

Ep #0: Welcome to the Power Paradigm™



Full Episode Transcript

With Your Hosts

Radiah Rhodes, Dr. Roni Ellington & Tawana Bhagwat

Ep #0: Welcome to the Power Paradigm™

This is a real conversation with women about self-mastery...the most powerful method of turning seemingly abstract concepts like being and intention into visible and measurable realities. Join engineers, strategists, and transformational thought leaders, Tawana Bhagwat, Radiah Rhodes, and Dr. Roni Ellington to accelerate your results, make significant change, and achieve your most stretching goals without snapping in the process. Welcome to The Power Paradigm.

Hello and welcome to the *Power Paradigm* podcast; the space where you come to not only own your power, but to master it and to live it. I'm one of your hosts, Radiah Rhodes, and I'm here to kick us off and share some information about my team and what you can expect from *The Power Paradigm* journey.

Our goal, our aim on this podcast, is to redefine what it means to be powerful so that you can master it for your life. We focus on self-mastery training for professionals and executives because self-mastery is the highest form of your power.

Now, let me tell you what that really means. Your *Power Paradigm* is simply the place where you can come from with the most power in any moment. It's the lens or the perspective you put on yourself, on the situation that allows you to show up powerfully and take action in alignment with that.

So, speaking of alignment, there are three components to your *Power Paradigm*. There's authenticity, there's alignment, and there's authority. And there's some other pieces to that that we're going to break down throughout the season, but that's the crux of it. That's the core.

I remember, I was watching a live stream from, I think it was The Black Enterprise Women of Power, where Stacey Abrams was speaking or answering a question. And the question was, how do you bring your authentic self to work?

Ep #0: Welcome to the Power Paradigm™

And I hear that question all the time; how do we show up authentically at work? How can we bring our whole selves to work? And she said – paraphrase – you know what, I'm chocolate, I have natural hair, I have a gap in my teeth, I am heavysset, I can't, how can I not?

And it wasn't so much – at least my takeaway – that she was declaring this physical, like, this is what I am, as much as it was she knows who she is, she tells the truth about who she is, she understands how that shows up in the world and what impact that makes, and she chooses to own it versus compensate for it or try to dilute it, for her to actually show up powerfully and make an impact in any situation.

So there's authenticity there as an example. And this is how we're going to break down these conversations; the words that many of us are throwing out and using but not really sure how to practice, not really sure how to show up and embody them so that we can create the kind of experience of life we want.

So, so much more to come on that, but we are going to break down those power points on everything from you contemplating leaving your job to start a business, knowing that your family depends on your income for stability, to deciding whether you're going to go another hour on the computer and another glass of wine, or to get up and get in at least 30 minutes of exercise in the evening; the points of power when you're handling your day job, children, relationships, school, community events, maybe some social time with your friends, or building your business on the side all at the same time.

We are going to show you what it's like to not only feel powerful in those moments, but to make choices and be powerful and to take powerful action again and again while you enjoy your life, while you cultivate peace of mind and you create wealth and impact in the process.

We're going to have straight up conversations about the things that you really not even tell your best friend, but you only think to yourself in your head. It's going to be like bringing expert girlfriends directly into your inner

Ep #0: Welcome to the Power Paradigm™

circle, to break down the highest and the lowest points of being a high-achieving woman in this world. How do you master that magic, that magical self, that wisdom that you bring to this world?

Now, who's the we? So we're a team of three. You'll hear from all three of us throughout the season, sometimes at the same time, which I promise, is going to be more than enough, and then sometimes individually. So the three of us have many things in common and then we have some distinct differences.

We are all undeniably and unapologetically proud black women. We are mothers, executives, and we also happen to be women in STEM – STEM being science, technology, engineering, and mathematics. We are also all licensed and certified coaches and practitioners who jointly run our training and coaching company Evók, which specializes, as I mentioned before, in self-mastery training for professionals and executives.

Now, here come the differences. So, me, Radiah, I make things plain. You're going to hear some mind-blowing concepts on this podcast and wonder, "What is she talking about? What do I do with that?" And I'm going to tell you, I love a good idea. I love a good theory or a hypothesis. Remember, I'm an engineer. But I love great results so much more.

I am about intention. So people know me as The Intention Queen. And based on that, we're going to redefine intention in this whole world around that as well, but whatever we break down, you can depend on me to channel that into some action.

So, Dr. Roni, she brings the heart and the spirit. She's going to jolt you into your own sense of deep clarity. She's a force. She's hilarious, boisterous, yet she's deeply brilliant and compassionate. Look for Dr. Roni to cut through the nonsense, right through any confusion on a topic, and get right to the truth of the matter.

Now, Tawana is our Jedi, that's what we call her. So she's a global human resources guru and an expert organizational strategist and partner for

[The Power Paradigm](#) with Radiah Rhodes, Dr. Roni Ellington & Tawana Bhagwat

Ep #0: Welcome to the Power Paradigm™

Fortune 100 companies and small businesses. And more than anything, I can tell you, you have never met a more people-strategic person in your life. The ability to identify how people are going to respond and react and show up and to navigate that strategically is, in and of itself, a power that I have never seen.

So, she's also a mother of four between the ages of two and 20, but I'll let her tell that story later. So in short, we are going to bring you the spirit, science, and straight up reality of what power means, what it looks like, and how you can master in your day to day life.

I just want to say thank you for joining us for this first episode. I want you to get ready for a mind, body, and spirit altering ride. And I want you to also subscribe to the *Power Paradigm* and share it with the people you know and love if you're feeling extra sweet.

So, thank you again. If you have any questions or there are any topics you want to hear, you can also email us at info@evoklife.com and we will be happy to answer the questions you send on the show. But I'm glad you showed up for this episode. We welcome you. So make sure you subscribe to us, leave a review, and share us with your friends.

Thank you again, and love and light to you.

Thank you for listening to The Power Paradigm. If you love what you've heard today and want more, come visit us at evoklife.com.