

# #177 - Darcia Leonard (nee Ondrovciik) – Growing beyond famil...

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## SUMMARY KEYWORDS

people, book, life, training, women, happening, domestic violence, challenge, bit, shift, crossfit, day, feel, month, big, coaching, percent, strength, world, story

## SPEAKERS

Stacey Turner, Darcia Leonard, Matthias Turner



00:01

Hey, did you



M Matthias Turner 00:01

know that we're running a 30 day intermittent fasting challenge? Well, it's starting on the 10th of June, we explained what intermittent fasting is, how to bring into your lifestyle to make it work for you and your family, as well as the benefits in fasting. On the 30 Day Challenge, we're going to teach you how to carb cycle. This is a protocol that will require you to have both high fat and high carb days that you will cycle throughout the 30 days, we help you to figure out the numbers and we show you how to break them down into your meals. We've chosen carb cycling because it's a great protocol for burning fat and increasing your muscle mass. I use carb cycling a few years ago to increase my strength and increase my size and boy did it work. I put on seven cages of muscle mass, and I increased my list by up to 15 kilos. More recently, I've been easy to shed unwanted body fat. And you know what it's been working an absolute treat 20 days on the carb cycling protocol, making sure that I'm fasting every day. So you fitted in with my eight hour window, and the fat has literally been falling off my body. And my performance has not been suffering, which is usually pretty typical of a fat loss protocol, but not this one. Anyway, when you sign up, you'll get your intermittent fasting guide. You get videos to

help you out along the way. As well as access to our private Facebook group will have coaches in there to help you out with any of the questions that you have as you go through the challenge. This is the first of many intermittent fasting challenges we're going to run however, it is the cheapest it's ever going to be as it is our first time running it. Do you want to be a prototype? Do you want to be a guinea pig? Do you want to test it out with a whole heap of other like minded individuals who are keen to get some great results? Well, you can jump across the website [WWW.theChieflife.com](http://WWW.theChieflife.com) to jump on board with the crew.



01:52

Welcome to the chief life podcast



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where we deliver guests and knowledge from around the world



01:57

right to your ears for



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focusing on nutrition, exercise, health and wellness. Say sit back, relax,



02:05

and enjoy the show.



**Stacey Turner** 02:11

Welcome back to the chief life podcast. I'm Stacy Turner and I'm flying solo today because as the approach of Alibaba into side arrives, Maddie and I are trying a few different things to make sure that we can still get you guys the content that you deserve and connect with all the people that we want to share with you. So today I am joined by the beautiful Dasha Leonard formerly Dasha on drug chick. And we're gonna talk a little bit about the launch of your new book and how that times quite well with this month or last month by the time you guys get to listen to this.

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And I guess

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before we delve too much deeper, can you give us a little introduction of yourself? Because I won't do you justice? I need you to share your your amazing oneness with the world.

 Darcia Leonard 02:58

Okay, we're not even start with because it's so much right. Yeah,

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I know. And it's all kind of labels. Yeah.

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And from when we have spoke last and done podcast has been so much that has changed,

 03:10

really. So yeah, this is actually our third podcast with you. Yeah.

 Darcia Leonard 03:14

So what I will start on and will align it with the book as well. So in very brief and which will go into more detail around this stuff a bit later on in this in this chat. So I grew up in Dumbo, New South Wales, and the biggest thing that drove my childhood and got me to where I'm at today is growing up in family domestic violence. I used athletics and running as a way to deal with what was going on at home. By the age of 16. I studied my personal training certificate, moved out a demo to Port Macquarie. worked in gyms started CrossFit. got hooked on CrossFit, and this is when I decided I want to compete in CrossFit. So after training that for a few years, I then moved up to Queensland to pursue CrossFit find better coaches be around more opportunity for career lifestyle, obviously, a big

reason to to keep breaking the cycle of domestic violence. And since then have been fortunate enough to compete a regionals four times, and the CrossFit Games as a team, you're here. And what has really led me to writing the book, I knew one day that I wanted to write a book when it was going to happen, who knew. But I got a calling for this in 2015. So I started writing my book, this is where my father was still alive. I started writing and it just did not feel right from the heart three months later, but before that, I said this will be so much easier if he wasn't here. Two months later, he died. I'm like holy shit universe,



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you can do what you wish for haha.



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You need to get your message out. Now you need to start serving the world, you need to be living your purpose and passion to what you truly want to do. So I scratched all that writing that I did prior, and started writing from the heart again. And since then, and the passing of my dad, this is where work has aligned in the domestic violence field, where I have been coaching women, mentoring, as well on their fitness side, as well, through PC yc is around Brisbane, taking them through a health and fitness program. And that's kind of where I'm at now is really a lot in my work, coaching and mentoring women who have gone through some form of abuse, but not only they're also through, you know, building confidence and resilience for women just in general. recently married, so last month.



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And I've had a baby amongst all them. Yeah.



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Like they're all labels and stuff. But that's kind of like a bit of a brief about overview. Yeah,



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brief overview. Thank you so much for that. So I guess I want to share with everybody the name of the book, because you definitely should buy a copy. It's called beauty and strength growing beyond family domestic violence. And I guess Josh gave us a beautiful overview of what kind of the book goes into. But I know there's a lot more depth there

that we will talk about. So you run your online business, beauty and strength. And not only is that physical based and and training based, but it's also very much a holistic type approach. You've also got your mindset, shift experience time program going on. Do you want talk a little bit about that? Yeah,



06:41

for sure. So first of all, like with building strength, the reason why I came up with that name, or why I even decided on that and to be honest, I was even challenged by the word beauty myself. Because, you know, when I you know, say like, five, six years ago, when I think of beauty, it was like makeup and being pretty and you know, doing all these beauty things to your body kind of superficial stuff. Yeah, the superficial, superficial stuff, but that was never aligned with me. But then the word strength and training and being strong, is so important to me. And I resonate with that word so much. So beauty in strength, it's seeing the beauty in the strength that you have in every area of your life, whether it is training, whether it's being a mom, whether it's being a wife, whether it's just that work is just being the best, strongest version of yourself, but also be meaning deeper than your skin and strength more than your parents and with clients. Whether it is the training side or the mindset side. It's teaching a message that we go beyond into your external appearance and your superficial world.



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It's almost like you redefine the word beauty for yourself so that you gave it new meaning that was powerful. Yeah,



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that really resonated with me that I go No, like, I'm actually feel really good using these word beauty. And showing that it doesn't end for other clients to that it isn't about these external appearance that we tend to get caught up in, especially in the fitness industry.



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I might be a little biased, but I was going to say anyone that meets you would call you beautiful anyway. So even though you don't resonate with the word, people would definitely like so many people have said to me, oh my goodness Dasher is stunning. So regardless of makeup, or you know, you're trying to look a certain way, like you just have a

natural beauty. And that goes deeper than your skin. But it is also your your external appearance to



08:47

thank you so much. So yeah,



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I'm back on with beatings. Thanks. So that's how it came about the name. And when people asked about it, it's like, I wanted it to hit home. And we'd like no beauty deeper than yours gain strength stronger than appearance for women and men as well to go wow, like that is so powerful. Like I love that. Because even for people who do get caught up in that superficial materialistic world, I think they can still resonate with that in a way because it makes them realize that Oh, David, they're my skin. So that really hits home. And first of all, beauty and strength just started out as just a 30 day fitness program. And still going, still going strong today. And then I knew over time that I wanted to go more into the mindset coaching. And when I was pregnant, I started my life coaching course. Because you have time, but you don't have time as well, but knew I had a deadline. By this day, they said to be achieved here. And yeah, helping women who have gone through some form of abuse, or as I mentioned before, adversity, building resilience, and that the coaching side is what really really made my heart sing like y'all have the physical side, but the freaking get into your mindset first, or your physical will happen. And being 12 years in the fitness industry, the conversations always lead to how you feeding your mind. Now what are you saying what's language I using about yourself, this is what is going to be your outcome, let the physical happen, let the weight loss just happen. Just nourish your body through good food, good talk to yourself good people good environment, and life will just happen for you. So whilst I was pregnant or motivated when last was just born, I put together the shift experience. So I wanted to put a program together that gave women an opportunity to really make that shift in their lives. So I think and I've even said it before I've just seen a shift or I hear conversations with people in the locker room. Once this shifts, then I can do this. And that just hit home with me because I'm like, well, don't overcomplicate this, let me facilitate your shift. Yeah, I then came up with the shift experience. So the shift experience evolved into an intense 90 day coaching program, where I took just take as just a small group of women because I want it to be close and intimate and be able to give them as much time as I can. And really work on where they're at. and get them to where they want to be. But also give them the understanding and awareness around whatever you been through. It's not your story. If you keep living and feeding that then yeah, that's where you're still going to be in these 90 days and three

months time. And the results that we achieve with that, like totally blows my mind. It's amazing, because these women are literally having massive breakthroughs, like women going to look at themselves in the mirror, and like so freaking confident walking around beach and bikini. Even things like changing jobs was in a negative environment, left a job coming into like selling your own business. And it's totally friggin like just



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nailling life. Yeah.



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And to see the shift is women. And it was just like, so humbling and empowering at the same time. And I'm like, this is my calling, this is where I need to be. But also, you know, I take one on one on one clients as well. And a big thing lightly, as much as I've, you know, targeted women. Because of course, I'm a woman, that's what you're going to do. I've had multiple men reach out just on socials and being like, Hey, I see that you teach women to gain authority over their emotions. What about men? Like, yeah, cool. Like, just because I'm going to target women doesn't necessarily mean



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that I'm not going to say no to a male. It's just if someone comes to you, and they're like, in a dark place, or ready to take that next step in their life. And yeah, of course, I'm going to open arms to these people. And if they resonate with you, and they feel aligned to your message, then Yeah, why not work with them? And I guess the answer to some of those guys might be well, there's already guys doing it for guys. But you know, if you have the space and the energy to then support these guys to then yeah, that's amazing. And I guess you work with women of all walks of life. So it's not just on the shift experience, and through your online training programs. It's not just women who have been through domestic violence, it's people from no matter what walk of life they've been, through, every one of us experiences adversity on any kind of level. And sometimes, you know, relatively, not relatively, comparatively, some may seem worse than others, but relatively to the individual. It can be pretty rough. And as you say, it's like, well, what is that story? No matter what your adversity has been? And how can you shift it, to see so much improvement in your life and actually live a full and happy and joyful life that you deserve? So it's, it's super cool that you get to work with people from all different walks of life. And then as you were talking, I was thinking, yes, like domestic violence from other people that's kind of out of your control is shit, it's awful, and it shouldn't exist. And I love your

message and how you're getting out there and trying to stop this from happening. But at the same time, there's also that self talk is, is a kind of violence that that people are giving to themselves that inner self critic person that and that might have been, I mean, many of the women that you've worked with, yes, they've had external abuse, verbal, physical, mental, emotional, whatever it might be. But they probably then taken that story. And it's become the voice that they hear themselves say to themselves, yeah, hundred percent. And I think, I don't know, if it was asked how in this conversation, I've recently just had that exact same conversation around. Yeah,



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the physical abuse is there, and the emotional and everything else. But the biggest language we talk in ourselves can be quite abusive as well. And that is the emotional and the verbal abuse. And for women in those scenarios, yes. When they are told that repeatedly, then they do lose their own self worth, no value whatsoever. And yes, they start to believe those names that they've been caught. And yes, that's how they'll start to talk to themselves. And women and men, you know, I don't just want to block out men.



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Or any gender no matter what, label yourself these days. Yeah, yes.



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who haven't experienced maybe so much the violence relationship, so the peace that comes without, we can still talk to ourselves that way, someone who may seem like they had the perfect upbringing, the family, the parents, and all the love can still have that as well. And it's actually an exercise that I work with, with my clients is really tap into and listen to the language that you're using towards yourself. And you know, I don't have a perfect there are days where I think I'm shared or you know, may say things to myself, but I'm trying to, you know, catch a straightaway, be aware of them, and then go, okay, let it go. No, you're not. Or find another word that resonates with me. That's also the other side of like, I got this, I am strong. Yeah, you know what you're doing? Yeah.



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And I guess you might not believe it at first. But at least if you have a tool in your toolbox that allows you to first have the awareness second to try and flip it on its head. Over time,

hopefully, you then even start to believe it more, the more you say it, yeah,



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hundred percent. And it is it's that pattern. And it is breaking that habit to reform when you have a positive habits are a little harder than the negative habit. Yeah.



17:12

And also, I mean, you know, how you're saying, yes, it, you're, you're not perfect, and you're still working through that process. And I think we all will be forever because it's just as Evan flow. I feel like once you're enlightened, you probably aren't on this planet anymore, you get to go into the next realm, or whatever you believe in. But also, there's other things that can affect it, right. So you know, some days you're exhausted, because your 15 month old hasn't slept. So, you know, some days, you do have the strength to be able to go, ya know, I've got this shit. And then other days, you work your butt off, and you get to the end of the day, or even the afternoon or just after lunch. And like, I've done so much, hey, give, give, give, give, give, I haven't even stopped to think about what I'm doing. And that's when those voices come because you haven't even had a chance to give yourself that love. Yeah, so to then go through that, you know, if you're tired, if you haven't eaten, and there's always necessities that that we need as humans. And even that is a form of self love, just like checking in with the basic necessities, and then it probably becomes easier to use a language that gives back to you Yeah, and I



18:19

think that's a big thing. While I why I do focus on the training and the mindset, because yeah, you can do one and not the other. But if you want to actually optimize your life in your highest potential, then having the both is going to like, overpower that. Yeah, absolutely. Um, and then when you do look at what's my nutrition, like, what's my sleep? Like? What am I? How am I feeling my body? How am I nourishing myself? If you're not looking after all those others, then yes, that negative self talk comes in so much. And when we are at our weakest, and I don't mean, our mindset at our weakest, but through like our nutrition, as Lee like not feeling 100%, internally, our body starts to slow down. And then because of the mind is always going, it overpowers, and that's where you really start to think alone yourself. So part of you know, there was a non negotiable is because, you know, everyone's different. Not going to put that on people. But they do see that the training is such an important part. And then by the end of the 90 days is like, Okay, see what I am pushing you to do some form of exercise, it doesn't have to be crazy. I'm saying

walk around the block, and you'll feel much happier. Or at the end of your driveway and get some sun and you've done a little bit of movement, you will feel happier. Yeah. And then your thoughts then change because you're looking at the world in a different way. Because looking after you self, and that's where it creates the ripple effect. And that's why I would preach. Are you training I eating? Will I sleeping? Well? Are you working on your personal development? It is all you know, this whole, and even nowadays, everyone so much more aware of this stuff. But if you're holistically looking after yourself, that's where you can really take you off to the next level. Yeah, totally.



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I've also noticed recently, and maybe more so with guys, I mean, I'm definitely seeing it with girls as well. And with guys, I kind of let it go a bit more because there is that testosterone that is that, like animal instinct with guys a little bit more, but that that need to smash themselves at training, like, excuse my language, but that need to fuck themselves up. Um, I don't know why I'm apologizing. We always run a podcast. So it's only if you're listening to it with your child. apologize for that. But um,



20:51

yes.



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I feel like having transitioned from being somebody who was right up there with all the intensity and needing to, I don't I haven't needed to smash myself, I don't know, maybe I did. It was it was my personality back then. But as I've transitioned into this kind of slow, very calm, kind of less intense way of moving my body each day. And then when I hear people I reflect and I'm like, are they doing it? Because they feel good? Are they doing it to punish themselves? And are you seeing a similar thing with the with the ladies that you've been working with in the shift experience? Yeah,



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hundred percent. And I will also add to that, like, I can really relate with that. Because going through what I went through training was an outlet. And because there was the physical violence, but also like this inner strength and his mental toughness, to push my body so hard, was what I really, really, really wanted to do. And no, it wasn't healthy,

because I end up getting seat



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training. Yeah,



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hundred percent, your whole immune system goes down. And when you actually figure out why you did that, then it makes sense. And then is take a different level. And intensity in training may still be hard, but be different. So I guess the intention changes. Yeah, hundred percent. And if you don't quite know your why, I think, you know, that's where we can get caught up in the machine itself, the ego comes in and all that stuff kind of takes control as well. But I can definitely relate to people who do want to use training in a punishing sense. But I can only relate with that if there had been like a bit of trauma, like loss adversity. Because I think there's a there's a massive, deeper underlying, underlying reason why, yeah, only because that was my why and I push my body so hard to build my physique to be ready to take my data at any point in whatever way I can. mental strength, physical strength. You hit a wall. When you hit a wall, you go to Canada, look at your life and go Why am I doing this? Why am I put up with this? Why am I sick? Now I can't try. And so that defeats the purpose. Okay, I gotta find a smart way. And that was the, I guess the next intention for me was okay, I understand why. Now you're doing that because he's still going through letting go of childhood shit. Okay, don't bring that into your present. Don't bring that into your training. You enjoy training because you actually enjoy it. You love it. And you're competing now. So you're training for performance? There needs to be a reason in how you're training your intensity, your recovery, your sleep, your nutrition, like everything again, yeah. When? When you can understand that. It's like, okay, I don't need to flow myself. If I flog myself, where is the enemy? down in the dumps sometimes? Yeah. And even being tune with your moves. Like, I can't even remember exactly, but I'm sure I would have been on edge or sure I would have been like really snappy.



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People get aggressive. Yeah, retraining and



24:13

yeah, hundred percent. And so with the women on the shift, experience that with my clients. And this is just from lessons that I've learned as well, like I am more training intuitive. Listen to your body. Yeah,



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still, we have the whole Mondo cycle that you know, guys want a 24 hour cycle. We're in like a 28 to 32 day, some of us some of us are a bit more ski with like, yeah, so there's so much going on that. Yeah, intuitive training makes so much sense. Yeah.



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And each day, and you can still train hard. But your intent and intensity is just for that moment. And for the purpose of it is competition or just being healthy. Or you're also like to just push yourself hard. I think that's the religious Yeah, it's real thing to and to get a flavor really not a dad and talk about if well, if you want to get results, you got to push hard. Yeah, it's actually true. Yes, you do stress to progress, but good stress. Yeah, hundred percent. So with the women, it's like, I just want you to train. Not when, like when feels right for you, but train at the intensity that feels right for you. Yeah, it may not be every day, one day, you might do 10 minutes, the next day might do 20 The next day, you might do a walk or some core work. Yeah, it doesn't have to be this hardcore intensive kind of training. But you just need to move your body and training intuitive which I'm so all about myself, nowadays, is actually killing me. So as well as existing, being fitter and stronger. Then going in and flogging myself. Yeah.



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And that takes a lot of practice I it allows you to get so much more out of your training. But at the same time, so many people are used to following the program and inverted commas or having the coach tell them what to do. But the coach doesn't feel what you feel. So you know, your body like you know, whoever you are, you know your body better than anyone. But learning how to listen to those signs, takes a lot of practice. And so I'm like, there's something that you would lead people through and like learning how to tune into that, and what questions to ask yourself. And then the other thing I was going to mention was that your intention or your y changed again, because after you done your training for performance, you have been pregnant and you've had a baby. So I guess then the focus is definitely not to flog yourself because you're trying to grow another human. Yes. And so you're just training for health at that point. Yeah.



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So even like looking back on this now is my training has really changed, which has meant I've had to make the mindset shift along the way. And it's actually been really, really good life lessons. Because, you know, 20 year old me, not that I ever wanted to get pregnant at that age ever would not have been okay, with slowing down and listen to my body is like now this is what I gotta do it as hard as I can. Yeah,



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I was strong and fast as the boys. Yeah.



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But yeah, your life goes the path that it does. And you don't have any other choice to, like, make that decision. But you also evolve and you grow. And from those lessons you learn, okay, I can't flog myself doing this forever. I'm going to be engine and mid 20s. Now then I'm late 20s. And then I'm 30. Like, you've got to get real, but also play it smart. And yeah, falling pregnant. Well, prior to that I had a slight back injury that made me stop. And I literally could not live any way for six months, it was just body weight. And that makes you really appreciate where you're at, and the way that you are training and makes you appreciate the basics. And I even say that to my clients. It's like, well, where your basics are like, should you be dead dead lifting heavy? Can you hold a plank for two minutes before you like start adding it to your body? Like get real, get real with where you're at, then start to move on? And then you progress and then you get the success?



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The basics may not be sexy. Yeah, they are foundational.



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And it will help you be sexy. Yeah. And yeah,



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training most pregnant was I think I trained so intuitively then. Because I guess another thing in my mind was like, Oh my god, I don't have my back. I don't want to be doing this.

And it really was just health and fitness. And it slowed my body down in a way of just accepting and being and being present and being in the moment. And really just enjoying training for what it is. Yeah. And really brought me back to like, I love training. And this is why I do it not to punish myself not because of childhood stuff. Not because of competition, not because someone thinks I should. It was all internal. Like, you know what I try and for me, my mental health because that helps so much like it does make you feel good. But also being healthy and fit through our pregnancy was important to me. And get me wrong. I think God in train, like so many weeks at the style. Like I was so external is like myself and wanting to do anything. Yeah, that I really like, when when I felt like it. Yeah, and did not put any pressure on myself on like, I should be training and I can't believe I've only trained once this week, whereas like few years ago I would throughout pregnancy. It's like, man, I'll just get to the gym when I get to the gym. Yeah, I'll do 10 minutes or 20 minutes. I just ask what's at home? Yeah, I feel Yeah. I'm five months now. And my workout



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has been 30 squats. And that's it.



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And I get home with her. So my day.



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And I guess for us comparing it to what we were doing. Like I went and saw the Kira yesterday, because my title burns fucking painful and everything's out of alignment. And he's like, I guess comparing it to what you were doing, compared to what you are doing now. And my ego doesn't care, it's gone. It's not worried about this. But the physical unloading. Yeah, on your body says not just the pregnancy that you're dealing with. It's also the transition of training. So even if you weren't pregnant, if somebody's gone from like, no matter who you are, if you have gone from training at a very high level, lifting heavy weights, high intensity, and then you back off because you need to, and you want to there's going to be so many physiological changes that happen in your body that would be happening regardless of whether they were pregnancy hormones, and then the pregnancy hormones on top of that



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adds a whole new layer was the biggest shift. And I'm transition I have was like becoming a mom and getting back into training. And what that looked like, what that look like for me going forward because of where I had been prior. Yeah. And that was probably I wouldn't say the biggest challenge, but it was something that really graded on me that I had to not come to terms but except in a way of this is just where I live. You just have fun child. Yeah, it has pushed it out if I can get Yeah, there's a lot going on. Give it time. Yeah, there's no rush to get back into the gym. Because my whole life I've used it in a way to self medicate. It's like, Oh my God. Now I've got this baby and I can't go smash myself at the gym. Yeah, what endorphins Am I going to get now? How am I going to get that? But yeah, my biggest transition to come from, you know, pregnancy, being a mom was like, hey, well, who am I now. And because there was such an identity around the CrossFit I'd actually athlete and I always say like I wasn't ever so attached to that was that was that my everything and this is my life ever. always had a life outside of CrossFit. Yeah, always believed in that. But it was like because this is I've competed for the last six or seven years and I'm gonna regionals and I've gone to the games, and I've been able to do all this stuff, to like, Ban home and try to be my own motivation and not being able to lift the things and do all the movements and not even I didn't actually didn't get to the gym. Until I think it was like nine or 10 weeks, because I and I believe in doing the work. I did all the core and strength and stretching work at home prior



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we did a beauty and strength cycle together actually,



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is actually perfect for my recovery. Yeah, I wanted to make sure that that was all like strong and good to go. Because once it settled lifting weights, I didn't want my body in any complications coming back because I wanted to go, okay, like, I don't care as long going, I know it's going to get better three months, six months, 12 months, and we're sorry, different in 12 months. But that takes a lot like I definitely got was challenged by it. And my beautiful friend, right, she helped me kind of see it from a different view and the label we put on these labels, but you know, really helped me understand and help me remove from the athlete identity to



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a high high performance human.



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As like, wow, like I am a high performance human. Yeah, yeah. in every area of my life, and I just like challenging my body in ways so I can be a better person and a better human. Not necessarily need to get back to where I was. I need to get back to regionals. I need to get back to the game. Yeah, that sounds awesome. And if that ever come up again, he came up again. But what my priority now is being a mom, you know, giving the best I can to my family. And that meant training when I could and just fueling myself. My satisfactions through training for a healthy way. Yeah, not out of like, I need to now prove something to the world to the community that I'm coming back like this, because like, now, pretty much the hair. It just hasn't bothered me. Yeah, but definitely the identity shift was something I challenge was challenged by but was able to really understand it and not get attached to it. And it's different for everyone and I being a mom, you do feel is I think it's common for every month to feel their identity guys like well, who am I now? What do I do and I did coach so much and I was around people all the time. Now I'm inside and shit. I have cabin fever. Like your mindset goes through so much. And that's this is when I really delve into building strength and started my shift experience. Like I had so much going on. And I was writing my book and I needed to get my book finished before she was born in fed 2018. And it was finished before that. But I'm like, I put a lot of pressure myself to have all these things done before she was here. But I'm actually glad I did because I struggled when she was a newborn into that transition, but also going like I had so much freedom and independence like what am I doing? Now? I have



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independent



35:58

time was a message so I'm sorry for that I am still challenge so many ways today. Since becoming a mom



36:10

and yeah, it's the best thing and you love it and like, of course it is but like it is absolutely is but I'm also fucking real. And I'll just give truth, to have feel. And it is like one of the most challenging things I've ever fucking gone through. Yeah. And personally, you know, growing up the way that I did, creating a family was so friggin important to me. And, you know, a lot of people would say, oh, Davina Russia trying to pass and this and that. But it's

like, man, I have no idea what I've wanted since I was like 15. Like, working towards this for many, many years. And now that it's here, a lot of my past crept into the now around this whole family thing. Like, like, I'm treated like good from my mom trigger for my dad, like stuff comes up in the family. Like, in all honesty, like your relationship takes a bit of a toll. You don't so loving each other, but you just like, wow, like now there's a other party now. We got to work it out. Yeah. And we've got to communicate on a deeper level and an overcommunicate on every thought that comes in and what do you think about that? And what did you think about that? It's like, Man this is so there's so many different levels of accepting and also you stepping up as a person used me as a parent used to be as a mother you stepping up as your higher self because you are the leader role model, like your babies look to you like friggin everything they sponge of you offer you these funds. So, that shift for me has been the biggest despite like even going through my childhood stuff, competition stuff. Yeah, like, well, now my mother and challenging. Yeah,



38:02

I hit completely here. I think a lot of people assume that challenge and hard are bad words. And it's like going back to how you had defined beauty as a word that didn't really resonate with you. And I've recently been playing with this idea of like, hard is not a bad thing. If you don't let it be a hard thing, like what story do you attach to the concept? So like, the first three months of pregnancy were fucking hard, but I wouldn't change it for the world. Because I'm so excited to be a mom. Yeah, I wanted to experience the full roller coaster. I want to be a doula. One day, I want to help other women to get pregnant and experience the same thing.



38:35

So I need to feel all the fields. Yeah.



38:37

So I know what it's like to go through it all. So I can then help people who are also going through the same thing. And I mean, you know, this a million times over anything worth doing requires effort. anything worth doing is going to be a challenge. And that's probably why fitness programs, nutrition programs all get the label challenge. Yeah. Because it's meant to be hard. If it was easy, everyone would be doing it. Yeah. But I think now it's been given this misconception of challenge is an excuse to get onto a program, do something for 30 or 60 or 90 days, and then just go back to what they were doing before. So I think it's people like you and people in our industry, that are trying to work to change the

perception of the word challenge even Yeah, it's it's not a negative, it shouldn't have negative connotations. It should be this beautiful,



39:25

rite of passage hundred percent, and it is always the perception. Yeah, what, what does that word what does that word mean? What it How does it trigger? You? Yeah.



39:35

How does challenge? How does that trigger you? What is?



39:38

How does that trigger? You? I think, right? Is it the word challenge, because I was running nutrition challenges when people were coming to us and saying, can you run a nutrition challenge as I call it a program? And then I'll do it. Because I don't want people thinking that they come on, and they do this 30 or 60 days, and then they go off, and they let it all go? Again, it's integration and changing habits and mindset shift.



40:01

practices. So anyway, yeah, we could go on about



40:04

you and I might need to



40:07

talk for.



40:11

So I guess, like, obviously, there's a lot that you delve into in the book. What would you say your key message is that you're trying to get out?



40:22

My key message in the book or like just in life in general purpose, yeah. No matter where you come from, or what you've been through, you can achieve anything you want in the world, and to not fall victim of your story. Use it to empower yourself and everyone else around you. Yeah, that would probably sum it up. And in my book, it's in it's broken down into two parts. So the first part is about the home life and literally like the first chapter, maybe the second is just about the home life and what I experienced as a true and what it felt like from me from my, from my perspective, not from anyone else's. And then it really just goes on into my sport, and how can I started using that and flip that around, and then my time in Port Macquarie, losing my dad having a miscarriage. And then the second part is all the lessons and all the positive things that's come from it and what to expect from someone that has gone through abuse as a child, or you know, partnership and how to love because it's hard to love when you come from this stuff. So the book isn't really this. Deep down on domestic violence. It's really to shine a light on what can be such a dark topic for people. Because I grew up being told, Masha, you never say anything. It's not common to talk about a. And now we're hearing about a friggin everywhere and there's so many incidences happening. It's like blows my mind the shit that's happening. But it is happening. It's real. It's out there it is in your face sometimes. But what about why kind of been our face around? Shit? Did you hear about that program that helped this community. And all these women now training and they're all empowering each other. And they've all got clothes on their back, they've all got somewhere to live. They're all breaking the cycle that we're now teaching kids how to love each other without teaching boys love, you know, and giving love. So yeah, the book is in this deep dive around domestic violence such a bad thing, how she does it for me that I experienced this.



42:50

I don't think you've ever been one to delve into the victim mindset.



42:56

It's really to flip it around and going



42:59

can be broken. The cycle can be broken, if you want it to. And I think bringing stories out like this is empowering. If I must say myself, it is empowering. Because like I know myself, I think Eileen know have two or three other books that are on domestic violence. Yeah,



43:24

there aren't many out there. Yeah,



43:27

like there's not heaps. So I'm like, if this can be an educational tool, through schools, and through services around, okay, there is like, there is change. She did go through this. But now she's achieved this. And it's not like, Okay, look at me look at what I've achieved. It's like, No, you can walk and do it. Yeah. If you really want to, you will. Yeah. Like, honestly, no matter your background, or what you have gone through, there is changed. There is hope out there. There is support. And it really is it's always been support. Yeah. is whether you're really wanting to step into that. And whether you're open to it in the first place. And if you're really willing for that internal change. And when I take on clients, I'm actually very honest, and like brutally honest, right from the start, like, I'm not here to fuck around. I'm here to like, really help you change your life. Yeah,



44:24

let's get let's get this show on the road. Yeah.



44:27

And if you really are willing to go to those dark places really are open, like ready to face your insecurities. Your demons be faced with all your shit. Yeah. Then let's work together. Yeah. Because if you're not, then we're not alone. Yeah, and we're probably going to go round and round and round in circles for ages. Yeah. Because you're not ready to do the deep dive work. We're ready to do and that's okay. As well, because we're all in our journey. And that conversation may open up other things. Four, three or six months or 12 months later. Yeah, plant a seed. Hundred percent. But yeah, breaking the cycle is achievable can be achieved through anyone, it's friggin hard. Your environment is everything, especially for women who asked you little kids that are still around other family members who are quite negative. It's hard to break those patterns.



45:22

But it because I am a walking living example. Example of it. It is done.



45:31

And yet falling victim to me just doesn't ever cross my path into any area of my life that I've been falling. Insane that because it's an ingrained kind of, you know, habit from a young age where I'm like, oh, you're a victim. And even society puts the label on it. Like she's a victim because she's gone through that. I got, honestly actually feel this downgrading one stage in their life. Yes. But forever. Now. Personally, if you are choosing the victim story of yourself, the poor me I had a hard or you don't know what it was like? I had a tougher will sorry, but that still is playing the victim. And that does are they get you so long and so far in life. And for some, you know, it's 50, 6070 8090, when they do start to realize that they a strong believer in do not hold a victim of your story or your past. Yeah,



46:32

take action, get out of there as best you can find the support. Yeah. So this is something that you obviously talked about in the second half of your book is like the biggest lessons.



46:42

And



46:45

I guess your lessons then become messages of advice to other people. And and that's definitely a lot of what, what your book kind of dives into and shares, if you will. So again, I don't want to share everything because I want them to buy it and to receive them. So just for themselves. But maybe if there was like one piece of advice that you could give to somebody who is in a similar scenario to what you were to be able to, like help them get out of it if they want to. And then yeah, we'll do that first. And then I'll ask you the second question. Yeah.



47:16

So I would say saw a child, like other young



47:21

I guess it Yeah, I would be similar to you. Yeah.



47:27

So I would say, find something that you enjoy doing around fitness. I just always fall back to fitness, because it was such a huge part. And for someone singing Yes, I could be music. Yeah, like find a way to express yourself. Because as a child growing up in that you feel like you can't express yourself. Because express your emotions. You can't express your personality, you don't even know what your personality is on, you know, depth level of it. So when you find something that you enjoy, whether we create evil sports or arts, you then command into your own person a little bit. Yeah. And then gradually and over time, you start to see the world differently, because now you doing the things that you start to enjoy, which also start to bring better people into your life. Yeah. And then your conversation changes with those people. So instead of it being around a negative environment at home, if that is the scenario, you're having conversations with other people who do fitness, who talk about health and positive life, people in arts and crafts, they talk about their vision, you know, so then you start to adopt how other people are living, not that you're comparing or being trying to be the same. But I can assure you, you'll start to look at your own life and go well, like, Am I doing this or like, Oh, my God, this makes it feel so happy. I want to do it. Wow, that guy or that girl, she's really happy. I want to know all I want to be around her mom. So someone's in that position. Try and find something that you just enjoy doing that brings joy into your life. Yeah. Find a support environment network, that you actually trust being around and be open to going to dv shelters and calling Like, seriously. I know a lot of people can say, like you're on the phone for ages, and like, Oh, they don't help you. They do help. And that's why they're there. So call a lifeline core dv Connect, call these numbers and tell them your situation. As hard as it is. Reaching out is the big step. But it's the most important step that you can take. pushing your whole life forward. Yeah. So find something that you enjoy doing. Reach out, find a supportive network in whatever capacity. Like could be friends, that could be the support networks that are around nowadays.



50:09

Even if they're in school, there might be someone that they can, you know, at school? Yeah.



50:14

Hundred percent. Yeah,



50:16

that would be my main ones. Yeah, just because if you just did those, everything else will start to come as well. And when you are in those situations, if someone was saying, Hey, this is what you need to do this, what you need do becomes too overwhelming. And even working with the women, like when they have been in these situations. And I always need to pull it back to basics. Or Tommy go to bed. midnight. Cool. Let's try 10 o'clock. Like basic, basic basics. So we don't have to overcomplicate it and be like, I need to shift my home. I need to move and this needs to happen. It's like knock on wood enjoy. Dance, and Cody doing a dance classes. Not cool. What's in your area? This is cool. I pass it every day. Awesome. Can you drop in? Yeah. Like, cool. Let's go and do that open up the opportunity. Yeah, so it does lead to movements like that, can you have such a huge impact on pushing life forward. And, and I always hold out to this as well, environment was so huge for me, I had people around me who like, loved me, and pulled me into their family and was like, man, if you can find someone or a few people that you feel like you can trust. And trust is such a big thing. When I trust right up still, like it's still something that I struggle with. And I trust straight up, I need to see your actions and do your actions along with your words. You know, it will take time to gain that trust, but they having people around you will help you see life or really what it is. Yeah,



51:53

that's amazing. And I mean, you did find those people who you were able to connect with and who you found that love from. But you stepped into that, like you took the action to find those people as well. It's not like you were actively looking, but you You left the the difficult situation that you were in to go and find new opportunities. So it will it will take some courage from people and I think even that advice. I know we were talking about somebody who would have been in a similar situation to you around that, you know, same age, but I think that would work for adults to find something you find joy in and and find somebody you can confide in. And that's a good start. So then my other question on from there is, okay, maybe somebody hasn't been in a domestic violence situation. But what can they get out of reading your book? Like, what's their lesson? what's what's the advice to those people? Yeah.



52:47

So similar, whatever your story is that you're telling yourself, that's not allowing you to move forward in the life that you actually want to live.



52:59

rewrite your story.



53:01

Because you are in control of that story. And like I've written mine, like I rewrote it, I started it in the first chapter, but I rewrote it. And when you get to the end, it's completely different to how it started. And yeah, so I've had to rewrite my story to get to where I'm at today. So whether you have experienced loss, trauma, self abuse, self abuse, you've left a job just because you want a more change. If you're in a bit of a curry hole and looking to reach out, you know, take that leap, and reading, it will empower you to be like, man, if she can do it through that. I can do it through this. Awareness is such a big thing. So listen to the thoughts and the story that you are telling yourself over and over in your head. And just ask yourself the truth. Is this story I'm telling myself true? Yes. Okay. Do I need to do something about this? No. Okay, then you are just making it up in your head. Yeah. So when you actually get clean, and brag, bring it back to basics, you can then get real with yourself. And the book will also allow you to just accept who you are, for where you are in life. And times not over yet. Like we've all got time to change. We've all got time to do the things that we want to do. Just got to get out and do it. Yes, I think yeah, if someone hasn't experienced any of that. I feel like it would just empower them to rewrite this story. And are in that aren't who you are



54:53

times time to step out of that comfort zone. Yeah, hundred percent. be okay with being a little bit uncomfortable. Yeah.



55:01

So now that you are a published author,



55:03

Oh, another label?



55:07

What are your favorite books? What are the



55:09

like? I know it's hard to kind of I never asked people what their favorite one book is, because it's hard to nail it into one. But what are a couple of your favorite ever books that you feel like have played a part in in changing your story?



55:22

In molding your life? Yeah.



55:26

always come back to a couple for this one, because I read a few books quite early on actually share them in my book. A few that I recommend recommend. The first one is called This is such like an easy way like seriously, if you've got like half an hour, you can knock it over in half an hour. And it's so simple, like words are even being on the page. So you don't have to worry about small writing



55:50

is the on audio book though for the people that don't



55:52

like to read word it probably is. It's called the rhinoceros success. And I read this, this is the very first book that I was given. I was like 17. And it made me look at who I was hanging around with. Like what? crowd and drive and people and animals that was kind of hanging around and what the book is about. It talks about all the animals and who the rhinos are who the Eagles. The Lions are who the sheep Ah, you know, I you flocking around with the sheep, I fly with the Eagles, are you taking charge with the lions and the rhinos. And it just made me assess my surroundings and environment of people. And I always keep like a bit of a small circle. But I am quite friendly. And I will to build friendships with a lot of people. But there's some who I'll be really close with and others that are go, you know, love us person. But we're just not violin. And that is ok, as well, because everyone is different. So it just made me look at who else surrounding myself with. And another one quote that I believe is the average of the five people you surround yourself

with. Okay, cool. Who's my five? Yeah. Am I raising them up? Are they raising me up? Or am I the average of who they are? And then is what they're doing aspiring me other than maybe less of? Or worse? They're inspiring me to be a better person. Yes. Cool. Keep hanging out with them. No. Okay. resist, resist trying to move on. So that made me look at my whole environment in that way. And if you're, I guess even early on in the journey of self development, or you know that you're not in their best environment, that would be like a really good way to just kind of assess with your where you're at and start thinking differently, which then your actions will align with that. And then other things will happen as well. But that one, and the power of now was such a big one for me with echo tall, because I was always living in my head, always thinking my future. never wanted to be in the present moment. didn't know how to be in the present moment. Yeah. Was so in the past of. And the victim mindset of this happened to me, I went through this on this way because of this. And I don't recommend that book. If you've read a few other kind of personal development books can quiet deep and yeah, it can put you on like a bit of a whirlwind with the book. Yeah, you do have to be ready for it. Yes. The person was going to give it to me. decided to not at that time and give it to me like you're thinking modeling three or six months later. Yeah, we felt that I wasn't ready.



58:46

I feel like the book finds you at the right time as well. Yeah. Because when we met, you'd read it and you were raving about it. And I hadn't even heard of it. Yeah, yeah. And yeah. And then I ended up listening to it, because I was doing my bodybuilding prep. You're listening to it while I was walking each morning. Yeah. And so it finds you, I think when you're ready to listen to it. So if you're hearing this now, and you're like, ooh, like sparking interest. Yeah, maybe now is the time for you to read that book. Yeah,



59:11

for sure. But that was such a good one for me just in that moment. Because as deep as it goes, the biggest takeaway was understanding past present future. Yeah. And where am I living? Yeah. Where's my ego living?



59:25

And one of the biggest things that I remember when we first started hanging out was your favorite quote, at that time was be where your favorite? Yeah, yeah. Yeah.



59:32

Be where you fade out. Because if you were a visa, you're not anywhere you're present. You're actually said that someone the other day, and they're like, Oh, my God, like I actually have nothing else to say. Like, yeah, cuz it's kind of curious. Yeah. Yeah,



59:48

that's awesome. Okay, cool.



59:49

And I haven't read rhinoceros success. So I'll have to check that out.



59:54

Awesome.



59:56

Okay, cool. I feel like you and I could keep talking for hours. So I'm going to wrap it up, because I'm sure we can do another little soundstage. But um, is there anything else that you wanted to share about the book? Or about services that you provide? Or just, you know, parting knowledge from the world of Kashmir?



60:15

Thank you. Yeah,



60:18

I guess why this month is so important for me. So it's family and domestic violence prevention month here in Queensland. I learned my book launch with this month to really get the word out as much as I can. I've also had a few other events throughout the month raising awareness to this cause. And yeah, there's, there's big changes happening in the domestic violence world, and I'm in it. And it's even been a bit of a shift for me to go like, I'm forever. My past is forever brought up. Which can be challenging, because I know speaking about a lot more, yeah,



61:02

you can't close the door on



61:04

it. Yeah, and I am getting asked to speak and share my story. So I am constantly replaying the events and scenarios in my head. So for anyone that is going through it, it's okay to keep talking about it don't ever feel. You just have to close the door. And that's it kind of a be brought up again, there's different levels of healing. And like, I'm still healing, like writing the book was part of healing. Yeah, having a book launch was part of the healing, like, all these little things is still happening for my healing process to allow. And that is, okay. So if it is domestic violence, or sexual abuse, or whatever it might be like it is okay to feel the way that you are feeling. It is okay to keep healing, we are going to keep healing, there's so many levels of it. There is change happening. So many more people or wherever so many organizations, so many companies are getting onto it. I've heard, I didn't know about this, but so on again, spot my memory about it. In companies and organizations, now you can now take dv leave. So they're allowing up, I think I might be allowing up to 10 days, that if you are a family member is experiencing family or domestic violence, you are allowed to take paid leave.



62:27

I think that's pretty awesome. It is awesome that they've made that available. The thing that crosses my mind is that it sucks, it has to be a thing that it exists. But it's awesome that because it's a thing, these companies are supporting those that are going through



62:39

100%. I know, that's always the trade off. Even a couple of events that have gone to this year, sorry, this month already, we are talking about how many lives have been taken. And you go, and it's just increasing. One month, we were may just end of May now there's already 25 or 26. Females be murdered this year, already. So like we're counting doesn't even the children were counting the lives. So when these events are on their remembering how many numbers, I would love to see it get to a point where you don't count anymore, you still have any events, but you celebrating the lives that still get to be live. Yeah, and still celebrating those lives that have gone with celebrating the ones that are able to live and are empowering and are sharing their stories. And I become like, you know, I distinctly remember and stay day, rather than 50 this year, like 70 this year, and like share three this

month. So because it shouldn't be happening at all. Yeah, and it is common, but people like myself, and all these organizations are doing amazing things. And you guys listen to this podcast or reading my book, whatever it may be like you are powerful. The change is supporting the cause 100%. And that's such a, that's so important for me. And I find that so humbling. Because you know, and even still use days for doing this podcast I throughout this month that we really wanted, you know, to get this done this month to keep raising awareness. And know it's not just this month that we talk about it we can talk about all the time. But at the moment, there is just a lot going on around domestic and family violence at the moment that we are able to speak about it a little bit more to bring as much awareness around, but you are part of the change, you're part of the bigger movement. And even if you haven't experienced it, like this, it's real it is out there. And if this is the first time you've been exposed to it, you know, chat to someone about it, ask about it, become aware of it. Because the more awareness we have, then the better we can make the world and even for our youth like the youth is the change the youth is the future. This book or podcast or anything can get to a child or you know, in those teenage years. And that's where we can really change the school. Yeah, totally. Yeah.



65:13

So buying your book, attending if you're in Brisbane attending any of dashes book launch events, and that will actually contribute to the charity that you support. So the Allison Baden



65:27

Klay Foundation, yeah.



65:29

And if you if you buy the book, but you want to assist more and you're not able to get to any of the events, then definitely jump on and donate to that foundation. They've got their own website where you can donate straight to them. If you want to buy dashes book, you can order it from in house Publishing's websites. And it's also there's an E book version on Amazon. Yeah, yeah,



65:53

definitely. Is there you can email me Okay, cool. Yeah, yeah. email address. Da da da. Hey,

I did change the spelling on that one. At [beauty industry.com.au](https://beautyindustry.com.au).



66:07

Awesome. I'll add that to the show notes or many will because that's his job.



66:13

And if they want to find you on Instagram, or Facebook, socials, what's your tags? Yeah.



66:19

So best one to find me on Instagram is at Dasha dot Mia. So di sh a dot Mia, Mia. So that's the main one that I'm using now. Beating strength calm w for website, and building strength for a Facebook page. Amazing.



66:39

Well, thank you so much for sharing your story and empowering and inspiring so many, I mean, thousands of people. And you're just going to continue to go on to do great things. Amazing. Thank you. So I'm gonna stop talking before we both start crying. So thanks for listening guys. And, again, visit



66:57

Reach us at [theChieflife.com](https://theChieflife.com) where you can go welcome feel free nutrition console, see how you stack up on the optimal health score God as well as figure out the best nutrition journey for yourself.