



Conscious Life presents  
**HEALING TOXIC  
RELATIONSHIPS**

## **Self-Worth and Claiming Space**

**Guest: Eliza VanCort**

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### **[00:00:09] Meagen Gibson**

Welcome to this interview. I'm Meagen Gibson, your conference co-host. Today I'm speaking with Eliza VanCort. After enduring traumatic kidnappings as a child and then surviving a life-altering bicycle accident as an adult, Eliza VanCort has become a number one best-selling author, renowned speaker, top podcaster, and sought-after consultant.

Utilizing her academic expertise and decades as an acting instructor, Eliza transforms audiences' lives. Her first book is *A Woman's Guide to Claiming Space: Stand Tall. Raise Your Voice. Be Heard.* Eliza VanCort, thank you so much for being with us today.

### **Eliza VanCort**

I'm really excited to be here. Thank you so much for having me. I'm really excited.

### **Meagen Gibson**

You had a bit of an unconventional childhood and a major brain injury, and from reading your book, it's clear both of those experiences informed the way that you carry yourself in the world and how you help people claim space. I would love it if you could just start by telling us a little bit about yourself.

### **Eliza VanCort**

Well, my journey to claiming space was definitely not a oh, yeah, I just decided one day to claim space. It was actually a pretty hard journey. I was born with a mom who was, by all accounts, an absolutely brilliant, wonderful mother. And then when I was four and a half, she became a paranoid schizophrenic and she ended up kidnapping me three times and taking me across the country by truck one time, from truck stop to truck stop to truck stop, from New York to California.

What happened on that trip really made me start to conflate invisibility with safety. I thought if I could just be invisible, then I would be safe. Of course, being invisible isn't safe. It's really dangerous. For a long time, I clawed my way out of that. I had a lot of support from a lot of wonderful people. I got really good at teaching other people how to claim their space, but I didn't really do it until I was hit by a car while riding my bike. The process of rebuilding my

communication brick by brick and really observing human behavior made me start to understand what claiming space really was and that was the beginning of me writing my book.

### **[00:02:24] Meagen Gibson**

I'm so glad you shared that. Thank you. The reason that I really asked you is because I think for most people, they know that they need to claim space. They know that they need to do some inner work in order to project on the outside what they feel like their potential is on the inside. But for most people, they can't realize the stakes of it and how important it is, and there's not any urgency. How do we create that urgency and importance within ourselves without receiving a major head injury?

### **Eliza VanCort**

Yeah, I always joke it's good to not have to be hit by a car. That's a really interesting question, and nobody's ever asked me that. I think, unfortunately, the urgency to claim space doesn't just happen because one day you figure it out. Usually there's some precipitating event that makes it happen. Not only that, but our society, at least when it comes to women and certain targeted groups, really rewards us for being small.

We get a lot of positive feedback for making ourselves small. To decide that you're willing to give that up and all that that entails to start claiming space usually takes a pretty big life event.

### **Meagen Gibson**

You mentioned earlier that - it reminds me of what you said about your childhood invisibility equaling safety. I can really relate to that. At the beginning, the first 20 years of my career, I was really proud of the fact that I would get invited into rooms that I didn't feel like I necessarily belonged in yet. I didn't have the title or the authority or the experience to get in those rooms.

But I knew that I got invited into them because I knew how to be quiet, I knew how to behave, I knew how to be a chameleon in different environments. I thought, this is like this amazing, great skill set. I was furniture. Moving out of that space of being small in order to be included, we're going off on a tangent here, but I could really relate to what you were saying about invisibility equaling safety.

### **Eliza VanCort**

Oh, absolutely. If you've had trauma, you've learned to become invisible to survive. To undo that is difficult. A lot of us become, as a compensatory strategy, people pleasers. But as my dear friend and you've read my book, Kim Munson-Burke, brilliant woman, always says, people pleasers will kill you and cry over your dead body. I'm so sorry that you're dead. I'm so sad that I killed you.

I think when you're a people pleaser, you are still in trauma mode. You're still working so hard to make sure that you're safe, that you'll say anything and do anything to keep everybody happy. That doesn't serve you, but it also doesn't serve the people around you. In the long run, I think it hurts everyone. I think that it's harder to not be a people pleaser and to not be a chameleon, but in the long run, the rewards are just so huge.

### **[00:05:28] Meagen Gibson**

Absolutely. As we're talking about toxic relationships, the trajectory of your book is - we're going in a different order than the way that your book goes. I did that on purpose because I think in toxic relationship, the first relationship that we have to speak about is the one that we have with ourselves and then we can expand out to how that shows up with others.

But it starts internally and we come by it honestly through our relationships with other people in our childhood, like you described with your mother. And then we just carry that sometimes subconsciously into our adulthood, but one of the things that I really related to was your talking about anti-mentors, which I had never heard that term before. How did you come up with that term and can you tell us what it is?

### **Eliza VanCort**

Anti-mentors just came to me because I was thinking about mentors and I was thinking about all the people - you always hear about mentors, but when you really start to talk to people and you talk about their greatest influences, often it's, oh, I had this person in my life who eviscerated me, and it changed everything. And then one day I found this mentor and they helped me or a therapist or whatever. I started journaling. I don't know. I'm not a big fan of journaling saving you, but whatever it is you did.

But it's the anti-mentor that we spend a lot of our lives trying to crawl out from under the pile of mythology that they pour on us. I realized you can't talk about building community if you don't talk about the people in your community that are poisoning it. I started to really think about anti-mentors and I've had so many people I've spoken to, interviewed, taught, mentored. The amazing thing is the things that I list in the book that make you an anti-mentor and how you deal with it. It doesn't matter what race you are, what gender you are. It doesn't matter what demographic you come from. Everyone seems to relate to it, unfortunately.

### **Meagen Gibson**

Absolutely. Those relationships come in all different forms. They can be familial, they can be friends, they can be coworkers, people in your community, people in your circles of faith. Those anti-mentors can come from all sides?

### **Eliza VanCort**

Totally. The worst part about anti-mentors is they're not just random teachers. They're not that math teacher you barely spoke to. They are that person in your life, whether it's your coach or maybe someone who you thought was a mentor turns out to be an anti-mentor, but somebody who should be your cheerleader, somebody who should be in your corner saying, you got this, you got this.

You just keep coming back to them because society tells you, oh, that's my mom or that's my coach, they should be saying, I got this. They're just giving you the opposite message. We come back largely because of societal messages and what I talk about in the book, which is intermittent reinforcement. It's just so powerful and it makes us keep coming back for more, even though we know we shouldn't.

### **[00:08:42] Meagen Gibson**

I was going to mention intermittent reinforcement, which, for those not familiar, you defined as they're not going to be unsupportive or toxic all the time. Every once in a while they're going to be like, great pitch, or great job on that spelling test, or great presentation you did. You're going to be waiting and expecting that's the positive feedback you're going to get every time, but the other 90 percent of the time it's unsolicited criticism or destructive feedback. You're like, wait a minute, I thought we were in a relationship where you gave me positive feedback and were kind to me.

### **Eliza VanCort**

Oh, it's horrible because you crave it. You crave it and then they give it to you and you're like, oh, man, maybe it's going to be different. And then maybe sometimes they give it to you twice. This is the moment. They don't change most of the time. Once in a while when you start laying down unbelievable boundaries, anti-mentors will back off, but it's pretty rare.

Most of the time, you have to go through this grieving process of, oh, I'm never going to get what I need from this person. That's so sad because we all want that from the person who should be our mentor. But sometimes we have to grieve and let go of that and just realize we have to go somewhere else. I think that's actually one of the hardest things for most people in our lives.

### **Meagen Gibson**

Hardest and I would also say most important. When you finally realize that you've got to go through that grief and not succumb to it, but allow it. Letting go of those expectations, releasing not only your own expectations, but releasing the other person from the expectations of being something they cannot ever be to you.

### **Eliza VanCort**

They keep doing it. It's so interesting, intermittent reinforcement. I actually went on a blind date, a Bumble date, with a guy who works in a casino and he talked about how they use intermittent reinforcement to keep people in their seats and continue to gamble even though they're losing. It's why the house always wins, because once in a while you get that delicious payday.

Anti-mentors are really good at giving you exactly what you need once in a while and then as Maya Angelou said, people will peck you to death like ducks. They keep pecking at you the rest of the time, and then you get that big payday. That's why rats will sit there and pull a lever until they starve. It's very powerful. I think it's one of the journeys of our lives, isn't just getting rid of an anti-mentor in our life or neutralizing them, but identifying them. That's the hardest part because you just don't want to believe that it is the person who you keep hoping one day will be your mentor.

### **Meagen Gibson**

I'm so glad you brought that up because it brings up a good point of one of the questions I wanted to ask you about, which you speak with such authority in your book, and then you told what I thought was a very humbling story of like, I know all this stuff. I practice all of this stuff, and yet this will still happen to me. I'm talking about Brad. You dated this guy who we will call Brad, because people don't show up in their full anti-mentor personality at first. They're going to peck

you to death. But slowly, over time, they're not going to peck you all at once at first. I'd love it if you could tell me the short version of the Brad story and the resulting emotion that you felt.

### **[00:12:07] Eliza VanCort**

Oh, that was the worst. That was just the worst. I call him Chad, so forgive me if I accidentally call him Chad during this, but I called him Brad in the book, and then it was too late to change it to Chad. I thought Chad was just more annoying. I met this guy. He was amazing. He was perfect. He was literally perfect. I have a little crooked pinky. I have a crooked pinky, which comes from some trauma in my own life. He had a crooked pinky. He loved Billy Joel. I love Billy Joel. Everything I wanted, he was the dude.

I just thought, wow, this is the most wonderful thing. I finally found the perfect guy. The perfect guy. I didn't know it, I had not done the research on - I actually had heard people say, oh, my ex boyfriend's a sociopath or a malignant narcissist. I thought, everybody says their exes are malignant narcissists and sociopaths. I wasn't very empathetic, because sometimes when it doesn't happen to you, you don't get it. And then I didn't realize about love bombing. I didn't realize about all these things.

Slowly, ever so slowly, he started just pecking me to death like a duck. It got so bad that at one point toward the end, and I tell the story in the book, he said I could come to his house, but I was not to speak to him because he had to do lawn work. I had to be quiet, and I would just sit there the whole time, but I wasn't allowed to work because he wanted me to be available in case he felt like talking to me.

For a while, I was like, oh, maybe I should do that and then I thought, what has happened to me? I'm a feminist. I know about this stuff. I've read all the literature. I've done the research. I've heard the stories. How did I land here? That was the beginning of the end. But the fact that I almost did it, I almost went to his house and sat silently at his counter on his kitchen while he did lawn work, waiting for him. It was a power move, and I later realized he was actually kind of a sociopath.

It was interesting. My daughter, who's one of the most wonderful people in the world, said, well, mom, people who are sociopaths have a mental disorder. They lack empathy, and you should feel bad for him that he was born without that. At the time I was like, I don't care. In truth, I'm not going to go into that question. But what it really showed me was you can know all the things and you can still goof up. The most important thing for me is to forgive myself when that happens and to realize that I'm a human being and I can know all the things and I can still mess up once in a while. That's just because I actually have flesh and blood and breathe air.

### **Meagen Gibson**

Yeah, absolutely. I really related to that story. I didn't have that in a romantic sense, but I had it with a family relationship where I fell into a conversational trap with somebody and was trying to do all the work and all the tools that I had, every tool I had. At the end of it, I wasn't mad at the person, I was mad at myself. I was so angry with myself, how could I have fallen into the trap? I know better and I should have better boundaries. I let my guard down and it took a little bit of work and a little self-compassion to just be like, it's okay.

**[00:15:33] Eliza VanCort**

I think so much of it is forgiving yourself because if you don't, then you are really in trouble because then you're going to do it again, because then you can't really examine what happened. You're just steeped in shame. I think for people who are empathetic and I think of it as like, you go to a football field, and you have been told that everybody's supposed to come in bathing suits, so you're like, cool, we're going to play touch football in bathing suits. We're all going to be super respectful. The other team shows up in their full gear and starts crushing you.

You're just so shocked that they broke all the rules of humanity that you just keep trying to play the game because you can't believe it, you gaslight yourself. You think, are they really in full padding? I thought we had an agreement. Part of the journey is to be able to look at someone and go, oh, they're cheating. They're not playing fair. I can walk off this field right now. I don't need to participate with someone who's not going to play fair.

**Meagen Gibson**

Absolutely. I don't like these rules. I'm out of here.

**Eliza VanCort**

Yeah, I like the rules. They broke them. Later.

**Meagen Gibson**

Exactly.

**Eliza VanCort**

It's not necessary for me to stay here. That's another thing, I think the cut and run thing feels bad, but sometimes that's the best way to win is not to play.

**Meagen Gibson**

Absolutely. I want to talk a little bit about physicality because you talk a lot about it in your book and how it relates to your self-worth. We're talking about claiming space and self-worth and physicality. I love there's so many great illustrations and things and actual exercises in the book as well. I would love it if you can talk through the five contributing skill sets and how they contribute to how you take up space.

**Eliza VanCort**

Yeah. What I realized when I was recovering from my accident is that I kept looking for that one thing that allowed women to come into the room and just claim their space. Because I thought life's easy, and of course, it's never that easy. It's never that simple. There were five things. I found that women who had these five qualities, not that they mastered them, but they were mindful of trying to be aware of them, really knew how to live a life where they claimed space.

What they were, were first, physicality and voice. They showed up with their voice and their body, even if they were afraid they did it anyway. The second one was they knew how to build community, and that includes getting anti-mentors out of their life so they could build healthy

communities. The third one is they didn't let their past crush them and inform their present in a toxic way. I always hear people say, oh, you should just get over it, get over whatever it is. I didn't find that that's true for the women who were really doing well. I don't think it is true.

**[00:18:27]**

I think that we have these huge boulders that we carry around with us. They're huge and they're painful, and we just work on them and we whittle them down and we whittle them down until they become these little pebbles in our pocket. We put them in our pocket and we touch them and we go, oh, I survived that. I'm going to be okay. Look what I learned. That's me. Women who could carry those pebbles and get them small, but never let go of them and always realized that's a part of who they were, did very well.

The next one was women who could fend off aggressors, who knew when to cut and run, who knew how to protect themselves. Finally, women who approached the world in terms of their relationships in an intersectional way. Women who didn't just hang out with women who looked like them. Because when you hang out with women who are different from you, and you try to raise up all women, not just women in your demographic, not only do you make the world better, but you learn so much about yourself and you become a better person for it.

Women who could do those five things were really good. The physicality and voice stuff is obviously incredibly near and dear to my heart because although I went to school for political science, I then later went to school for acting and taught acting for 20 years. It was all physicality and voice. I got to become quite an expert on how the way you move your body in space influences how people see you.

### **Meagen Gibson**

I want to ask you a question based on the people that you've worked with and just your own experience. I was discussing this with my partner this weekend, the story I have about the people that I admire and the way that they walk into rooms. I think of speakers and people that get paid to go into rooms and speak to large groups of people. I was like, I have the story that every room they walk into is just like that. They've been paid to be there and their attention and their physicality and their voice attracts all of this attention.

I want to see them at the school pickup line. I want to see them casually talk to people in the grocery store line or these forced dinner parties where they're just their date or their partner's plus one. A wedding where they don't know anyone. We only get to see them in the scenarios in which they've been called to action to perform as this person. What do those people have in common with us, and what do they look like in those different situations?

### **Eliza VanCort**

Look, anybody who's doing speaking for their job likes to be up in front of a crowd and hopefully likes to teach. I love to teach. Teaching is my passion. I like to be in front of people and talk. But I think part of claiming space, which goes to the intersectionality piece and goes to building community is that sometimes you have to learn when to step back and when you shouldn't be in the spotlight.

**[00:21:19]**

If you're somebody who likes it, you have to be - just like some people have to mindfully take up space when they give a speech. People who like to be the center sometimes need to step back and make sure that they're letting other people be the center. That has to be a mindful decision. I don't think it comes naturally if you're a performer. I hang out with a lot of performers and we're very big and we love to be out there. But I also think that people in acting tend to be very emotionally intelligent and tend to know when to step back and give someone else a spotlight.

**Meagen Gibson**

It's a really good point that you made. I'm really glad that I asked because you're right. If you have to be the center of attention in every room, that's you're a narcissist. You're not reading the room, you're lacking a little bit of empathy. You don't know how the context might need to shift away from you always being in the center of attention.

**Eliza VanCort**

Because it's not always about you.

**Meagen Gibson**

Exactly.

**Eliza VanCort**

Sometimes you're not the star. It's so funny because we're all the star of our own movie. We are all walking around in this movie and everybody around us is our supporting person. I think the problem comes in when suddenly you believe that everyone is a supporting person in their own head, when really everyone in their own head is in their own movie as the star. You have to realize that everybody's starring in their own movie, and sometimes you're the supporting player in their movie and that's okay.

**Meagen Gibson**

Speaking of that, you have a really great section of different types of responses. Every single section of the book, there's posture and voice and physicality and messaging, phrasing. There's lots of sections of the book where you're giving people different versions of phrasing, strength wise. You can respond no. You could respond no with this type of phrase or you could respond no with a super aggressive type if they're not picking up the messages.

I'd love it if you gave us some examples of beginner, somebody's just for the first time trying to assert themselves to somebody and not get run over. I have two young teenage boys and we've been talking about mansplaining. I was like, just be aware in rooms when this is happening and here's how you can respond.

How does somebody begin to recognize that they're not - because it's both internal and external. You have to recognize you're being less present and you need to claim the space that you want and also call out or deal with when people - because you can get big and you can get loud or you can use all these tactics and it might not deter somebody else in the room at all.



### **[00:24:10] Eliza VanCort**

I think the number one thing to start with, it seems kind of basic, but before you start to throw no's around. I love the word no. I think it's beautiful. We should all say no more. One of my friends, this wonderful guy, said, this year, my whole goal, my New Year's resolution, is to say no to everything. I was like, that's kind of weird. He's like, no, believe me, it's going to be the best year, because he overcommitted a lot so he was trying to say no more.

I think the first thing, though, is learning to not apologize for your point of view. There are two reasons to apologize. When you've done something wrong, it's good to apologize, or when there's something you really want to do but you just can't do it. I'm so sorry, I know you helped me move last weekend, but my kid is incredibly sick so I can't help you. I feel terrible. Those are good reasons to apologize, but women apologize, okay, so I'm sorry, but my opinion is. Why do we have to apologize for our opinion? We don't.

I think that the first step for a lot of women, instead of saying I'm sorry is saying thank you. It sounds a little odd, but instead of saying, I'm so sorry for my messy house, say, oh, thanks so much for coming into my messy house. It's so cozy today. I haven't cleaned it yet. Or thanks so much for waiting for me, I really appreciate it, as opposed to, sorry I'm late. Or if your kid walks into the Zoom, don't say, oh, I'm so sorry my kid walked in, say, thanks for tolerating my kid coming in, I really appreciate it or thanks for being supportive.

I think that switches the whole paradigm. It switches it from, I did something wrong to I appreciate you. That also gives the other person the opportunity to say, you're welcome, whereas sorry makes them have to take care of you and say, It's okay, it's okay, it's okay, as opposed to, oh, no problem. I was happy to do it, which is more positive for everybody.

### **Meagen Gibson**

Absolutely. I've used the thanks for your patience with my children many times in the last three years as my office is at home, and sometimes the kids have clothes on, sometimes they don't. Definitely saying, thanks for your understanding with this completely inappropriate obstruction. I've noticed something else that I do, is when people bump into me, I'll say, excuse me, as if I'm at fault. Why did I just say excuse me? Which is another version of I'm sorry.

### **Eliza VanCort**

It happens all the time. All the time to women. Someone runs into you. Oh, excuse me. No, they ran into you. I had someone on an airplane the other day. I was flying first class. I was very fortunate enough to be flying first class. First class has, like, this much space between the two people. This is not like an elbow to elbow thing. This dude managed to put his hand over all the way, and I just was like, no, this happens to me all the time. I just went in a little armrest and just pushed it. I didn't say anything. He kept looking at me like, what are you doing? I was like, trying to get 50 percent.

### **Meagen Gibson**

Taking up space I'm entitled to, thank you.

### **[00:27:38] Eliza VanCort**

Taking up my 50 percent of the space. That's the thing that's so interesting to me, is a lot of times when women try to claim 50 percent of the space, people lose it. They can't believe it. They think it's crazy and terrible. I'm always like, well, what is that saying about you that you think you're entitled to 65 percent? Nobody is. We all should be taking our fair share.

That's what is so interesting with the response to feminism, because feminism is literally just the belief that women should have equal rights and opportunities. People are like, are you a feminist? I'm like, are you not? That seems strange. I think that's an uphill battle for women is they are taught that they deserve less, their value is less, and that they should be applauding men for taking the thing that they really deserve. I think it's so important for us to make sure we're not doing that, without an apology.

### **Meagen Gibson**

Applauding men for surrendering what was not theirs, they want awards for giving back the 20 percent of the armrest. Well, aren't you grateful? No, actually, just getting what I deserved.

### **Eliza VanCort**

Totally. That should be a given. It's just like when somebody will say, oh, did you see the way that white person really stood up for that black person? Wasn't that amazing? It's amazing that other people weren't doing it. That's amazing. I am very happy that person did it.

I guess it's hard, given our culture, but it should be a given that if something is going on and that you feel as a white person or a man, that it's safe to intervene, that you're not going against the will of the person who's the target, that you step in. But we don't do that enough, which is actually why people get rewarded for it. It doesn't happen enough, and it should happen a lot more.

### **Meagen Gibson**

I want to come back just one more time to the more physical presence stuff, where people are in situations, meetings, at work, with their family. What is your top tip about the way that someone is speaking and holding themselves in a room, physically?

### **Eliza VanCort**

I think the main thing, the number one thing I think that women need to do, not need to do, that is useful, is not affirmation nod. When somebody is going after you, often women will go, sure, yeah. You don't need to make someone feel comfortable for making you uncomfortable. You can let them be uncomfortable with the fact that they're going after you. You can not move your face. You can drop your smile, and you can just look at them and let them understand that it's not okay.

We're so trained to make people feel comfortable that we literally care for them while they are trying to eviscerate us at times. I think that's the first step is just not doing that. You can let uncomfortable silence hang there. You don't even need to answer right away. In fact, when someone's going after you, our tendency is to jump in right away and try to defend ourselves or prove them wrong. I found it's much more powerful if you take a moment and you just don't say anything. You look at people and you give yourself the time you need to respond how you want to.

**[00:31:00]**

Men do it all the time. They stop and they pause. Just to stop and pause and look and then answer. I think that's a really great way of saying we can have a discussion. I'm not always doing the right thing. You can disagree with me, but you can't treat me badly. If you do, I'm not going to be a caretaker in this situation.

**Meagen Gibson**

You can't treat me badly and then I get to counsel your feelings about how I feel after you've done that.

**Eliza VanCort**

Exactly. I don't need to take care of your feelings about your feelings. That's on you. That's not to say, I think empathy and kindness, there's just not enough of it in the world. It's so important. Not niceness, which I talk about the difference in my book between nice and kind. Kindness is just undervalued, underrated and real disagreement, where we talk about the issue that we're disagreeing about rather than eviscerating the other human being. There's really just not enough of that. But if someone's going after you and fighting dirty, you just don't need to care for them.

**Meagen Gibson**

Absolutely. There's the phrase, I'm not sure who came up with it in the beginning, but it was clear is kind. We can be clear and still be kind, and that doesn't mean that we're nice. It means clarity is also kind. It doesn't have to come with all the platitudes and caretaking that often go along with it, especially for women.

**Eliza VanCort**

Absolutely. My partner now, who I've now been dating for almost two years, we always joke. He's definitely on the spectrum, and we talk about how that impacts everything. The really interesting thing for me is that and his parents were also therapists, and they were very much into clear, direct communication. As much as I love that, it still shocks me sometimes the way he's just like, my needs are this, I'd like to know your needs and then we'll figure it out.

At the same time, I never worry where he stands. I never wonder what he really thinks. If he thinks a thing, he's going to tell me that thing. What a gift that is, to know exactly where you stand, as opposed to that insecure feeling we often get with people where they said this, but is that what they really think? I think that's the gift we give people when we're straightforward. It's the gift of the truth, which is really, probably one of the more powerful gifts that we have as human beings to give other people.

**Meagen Gibson**

Absolutely. Just in thinking about our relationships in general, being truthful with ourselves first and then being responsible with that truth, with the people that we're in relationship with.

**[00:33:48] Eliza VanCort**

Absolutely. It's hard. I find it really hard because I am a recovering people pleaser. I want to be always taking care, managing, managing, managing, and it just doesn't serve anybody.

**Meagen Gibson**

Absolutely. In complete agreement, recovering people pleaser as well on this end of the conversation. Eliza, I have really liked talking to you. How can people find out more about you and your work?

**Eliza VanCort**

You can go to [elizavancort.com](http://elizavancort.com). There is no 'u' in Court. E-L-I-Z-A V-A-N-C-O-R-T. You can learn a lot more about me there. There are links to my media. I have a community, a really wonderful community, that is on my listserv. I get all kinds of questions, and I love that. That's my favorite. People on my listserv reaching out to me saying, hey, can you talk about this, can you talk about that? There's really a community of women out there who want to claim space and men who want to support it and people of all genders. That's the thing I'm most excited about on my website.

**Meagen Gibson**

Fantastic. Thanks again so much for being with us.

**Eliza VanCort**

Thank you for having me. I really appreciate it.