

My Story



When I got divorced 5 years ago, I felt so lost, lonely and overwhelmed by my feelings that I went for the fastest way I knew how to feel okay: I shoved down my feelings, found a sexy new boyfriend on Tinder, & focused on kicking ass at work.

Even though I managed to land a 6 figure role at Microsoft and a loving partner, inside I felt like a constant disappointment, a fraud and a failure. I felt like I didn't deserve any of it. I even had this thought that my friends were faking that they liked me. I felt broken, fundamentally flawed and ashamed. I didn't know how to be happy.

One dark morning, I had a wake up call. I had this out of body experience where I looked down on myself, curled up in the fetal position in the front seat of my car at work. I was so stressed from trying to constantly prove myself valuable, that I couldn't will myself to get out of the car.

In a moment of pure trustfall, I did a crazy thing that felt unbelievably natural. I told my boss that I didn't want the job anymore, turned in my notice, bought a 1 way ticket to Brazil, sold half of my belongings, and told my BF I needed to spend some time taking care of myself. Then I spent the next 5 months backpacking around Latin America, guided by one simple question: "What do I want?".

"What do I want?" became my dirty obsession. It seemed so selfish. I never would have known this was the missing piece to everything I ever wanted – unwavering confidence in myself, discovering my dream career, and feeling adored by friends and lovers who are huge fans of the real me.

I created Bold Babe to teach women how to be strategically bold to shed the bullshit that holds you back and step into the woman you are meant to be. I'm so excited to get to know the magic of the real you.

xoxo Megan