

Meet Wendy Elover, Wendy Elover Coaching

Jim Ries: Hello and welcome to Java with Jim. I'm Jim Ries, Director of Business Development at Offit Kurman. Joined here today with Wendy Elover, Joy and Clarity Strategist at Wendy Elover Coaching and Consulting.

And that is a mouthful. Almost lost my breath. Just saying it. Wendy, how are you today?

Wendy Elover: I'm doing great. Thanks so much for having me, Jim.

Jim Ries: Of course. You're doing great because you're the joy and clarity queen. You have to be doing great. Right?

Wendy Elover: There you go. There you go.

Jim Ries: Part of what you do. Wendy, let's jump in here.

Tell us about Wendy Elover Coaching and Consulting. What do you do there and what makes you different from others in the same field?

Wendy Elover: Absolutely. So, you know, Jim, I work with busy professionals and I work with teams who are really carrying a lot of responsibility. They're the kind of people that everyone counts on, and the people that I work with, the cool part is they're capable, [00:01:00] successful people. They're doing really well on the outside, but inside their mind is swirling. They're juggling with so many decisions and so many responsibilities all coming at them at once. And I think what makes my work different is that I don't add more noise when I come in, right?

I'm not coming in with a bunch of productivity strategies or time management systems that you have to add into what you already have. I'm not adding to their already full plates, but what I really do is I create space. Space for 'em to think, to decide to just leave with intention instead of reacting to everything.

Because I really feel like when you slow down, you can get clear on what actually matters right now. And when you do that, everything else kind of falls into place. And then leaders stop being the bottleneck in their organizations. Teams move faster, communication improves. Just the whole energy [00:02:00] shifts.

Then the really cool added bonus is when you work with me, not only do you get clear, but you get joy built in for free.

Jim Ries: Love that. It's a twofer.

Wendy Elover: It's a twofer because once you get clear, joy comes.

Jim Ries: Yeah. So you're not piling on extra stress. You're taking it away. That's great. I love it. So Wendy, when it comes to Wendy Elover Coaching and Consulting, what are you most proud of?

Wendy Elover: I think I'm the most proud of the ripple effect that the work I do creates, 'cause I think when a leader or a role model, when they get clear, it just changes the whole tone of the entire organization and all the people in their world, their meetings get shorter, which everybody kinda likes and priorities get clearer and just people feel less friction.

I think it even changes the way that people come home at night. I've had clients say to me like, I'm not bringing that same stress when I come home, and that matters to me, because [00:03:00] I'm really intentionally building a business that reflects how I wanna live and how I really believe that success can feel.

I care deeply about growing and about serving others with excellence, with just a high level. But I also care about joy. And about flow and about ease, because I don't believe that success has to, in and of itself feel frantic and chaotic all the time. I think you can have both of those things.

Jim Ries: Yeah, for sure. Your professional life and your personal life, they intersect every moment of the day. So don't kid yourself if you think they don't. Wendy, what do the next six months look like for you and Wendy Elover Coaching and Consulting?

Wendy Elover: Yeah, next six months are exciting. I'm deepening all the work that I'm doing.

I'm expanding to get into the right rooms. I have two really fun things. I have a new book called Too Many Tabs Open: Finding Clarity When Everything Feels Important. That's coming out. Or probably by the time this goes out, it's already out there in the world so people can get [00:04:00] it. They also have a new TEDx Talk.

It's all about time versus joy. And so having a lot of meaningful conversations about that. I'm really focusing on team workshops, interactive experiences. 'cause I Don't want to just lecture people. I want them to feel it. I want 'em to be involved in it. Corporate conversations, speaking in leadership spaces, places where clarity isn't just a nice idea.

It's actually like a performance advantage. It's a lifeline. Because for me, the goal, I don't wanna just grow for growing's sake. I wanna have impact with intention. I wanna be in the right rooms, have the right conversations, the right partnerships, and I wanna create sparks. The kind of conversations that shift somebody and the way that they think even long after we've stopped talking.

Jim Ries: Impact with intention. I love that. Well excited for the next six months for you. Sounds like you got some great stuff happening and I can see the copy of [00:05:00] your new book behind you as well as your original book.

Wendy Elover: Yeah. Yeah. Keep it close by.

Jim Ries: All right, Wendy, here's the fun one.

What do most people watching this video not know about you?

Wendy Elover: Okay. What do they not know about me? Hmm. Well, I think most people probably don't know that I'm a recovering perfectionist and a recovering people pleaser. And I wear, there's recovering labels proudly, I've always prided myself on really being the dependable one, the one you can always count on, the one who gets things done.

And I try to do all that with a smile, you know? And on the outside I hope at least it all sounds great, but inside. I myself used to have like 372 tabs open at all times. Way too much chaos swirling in my head. And for me, learning to slow down, getting honest about what was heavy and really deciding what truly matters just changed everything for me.

And it's actually what led me [00:06:00] to the joy and the clarity work that I do now. I realize that when you get clear, you stop trying to be everything to everybody. You just focus on what really matters and then the rest just works itself out. And then joy shows up, you know? And it's not because life is necessarily lighter, 'cause I know life is really heavy for a lot of people right now, but it's not because life is lighter, it's because you are.

And that's magical to me.

Jim Ries: So you are a student of your own teachings.

Wendy Elover: Absolutely. I mean, I believe if you can't walk the walk and talk the talk, and you shouldn't be doing it, so.

Jim Ries: Amen. Amen. Could not agree more. Well, Wendy, this has been great. Really appreciate you spending time with us and sharing your journey on Wendy Elover Coaching and Consulting as the Joy and Clarity Strategist.

Two great words, joy and clarity. Love it. Really enjoyed your explanation and sharing your story about your new work. And wish you the best of luck and I know I'll be [00:07:00] seeing you soon.

Wendy Elover: Absolutely. Thanks so much, Jim. Always appreciate spending time.

Jim Ries: Bye.

Wendy Elover: Bye. Bye.