6

**Tami Enfield:** [00:00:00] so you're a consumer of TikTok.

**Missy Boser:** I am a consumer of TikTok and it is either like amazing dog videos or,like I'm gotten into back into, I shouldn't say I've gotten into, I'm back into young adults reading. I spent a whole lot of time on the whole like leadership and growing myself as a leader. And now I'm like back to young adults.

**Tami Enfield:** Well, it's interesting that you say that because I too have, I think we must all go through it like a phase of like self development. I need to better myself. And then we're like, Okay, well, this is a never ending hole I've gotten myself into and I just keep needing to better myself. So let's move back over here to fiction and I almost find, like, you can learn as much if not more from fiction.

**Missy Boser:** I totally agree. Although, you know, I don't know how much trolls are helping me, but maybe?

**Tami Enfield:** There could be some, you know, lessons in there just like my, you know, fictional morally [00:01:00] gray men as they're Putting it on Instagram. I don't know. I don't know. Yeah. I think we all need some sort of an escape somehow.

**Tami Enfield:** But you, okay. So we like had five minutes at the end of that meeting and you're like, Oh, I used to have a blog

**Missy Boser:** Yes. was all about authenticity.

**Tami Enfield:** And then, you know, I was like, Oh, you're going to be on my podcast. And you're like, no.

**Missy Boser:** Yes. Yes.

**Tami Enfield:** here we are. So tell me about, Well, first let's do the appropriate intro, right? Like everybody needs to say who they are, what they do and where they are currently seated.

**Tami Enfield:** Let everybody know.

**Missy Boser:** okay, well, I am Missy Bozer. I am, I would say, removed from the content creator space. now I am just a consumer of, content. And, possibly a critic of content. And, I live in the Twin Cities. And,in my real life, I am a leader, and, subscribe to being [00:02:00] very authentic as a leader, which you don't get often.

**Missy Boser:** So that's a little bit about me.

**Tami Enfield:** Yeah. So what,do you lead a big team, little team

**Missy Boser:** I

**Tami Enfield:** Are you, do you own your own business? Like what type you're in tech?

**Missy Boser:** yes, I'm in healthcare tech. I have a team of, 19, and I, have three different teams, so the 19 is comprised of three different teams. I lead a business architecture team, I lead a business analysis team, and I lead, a solutions engineering team.

**Tami Enfield:** So when you're saying that all's I hear is like, I'm not smart enough to have this conversation with you, Missy. Cause I don't know anything about what you're talking about.

**Missy Boser:** but you do. So, those are all titles, like, I always tell people, because

**Tami Enfield:** very, sounds like you're a big fucking deal. That's what that sounds like.

**Missy Boser:** Thank you. Thank you. although I appreciate that, but not really like I'm just another cog in the system of cogs that make things go.

**Tami Enfield:** [00:03:00] Well, I doubt you give yourself enough credit for that, but I, okay. So we like briefly chatted at this leadership conference or luncheon on Valentine's day that we were at. and you said, Oh, I, I love your. Like the platform or the idea of your podcast. I used to, you know, have a blog. Tell me about the blog you used to write or like when you were less of a consumer, more of a creator, what was it about?

**Missy Boser:** So I was a health and wellness blogger. I started blogging, back when blogs weren't a thing. what they are today. So very much, I was never really someone who just like blogged about my day, but I blogged about my experience in health and wellness and my journey through that. so my blog was called Getting Fit to Find Myself.

**Missy Boser:** I've gone through a health and wellness journey of, having lost a hundred pounds, through, truly being healthy eating different, learning to love running and becoming a die [00:04:00] hard runner. at the height of that I was running somewhere around 100 miles a week

**Tami Enfield:** Oh my God.

**Missy Boser:** That sounds like hell.

**Missy Boser:** you know, the me before that would have said the same thing. I'm, I play nice in the sandbox, but I'm really just someone who wants to do my own thing. Like, team sports are a lot for me. and so running just was a really nice, like, let me go out and it turned into my meditative space. States of like, just go out, go for a run, get into my thoughts.

**Missy Boser:** I am very open, and I'm sure we're going to get to this, but I'm very open. I have anxiety. And, that was a place to like, really like, there's nothing more you can do than be in your thoughts. And so it was a very therapeutic, meditative thing for me, which I think is actually why I ended up liking it.

**Missy Boser:** I don't know that I love the actual activity itself, but it's how I felt when I was done.

**Tami Enfield:** Yeah. Okay. So I'm very open and honest about my mental health. I hate calling them issues, because, [00:05:00] whatever, but anxiety, depression, I've recently been diagnosed with ADHD, so I have like the cocktail of pills I take, yeah, I have the cocktail of meds every morning, and you know, now it's allergy season, so the handful gets larger, but my daughter's a runner.

**Tami Enfield:** She's pretty good. She runs a lot and I, we noticed that during COVID she started running during COVID cause her anxiety was really high. It's like, you got to get out and get your heart rate up. So she started running and she's like, I kind of like it. And I was like, well, maybe you should join cross country.

**Tami Enfield:** And then she joined that and now she's going to college and going to run track and cross country. So the meditative thing, I was a swimmer in high school and I've recently like all over the past decade or whatever, as I've learned about my anxiety and myself, I now know why I loved that so much.

**Tami Enfield:** Right. It's very much the same. It's repetitive. You can't really chat while you're swimming. So it's just back and forth, counting, breathing. Um, do you still run?

**Tami Enfield:** I, I am not running right now. However, I, in contemplating a comeback, [00:06:00] I will be honest, through that whole journey and part of what I did during that time was actually got certified to be, I am a certified running coach. Um, so, you should coach me. Maybe I should start running.

**Missy Boser:** I, so my, like, I'll coach anybody that I will coach anybody. However, my, my true focus when I was really coaching was some were women like you, which like, no, I'm not a runner. I can't run. I don't want to run. I only run, I'll only run for, you know, cupcakes and zombies. Like those were the people that I love to help the most, but I will coach.

**Missy Boser:** I have a good friend who I coach, who is. A man who runs fast, who, like, is everything you think a runner should be, he's that. And I'll coach him also, but, my, my preferred demographic are women who want to start running and

**Tami Enfield:** Yeah. Yeah. I love the idea of running. Like that I need to go on a run this afternoon because I'm so frickin just need to get into my [00:07:00] I've been told multiple times by multiple healers that I need to get out of my head and into my heart, like, like, stop living up here and get more into your body and focus on

**Missy Boser:** I don't know that running's gonna do that, though. There's so much, like, to me, it's all about being in your head. Like, running is Where all of the really great ideas, people are, people will tell you either the shower or running are where all the great ideas are at.

**Tami Enfield:** I when I'm driving,

**Missy Boser:** That there you go.

**Tami Enfield:** because I'm stuck

**Missy Boser:** Yeah, but I'm telling you, you're not going to get out of your head and running.

**Tami Enfield:** All

**Missy Boser:** it's a creative place. I would say it's a creative place when you're out for a run.

**Tami Enfield:** So you had a blog.

**Missy Boser:** Yes.

**Tami Enfield:** you were running lots. You lost a ton of weight. Congratulations. I'm sure that was, amazing. Great job. I know that how hard that is. why did, when I told you about the podcast and what I was hoping to inspire people in terms of like being more authentic online, less masking, let's get real about, You know, authenticity in ourselves [00:08:00] and anxiety and make social media, you know, a better place to hang out and blah, blah, blah, blah, blah.

**Tami Enfield:** What part of intro to you when I was babbling was like, Oh, that connects to what I used to do

**Missy Boser:** Um, so I. I was always authentic. and that's who I am in my day to day life. Who you see is who you get. you take it or leave it. and I know I'm not for everybody.

**Tami Enfield:** here. Same.

**Missy Boser:** and so I had blogged about. just my journey. but where the awesome authenticity really started was,I was starting to finally have some comp, not finally, but I'm starting to have confidence.

**Missy Boser:** I was happy with myself, but something was still off. And I realized that it was anxiety. And I felt like I was being semi unauthentic because I wasn't sharing that part, right? Like I was running away from it. I'll be honest. Like when I'm out for a run, I was like trying to get rid of it. Like that doesn't exist.

**Missy Boser:** And in reality, I [00:09:00] realized that it's a huge part of who I am. And I used to say it was my superpower. and it still is, but I now know I have ADHD, which is actually my superpower. And, Anxiety is just a part of the superpower. but I realized that anxiety was a superpower that drove me. And I actually saw it once I was willing to embrace it.

**Missy Boser:** I saw it as a positive. and I can recall, I can tell you exactly where I was,what I was doing. And I'm just like, I'm going to write a blog post about this and I'm going to be as raw as I can. and I remember telling

**Tami Enfield:** I don't want to interrupt you, but how many years, let's put this into perspective because I feel like. You were probably before, you were 2014?

**Missy Boser:** Yes.

**Tami Enfield:** Yeah, so you were before, like, this, like, anxiety became

**Missy Boser:** Cool.

**Missy Boser:** trending. Yeah. Yes. And I'm glad people are talking about it. Right? People didn't talk about it at that time. and I wanted to normalize the discussion because I don't think it should be [00:10:00] taboo. so many of us walk around with it and we hide it when in reality, like I said, I think for a lot of us, we don't realize that I think it's an untapped superpower for a lot of people and they don't realize.

**Missy Boser:** What it can do for you if you harness it in the right way.

**Tami Enfield:** Okay, so I'm really anxious to hear A, about the blog post, and B, how I can harness my anxiety in the right way.

**Missy Boser:** Okay, so I recall reaching out to my husband, and I don't, like, I, I am very lucky to have a super supportive husband who knows what he got into when he married me. he likes to joke, we were together for 11 years before we got married, so he's like, I vetted her really well, so he knew what he got into.

**Tami Enfield:** Yeah.

**Missy Boser:** and I'm like,I'm gonna post a blog post. About my anxiety and he's like, are you sure that's what you want to do? I don't think you should do that. What if your boss sees that? What if someone sees it? And I'm like, so what if they see it? I mean, if you're going to fire me, because at that time we didn't talk about it, right?

**Missy Boser:** Like, if you're going to fire me because you found out that I have anxiety, well, that's [00:11:00] your problem and not my problem.

**Tami Enfield:** And

**Missy Boser:** I just, I doubled down with him. Like, nope. And while I'm on the phone, I'm like, submit. I'm like, it's out there. You can go read it.

**Tami Enfield:** He's like, oh, okay, I

**Missy Boser:** And.

**Missy Boser:** Let's be clear. I had lots of interactions on my posts before. I always had comments. I always, I was always interacting. And I have always believed that if you put something out there, it's not a post and run. It's a post and interact. I think that's truly important. And I wish that my blog still existed so I could have gone back because I do think it would be interesting.

**Missy Boser:** I know there were well over 100 comments on it saying thank you for sharing. I have anxiety too, but I've been scared to tell people and I'm probably gonna cry right now. Um, it was just so eye opening to see how many people hide it. and how thankful people were that, someone was willing to just be honest and put it out there.

**Tami Enfield:** Yeah, I write a lot of content about anxiety [00:12:00] and I do have a lot of people come up to me, even like, you know, sitting down at a restaurant, having lunch with my daughter, someone came up and was like, I just need to thank you for your posts. I was like, Oh, what do you mean?

**Tami Enfield:** She's like, Oh, you're just always so relatable. And you say things that people are thinking, but aren't brave enough to say on their own. It feels pretty damn good when you connect with people at that level, or you impact unintentionally people at that level.

**Missy Boser:** I used to, coach girls on the run,and it is It was something I truly loved because it was all about developing, young girls into having self confidence and feeling comfortable in who they are and using their voice and use getting the skills to be able to cope with everything that's going to come as you grow up.

**Missy Boser:** and I like, it's just amazing how small the world is I'm getting out of my car, grabbing my coaching bag, and a mom walks over to me, not one of my [00:13:00] girls' run parents, and walks over to me and she said, Are you getting fit to find myself? And I'm like, Well, I am.

**Missy Boser:** And she's like, I just got to tell you that your blog speaks so much to me. And when you started talking about your anxiety, it was just so comforting to know that I wasn't alone. And that was a moment in my life. And there's been moments like that, but it was the first and it will stand out. For me, like, that's when I knew I was doing what I was supposed to be doing and what people needed to hear

**Tami Enfield:** in my work, I try to describe moments like that and stories like that as pivot stories, because they're stories of a personal experience. That leads to you either thinking differently, maybe it's, you know, it lends to some professional expertise, maybe it, you lean into authenticity because of that story and know how important it is.

**Tami Enfield:** so I think that's, I think we have more of those stories than we think. Then what we know, a lot of us don't think that we have anything interesting to say from what, you know, my [00:14:00] conversations with people are like, I don't need a personal brand. I have nothing important to say, and it's just not true.

**Tami Enfield:** Like we all have those personal experiences, those tiny moments, like getting out of your car. Going to, you know, a routine event of yours and then like, oh, yep, that's one I will remember forever.

**Missy Boser:** it is seared in my brain in a positive way, right? Like, it's just it's 1 of those points where I know, if I had questioned What I was doing, there were no more questions. I was putting out the right things that people wanted and needed versus just putting there to get attention.

**Missy Boser:** Because let's be clear. I mean, I believe it. I believed it back then. I believe it to today. Some people do these things for attention and that's not what I was seeking. It was. Whether I connected with one person or five million people. It was that connection that I was seeking when I started.

**Tami Enfield:** Yeah. Do you, how did that blog lend to your leadership philosophy of authenticity?

**Missy Boser:** [00:15:00] it, I think it goes hand in hand. it was getting comfortable to put that content out. So getting comfortable to talk about my anxiety. and this is always the part that is. I've learned a lot, so, but people always do the gasp. I live in Minnesota, as do you. you do know that we have this thing called snow.

**Missy Boser:** Uh,

**Tami Enfield:** Oh

**Missy Boser:** and as a runner, like, it never crossed my mind, right? Like, I'm gonna, it's snow. I deal with it every day. It's not a big deal. And I one day went out and it was February 2nd. It was the most gorgeous day. And I just needed some fresh air. Went out for a run and as I'm on my run, these giant snowflakes and people can't see me holding my hands up but they were like a softball size and they were like, you could see the intricate detail on them and it's the most amazing run I've ever been on in my entire life and I will say that.

**Missy Boser:** And I came running down a hill and hit a patch of ice because I didn't see it under the snow. I landed on my head and I was knocked out and I laid on the street for somewhere to [00:16:00] five to seven minutes and came to, and my life drastically changed after that.

**Tami Enfield:** my gosh, this is a pivot I wasn't expecting.

**Missy Boser:** Yeah,

**Tami Enfield:** Alright, well that, that answers the maybe why you don't run right now.

**Missy Boser:** I have struggled. I

**Missy Boser:** don't run in the winter anymore, no

**Tami Enfield:** I'm sure not.

**Tami Enfield:** Okay, I didn't mean to like

**Tami Enfield:** derail us. Okay, five to seven minutes laying unconscious in a snowstorm

**Tami Enfield:** Minnesota.

**Missy Boser:** Yes.

**Missy Boser:** And so I realized between being open about my anxiety and then being open about my recovery process. Um, and I ended up being out of work for six months and it was like, I was very lucky. I ended up with a,as bad of concussion you can get. Like I was there, but it, and I don't want to say but it was a mild traumatic brain injury.

**Missy Boser:** So I wasn't in a hospital forever. But I had to go through physical therapy, occupational therapy, speech therapy, and let's just talk about all of the regular therapy that I had to go [00:17:00] through.

**Tami Enfield:** my gosh. I can't imagine.

**Missy Boser:** but through that process, I learned a lot about who I was and what I wanted to be, and I realized that I was going to show up who, like, I'm going to be me no matter what.

**Missy Boser:** And that I wanted people to see who I was and never question it, which is why I am the leader I am today. So, I kept putting content out there while I was recovering. It was harder. In the beginning, I did quite a few vlogs, and that was kind of

**Missy Boser:** the beginning of vlogging, but I, cause I couldn't look at a computer screen.

**Missy Boser:** I couldn't do a lot of that. But, I realized that through that, Journey and being open and honest about who I was and what I was. I don't know a better way to say this, but people respected it. I don't want to say I got followers from it because that is not what I was ever trying to do. But I realized that I [00:18:00] could be a leader because.

**Missy Boser:** I am comfortable sharing and helping people get to where they want to go. And that is how I decided, that, you know, I really wanted to move into leadership and ultimately be authentic in doing that. And I know that I will not be the right manager for everybody. and I also know that there are going to be people who hire me, who don't appreciate my style because.

**Missy Boser:** You know, part of being a leader is sometimes not sharing everything because we have to, you know, make it safe for people. But my teams all have always known that I will share as much as I can and I will bring you along on the journey. And I won't tell you things that maybe could hurt you right now without seeing the bigger picture.

**Missy Boser:** But you're gonna

**Missy Boser:** know as, as much as I can possibly share with you, and my door is always open, and you can come in and yell at me, you can come and scream at me, I am here for you, because we all have those days, right? Like,

**Tami Enfield:** Yeah. get is what you see. What?

**Tami Enfield:** I Really [00:19:00] respect that. so sharing, sharing your recovery, I'm sure that was really vulnerable for you. Do you think that the authenticity, one of the things that I've been studying is if, and I know it does, because all those statistics or whatever, but authenticity improves mental health, like us being able to show up unmasked as we are in honesty and in community, do you think that's true?

**Missy Boser:** A thousand percent. It's a thousand percent because you don't have to put on a mask, right? We're not masking and you're not having to pretend or show up as someone. I mean, the stress that comes from not being yourself.

**Tami Enfield:** I know.

**Missy Boser:** I feel for people who do that day in and day out, like, you've got to get home, you've got to be exhausted, and it's just a whole lot easier to be who you are.

**Missy Boser:** And I, part of, you know, sharing my recovery story, Was getting comfortable with who I was right like I was a type a [00:20:00] everything's got to be perfect. If it's not perfect, then I shouldn't do it. I'm going to show up 175, 000, 000 percent and I can't let anybody down. And through that process through that recovery process.

**Missy Boser:** some I will say probably the. bump in the head did actually change my personality in some ways which is totally cool and I'm very happy like I'll now tell you, it's one of the best things that could have ever happened to me but if you would have asked me two to three years after my accident I had a whole lot of anger and now I will tell you that I am so thankful that I fell and hit my head that day because I got to a place that I still want to do a really good job, but I know I can't be perfect, and I still want to show up as who I am, and if you don't like it, I'm sorry, but I'm not gonna change who I am for you, and,

**Missy Boser:** it is what it is.

**Tami Enfield:** So the other thing I want to talk about is anxiety as a superpower, right? Because that was something that you mentioned, but there's something in the fact [00:21:00] of the being sure about yourself, understand, knowing yourself.

**Tami Enfield:** being comfortable with yourself, maybe even loving yourself that maybe allowed you to do that. I don't want to say easier because I don't know if it's ever easy to be vulnerable. But people who aspire to be authentic, like who people are like looking at some content being like, Oh, I really wish I could show up like that person. Like that's how I see myself, but I don't feel like showing up that way. How do you? Do you have advice for that person? And then I wanna talk about anxiety as a superpower. 'cause I'm a huge mental health advocate.

**Missy Boser:** Yeah, I do. I think there are a couple of ways people can start to flex that muscle, because I think it's a muscle, right? You've got to get comfortable with it. it's starting with the people around you. Because a lot of us, if we are masking, we're also masking with the people around us. And maybe not that person who lives in your home with you, but your co workers, your And letting that go a little bit with others, letting that [00:22:00] go.

**Missy Boser:** And, I had a good friend who wanted to do this a little bit more online. And my suggestion to her was, and let's be clear, I don't know the terminology anymore because, but like, Instagram was the thing. And so it was stories, right? I'm like, Be a little more authentic in your stories. If you still want a curated picture where you're holding your running shoes and a watch and put that on your grid, go for it.

**Missy Boser:** But, be more of who you are in your stories. It's not gonna stay forever unless you put it in some album. it can go away. And Then it all of a sudden starts to become a little more natural and you start to see, like, it was interesting to see how things slowly started to change for her and it became so less curated.

**Missy Boser:** And while we all know when you are in that, it's all curated, right? Like there's very few candid moments that when you're posting on Instagram or, you've sat around and thought about it, but it becomes more natural and less [00:23:00] about What is right this moment and more about who you are as a person and you show that right

**Tami Enfield:** Right. I do think authenticity can be curated. Like you said, it can be planned for, it can be un intentional. It doesn't have to be this moment of me cry. I always tell like, you don't have to cry underneath your desk for it to be an authentic, candid moment. it can be a planned point you're making.

**Tami Enfield:** I Completely agree it if you're truly putting your whole self into it people can see and feel that I'm a strong believer of that But if you're doing this because you're getting paid by some sort of brand campaign and you're just doing it for that reason People are gonna feel that also,

**Tami Enfield:** Mm-hmm

**Missy Boser:** is, you know, brand campaigns were, were just starting to come.

**Missy Boser:** Well, not just start when I started blogging, they were just starting to, and I did plenty of brand campaigns. I had a successful blog. but I will tell you, even then I didn't participate in a brand campaign that I couldn't stand behind. Like, I didn't [00:24:00] care how much money or product they were going to give me.

**Missy Boser:** If it wasn't something I was going to use in my day to day life, you were not going to see me

**Tami Enfield:** Yeah.

**Missy Boser:** use it.

**Tami Enfield:** Yeah. Yeah. So that is, going back to the muscle, the vulnerability as a muscle. I do think the more we post can be the smallest story, but the more we post and the better feedback we get, and the more we flex that, I think the more and more vulnerable we get. I've seen it with my clients, like What they're comfortable saying at the beginning of a contract versus like a year into it is very different, right?

**Tami Enfield:** Like the conversations that we're having to build out their content strategies is way more personal and authentic than when we start just because. People don't know how they want to show up until they start showing up and it evolves, right? Like we all evolve and we all,

**Missy Boser:**

**Missy Boser:** can see it. You can see people involved, too, in the way they comment, like the way they reply to comments. And I think that's really, important, too, is [00:25:00] to, you know, I think I also am very sensitive in the world that we are in today, no matter what. You do have to be sensitive what you're saying and what you're doing, because everybody is different.

**Missy Boser:** And so I'm I've cautioned a couple of my friends that, you know, I also think authentically reply to people, but also don't allow it to be weaponized. Right? So we're in a

**Tami Enfield:** yeah. Anger is anger. Anger and fear are leading a lot of the content right now.

**Missy Boser:** and so be as authentic as you can be, but also keep yourself safe. Right?

**Missy Boser:** and I think we've seen this coming. It's just, it's the way social media has changed. When I say things like that, I feel like I'm old. I don't think like the dawn of social media, but it has changed from when it started to what it is today.

**Missy Boser:** Oh yeah, I started Brand Yourself in 2011.

**Tami Enfield:** That was right when Instagram was like. Like it was before Insta I mean, I always tell myself like I'm a dinosaur when it, when you talk like social media strategy. I was of [00:26:00] the click like, if you like cats

**Missy Boser:** huh.

**Tami Enfield:** engagement, like it was like, that's how it all started right now. It's obvious. I mean, thank God it's evolved past that because

**Missy Boser:** I agree.

**Tami Enfield:** I love memes.

**Tami Enfield:** But,yeah, I, well, and I think we as humans, as we become more authentic and get maybe more, sturdy in our impact and what we want to say also evolve, right. And that's why I think like personal brands. evolve, evolve with us.

**Tami Enfield:** they

**Tami Enfield:** aren't set in stone or, let's talk a little bit about anxiety as a superpower.

Do you think your anxiety got better or worse after your accent?

**Missy Boser:** I think parts of it got better and parts of it got worse.

**Tami Enfield:** Okay.

**Missy Boser:** it was, it changed.

**Tami Enfield:** Yeah.

**Tami Enfield:** so as a superpower,I. I have always been driven, and instead of letting my anxiety drive me, I started to use it to drive, I started to lean into, so this Intrinsic [00:27:00] feeling of always needing to achieve and do and doing a lot of things. I harness, like, I honestly I harnessed it and it was, I used it for getting further and what I wanted to do. would that be like a, what came to mind when you said that is like an edge, right? Like a leadership edge or like you're pushing, you're afraid of it. So you push through it a little bit.

**Missy Boser:** That's exactly what it was. It was. I have all these things I want to do, but always let the anxiety like hold me because, well, I can't pick the wrong one. What if I pick the wrong one? And it's like, just pick one. And if it's the wrong one, you'll figure that out. And you can go back, nothing is set in stone, right?

**Missy Boser:** Like, and I started to let that be like, I would start doing things. And instead of letting the anxiety push me into a place where it was like, Oh, stop, you're getting uncomfortable. It was leaning into like feeling the uncomfort and saying, that's your anxiety. And [00:28:00] then it made me push harder in a more positive way.

**Missy Boser:** So I want to be

**Missy Boser:** like, it was like, well, if I'm uncomfortable, then that means I'm also growing. Because

**Missy Boser:** you don't grow when you're comfortable.

**Tami Enfield:** sometimes I wish that weren't true, but yes,

**Missy Boser:** And so, I let my anxiety help me feel. Like, the more I got anxious also meant the more I was growing because I was pushing myself

**Tami Enfield:** I like that. I don't know if I've ever heard that said. I've never looked at it that way. I guess

**Tami Enfield:** I always, I always look at it as being like hyper aware, which is the ADHD too, right? Like the, as the positive, but the using it to drive the ship is definitely not something I've tried.

**Missy Boser:** You have to know yourself. You have to know. yourself. But when I say that, like, I didn't know myself. I leaned into therapy

**Tami Enfield:** Oh, a lot. I've spent, yeah, I've invested a lot in therapists.

**Missy Boser:**

**Missy Boser:** I always tell people therapists are like dating. if the first one's not right, don't keep trying it.

**Missy Boser:** Just let them know and go find the right ones.

**Missy Boser:** I found the right one. I have [00:29:00] been with her for a very long time. and sometimes I get worried. And then I also remember that she's like, she's so good. She's the first to call me on my BS.

**Missy Boser:** Like she's, ah. No, and then she's also the first to be like, you know what? You're right.

**Tami Enfield:** Yeah, give yourself some grace. Of course you're feeling this way. Yeah, mine does too.

**Missy Boser:** Yep. And so I also, I used my anxiety, as a barometer, to figure out what I really wanted to do.

**Missy Boser:** And so I suppose I'm, I would say it was similar. Like, the more nervous I got about something also meant it was the more excited I was.

**Tami Enfield:** Well, and that's, you know, that's been proven by science too, right? Like, sometimes we don't know the difference between anxiety and excitement.

**Tami Enfield:** That's one of the things that my, me and my daughter worked on a lot. She had a lot of race anxiety as a runner.

**Missy Boser:** huh.

**Tami Enfield:** And I was like You just need to, like, you need to trick your brain into understanding that this is excitement.

**Tami Enfield:** Not, you know, I don't know if that works, but that was my [00:30:00] 0.

**Missy Boser:** But it, that's, that's truly what it was for me. It wasn't here in, like, I would actually use, the event where you and I met, because I was challenged by my leader to start networking this year. So I enjoy people. I'm not great at small talk. It makes me so uncomfortable.

**Tami Enfield:** ADHD in us.

**Missy Boser:** huh. And so she's like, but you need to start networking more. You are advancing in your career. However, without that network of people who are not people you interact with. On a day to day basis or in our day to day career is going to help you grow so much. And so that event I met you at was in a way a forced experiment because she had told me I had to go do something.

**Missy Boser:** So that is what I was

**Tami Enfield:** Forced fun. Forced family fun is what I always tell my kids about it. This is forced. Forced

**Missy Boser:** And.

**Missy Boser:** I will tell you, I walked [00:31:00] into it super anxious and I walked away knowing that anxiousness was probably anxiousness walking in, but it was excitement walking away because it was fun. It was not nearly as terrible as I thought networking would be, And

**Tami Enfield:** though. Shout out to Katie Burke. Yep. For sure.

**Missy Boser:** mean, my sad little secret is that I had been a member for an entire year before and could not make myself go to an event because I didn't want to. So that was my first event. So that is like, for me to walk away and tell you that they're amazing. Like, I watched from afar. They looked amazing, but they're as amazing as they look like.

**Missy Boser:** From afar.

**Tami Enfield:** That's good. So I'm, Jason, my husband and I have been together forever and he's like, you're the ones that can go into the bar and make a friend. He's the one that keeps them

**Missy Boser:** Yes.

**Tami Enfield:** because I become uninterested very fast in conversations unless I know that we're going to go like deep.

**Tami Enfield:** Right? And it's, he's like, you can find the friends. I'm the reason they stick around sometimes, which I totally agree. [00:32:00] But walking into something when you're not feeling extroverted is hard. I would label myself as an introvert more than an extrovert, but I don't think people know that about me.

**Missy Boser:** So I like to say that I'm an introverted extrovert. so like on the Myers Briggs, if you look at the Myers Briggs, it goes, you know, zero is in the middle and it's, I don't know if it's 20 or 25 or whatever on each side to the introvert and extrovert. And I'm literally a two on the extrovert. and once I'm comfortable, I can shine, but until I'm comfortable, I'm and that's why I don't like small talk and to your point, like, you can quite literally, it's embarrassing to say, but the part of you make the friends and he keeps them, like, you can see me glaze over there is a point in time where you can just watch it happen.

**Tami Enfield:** I've had clients call me out on it. One of my, one of my very good friends right now, she started out as a client and she's the very first person that was like, Tami, you look so uninterested in like this meeting right now. And [00:33:00] I'm like, Like my face holds all of it, but I can glaze over, but it's also the face that I get when I'm thinking something.

**Tami Enfield:** So I call it my strategy face, but when I'm out making small talk, I, yeah, that's when I check my phone and become fairly rude.

**Missy Boser:** I will tell you that's where and I say, Oh, I have to run to the restroom.

**Tami Enfield:** Yeah. Bye. so tips for people walking in who are nervous at a networking event.

**Missy Boser:** talk to other people that sounds like what you're supposed to do, but let other people tell you about them. People want to talk about themselves.

**Tami Enfield:** Most people do, yeah.

**Missy Boser:** and so let them start talking. and the other thing is, you know, we were at a specific, we were at a networking event, but don't lead with where you work and what you do.

**Tami Enfield:** Right.

**Tami Enfield:** There's so much more interesting about us.

**Missy Boser:** Yes, lead with some, lead with you, lead with, you know, who you are. What do you enjoy? Why are you here? Why are you here? Sure. That can maybe go to work, but it may also just be like, Hey, I'm [00:34:00] trying to push myself, which is what I was trying to do. Like, I also know that I'm perfectly content in my perfect little bubble. Right. And again, I will tell you, I live by the saying, you're not changing.

**Missy Boser:** If you're not challenging yourself. And that was a moment where, I was really challenging myself and I had fun doing it. And so also give yourself a little bit of time. And this is what I tell people when they run too. I feel like it's the same in walking into one of these events. Just. I would tell someone to just go out for a run.

**Missy Boser:** You can always turn around, but go out for a run. And 97 percent of the time, :you're going to finish that run because you got out the door

**Missy Boser:** because the problem

**Missy Boser:** is getting out the door.

**Tami Enfield:** Yeah.

**Missy Boser:** Go to the event. Nobody says you have to stay for anything. And so if you're not enjoying yourself, there's nothing wrong with getting up and going out to the car and going home.

**Tami Enfield:** Yeah.

**Tami Enfield:** I think that's good for anxiety too. It's like you're not stuck. Right? Like you have choice. Yep.

**Tami Enfield:** This is like my favorite conversations. We've talked about anxiety, mental health, authenticity., I [00:35:00] mean,before we started recording, I asked what you thought of the other episodes of the podcast that's the whole goal of my podcast. Podcast is to inspire people to be more authentic. We can call it candid. We can call it vulnerable. We can call it brave. You can call it anything you want, but what is the power behind it?

**Missy Boser:** the power is that you're going to connect with someone and more than likely, you're going to connect with multiple people who are looking for someone, and model might. Be the wrong word, but looking for someone with similarities who have this and how are they coping? How are they? How are they doing this?

**Missy Boser:** And that's the power is being able to impact 1 or a 1, 000, 000 people. that's

**Missy Boser:** the power of authenticity.

**Tami Enfield:** Yeah. It is preach

**Missy Boser:** I,

**Missy Boser:** I, so I love your podcast and that's not just because I'm talking to you because I'm a straight shooter and well, there's this Minnesota nice thing. I don't have it. I didn't get that.

**Tami Enfield:** the ADHD thing too. Very direct. It can be direct.

**Missy Boser:** but we were talking about [00:36:00] Nora's podcast and she said something that I think that if you weren't Okay. Listening to close to you probably just went past it. But, about you should never turn your comments off. Or was it you who one of you were, and it's so true. If you want to be authentic, don't turn your comments off.

**Missy Boser:** that's how people can reach out to you. That's how people can connect with you. And that's a really important thing.

**Tami Enfield:** I think in this day and age too, I think I might've just shared an Adam. I love Adam Grant, but I shared something about maybe it wasn't him. I don't know. I,have to learn how to have a conversation with people that we don't agree with.

**Tami Enfield:** You do. We do. And like, it is not modeled well online. Like it is not modeled to have a conversation with someone you don't agree with online. But if you turn your comments off, you aren't going to be able to open yourself up to any of those lessons either.

**Missy Boser:** and there's so much we can learn. I mean,

**Missy Boser:** I will say, I am listening to a book called The Righteous Mind, why [00:37:00] good people are divided by politics in religion.

**Tami Enfield:** Oh boy. A light read then.

**Missy Boser:** It's a real late read, but I feel like in the world we're living in right now, it's kind of, it's been highly informative. And it is one of those things where they talk about, assume people. Most people, there are some people who are just not nice, right? But, and you know, there's the keyboard cowboys who are comfortable because they're not seeing their face.

**Missy Boser:** But in a lot of cases, if someone's saying something, it maybe comes off as if it's an attack. It may just be the way they are phrasing something and they aren't great at it. And they're looking, if they're in your comments, I believe, I'd like to believe that they're looking to understand. And so This is a place to educate as well.

**Missy Boser:** and I don't know that it's the best platform, but also it's the platform we all have.

**Tami Enfield:** Well, and you know, I don't know of a different one. Like you're, like you said, it's the one we have, I don't know if a different town halls and stuff [00:38:00] face to face, but the power of social media, as we've seen to influence is. And I do think, I think to your point of not assuming ill intent with every comment, assume maybe some love and kindness out of people, I wish more people would go there.

**Tami Enfield:** I wish more of, I always tell people that their content is a digital reflection of their energy, and I wish there was more. reflections of love and kindness versus the very, very polarized view of everything else.

**Missy Boser:** I think that's so true. And I guess it's also you, it's in regards to energy, it's who you are. It's what you're putting out, or that's what people think you are.

**Tami Enfield:** One of my other podcast guests, Amy, she said that, you know, if she got hit by a bus tomorrow and her kids read her. Hosts like that really hit me hard to like, Oh my God, am I proud of what I'm putting up there online?

**Missy Boser:** I thought that one was, that one was a hard one for me as someone who like. Fell and hit their head and like [00:39:00] people started to have to do things for me and it's like am I going to be okay with everything that's out there? I won't say that I considered My husband my parents my brother my family everything I put out there But I also know to be authentic like i'm not I care what people think too, right?

**Missy Boser:** Like I

**Missy Boser:** don't

**Missy Boser:** i'm not going to change who I am, but also I want to make people proud

**Tami Enfield:** Yeah. And you, yeah, you don't want to hurt people.

**Tami Enfield:** Oh, I see. This has been so fun. I really am grateful for you pushing that edge of, you're coming on my, but no, I'm not coming on your podcast.

**Missy Boser:** will tell you, I got in the car and I'm like, miss you shut that down real fast. You didn't even, like, that's the comfort zone, right? So I was like, Nope, not doing it. And then I got in the car and I had a 20 minute drive. I'm like, why are you So,

**Tami Enfield:** Why did I not? So I'm really grateful that you shared. Time with me. And I hope that we'll see each other at another event soon.

**Missy Boser:** I am making myself go to four. I'm registered for four. But I hope to see you [00:40:00] also. it's a, it's my goal for this

**Tami Enfield:** Yeah. Let me know on LinkedIn, which ones you're going to, just so I can make sure to, to seek you out and to let you know if I'm there.

**Missy Boser:** That is wonderful. Thank you for inviting me. I.

**Tami Enfield:** if, if, do you want to be found, do you want to say where people could find you?

**Missy Boser:** I will say that I am on Instagram. However, I haven't posted in over a year, but I do go out there. I am Missy Bozer on Instagram. I, you're more apt to interact with me on LinkedIn if people want to go there and, it is. Melissa Boser. that's my given name that I never use because if you call me Melissa, I won't look at you.

**Missy Boser:** But, uh, I am on, uh, I'm on there

**Tami Enfield:** cool. Well, we'll link that in the show notes. I wish your blog was still, I wish I could link that in there, but we'll envision it as

**Missy Boser:** someday down the road. I'll be honest. it's buried in the archives. I have it all there. Like I have, like, I

**Tami Enfield:** Oh,

**Missy Boser:** it, I pay for it every year,

**Tami Enfield:** boy, here we go. You're gonna run again. [00:41:00] You're gonna bring back that blog. You're podcast. She's like, no.

**Missy Boser:**

**Tami Enfield:** Oh,

**Missy Boser:** who knows? I'll never say never.

**Tami Enfield:** Okay. All Right. All right. Well, I appreciate you. Thank you so much.

**Tami Enfield:** This was a really fun conversation.

**Missy Boser:** It's been wonderful. Thank you.