

Finding Clarity and Joy with Wendy Elover

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By Linda S. Ostovitz

In this episode of Real Talk, Real Growth, host Linda Ostovitz welcomes Wendy Elover, Joy & Clarity Strategist, author, and coach dedicated to helping high achieving professionals slow down, clear the noise, and reconnect with what truly matters. Wendy shares her unconventional career path, the creation of her unique title, and the powerful personal journey that led her to develop her signature SPACE framework for gaining clarity.

Wendy and Linda dive into what it means to have “too many tabs open,” why high performers carry emotional weight from unmade decisions, and how simple tools — like gratitude, brain dumps, clarity practices, and identifying “one word” for the year — can create meaningful calm in a hectic life. Wendy also discusses her 90day clarity program, her bestselling book *My Cape Is at the Cleaners*, and her upcoming book *Too Many Tabs Open*. Together, they explore how intentional living, small moments of joy, and reclaiming mental breathing room can transform how we work, lead, and show up every day.