others as you go. You know, it's not like that. I dunno, maybe FOMO is this. We're gonna just, as much as that became a thing in the millennial generation, maybe we'll get rid of that too.

Kimberly Rose Pendleton (31:51):

Totally, totally. You know, kind of that constant re-examining of like, 'Is this still what I want? Is this still working for me? Like what if it could be even better?' And I think that there is something connecting, being willing to ask those questions and feeling like it's safe to ask those questions that is at its core intimacy work. So, you know, do I trust myself to handle it? If something goes awry and I have to figure something new out and do I trust myself, do I trust my, you know, people in my life to hold me? If I say like, Hey, this actually isn't working for me. Like, I need us to do something more. And that requires so much courage. That is that courage to connect that we are talking about, but it also leads to such, I mean, it's so worth it, that leads to such deeper intimacy and it leads to such better problem solving because you've got to do it together instead of just being like, well, this is how it is. And I guess I'm stuck here.

Liz Higgins (33:04):

Absolutely. So it sounds like just a constant practice of leaning in leaning into those parts that feel uncomfortable, or the needs that come up, you know, you just lean into it all and let yourself do it in a way that's nurturing and joyful rather than scarcity mindset. Fear-based what if, what if, what if. I'm thinking about, I read a really good blog that you wrote, actually that I'll link to it in the Show Notes, but I think it was how, like, it was about how like intimacy and business are really interwoven. And you've been talking a little bit about that today. Can you say a little more about that? Because it really spoke to me to just that idea that you don't have to choose the one part of your life that you're going to work on growing, developing, like how, how are they more connected then?

Kimberly Rose Pendleton (33:56):

No, I love that. Yeah. I mean, I think this is really like the heart of so much of my work. And honestly, I think so many of us are working out like these big questions in our businesses, wanting to show up for the world and, and meet a need that we see and wanting to serve and be of service. And that in and of itself is such scary work. At least it was for me, you know, so you're so



visible and so vulnerable and like putting yourself on display and it's not just, you know, work for someone else. And if they don't like it, it's kind of like, well, I can just like criticize my boss. It's like, this is you fell hiding. I think that's exactly it. And so I think it just comes back down to this kind of noticing that it's like, Oh my gosh, it's kind of the same feeling of when I'm in this relationship wondering like, Oh, are you going to see a part of me now that is just like too much too broken, too messy.

Kimberly Rose Pendleton (35:10):

Like, I can't deal with it. You know, that fear and that courage to be like, Ooh, here is the real me. And I think that as entrepreneur has, that's kind of your job all day, every day. You know, obviously I, I share more about my life in part to build that intimacy and not everyone needs to do it quite that same way, but no matter what you're creating this offer from your heart, you know, it's like, even if you keep your personal life so private that public life of your business, and what you want to give to the world is still such an intimate act of connection. And then if you layer onto it that you're, you know, especially if you're a coach or you're a connector healer, a therapist, you know, it's just like I am here because I care there's so much, um, there's so much courage required there.

Kimberly Rose Pendleton (36:06):

And same with those intimacy lessons around boundaries and around just kind of trusting yourself. You know, one of the biggest intimacy wounds that I work with people on is the fear of abandonment, you know, and people seeing too much of you and I like taking off. And I think with our businesses that can sometimes secretly be so heavy on us of like, could I say the wrong thing and lose a client? Could I say the wrong thing and get canceled, or, you know, mess up in some way that I could never fix it. And I think with deep intimacy work, you can get to a place where you're like, yeah, I probably am going to make mistakes. And I trust myself to handle it no matter what, I trust myself to restore intimacy and to repair harm and to get the help that I would need in order to feel supported as I do that, whether that's a coach or a program or whatever it is. Um, so there's just so much, but I do think intimacy work is the secret to growing your business because you stop feeling kind of like your fears are, are directing, you know, your every move and then study. You can use that courage and that connection.

Liz Higgins (37:35):

Absolutely. And I think you're so spot on, like, whether we're talking about business growth or your partner relationship, I mean, intimacy is vulnerability. Vulnerability takes some courage and risk, and it's just true in both, both sectors of your life. I guess that when you choose to grow beyond the edges, like you're going to feel off. You're going to feel a little shaken up. And that happened like hashtag normalize is not a straight line and business is not a straight line. You have to be up for the experience, I guess, to be on a bit of a ride. But to know that if you pull on these skills and tools and mindset shifts that I know you do deep work with your clients on, like that carries you through, you do level up, you can almost tell somebody with certainty, like your life can expand if you wanted to. Right. Yeah. I, I want to ask you one more question as we wrap up, but, and I don't know if this is like bad of me to wrap on this note, but I'm thinking about like busy-ness of business life, work-life balance couples that are in the midst or in the throws of all the things and burnout, you know, burnout and overwhelm. Like, how do you address that? And when do you, what do you see people experiencing when they're kind of in that space? And what do you say to them?

Kimberly Rose Pendleton (39:06):

Yes, this is so alive for so many people in my community right now. And I would say that normally, what I find is that if we're getting close to stepping into burnout or we even were there, um, and we're like maybe even in a place where we're resenting our business or we're feeling like

beholden to it, or we're just like, we still love everything in our life, but it's just feeling like too much kind of maybe sound a little scary. But I honestly think the best thing to do is to imagine completely wiping the slate clean. Like what if every single thing was taken off of your calendar, every single thing gets canceled. Someone takes it like which pieces get put back in and what do you start with? You know, what comes first? And I would try to start with pleasure, you know, like, okay, well, what are the pieces that are really fueling me?

Kimberly Rose Pendleton (40:08):

My guess is by the time we're in burnout, almost nothing on our calendar was fueling us with pleasure anyway. So it's like, okay, well, if the canvas is blank, we're adding in date night and a hike and a spa day and whatever every month (or whatever it is that people really feel like puts them back into their overflow energy state.) And then you think it's also usually an indicator that it's time to raise prices. Like most, I have would say 9 times out of 10 when my clients are burned out, they're under charging. And when I've been in burnout, I was under charging. And for women with hearts who care about the world, it is chronic. I really think that the money work (which I never meant to do money work with anybody) you know, I really felt like I am the last person who should be doing this, but I had so much of my own work to do around money in my business.

Kimberly Rose Pendleton (41:09):

And I started bringing all my intimacy tools to that, that at this point I actually, inside of the intimacy incubator teach about money quite a lot, because it is so linked to all the other pieces, whether it's about literal spending, like, can we get a babysitter so we can have an intimate date night, you know, or whether it's about earning money in, in the businesses and that stepping into like, okay, well, what if you were charging higher prices? Like what comes up? What voices of like, how dare she and like, who does she think she is come up, like bring their own intimacy healing to all of that. But I find that those two questions, which can both be so scary, like it's not as easy as a face mask in the bubble bath, as much as I love that, you know, it's actually like radical re arranging and of like, what do I burn down about my schedule and why do I redo about my pricing?

Kimberly Rose Pendleton (42:17):

And I mean, sometimes that is when it can be helpful to have a coach or a friend or a community to be like, yes, you need to add a zero to that offer. Um, or, you know, you're allowed to quit. I S I've joked about this before, but, you know, even after everything I've gone through with clients, what they all bring to me, some of the deepest traumas and the deepest heartbreak, one of the hardest things I ever walked a client through was leaving the PTA at her kid's school, because it was just like a pressure and the unpaid labor and the ma the amount that was expected of her as this mom. So as a good girl kind of conditioning, we have. So anyway, just to validate and normalize the feeling, I can't cancel everything. Like what about all of this stuff? I hate that I have to do every week.

Kimberly Rose Pendleton (43:17):

And it's like, no, like, this is one reason why we're feeling so exhausted. We're doing things we don't want to do, like all day long. And there are a few we probably have to do anyway, like feed the baby. And that's like in probably, you know, like anything else, if we really don't like doing it, it probably doesn't belong. And it probably doesn't make that much money in our business if we're really not liking it. So I would encourage anyone who is like, feeling nervous about this assignment to really get honest, like, is this thing that's burning you out, even generating what it feels like it is, because what I find is that the more fun I'm having, the more money I make. So if you can cut down your business to just the things that feel really fun, like interviews like this, um, poaching, then it's like, Oh, I'm not as burned out. And our bottom line is so much safer and stronger.

Liz Higgins (44:21):

Oh yeah. That's amazing to hear. And I think, I think for people listening that feel intrigued by this, like your point of not maybe, maybe looking to bring on a coach or somebody to help you navigate this space of burnout and overwhelm, whatever, like that's okay. And I think, again, our generation is really welcoming this idea of reaching out to professionals, to people, to help with our mental health, our business goals, our relational issues, like whatever it is, um, let that like, let that support hold you while you do this necessary work of reassessing and shifting things around and prioritize the stuff that fills you up and brings you joy. How of that? Oh my gosh. Well, thank you so much. This has been so wonderful. I want people to, um, for sure know where they can find you say a little bit about where people can find you and what, what offerings you've got going right now.

Kimberly Rose Pendleton (45:21):

I love that. So amazing. Um, so the main place that I coach is inside of The Intimacy Incubator, that's our flagship program. And it's actually, it's just such a perfect time to be talking about it, because we are moving into... Each month, we focus on a different theme and this month is on entrepreneurship. So intimacy. And I know I was like, should I pretend that we coordinated this with this magical surprise? Um, yeah, but we moved through, you know, healing and communication with partners, and sex, and all kinds of money as the big one. And then yeah, this month is entrepreneurship. So it's just an incredible community. And it's where I do coaching and really feel like I can share and teach, like, everything that I wish I had known. Um, and then I'm also, I try to post as you, as we were talking about blogs and videos and that kind of stuff. And so all of it can be found at my website, [kimberlyrosependleton.com](http://kimberlyrosependleton.com). Both the free resources and The Intimacy Incubator, which is a paid coaching program, but that is always, always growing and would love to have more and more of these conversations in there.

Liz Higgins (46:52):

Fabulous, thank you! And we'll definitely have all the links in the Show Notes. And you are right when you say there's lots of free resources on there. I've loved just reading through the stuff. It gives people such a good sense of your, your take on intimacy and all of this stuff. So keep up the great work and thank you!

Kimberly Rose Pendleton (47:11):

Oh my gosh, such a great conversation. Thank you for holding this space. And for really being part of this with me, you know? I feel like we get to be the new, the new entrepreneurs and like, the new face of what this all looks like.

Thanks again for listening to the podcast. If you like the show, leave us five stars or write a review. If you're interested in learning more, sign up for my free ebook "The One Barrier to Commitment All Millennials Face" at [millennialrelationships.com](http://millennialrelationships.com).

---

Thanks again for listening! Follow us:



[@millennialrelationships](https://www.instagram.com/millennialrelationships)

[@millenniallifecounseling](https://www.instagram.com/millenniallifecounseling)



[@millenniallifecounseling](#)