



## Expand Your Fempire Podcast #20

### How to Be a Limitless Woman with Laura Gisborne

*Welcome to Expand your Fempire with Caterina Rando, the podcast for women in business on a mission. Sharing ideas to support you to grow and thrive. Now here's your host, Caterina Rando.*

[00:00:00] **Caterina Rando:** Welcome to the Expand Your Fempire podcast with Caterina Rando. I am so excited today. We have the most fabulous, amazing guest who is also my BFF and an amazing girlfriend, Laura Gisborne. Laura, welcome to our podcast.

[00:00:48] **Laura Gisborne:** Thank you, Caterina. I'm so excited to be with you.

[00:00:50] **Caterina Rando:** I'm so excited to have you here. You know, sometimes you walk into a room and you see someone across the room and you think "that looks like someone I would really like to know." Well, that's what happened in my head on the day that I met Laura Gisborne at a conference of mutual friend. And then Laura and I were speaking at another conference and you know what she did? She invited me to her conference and, here's my secret what I did, instead of only making a \$97 donation like everyone was requested to make, I made a \$500 donation so that she would notice me. And guess what? It worked. And we've been friends ever since. I don't usually tell that story, Laura.

[00:01:43] It was a good strategy. It was a good strategy.

[00:01:46] **Laura Gisborne:** Thank you, honey.

[00:01:47] **Caterina Rando:** And Laura, you have had many companies. You have been a woman on a mission for quite a while. Introduce yourself a little bit first to the people, because **I want them to know about your background, where you come from before you share some of your amazing super tips.**

[00:02:06] **Laura Gisborne:** Okay, cool. Well, you know, I just had a birthday, so I don't know that we want to talk about all 54 years, but I'll tell you a little bit about my background with philanthropy and being on a mission. I think that's really important. I

**grew up in a family with a tremendous amount of violence and poverty and abuse in the United States.**

[00:02:23] And I always say it was tough by United States standards because at the same time I had access to education and access to a roof over my head, freshwater. Some of the things that we don't see folks having in other places in the world. You have access to that in the developed world.

[00:02:37] So it was tough **and** because I feel like there are people who saw me when I couldn't see myself as a young person and as a young adult. **There were women who reached out their hand to me and said, "Hey, it doesn't have to be this way" and helped me get counseling and help me get on a path of choosing a new normal, right?** Creating a new reality for my life and for the lives of my children and, you know, everybody that I get to be with today.

[00:02:58] So where I'd say the mission came in is it early on at about 23 I was going to law school and I was working in a law office during the day, going to school at night. And I learned about CASA, which is a Court Appointed Special Advocate program for foster children.

[00:03:13] And it just, it sparked my interest even there as a young person to say like, **"Hey, I've come from a really hard time, but I'm coming out of it. I can see that there's a different way of being. Is there a way I could use my experience to help children who are also struggling, right? To see if there's a way to use my advocacy, use my voice," and that's where it all started,** right?

[00:03:33] So I started with CASA. And then did that for gosh, say five years. And then became a Mama myself and decided that I was going to get into involved with family outreach. And then I got on the school board and then I started building houses for Habitat for Humanity. And then I got invited to be a part of the Pachamama Alliance's business engagement team and helped another friend start the New Peaks Foundation. And those are just a few of them.

[00:03:59] And now basically that's my greatest joy really, outside of spending time with my kids is being able to contribute to causes that I know are creating amazing impact in the world. And marrying our community of women like yourself, girlfriends who just know they want to use their businesses to grow amazing profits and also use that for purpose - putting those two together with nonprofits is what we do.

[00:04:22] **Caterina Rando:** And you have done such an amazing job of using your business for good. And that's one of the many reasons why I'm happy that you're here with me today, Laura, and **that's part of what attracted us to each other is that we both embrace philanthropy in our business.**

[00:04:38] You have done so great at not only raising a ton of money through your business. **Also, you have your clients make an annual contribution every year. As part of**

**your client agreement, that they're going to make a certain amount of contribution each year** - which I love, which I would love to see more entrepreneurs do.

[00:05:03] My friend, I have to jump back though, because you know **I like to say a rising woman lifts all the women around her.** You have told a story a few times, I've heard you share. About how you were working at the law firm and one of the ladies pulled you aside one day. And I think that's really important because as women, I do want us to lift all the women around us. You are such a great example of that. **And can you share a little bit about that and then about how you have lifted women individuals or more over the years?**

[00:05:50] **Laura Gisborne:** Yeah. So, the story that I think you're referring to is that when I was in college actually, I was working as a receptionist at a law firm. I knew I wanted to pursue a legal degree. I'm not an attorney today. I went to law school, but I'm not a practicing attorney. But I knew that that education was going to be important.

[00:06:06] And I was working as a receptionist and I was also living with a man who beat me on a regular basis. And at the time I weighed 98 pounds. I was severely anorexic. And I think the point to tell there, Caterina, is that because I grew up in an environment where physical abuse and sexual abuse and verbal abuse was normal, it was just kind of the trajectory of my life at that time to move into a relationship with a man where abuse was just normal, right? It was just, that's what I knew.

[00:06:35] So **domestic violence was kind of the normal trajectory after my childhood.** And a woman came to me one day, who was my supervisor at the office and said, "We need to talk." And I just, you know, I wanted to do a good job. I was really a hard worker and I want to do a good job. So she pulled me outside and she said, you can't keep coming to work with bruises on your face. And I said, "Oh, I thought I was in trouble." She's [00:07:00] like, "Hello doll, you are in trouble. This is not okay." And I'm like, "No, no, no, it's no big deal, John and I just had a fight. We'll get through it. We'll, you know, tomorrow will be another day."

[00:07:11] And she proceeded to explain to me how her husband, her ex-husband at this time, it started with the same thing. First, it was a slap. Then it was a punch. Then it became more. And she ended up at the hospital several times and with broken bones before she finally had the courage to leave him. **And she just, you know, reached out her hand to me and said, "May I share with you a different way?"**

[00:07:34] And she helped me find a counselor. At that time, I worked two jobs. I also worked on the weekends as a waitress. I never had any money. It was always struggling with lack. I was always struggling, period. And she helped me find a counselor who would see me on a sliding scale. And that started a journey for me, of really learning a new way of being.

[00:07:52] And what I love to say is that that woman's name is Estrella, which means star in Spanish, but she really was an angel in my life. **She was one [00:08:00] of those women that, didn't give up on me. You know, she just stood by me and lifted me up.**

[00:08:04] And when we talk about the work that I do today in business development and helping women with just my experience, the things that I've done for 30 years as a business owner, that's one piece of it. **But there's a deep healing that happens when women see each other. When women acknowledge each other. When women listen with our whole hearts, instead of listening with agenda, we can change someone's environment and we can change their lives more than we know.**

[00:08:29] **Caterina Rando:** Thank you, Laura. Thank you for sharing that. She was your supervisor. So that was her job to reach out to you, but she didn't have to be quite so wonderful. The reason I say it that way is because, you know, there's a lot of women that we come across. And some of us have been raised in households where maybe we were taught not to get involved, or we were taught that's a private matter. Right? And so we may keep our mouth shut. And **I definitely want to encourage anyone that sees a woman that could use some support in any way to reach out to her.**

[00:09:11] And I love that she told you to talk to the counselor rather than just telling you to leave, because that would have been probably tough for you to go there right away, right? So...

[00:09:21] **Laura Gisborne:** Well you know I spoke at a keynote, I think it's been two years now, for a women's domestic violence shelter, I spoke at a fundraiser as their keynote speaker. And it was an interesting thing to go back and revisit what actually happens in the exit of domestic violence. I know that's not really at the core of our focus here.

[00:09:38] It's not a simple fix. You know, **I think that a lot of what we do as leaders, you and I, in our own businesses and our own work in the world is constantly look at the power of community surrounding ourselves with people who see us when we can't see ourselves.** I know that's one of the things you and I do for each other as besties and as community members with each other.

[00:09:56] And then also understanding that each journey is very individual. And there's not a timeline for that, you know, it takes time to repattern years of negative self-talk and other things.

[00:10:08] **Caterina Rando:** The reason Laura, why I start here and shine the spotlight here with you is because you are so amazing in so many ways - personally, professionally, in your relationship with your fabulous husband, Scott, who I like to call the "best salesman in the world" because of the award that he won for being the best salesman at his worldwide company. You are so amazing in so many ways. And so many women see you and they may think, "Oh, this Mama has it all together and she's probably, you know, never wanted for anything."

[00:10:47] And it's important for everyone to know the woman behind the amazement. And also, **because you are a role model for every woman who feels like she had a tough break and she can't get over her past. Because we all have a past and we all have a future if we choose to create it bing, bing.**

[00:11:15] Okay, good. **So first super tip everybody is put some attention on lifting the women around you** as Laura does so well. Laura, you have had many companies and the other thing about our discussion here is that we bring our whole self to our business. **What are a few of the qualities that you feel have supported you in being successful?**

[00:11:43] Because clearly, you have determination down. I don't even know if you would describe yourself that way, but I think you are so interesting because sometimes we are so much something that we don't even, you know, it's just natural to us. I think determination is one of your superpowers.

[00:12:03] **What would you say are some of the qualities that you feel have allowed you to buy and sell nine companies, be a master philanthropist, and build a super thriving business?**

[00:12:15] **Laura Gisborne:** So interesting Caterina. I didn't expect you to ask me this question, which is great. So, I can give you a really present, authentic answer when I get it, cause I think I'll tell you what comes to mind first is that **I really believe and understand and have experienced the business is all about service.** And we only get to be in business if we actually can provide a solution to somebody else's problem.

[00:12:40] And we don't always package it as a problem. Like, you know, when I owned a winery, what's the problem? The problem is you need some good wine. This is a good problem to have, right? Or you need some designer clothes. You know, these are some of my more fun businesses in the past.

[00:12:51] This business around healing the poverty consciousness of women business leaders, and really creating a vehicle where those of us in the private sector can partner with those in the nonprofit sector to really move assets and resources in a way that heals the world. **This is a big mission. And it pulls me more than I pull it.** I'd say that's the difference of this business than the prior eight businesses.

[00:13:21] Where I can see success from a tactical standpoint in the prior businesses, in this one as well- cause you and I are good friends and you know a lot of our team members. We literally have the most remarkable team of people working on this initiative that I've ever had working with me. And I say that because Andrea has worked for me for 10 years in other businesses, and she's still with me today. **I think that the human asset is truly one of our greatest success secrets here.**

[00:13:49] And I see way too many women who have businesses - I was thinking about this last night. So, let me see if I can put a caboose on this train Caterina and have it make sense.

[00:13:57] One of the things that I teach when I teach the pillars of business is how in the venture capital world, right, like if Elon Musk wants to start a new business. **He goes out and he learns how to sell to raise funds, so that he can actually hire the talent, to deliver the promise, right? What happens for us in small business or as entrepreneurs is we actually are like, "how am I going to do it?" We actually don't start with the idea of building team first.**

[00:14:21] We start with the idea of like, I want to solve a problem. I have to learn how to do that. I do it one person at a time. Then I moved to groups, which is why I love your group training. Let's get to those groups faster. Let's reach more people quicker. But still the driver of the revenue is the founder, okay?

[00:14:38] **I think that there is so much untapped potential for every woman that I know that has her own business, in actually getting over the fear of building team and allowing herself to receive support and building like a board of advisors, a board of contributors, people who are much better at some things that you're not great at. That's a secret.** Cause every business, when I look back at my brick and mortar businesses, I was really excited about starting them, but I never did day-to-day operations. Was not my job.

[00:15:12] **Caterina Rando:** Okay. I love that you said that because that's the whole thing, is that so many women are the graphic designer, the web designer, the admin assistant, the bookkeeper, and they're still trying to be the CEO on top of that and the top sales person, et cetera. And this is absolutely one of your superpowers, Laura, and one of the many reasons why I chose you as my coach. Because, you know, I have my superpowers, which I think are speaking and group programs and a lot of other superpowers. And I picked you, first of all, because one of your values is efficiency, which was like a bump on the side of my head. I was like, oh yeah, business... efficiency...let's put some attention on that.

[00:16:00] And also because you are a master of teambuilding. I have gotten, with your support, much, much better at running a team, managing a team, we've just expanded our team. And that allows me to focus on what is the highest and best use of my time.

[00:16:18] **Laura Gisborne:** Yeah.

[00:16:19] **Caterina Rando:** You know, Laura, one of the other things I want to talk about. And this is another reason why I love you and, and you are a role model for me, is that you are so awesome at being totally feminine. Totally a woman running a thriving business.

[00:16:40] And you know, women we've been in the workforce since the 1870s, but that was only 15% of the women at that time. Now, you know, most women have a J-O-B or they have their own business. **but I think that we're only starting to embrace our femininity and value our femininity in our work on a large scale. What are your thoughts about all this and how is it for you? Because you do it so well.**

[00:17:10] **Laura Gisborne:** Well, I don't know how much perspective from the "woo" you want me to give you, but I'm going to give you a little bit. And that is that it is my understanding that the patriarchal society that we live in today that is, you know, kind of men in politics, men, leading businesses, men leading the workforce is not a forever thing. And at one point in time, we had very matriarchal societies and some indigenous cultures still have very matriarchal societies where women are respected and considered the wise elders.

[00:17:42] **I think that there's a place for today's women in leadership to remember that we are not men. We're very different. We operate differently. We thrive and succeed differently.** There are things that are tried and true in business, Caterina. You and I talk about this. Sometimes there's the things that like we know are tried and true, and again, you are such a master at building relationships, the way you care and you have an authentic connection with people.

[00:18:06] That to me, in all business forever, is tried and true. There's what's current and relevant, which is where I think sometimes new business owners get distracted because they're like, "Oh, I've got to do this on Instagram. Or I've got to do this over here on Facebook live dah, dah, dah." **And they miss out on the tried and true business principles, which is why we teach the pillars of business, right?**

[00:18:26] What do you need in your foundation? And then you can bring these other pieces in as fuel for the fire, but if you don't have the first stuff, it doesn't work. And I would say for women business owners, the first thing to remember is that you're a woman and that you are designed to receive. **You're designed to be supported and you can collaborate and work with other women to accelerate your success, rather than trying to be in a very competitive, who gets there first type of mindset, which tends to be a little more masculine.**

[00:18:57] And it's probably related to, you know, when men were out hunting, they had to get there first to be able to feed their family, right? It's not right or wrong. It's just kind of how it is. A lot of men, I see when I work with them as clients, are unilaterally focused on one initiative. Whereas women, you know, we tend to be like carrying the baby, and like gathering and hunting, and washing the dishes and washing the clothes.

[00:19:18] You know what I mean? We're doing multitasking all the time. **When we come to business, we've got to adopt that masculine focus with our talents for tending and befriending and collaborating, working together.**

[00:19:29] **Caterina Rando:** Exactly. Exactly. Well, Laura, the woman part you definitely have down. And I guess I want to ask you this question. **Where do you see is opportunity for growth for you in your company, in your life?** Because, you know, I do look at you and I think, "Wow, she's got it all together. Is there something that you've learned about yourself that you want to shine the spotlight on?"

[00:19:56] **Laura Gisborne:** You're so generous, honey. Let me say, first of all, I want to put a caboose on the train about the woman piece, because I also, in the way that you said that it looks like, "Oh, you've got it together."

[00:20:06] I also want to explain that that I was for many years, very masculine in my business. I always called myself a "man trapped in a woman's body." It wasn't safe for me to be feminine because I was molested as a child and beaten. And so, I decided that I would be very masculine in my life and my business. It cost me health issues and it costs me my first marriage. So, there's a place where I want to just say, like, again, this place I speak to you about what it is to be grounded in your femininity is a typical overnight sensation, right? Of 50 years of me doing a lot of things wrong.

[00:20:38] **So wherever you are on the spectrum of your own adoption with your understanding of yourself as a feminine leader, the patient with the process and know that the best way to get there quickly is by hanging out with women like Caterina. Because that's what it is, girlfriends support, girlfriends. And that's when we allow ourselves to be safe and relax into our feminine leadership.**

[00:20:58] What's up next for me, Caterina? I would say what's up next for the Limitless Women Movement? Is that I'm very clear this year and I think you can watch since COVID has affected us, we're doing this as an evergreen interview, but we're currently in the midst of being home with COVID.

[00:21:14] I've had a big awakening of my role as a founder of this movement. And what's possible when I, take myself even further out of day-to-day operations and really step more into my role as a philanthropist and as a leader. And not hold myself back from, you know, "who am I to do this? Or am I ready?"

[00:21:33] **Where I see the greatest change and effect when I get out and work is when I work with nonprofits on the ground.** And I know that when I work with larger organizations that impact things like government and policy, we'll move our healing of poverty much faster.

[00:21:48] **Caterina Rando:** And so that is your next focus then... stepping into more global leadership...

[00:21:53] **Laura Gisborne:** Absolutely. We're moving all of our operations. I don't want to get into all the details, but basically you'll see that there will be way less of me and day-to-day operations and way less of me and the teachings and more others, that are really qualified. In some ways more qualified than I am for coaching services and for implementation and systems.

[00:22:12] We talked about this earlier today, the power of being able to help our community with like, "here's our template, here's our format, here's our stuff." Like just take it and go, it speeds up everyone's success that doesn't really require me, you know?

[00:22:26] **Caterina Rando:** That's amazing. I'm excited to see what the next chapter looks like.

[00:22:32] **Laura Gisborne:** Thank you sweetie, me too.

[00:22:34] **Caterina Rando:** Let's hang out a little bit at this point of feminine leadership. Because so many women have so many qualities that are really useful and effective as leaders. And sometimes we don't even recognize it. One of the things is that women are so good at connecting and, and genuinely caring. **What are a couple of the qualities that you feel women in business want to amplify or cultivate as women leaders or to become better women leaders?**

[00:23:13] **Laura Gisborne:** This one I love, I've got this one. All right. **So the first is time and your relationship to time and how you spend your time.** What I see with very successful people both male and female, is this **super protective quality about where they spend their time.** It's not an arrogance.

[00:23:33] It's a place that if you're truly a mission driven woman and you have a mission that's calling you this beyond you. **You have a responsibility to that mission to actually not be doing activities that are not driving you closer to the end goal,** right? So I think that that's a place to learn and it starts in the most minutia of how we spend our time every single day.

[00:23:55] **And that leads me also to the priority, which is really a mandate in my opinion of self-care.** I know that at one point in my life, I was a poster child for, "I don't have time to do this and I don't have time to do that." And I realized, I looked down at my small children and they would ask me to do something and I was blowing them off. And it was like, "God, they're growing up right in front of my eyes and I'm wasting this precious moment. Wake up, come on."

[00:24:23] **So in your life and your business, this place of getting clear about filling up your own well, taking care of yourself first, taking care of your family, taking care of the people you love with healthy boundaries. And then getting super-efficient in your working hours.**

[00:24:40] Where this whole thing of productivity and efficiency started for me is that I would take my kids to school every day. And I was running, I think three to four businesses at that time three, for sure. And I would go to my stores and do my different things. And then I would pick them up from school. So I had to get done in six hours, which is a long time, by the way, six hours, my self-care, my workout and what I needed to get in with my business. If I really wanted to be present with them when I pick them up, right?

[00:25:06] And I think we give things way too much time. I think we waste time, all the time. Really. I'm not saying that about you personally, or me personally. I'm just saying that as humans, we give things way more time than they actually need.

[00:25:17] **Caterina Rando:** Right.

[00:25:18] **Laura Gisborne:** And if we get clear in our communications, there was something that came up earlier today about this about team. **If you have clear communication with your team about what's expected by when and who's responsible, then there's no drama when you get to the next timeframe**, if you will. Let's say we meet a week later, it got done or it didn't get done. If it didn't get done, then who else is going to do it? Right? And that's not a place for us to jump in and get it done. It's a place of "did the team member needs some different communication or more resources?" Usually they come back and they got it done and something else done. Right?

[00:25:52] **But just our relationship to time is huge. Our self-care has to come first. Self-care then business. And I think the piece about receiving I come back to again and again. You know, how much good wants to happen for us that we're pushing away by being busy?**

[00:26:07] **Caterina Rando:** I think that that's very good advice because so many women in business are doing way too much and have not mastered, as you're saying, their relationship to time.

[00:26:18] Bing bing. Well, you know what, my friend? We could talk all day and we will talk again. I'm going to have you back every season, okay? That's a promise, if you promise to be an insta-yes, for me. We have many more conversations to have.

[00:26:36] Before we wrap up today, because you're like me, you have a lifetime supply. **Is there any hot tip or super tip or topic or anything you want to shine the spotlight on before we tell everybody how they can connect with you?**

[00:26:52] **Laura Gisborne:** Yes. **I would like to shine the spotlight on what an amazing leader you are and what an incredible friend you've been to me since we met.** And how, through many experiences, personal and professional, you've just been such a great support. And I feel like whoever's listening to this podcast or watching this as an interview in the future, needs to recognize what a unique opportunity it is to connect with you.

[00:27:16] You know, your history is that we're talking about my history today. We're not talking about your history, but **your history as a woman who lifts up other women is really one of the greatest that I know amongst my friends and I have a lot of cool friends.** And, you know, I just want to say thank you again for being my friend and being such an incredible support for me and for the work of Limitless Women.

[00:27:35] **Caterina Rando:** Thank you, Laura. I will accept that acknowledgement and I will resist my desire to get it out of the podcast.

[00:27:44] **Laura Gisborne:** Don't you dare. I'm going to be listening.

[00:27:47] **Caterina Rando:** And thank you. And you know, one of the reasons why I love being in your community is that I really like to be in rooms where I don't feel like I'm the smartest person.

[00:28:01] And this is really important because so many women are in the room where they're the smartest person, and those are the only rooms that they're in. And I don't mean smart just intelligence.

[00:28:14] **Laura Gisborne:** Maybe more experienced. Sometimes you have a life experience that's different, longer

[00:28:18] **Caterina Rando:** Right. But I want to be in a room where I'm going to learn so much. And Laura, there are so many amazing women in your community that's, that's what my experience is.

[00:28:28] And **I want to encourage our listeners to be in rooms where you're intimidated to be in that room.** Because you know what happens? When I first started to go to rooms where I didn't feel like I was the, you know, person with the most experience and all of that, it was very intimidating. And so, I think that that may be why a lot of women don't do that. And I want to encourage our listeners to do that.

[00:28:53] **And then pretty soon it will not be uncomfortable, and you'll be running your own rooms.**

[00:28:58] **Laura Gisborne:** Yes.

[00:28:58] **Caterina Rando:** And one of the things that you're very good at Laura is, building community. Which, you know, I value very much. **So, let's go ahead and tell everyone how they can connect with you and when they come hang out with you, they'll probably find me too, because I'm not too far away.**

[00:29:18] **Laura Gisborne:** We tend to hang out together, which is such a blessing in my life. So, everything that you need to know basically about us and what we do, at least a thumbnail of it, I wouldn't say it's everything, but it's, it's pretty well laid out these days on **LimitlessWomen.com.**

[00:29:33] And there you can find out about our education programs. If you're looking to scale a business, you can find out about our live events. We have a three-day live events three times a year, and then we also have ongoing mastermind in business training and education that's available for you if you choose to make a donation to charity.

[00:29:52] So our community has a free element of it. If you want to join us online at Facebook at [LimitlessWomen.Group](#). You can join our free group there. And if you're looking for a deeper connection, you can look into our donor community and that's at [LimitlessWomen.Community](#). So, all of this is on [LimitlessMomen.com](#) so come and check us out and come visit us.

[00:30:13] And then may I give a free gift to also Caterina?

[00:30:16] **Caterina Rando:** My friend, of course, we love free!

[00:30:19] **Laura Gisborne:** So for five years now, ahhhh I'm always like so proud of this. It's like, you know, five years! **Five years that we've been giving away a free gift every Friday.** So if you're interested in having ongoing support and resources to grow your business, and also personal, there's some good personal development stuff in there, like we talk about self-care. **every Friday we send out a free gift and you can find that at FreeGiftFriday.com**

[00:30:41] **Caterina Rando:** Yay! Bing, Bing, Bing. Thank you. Laura, I want to thank you so much for being a guest on the Expand Your Fempire podcast. You are truly a woman on a mission. You are doing such a great job at building your Fempire, serving so many [00:31:00] amazing women.

[00:31:01] And everyone, as you're listening, **I want to encourage you to be a woman that lifts all the women around her**, like Laura, like I like to think like myself and we will see you next time on the Expand Your Fempire podcast bing, bing, bing!

*We hope you enjoyed this episode of Expand Your Fempire with Caterina Rando.*

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## THRIVING *Women* IN BUSINESS

**We invite you to connect with Caterina and the Thriving Women in Business Community!**

- Be sure to become a part of our community by joining [Caterina's email list](#), with this you will never miss any event info, super tips, or new podcast episodes.  
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  - Join the Thriving Women in Business Community on [Facebook](#) in our private group where we share upcoming events and business-building super tips.  
<https://www.facebook.com/groups/ThrivingBusinessGroupforWomen/>
  - Check out [Caterina's upcoming virtual events](#) and join us for an uplifting, value-packed workshop. Use code PODCAST for a discount on certain events.  
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### Connect with Laura Gisborne

Laura Gisborne is a highly successful business expert with over 20 year's experience. From structuring and selling small boutique businesses to owning a multi-million-dollar wine and real estate empire, Laura has owned nine businesses, her first when she was only 23 years old.

Laura is an Internationally recognized speaker and serves as a business consultant for business leaders and entrepreneurs in a wide range of industries. The innovative business model of her company, Legacy Leaders Global, exemplifies that companies can be both profitable and purposeful. Through her initiatives, thousands of women and children are receiving regular contributions in multiple countries across 5 continents.

- Download your free gifts from Laura <https://limitlesswomen.com/free-gift-friday/>
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