

# Alana Stott - Episode 777

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dean, spoke, girl, book, kids, happened, burns, pay, money, bit, trafficking, years, sat, women, remember, prostitute, love, started, aberdeen, rape

## SPEAKERS

Alana Stott, James Geering

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James Geering 00:00

This episode is brought to you by Thorne, the industry leader in nutritional solutions. Now Thorne is actually trusted by eight US national teams and championship teams in the NFL, NBA and Major League, as well as recently becoming the official sports performance nutrition partner of the UFC. So when it comes to supplements, these tactical athletes space in the athletic space need two things. We need efficacy, meaning the products do what they say they're going to do on the label. And then we need to trust the fact that we are not going to fail either athletic drug tests, or work related drug tests. Now, Thorne has actually been around since the 1980s, where they were used by physicians and hospitals for nutritional supplements for the patients. They were so successful that athletic teams and even special operations teams reached out to them and they started supplying them as well. Very recently, they actually opened their doors to the general public. Now what sets Thorne apart is they manufacture their own products in a state of the art NSF certified facility in South Carolina. They use only the purest possible ingredients formulated with no steroids or arbitrary fillers in the cleanest manufacturing process. Most of you listening come from profession where it can take its toll physically and mentally and many of us are not able to bolster our nutrition purely with the food that we eat, and that's where supplementation comes in. So if you're ready to maximize your health and performance visit [thorne.com](http://thorne.com) or [thorne.com](http://thorne.com). Take a short product quiz to be paired up with a perfect health and fitness supplements. And for you the audience if you use the code BTS one zero behind the shield 10 BTS one zero, you will get 10% off your first order. And if you want to learn even more about Thorne go to Episode 323 of behind the shield podcast and you will hear my interview with Wes Barnett and Joel to Toro from thorn. Welcome to the behind the shield podcast. As always, my name is James Geering. And this week, it is my absolute honor to welcome on the show, Alana Stott. Now Alana is an entrepreneur and author of multiple books, and the wife of one of my previous guests British Special Forces soldier Dean Stott. So we discuss a host of topics from the horrendous burns that affected her physically and mentally as a child, her journey into banking, eating disorders, the Mrs. World Competition, human trafficking, her books, how to ask for money, and she who dares, social business, finding your own self worth and so much more. Now, before we get to this incredible conversation, as I say, every week, please just take a moment, go to whichever app you listen to the song, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast therefore making it easier for others to find. And this is a free library

of almost 800 episodes now. So all I ask in return is that you help share these incredible men and women's stories so I can get them to every single person on planet earth who needs to hear them. So with that being said, I introduce to you Alana Stott enjoy. Alana, I want to start by saying thank you so much for coming on the behind the shield podcast.



03:44

Thank you so much for having me. And for everyone



James Geering 03:46

listening, I just try the intro about four or five times and messed it up and we were about three seconds into the conversation. So we're on planet earth are we finding you today?



Alana Stott 03:57

I am in California, although you wouldn't know it with the weather. But yes, partly I'm in California.



James Geering 04:03

Now being a native British person myself. I can tell that's not where you were born. So let's start at the very beginning of your timeline to tell me where you were born. And tell me a little bit about your family dynamic. what your parents did and how many siblings?



04:17

Yeah, it was born in Aberdeen in Scotland. I have so my mom and dad, I guess they met in Aberdeen. My dad was in the military. My mom was from Aberdeen. He was from Glasgow. And I have two brothers. I have a younger brother who's got a different dad from me and an older brother. He actually lives in Australia and my younger brother lives in Qatar. So we're all pretty spread around the world now. But yeah, I grew up for the first I guess 14 years in Aberdeen until my mum passed away and then that was pretty much when they started the movement and traveled everywhere from then onwards.



James Geering 04:57

So you said about your dad being in the military which branch was easy. And was he exposed to combat during his service?



05:04

Yeah, he was in the Argylls. And he doesn't I mean, it's actually really funny. He doesn't talk


much about his service in full. He was in. I know, Hong Kong, but Northern Ireland was a huge part of what he does, and his friends done so. And then I think, when my brother was born, was when he decided to leave, and then from then on, went into window cleaning. And then he was a bus driver for 35 years after that. So pretty varied. But yeah, he is actually one of them. That doesn't still doesn't talk very much about it.

 James Geering 05:39

So with this lens that you have now being a military spouse, and obviously watching Dean through the SPS, and then the contracting side, are there any aha moments when you look back on how your father was, and some of that closeness that he had?

 05:54

Yeah, sure. I mean, I think back then seven, eight days, it still was the kind of shell shock all this various different ways of describing what they went through with their mental health. But for him, he still doesn't discuss mental health. And no matter how much work myself and my husband have done in the mental health arena, it's still something that he struggles to fully talk about. Definitely the last few conversations we've had, he's opened up a little bit more, and every time I speak, somebody opens up more and more, but here's them, what they've done in Northern Ireland, and I guess there's a lot of American people who might not know the full story behind Northern Ireland, but the aftermath of what they experienced there, it goes through so many different things like even down to football, I mean, you'll know that the the Catholic Protestant thing that comes into the game of football in the UK, spills over, but that's all part of it. And you know, even now of my kids are wearing the wrong color of clothes, he'll say get that get off them, they shouldn't be wearing that. So it's never left them and 100%. He's never fully discussed it with me talked about some friends, he lost, he spoke about some instances, but only really, if I can get them into. And unfortunately, when he said a drink, that will probably be when he'll open up the most.

 James Geering 07:15

What is your perspective on that division of something I've talked about a lot. I grew up in the West Country, so southwest of England. And it never, I never ever felt like I was different to the Welsh, to the Scottish to the northern and the Irish, because we're two little pebbles in the middle of this massive ocean. So I always felt connected. And it was was just kind of blown away by this. Oh, you must hate the other country because you're from England. And I'm like, well, we've got no, no barriers, you can walk into Scotland or into Wales. And they look exactly the same as me. And they speak almost the same as me. Now you've traveled so much, what's your perspective of some of that pigeon holing within our four countries back home?

 07:55

Yeah, I think, you know, without going super massively deep in politics, but people can only be controlled with division, I think that they need that division. So with every war with everything that goes on, there's always a division there, we want to make the good guys and the bad

guys, you know, the kids do it the goodies, nobody is the cops and the robbers, cowboys and Indians, whatever it might be. There's always a good guy and a bad guy. And that's how they can get people to believe in what they're doing, whether you're going to fight the Taliban, or they're going to fight the IRA, that one of them has to be bad and one of them has to be good. But I think for me, I've always been the person that if you say look that way, I'm looking the other way. I want to see what what else is actually happening. And you see it, whether it's Scotland in England, whether it's Catholic Protestant, whether it's white, black, this division is created as to is to make us dislike each other so that a war whatever it may, can happen for the benefit of someone else. And that might be financially it might be power, domination, whatever it might be, they're using people to fight to, to create creating division for people to fight for them to profit in some other way. And often when I go into the really deep discussion, and it could be whether it's a pro vaccine, anti vaccine, whether it's a black or white, whether it's Scotland, England, when we really discuss it, you know, nobody can give a really good answer to it. And something that I've seen with with the racial division for sure, you know, I see in Scott, Scotland, England, when I was growing up, everybody had to hate the Scottish the English people, you know, there was a sane anybody but England that was who Scotland would support with any sort of sporting tournament, it's anybody but England, and then they come here and they see these divides between races and cultures, etc. And it's always been on my mind since a little girl that somebody could dislike somebody because of a difference that they have. You know, I'm kind of I love everybody unless you're an asshole, you know? And then then I make that But I can see why it's it's done because it's so much easier to control a population when there is this division. And I work in the area of human trafficking and slavery. And it was funny when the, the George Floyd thing happened. And there was a huge movement in this huge like, this is bad and this is going on in the world. And then people were tearing down statues and all these kinds of things were happening. And I was like, there's 46 million people in slavery right now in the world. What are we doing to stop that? Stop tearing down statues and start working on this because the 10 million women and girls are trapped in sexual slavery. They're from every different race from every different culture from every different background. It's nothing to do with the color of your skin or where you're from, it's to do with the power, the profit, the domination, like everything else is. So yeah, I could go on for a long time.

 James Geering 10:54

Well, it mirrors what I've talked about a lot recently, one of my guests made a really just, you know, astute observation. They were like, take yourself back to medieval England, Scotland, wherever. What, when you're peering over the castle wall? What do you want the people in the village below to be doing arguing with each other? Because then they're not looking at the castle going? Why the hell are they in there? And we're out here. And so Oh, my God, that is that is spot on, you know, whether it's the vaccine, whether it's the race, whatever it is, when you reverse engineer, so many of the horrible things that happened in history, it wasn't an entire race that benefit or an entire country. It was a few people benefiting oppressing a lot of people.

 11:37

Yeah, so they need it. So whether it's, yeah, back in the Mesopotamia days, there was the slaves building things, we needed their control. We've got 1000s of people being controlled by two or three people, whether it's a prison population, whatever it might be, and if there's a

danger that they might come together, I don't know if you remember the beginning of COVID. But people were coming together people were we're supporting each other and we're, you know, helping each other out neighbors, we're helping friends we're helping. And then I mean, I don't know I want don't want to say coincidentally, but this major thing happened with a man getting killed by a police officer, and then it was division again. And then we were maybe starting to come out, we'll do vaccines again, we'll divide we can't allow us to come together and get on even and I don't mean we all have to agree that's 100%. Against what why would agree. I've got friends who are super far left, I've got friends who are super far right. I've got friends all over the board. But we can disagree without hating each other and without fighting with each other. You know, when I was a kid, I done debate club, I don't chess club, or the thing calls me a geek. But Debate Club was fantastic for learning how to discuss with someone with people maybe disagree with people but still get on at the end. That is the opposite of I think what people empower one, they need that division.

J

James Geering 13:01

Yeah, cuz I've talked about this quite a lot recently. Now the word debate means two people screaming at each other and expecting one to change the way they think that to me is, you know, we've we've ruined the word debates. And now it's this kind of conversation. I mean, there's lots of guests on here, that we agree with each other on a lot of things, because that's what humans actually do. And then when you push the balls out, and like, I'm not, I'm not super, you know, fundamental in the religion side. So you know, it's come back into the middle. But you can find that commonality and explore your differences a little bit, take it, maybe it'll sow some seeds, but you're not going to suddenly change someone's mind in a one hour quote, unquote, debate.



13:40

Yeah. And I think that there's a lot of closed minds now as well. I think social media has given us access to so much stuff, which is great, but people aren't willing to kind of I'm right. It's such a big thing at the minute like everybody's right, everybody is always right. And there's no open mind to well, maybe maybe, maybe that's not right. Maybe I could change my mind I love I love somebody who can change my mind on something I love it get find a new perspective and learning a new, a new way of discussing something because you know, nothing's hard and fast we can. We can see different people's ways and even things that I probably disagree with the most I can still understand where the person's got the idea from where they've developed it.

J

James Geering 14:26

Well, one of the most interesting stories in your biography that's very, very close to the beginning, is it kind of mirrors something that I'm actually writing my second book now and I'm trying to articulate this in this fictional story, it will be this time but that we were all born as babies he's blank canvases, and unless there's some, you know, true deformity or massive chemical imbalance in our brain, we are really then subjected to the environment. So you're growing up and navigating your childhood and as you as you write about divorce and Then obviously lost later. But you've got a friend Wendy. So at the time you guys are this parallel path. Talk to me about her. And you know, and how that path split because I think one of the

biggest things that we're so bad at even in the first responder professions is, oh, that's a bum. That's a hooker. That's a crackhead. And these were all toddlers once so you've got a kind of interesting parallel rope with her.



15:25

Yeah, we mean when they grew up the same area. She had. Wendy lived in probably wondering slightly nicer areas out of out of area where we lived. And she had a mom or dad or dad was, I believe he was a postman. And I can't remember her mom did work. I can't remember if it was a nurse or exactly what she done. To other sisters. You know, she had an as we both grew up, we, we were best friends. And she was you know, she was that girl that I was like, she's absolutely beautiful, you know, absolutely stunning. Tall. She could run so fast. Her fitness was amazing. She was just now I was burned when I was a little girl. So I was spent most of my kind of eight 910 year old in a like a pressure garment. So I was in this. We spoke a little bit of weed. We've done a little bit naughty stuff. And one day, there's this girl approached us and she she had some other drugs, and she offered them. And when he said yes. And I said no. And it was why I made that decision to say no, I don't know, other than I worked I had a younger brother that I looked after, like I different responsibilities. For some reason, when he didn't feel like her life was I really don't know why she made that one little decision that she made that day. And from that point, it kind of spiraled out of control for her. One of the girls who she knew she, she I knew she was in Aberdeen at the time, there was a lot of heroin, heroin was a huge, huge thing. So this girl had been taken it. And I believe that she had wanted somebody else who would help her by it just a partner to help and share the costs of the drugs. So she really wanted Wendy to be taken as and Wendy ended up taking it, I believe first started smoking it. And then I think by about 14, she was fully addicted to heroin. And I tried a lot during my time after my mom passed away, and I would do a lot of things to try and help her I worked in a tele sales organization, I managed to get her some work. But anybody who knows a drug addict, in that situation, she she would steal, and she would do things that would you know, it was out of her control, she was addicted to the substance and she couldn't control it. And unfortunately, it kind of just drifted from us, we stopped, we never stopped being friends. But I just had to protect myself and my family, I guess a little bit more. Always think about I could tell your birthday right now third domain, I always think about her. But it was years and years later when I was working in the bank. And I remember serving this customer as a bank manager at this point. And I was serving this customer and I noticed his address was next door to where she lived. And I said, oh my, my friend lives there by your friend. And when they said her name, he was like, Oh, the prostitute. And you know, my heart was just broken. It really, really broke. And I think a couple of years later, I saw her on the bus and all her teeth were missing. And she was with this much, much older guy. And she didn't know who I was like when we saw each other. I didn't speak to her. She she she got off. But it was always looked back. And that one little crossroads that one little moment in my life that I could have said yes to. And that could have been me. So yeah, when you see these junkies on the street and everything else and call them all the names and call them scum and call them bombs and everything. They were that cute little girl once they were that little girl that used to love running and used to love and just made that one little decision that that changed everything.



James Geering 19:10

Well, you talked as well about being in the world of trafficking now. And we'll we'll definitely unpack that further because I've had multiple guests talking about that very subject. But when

you look at a lot of these vulnerable women, a lot of times they are vulnerable because of some of the trauma of their past. And you write about the fact that she was preyed upon by a predator in a party when she was only 10 years old as well, which I'm sure contributed to some of her downward spiral.



19:36

Yeah, and it's funny you see it and I hear it a lot I my social circle is a lot of there's a lot of male groups and I've heard excuse for the words that will come out with but you know, sloth hor Trump, all these kinds of things when you see a girl in a dance floor behaving in a way where a girl is super drunk. And people call these girls all sorts and you've seen I'm all over the internet at the minute with this new kind of masculine wave of people saying stay away from the hole and all this kind of thing. You know, this was someone's little girl at one point and someone at some point is decided to hurt this, this little girl, you know, for Randy, she was 10 years old, a guy decided to and she No, I remember when she told me that this had happened. She didn't say that somebody had raped her. She didn't say somebody abused her. She said she'd had sex with this guy, she was 10 years old. And he was I believe he was 18. And she didn't see it as abuse. We all know that was abuse, we all know she was abused. But for that girl, she didn't see that we as we were growing up, we wanted to be like older girls, and you see and do things that you haven't got the mental capacity to understand that it's wrong. And maybe it could be a blood relative, it could be a friend of the family, somebody could take advantage of you without you even knowing they're doing it, which is often how things like grooming and all these other things happen. So to put labels on these girls, for whatever reason, and I think when, when abuse happens, whether it's, you know, child abuse, rape, all these different things that might happen, there's so many different paths that a person can take. And often I think you find that you want this victim, you know, we when we rescue a girl from trafficking, we want the movie that you know, she runs into your arms and hold you and thank you for saving me and you're my hero. That's not how it works. You know, when when you're broken, you become hardened. And you're this this tough, tough girl, or boy, and you don't want those hugs, the last thing you actually want is a hug. You want to be tough, and you need to preserve yourself. And so you can become quite vicious and you can become quite mean, but it's all this huge protection shield that you've just built over the years to stop anybody hurting you.



James Geering 21:57

One of the most profound statements I've heard someone say it was a while ago now was instead of asking what's wrong with you, you ask what happened to you?



22:07

Yeah. 100%. And that's exactly what goes through my head. When I when I see girls, I'm thinking what's what's going on here. Because I've been that girl, I've been that girl who's put that body around me and not that anybody and then pretended everything's okay and go out and do whatever you want to do, and then cry yourself to sleep every night. And but nobody sees that stuff. Nobody sees the pain. Nobody sees the hurt and and to judge somebody by a behavior like that, to me, is super naive. This, this girl has been hurt. And she she needs some help. And I think that to put that box as I was saying about what a victim looks like, or what a

survivor looks like, there isn't one size fits all. There's a lot of different ways someone can respond. And there's so many people that will be like, well, if she was really great, this wouldn't have happened or she wouldn't do this or she wouldn't behave like that. till you've been through it. You can't judge in your you don't get a comment. So

J

James Geering 23:07

absolutely. Well you talk and we'll get into this too about you know, ultimately competing and Mrs. World and then you are very transparent about eating disorders. When you look back now at some of the trauma, you lost your mother, um, obviously the family dynamic change. And I want to hear more about the burns in a second too. But when you look back now, what impact did that have on your body dysmorphia? Your self esteem and maybe some of the eating disorders that were attached to them?

o

23:34

Yeah. It was funny when I first started doing the analysis, like honest truth when we first started doing the mental health campaign. So basically, Deena decided he was good. We decided together he would say call from Argentina to Alaska, we were going to run this mental health campaign to raise money for Harry's heads together charity. And we would we ended up working with 11 different mental health charities throughout different fields. And I would honestly say if you'd asked me the very beginning of this, if you've got any issues with mental health, I'd be like, No, I'm fine. I'm completely fine. Nothing's wrong with me at all. And it's funny, I know, You've had Kelsey on the show. And she she calls me like a walk in PTSD. I'm like, I'm, whoa, whoa, whoa. But it's it's PTSD is trauma. You know, it's trauma that we've all experienced and then one after another after another builds up into different into different ways that will go short out, but they eating disorder is just part of of all of that. And I believe that yes, there is this, this fat issue, I guess you could say is it because you think you're fat? I mean, if that was the case, it wouldn't be it wouldn't be that the mental issue that it is because we've had different stages of life and I think the time I feel the healthiest and happiest is when I'm pregnant. So that's the you know, the babies you need be but they The sexual abuse side of it, yeah, that completely contributes to every type of disorder you can get. And yet eating disorders is one of it because you hate your body from the inside out every part of you you dislike. So you do whatever you can to change it or make it different or even hurt it or cause it damage. And it's there's so much that that goes through there. And that I guess that goes through everything that that that we've done. But the big traumas that something can cause when you're super young, I guess can be worked on throughout your whole life, but I don't think it ever truly disappears. But I think it's definitely a work, work in progress. And funnily enough, when I'm, when I'm at my happiest, and when we're at our happiest is a family those things do disappear. But then as soon as let's just say we have some trolls or let's just say we have people attacking us on various things, mind disorders will come back and forth. But we are aware that that's going to happen. So we were ready for it. So I think even now with when Dean see something going on, externally, he will look out for signs of what may be going on with me and vice versa with Dean of any of his things.

J

James Geering 26:13

I had one of the quests and she was it was Johann Hari who wrote chasing the scream and that



lost connections. And he was talking about this study, and I'll just give you the Cliff Notes. So the study was a IV only weight loss experiment. And they had this one lady who was very, very big. And, you know, she lost all this weight, but then fell off the wagon. She was there kind of rock star of this program, and then went back to eat and KFC and put on more weight. And someone obviously smarter than most of them had stopped and said, Okay, we need to find out why. So they actually sat her down and started doing a kind of a psychological forensic interview. And they say, well, when did you start eating? And she said I was when I was eight. I said, was there anything significant that happened when you were eight? And so yeah, that's when my grandfather started sexually abusing me. So no one in the shaming fitness industry stops to think maybe that person doesn't want to be slim and attractive, because last time they were, they were preyed upon. So even with you know, we think of eating disorders and the anorexia and bulimia, but I think the obesity epidemic that we're seeing in the US and through my eyes getting worse and worse in the UK as well. We're missing that entire mental health component of even the obesity epidemic.

 27:32

Yeah, I met a girl on the plane. Actually, when I was on my weight and Mrs. Rob, I met this girl on the plane and she was in AI and she all that I mean, that is all completely over my head anything techie, I can barely turn this computer on. But she was a super intelligent woman, super logical thinker. And on one of her trips now, I believe it was Japan. I can't remember exactly where she said, but she was she was sexually assaulted in a park. And she showed me pictures of herself at a time. And I mean, she was still a beautiful woman. But she cut all her hair off. She put a lot of weight on. But she she explained it to me somebody as intelligent and her was able to articulate in this logical way that yeah, I was attacked because I was a beautiful woman walking through a park. So the easiest way to fix that is not be a beautiful woman and don't walk through a park. And it was so simple to her to change it in that way. And I think that was That was really scary for me that because I've seen it. I've seen so many people do it. I've seen the haircuts I've seen the weight gains, I've seen the clothes, I've seen a different way that people deal with it, but to hear it so logically from someone like her was quite scary that that we feel we've got to do that to stop ourselves being being hurt or attacked.

 James Geering 28:54

Well speaking of esthetics before, we're going to walk through out of your childhood that we spent a lot of time in now. Talk to me about how you got burned. And then what that was like for you as a little girl. I mean, what I had grommets in my ear is a little tubes that they put in and I remember sitting on the side of swimming pool for months at a time watching other kids have fun while I just sweat it and so I can't imagine being in the restrictive body garment that you had to while other kids were playing. So what was that whole story for you?

 29:24

Yeah, so my I was my mom and dad had just got divorced. My mom was seen somebody else we had what we call a car boot sale. So I think like garage sale type of thing here. And we'd come home and my mom had said make tea. My granddaughter who was a super craftsman he he'd made this this too. And the breakfast bar where we'd make tea I was just eight so it was a

bit a bit high for me. So I took the stool to stand on I filled up this big urn of boiling water and when I went to pour it into the cup so I went along the With the stool and it just tipped over to the urn just came down on top of me. So I had on, I guess, my pajamas at the time and my mom's partner like, ripped off my clothes, which, unfortunately, because the the clothes are stuck to me by this point, it also ripped off all the skin and got into hospital. And it was kind of a bit erratic. And everyone was was everywhere. And then I got put into this, like incubation unit, which I ended up that was my home for the next few months really, because you're highly infectious. So the burns were pretty much from from here, all, I'm here you're on audio, but from from my neck kind of down to my torso, and then just splashes throughout the rest of the body. The major area that they wanted to graft was around my arm and my chest because that was the risk of effusion of my arm there. So they ended up taking graft from my leg and putting that in onto my chest in my arm. Unfortunately, they used what they called a parting graph at the time. So it was we had the options of like graphs and paragraphs, the paragraphs were meant to take better, but the surgeon said that you've kind of made a mistake on what he'd done. So it made the the scarring a bit worse. So I have almost like criss cross and scarring. And then you're put into once your dressings are done. So this is maybe six months later, you're going through some of the different processes you dressings. And then you're put into this garment that's basically just going to hold you in it's a compression garment for a year. So at this point, I was eight, nine. And school would by the time I got back, I missed about probably about six to nine months of school, but I've done a lot of it in the hospital, actually, you know, funnily enough, the hospital was one of the most fun times of of my life, you were just in there. And I ended up working with the nurses and helping them make beds in there. And there was a girl there who was in a coma the whole time I was there. So I would sit and read to her. And then yeah, so once I got out, I wasn't I mean, I probably could have done physical activities with Jim and pee, but it was, you know, what was it 30 minutes that used to get to be able to do the class, so I would just be sat to the side Well, Bobby, the teacher would do everyone when else and then so that went on for probably about a year or so a year of kind of sitting on the side. But to add to that my grandparents in the way of trying to show me affection and love would feed me so I've been in this compression garment and I would be eating lots of candy and that contributed to the first bit of weight gain and then by the time I get to 910 that's when the the I guess the fat shaming would have would have started for me like I was now a bit overweight I was no badly burned. And so then I think after I got out of the garment and like my scars it all healed there was the first trip to the swimming pool for me. And I was super excited because I love to swim and when I was before all this happened we swam three or four times a week it was it was our our thing and then so I was excited to get back into the pool. And as soon as I came up to the side of the lifeguard blew his whistle which obviously everybody turns around and loops I obviously looked up and he was just looking at me and absolutely disgusting. He called me over he says you can't go in there you will scare young kids in here you know because I get it they weren't very saintly, they were they were they were I guess scary to him but he wouldn't let me in the pool with with my burns. So I went back to the changing room and he says you can go and put a T shirt on or something then you could go and so now I'm kind of stood there in this t shirt about to get into the pool and people that are looking at me so I've got a t shirt on getting into the pool and I just that's not I'm just not going to do it so ran back to the changing room obviously upset and then never won't went back in again for for a very long time. And the pool was my my happy place and then and then there would be you know General insults from you know other kids various things there was I won't say a lot of names used to call but really by this point, I guess funnily enough that didn't bother me the fat and socks would get me more I guess then that the burns ones and then by still had my little brother to look after when he was born while at my mum got pregnant while I was going through the burns. So he was born just after and then he kind of gave me that new new little lease but growing up after my mom had passed away after the sexual abuse and

after everything else that had gone on the burns kind of took a backseat for me it was almost like it was a really good way of weeding people out if you know if you were going to be mean about the burns. I mean I've had partners criticize them without without knowing that I was there, and I just, it never honestly wouldn't affect me. And people have made comments, even women. I've had people stayed at them and make all sorts of comments. But it was something that the scars are part of me, this is who I am. And this is from so from super young age. And I was pretty confident about the burns after everything else. But I've seen so many people with scars. And I think when I got into the Mrs. World contest. That was when I started doing a little bit of modeling and things. And I remember being in this, this room with this girl, and this young girl was about to take the stage and her mom was putting these makeup on the scar on her. So what are you doing, and she's got to cover this scar up. She can't go on the stage. It's this little scar that was on her body. I was like, why are you teaching her that this is something she needs to cover up in height, like she's 12 years old, like, let her show off. And she's like, people, people make fun of people, like you ridiculous people that make fun of a scar, there are more problems with them than what there is with with your daughter. Don't teach her to cover these things up. Yeah, so that's where I'm at. And then

J

James Geering 36:08

I've got a friend Shay askew, and he was really badly burned, there was a swarm of bees, and he was a little boy and one of the neighbor girls decided the best way was to throw petrol on the swarm while there was ignition source, he was engulfed in flames. And I mean, really, really bad, different burn from head to toe and the kids. Again, as I'm sure with you, there are kids that are very kind and empathetic. And then there are kids that are cruel. And one of them is to call them Freddy Krueger. And so rather than get all upset, he just turned to him and say, You're right, I'll see you in your dreams. And he kind of flipped it on him. But it's such a sad reflection. Because if you know what, and you you know, I'm preaching to the choir, when you hear what a burn survivor endures the debating and you know, one of the most painful, agonizing things that anyone can go through the rational human reaction should be empathy, like, Oh, my God, you know, I know what you went through based on the scars that I'm seeing the wounds that you've got. And it's heartbreaking that these people that have been through so much trauma already, then endure some of this bullying after they've gone through it.

U

37:19

Yeah, and I think it's just people like to see something in between. I mean, I have to say, there's not, when we're talking about majority, the majority are empathetic and kind. And I, me personally, I like people to ask rather than stare. I do. Like if somebody asks, I have had people stare for a really long time. And I'll eventually just kind of turn my head and be like, Is there something you want to want to ask? But for me, it's even still ongoing. I think my last operation was just a couple of years ago. And I'm always, you know, my, my arm constantly fuses to my side. So I'm always going to have to get that released. And as I have children, because it's my breasts that are scarred as I have children, I need to always be doing different things with breastfeeding and stuff. So I'm probably always going to have to get to get something done with it. But yeah, they one thing that would, they came here and realized that obviously, you get the treatment after burns. But the post care that's the most important thing I could not imagine if I didn't have the NHS in the UK and the post care that I got, which is you know, stopping the skin from tightening and all the different things that you've got to go through and

all the operations that I've had that isn't covered here unless you've got the insurance. So if a little kid is born and doesn't have this stuff, they could end up with this Titan and pain for the rest of their life and never be able to get the the care that they need. And that really scared me. So there's a lot of associations here that that deal with that and do but it is charitable basis that they have to do it, which is really sad.

 James Geering 38:55

One of my friends who actually helped with some mache surgery more recently, he was a Navy SEAL transitioned out he himself was blown out of a Humvee but didn't have burns. Specifically, he ended up meeting an Army soldier, US Army soldier who was very, very badly burned. And in the conversation, the soldiers said, Yeah, this is the best the VA said they can do. And he was like, well, that's bullshit. So he started a nonprofit called sons of the flag, which connects some of the best plastic surgeons on the planet to war fighters, first responders, etc. And when you hear, you know, the so so often, it's soldiers, it's, you know, first responders, it's people like that, that are starting these nonprofits because there are these gaps. Now, I'm not going to load the question my opinion of the NHS is it's demonized in so many places. It's called socialized medicine like it's created by Starlin. But what I saw with my own eyes in the UK, with my my family, for example, he paid Bupa for a long time until they priced them out and And then it was the NHS that really gave them care was phenomenal. And I've always said to people, when you walk through the door of a hospital in the US, the first thing they ask for is your social security number. When you walk through a hospital in England, they're concerned about you and what's going on. So it obviously there's pros and cons, there are places that are great in places that not so great, and they've cut and cut and cut. What but I'm, I'm a huge fan, when fully fan funded and properly staffed of that system without loading it. That's James Geering. His opinion and what is your perception, especially with you having received NHS Care of that, now that you live in the US and you get to see the system here?

 40:37

Well, now that we're living here, this, I used to be a bank manager when I was in the UK, and I was in charge of three separate banks, over 8 million pounds was coming through my banks in any day, I had 3040 staff under my wing, I pay more for insurance here than I was paid as a bank manager in the UK. So that gives you an idea of how much you need to be even earning just to get full quality of care here. And in the UK, that was free. Yeah, I ended up with private medical in the end. But when I was a lot older, when I was growing up, if we didn't have the NHS, the life for me will definitely not be the same. You know, my my mom worked in hotels, my dad was a bus driver, we couldn't afford the private insurance that we have here. So for the very, very basic health care, that wouldn't have been enough for me for the operations and the things that I've had, over the years, I would have you're given treatment to be looked after here, but I couldn't even care and it probably would have probably 14 surgeries since since I was little like most of them wouldn't be covered under the emergency health care here. So I love the NHS. Okay, well, that's all I'm gonna say it was. It was it really did blow my mind come in here to see that. Yeah, exactly the same thing. The first time I took my kid to the hospital, what's your insurance number? What's your card? This? Can you just look after my, my little baby here? And they need help first? No, no, we need all this first. And it's they Well, what if I don't have it? Where are you? What's going on? What's going to happen here? I speak to some people that I know that don't have insurance. And I'm like, You must be literally running the

gauntlet every day. Like what if something goes wrong. And then the fact that these debts transfer between families and people could literally be wiped out, you know, you could build up a home or a car, all these things and it could all go with one heart surgery or, you know, one one issue that might go wrong. And I think that it has worked in the UK and they've managed to build this system. And you know, we've still got a really good system going on there. I don't know how it can't work elsewhere. And then some of the greatest countries I believe things like Sweden, Norway, Finland, you know, for mental health, I think that's all free there as well. We can they've got the lowest rates of suicides and various things there. So the government funded systems work if they're done right.

 James Geering 43:27

Exactly. And I think that's the thing is, as we have seen, I think COVID was a great sounding board for someone was actually worthy of their salary as a leader or not. Some countries were amazing and some countries were clearly not ours and our previous ones for example, but But yeah, the system itself when funded when supported and that means actually providing the equipment, the staffing not just standing outside and clapping at five o'clock, when it's actually done properly. You know, to not have to think about that and I was a firefighter paramedic so I was the one weeding these people in so I've seen hospitals you know, more so than the average person and thinking about when my grandfather got cancer at 99 years old and I watched him get better care under the NHS after being dropped by Bupa because they priced them out when it was actually time for them to use the benefits they paid for for a long time the private and it was the NHS that got the home visits the hospice care the visits to my grandmother for weeks after he passed that you would never see here and even the side by side comparison if you look at it, it's cheaper and every single area I think cancer treatment is the only thing but again I'm kind of torn on the cancer world anyway you know I think that you know we just to nuke someone with chemicals or radiation and then fingers crossed that they survive it. I don't know if that's the best science personally, but every other thing like the number of beds, number of doctors, all those are actually better in the UK. K for cheaper than it is for your premiums and co pays here.

 45:05

Yeah, I mean, without a doubt. I mean, my mum she was she was 37 when she passed away and again, yeah, she was she was loaded with chemo. And I think that was a big, a big reason that, that we know, we didn't know any different than to do anything different. But when I speak to people, some people here that maybe don't have the insurance or have high co pays. And the main, the first thing they're thinking about is how much is it going to cost? Which one can I afford? Which one can I afford? And I think, you know, this country is run by pharmaceuticals. I don't think there's many that would dispute that whereas I don't think I've ever been subjected to the amount of pharmaceuticals when I came here. You know, in the UK, it's almost what is it that you need? And what can we do for for the situation because nobody's profiting from it. First, the first kind of physical we done when we were here, they wanted to put the kids on meds or in me on meds, I'm going to do that what what Well, I mean, I went the other day, which they I had a trap nerve in my back. And it's been I haven't been able to get to sleep with it. And I went to go and see if we could get it looked at and see what it is. And I left with a prescription for antidepressants. And I kind of looked at dinos like how did that just happen? You know, because he gave me the prescription. I looked at it, Googled it, and I was

like that's an antidepressant for for a pain in my back. But I just wanted to see where the nerve was and see if there's something we could do physical therapy or something to get it fixed. And walking out with antidepressants. It was really worrying for me that that's the way that they want to go this kind of profit above people, I guess.

 James Geering 46:43

There is an amazing movement practice called foundation training. It's a guy, Eric Goodman, Dr. Eric Goodman. He was a personal trainer that then went to chiropractic school very, very long story very short, jacked his back up when he was doing I was lifting before was in chiropractic school was going to have surgery on his back had this epiphany like, wait a second, how can I be a chiropractor with a big scar down my back. So he ended up diving into all the stuff he learned in the physical training side, then all the chiropractic and the yoga and pilates and created the system and it just looks kind of like funny yoga in a way and you only do it for about 1015 minutes a day. But I tore my back as a firefighter lifting a patient and was exactly like you was thrown in a medicine all this stuff. And I was like nah, this is a trauma. This is like someone crashed my car, you know, I don't need to paint the car, I need to fix the car. So I took a it took a few months but I mean I've gotten not only heal, but it was better than ever been before. So I can highly recommend if you're having issues with with backs, and so many of us do exactly what we're doing now which is sitting which creates that imbalance. And then you add your burns from Shura compounding, as well. That is an amazing movement practice and they have free videos on YouTube. And then they have a streaming thing that you can subscribe to, if you're if you buy in.

 48:05

Oh, yeah, that would definitely be interesting. Yeah, I mean, yeah, my, my trainer back in Aberdeen, she would always laugh at my complete misalignment of my body, like every time he was just because this has this are. So my left arm was, I guess for maybe 10 years down by my side, I couldn't lift it up until we had to retrain it and be able to loosen off that arm and sort of so kind of everything supported by my right. So even if you know if I'm bench pressing or anything like that, you can see the right kind of goes way up before anything else happens. And she would, she would just laugh at me for it. But no, she was great. She would try our best to get a line but it's still a lot of work and even done there for sure.

 James Geering 48:46

All right, so let's let's walk you out of childhood now then. So you talked about banking, that you're in for quite a while when you were in those school age. Was that what you were dreaming of getting into? Or was there another career aspiration prior?

 49:00

So I guess school age, I started off as a vet, and then I had a dream about a spider covenant, my surgery and then that just changed everything. And then I wanted to be a lawyer that was really my, I guess my dream as a kid. Any injustice that I've seen, I was like, I need to fix this. I

want to fix it. And so being a lawyer was what I wanted to do. And then accountancy was I ended up taking maths and accounting and economics in school and I loved it. It was just something I found really easy to do that I could flow through either really good accountant teacher, which definitely helped. So, finances and money was something that I just naturally enjoyed doing and love doing. So my mom would say like this is Accountancy is what you want to do. I ended up winning the Barclays Bank account and prize when I was about 13 or 14. And then that was almost what was exciting. back to I was going to do when mum passed away, university and all that idea went went out the window that was wasn't going to happen. So it was straight into just work in life. And I've been working since I was 11 years. So we all worked in our house. And I'd done I guess various different things in tele sales and door to door sales, I was working door to door sales for a few years in Scotland, that's not a lot of fun. So I decided to apply for another job. And then it was when I got into debt collecting that I got more in financing. And the debt collector inside of it was because I was used to doing door to door that the debt collector was about going around people's houses and collecting their money, which was mainly a guy's job, I guess, at the time because the approach was more of a forceful approach to make people pay, but my mom was somebody who who would get those people around her house. So I wanted to do it a different way. That wasn't what the y wanted to do. So I would sit down with people and do budget plans and work out their finances and see what we could do and how we could make them more able to pay. So that was how I would approach it. And I ended up becoming one of the top debt collectors in the country because of because of that, and I never got into a fight. Not that we'd want to get into a fight. But that was how I done it. And then because of that I got offered this chance to run a branch and then this job came up in an actual bank. And I thought, well, I'll give it a go. And actually, when I applied it had the qualifications were you know, degree and experience and everything else. And I thought well, I don't have any of that. But I'm just going to apply anyway. went for the interview and just got on very, very, very well with the regional manager and that was it. So no, it definitely wasn't what I necessarily wanted to do it was something that I was really good at.

 James Geering 51:55

I worked after school in London for just a few months but it ended up being that's it ended up it was it was presented as like a pyramid scheme. So the whole thing was they went to gyms, hair salons, paintball places, and said, Okay, if we could get someone to walk through your door, what would you offer them for free, and then they would make this kind of little gift car package thing, we would sell it that you know, for 50 pounds, and then you know, obviously the top person would get 10 and it would work its way down. But that was all about cold calling. You got industrial centers, you go on the streets, and I'd be dressed up in such a douchey thing little polo neck and like frickin effeminate hairstyle. Hey, can I ask you about your hair, but it made you have to talk to people that didn't want to talk to you and try and be charismatic and I didn't do over to you. I was actually like you I was good at it, but I hated it. I hated it. But when I look back I'm like wow, that probably served me as a firefighter or paramedic as a podcast host when you look back now the debt collecting and the door to door sales. How did that factor into things that you did later in life?

 53:02

Just really funny if you asked me to do it now I'd be like No, no, I'm not but you know if I needed to if I had to do it, I would do it and it started that wasn't one of the products I sold windows and doors kitchens bathrooms everything but one of the products was that were you it was a

card and the person would get like two for one at a restaurant or a gym pass or and work the so we would travel around the country doing it the first card you sold of the day would cover your accommodation and then every other one you would get I think we sold it for 20 And you got 10 and the boss bought 10 So it was purely commissioned only so if you didn't make any sales you didn't make any money it was as simple as that. So you had this you had to first of all get that first sale you wanted somewhere to sleep at night get the second sale for something to eat that night and then everything else was was your profit so it was a definitely where you picked up the buck stops here because nobody else was knocking that doors for me. I had to do it. But secondly, where you learned how to speak to people and interact with people and find out what it was how people tick how you could get that sale because nobody wanted to buy that card and nobody wanted to knock on your door at eight o'clock at night when they've just sat down for Coronation Street or wherever and they're there dinner's ready and then there's you kind of annoying them on the doorstep so yeah, so much resilience, so much confidence I guess and speaking of people find out about people learning what you want in life I guess as well because that was once I left that job I didn't want to go back to that job.

J

James Geering 54:39

Well, I heard you talking on the Mind Muscle podcast I need to get the host on as well cuz I think he was not only special operations soldier. I think he was a firefighter as well. I've got that rain in New Zealand. So so but you taught you just mentioned that you were a banker during the 2008 crash. So what did you see through a British bank eyes on The British contributing factors to those and then the aftermath.

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55:04

Yeah, so I went into so finance was something that I was in in various different ways. I remember working and so there was banks, which are your traditional banks, which you've got, you know, your Chase, Wells Fargo cetera here. And then you've got your more finance companies, which are like, mobi Black Rock HFC. Here, there, I'm not sure exactly what they've got here. So I worked in the finance companies at first. And when I was working there, there were zero regulations. So there was things like ppi, which was insurance, there was various different things that you could sell as add ons. And you could sell them however you want it the things that I wish I still had the training manuals and what they would tell you to do. But it was really, really scary, like training for somebody wanted this loan, and you were literally doubling that loan with all the things that you were adding on to there. It really wasn't ethical and how they got away with it for so long. But then they didn't and then there was the crash. But I'd moved into banking, literally the year of the crash. So I didn't know that side of things, which was like savings, investments, bonds, ISIS stocks, all these things were kind of new to me when I went into there. And it must have been maybe it was like literally a matter of months. I started there and the crash happened. So I've got people trying to close down their credit counts, trying to cash in on what they've got trying to you know, people losing literally hundreds of 1000s of pounds overnight. people crying in the bank, like everything was going on, and I'm very good. I'm clue what these things are. And never mind what's happening to them. So you had to learn. I mean, the one thing that I hate to do was was repossessions when I was in the debt collecting industry, well, here now I'm having to repossess everything, homes, cars, everything are getting taken off of people. And you're seeing like the worst and the people that you know, your normal bus drivers, firefighters, 95 people were the ones who were against



least affected in the way that they weren't. They weren't losing what the other people were losing. But you were still seeing the effects because it trickled down to them in some way or another. If the if the rich are suffering, you're going to be suffering as well somehow. So I think Northern Rock was the first bank that crashed and when that went, everybody wanted to clear their banks out and again, it was all on panic and fear and everybody didn't know what was going to go on and people were just terrified that they were going to lose everything. I think the regulator's at the time were covering like 8000 It wasn't a lot it's a lot more now I'm not exactly sure what the figures are but your your money is a bit more protected now but still, you know, if you've got a million in the bank, and that turns into 100,000 overnight, it's it's a scary situation. So you're dealing with people in like full crisis, it was just full crisis More than people were seeing the release and everything and a lot of IT people that had worked for this their whole entire life to build up this nest egg that now just disappeared think that Icelandic bank crashed and that was a disaster for people that had that that was it was it was awful. But you you were in full learning mode that didn't start for a few years.

J

James Geering 58:16

So what about meeting Dean Yeah, your work in the bank and when did that kind of crossover and and talk to me about going into what is now a not just a military family but obviously your special forces military family.

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58:30

Yeah, so Dean was I was in Aberdeen, I was working in this bank and Dean was in Aberdeen for a training course. And there was the bank holiday. So in the UK, we have eight bank holidays a year. So Sunday evening for people that work in a bank Sunday evening, bank holiday weekend is a night out. So this was the August bank holiday. Me and my friends were on a night out, we'd walked into this bar. And it was it was actually a bar that a church that had been converted into a bar. This is what Aberdeen is so there was a kind of the bar was right down the middle of the old church. And we were all down one side of the bar and me and my friends decided we were going to leave we were leaving out the back door which was where all the other clubs were. And I remember walking out the door thinking just wait a second, maybe we need to go around the other side of the bar and my friends were like why we're ready leave let's go and I was like, No, I just think we need to go around the other side of the barn. It was literally just a stopped dead on my feet moment where I just had no other side. So we walked back round and there was this group of guys just just stood there and I remember seeing Dean and I thought no, let's just stay for one more drink. We stayed for another drink. And then I think Dean a few of the guys came up and we kind of just ignored them you know and then dean came up and again i i done my I think didn't call me the ice queen. That was that was his nickname for me for a while and I just ignored them pretended I didn't see him and then yet that was it. So he was there for the rest of that week. He can we, we saw each other every day. And then it was he was going back. So Paul rodina lived was one end of the UK and I was in Aberdeen on the other end of the UK. So it was on the last night we were playing pool. And Dean said, If I when I got to keep his watch, so it was his SBS watch, which is one of 250 in the world. And if he if he won, I would come and see him again. So I was pretty good at pool. And it was, I think it got to like it got down to the wire. And then and then he won, I won't say whether I let him win or not. To this day, that's not been confirmed. But we yeah, we started seeing each other more, we would literally just travel the length of the country to see each other every

as often as we could. But Dean was on the pager to deal with special forces. So he wasn't allowed to be outside of a certain ring of camp. So it was mainly me coming to see him. And then literally, I guess six months later was when he had his injury. So he was in Oman train. And then he jumped out of he was doing a parachute jump, his leg got caught in the Reagan line, and his ACL is MCL, everything got torn. And that was kind of the end of his military career. And then yeah, he was in pretty bad shape for a while till we got them home. And then it was the kind of long road ahead for fixing him. So we had this amazing whirlwind of six months of just, you know, complete, like adventure and what we were going to do, and all kind of came crashing down that day, literally.

J

James Geering 1:01:48

So the transition is something that's notorious, the more I've you know, more people I speak to the more it's definitely a very, very prevalent element to a struggle for someone on uniform. You know, you're you're in this tribe, you're within this group, I'm assuming that the guys he was within that pub are properly, you know, teammates that he would die for. You have a sense of purpose, you know, you have that identity as a soldier or Special Forces soldier, you know, firefighter, and then especially injury one day you don't, you know, and now you're on the outside. What did you witness as far as his struggle with transition through your eyes?

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1:02:24

Yeah, so So the guy that I met, I mean, I was 2627, I met Dean. And I've been pretty much single for all the reasons we've we've already spoke about, but I wasn't, I wanted to be by myself at this point. And I wanted to work and I wanted I had, I was buying properties, I was doing my thing. So somebody who was going to turn my head away from being single had to be pretty special. And he was that he was, you know, nothing was impossible. Everything was an adventure. Everything was fine. Everything was and then pretty much from the moment this happened. He was on heavy medication for the pain to start with. So it was you you know, people are like when they're they're made up, but he was very down. He was very zombie like. And then once he realized that his career was over, this darkness almost came over. And the kind of the fun loving the happiness Oh, kind of just disappeared overnight, really. But I knew this guy. So I was like, this can come back. This is cool. We can work on this. And then I guess one day, and he was in the kitchen and he was making themselves some breakfast and they just heard this like roar. And then it was just this horrible sound. And I can run in thinking I don't know if it stabbed himself or something that I didn't know what had happened. And he was just furious. He was red, his eyes were red everything and all I could see was this egg on the floor. There was an egg just broken on the floor. And I was like what's wrong and he was just, you know, I'm not a man, I can't even make breakfast. I'm like, I'm worthless. I can't do and it was just this really just broken. His broken leg was broken, man, maybe it was horrible. See, and then unfortunately, he lost one of his friends on the tour that he he wasn't able to go on because of the injury. So that again just just changed everything for him. And it was just a lot of anger. A lot of sadness just really struggled to get him to just be enthusiastic about anything. So I really had the option at this point. Well, is this the life that I want? And it was horrible. Yeah, I've showed this guy like, I I'm in love with this guy. I'm gonna do what I can't get him back to that, that that happiness that he wants he wants was so that was when we decided let's get into private security that's going in this world but the transition period in the military, they offer you all these courses and I went along with them to sit in on one of them in

particular. And they done the CV right in how to do a resume and how to do a job interview and then they had all these guys came in, they were super successful and their businesses afterwards. But to me, I was like, right, if he goes into private security, for example, which is the road that a lot of them go down, you're more than likely going to be self employed right now you're in the military where you've had this paycheck coming in, and going from self, from employee to self employed, he's got so many changes, for example, you can't get a mortgage, you can't get like finance is gonna go out the window, do you have debts to pay off, there's, there's all these things that weren't explained to them. And then just the basics, like these guys that, for example, did never pay the bill. He he lived in military quarters most of his life, you didn't know that you had to pay for water, he didn't know you had to pay for electricity, gas, there was all these different things for his what his tax what his council tax, he didn't know any of these things. So we had to blew my mind that these weren't being taught as the basics for the transition process. And then that you then had to learn how to go from working with the dean had been with his his father in the military all his life. And then he's been in the military all his life, he's only ever known the military world, while transitioning from military to civilian life is a huge deal. So none of that was taught. So I sat in on all these classes, and I was like, No, we've got so much more work to do to get them to become less, I guess, institutionalized. It's a bit like coming out of a prison, you've been in this institution for so long. And now we have to teach you a whole new way of life. So I knew that the work was going to be cut out there. And that was really, I had to make that decision that the kind of entrepreneurial side of me that I built, I was probably going to have to put a lot of this now into Dean, because it wouldn't be good enough just for me to do well, he has to be able to do it. And he has to do it on his own. So I have to get him functioning, but I have to make him believe that he's the one doing it. So there was a lot of decision making I had to do. And then we found out I was pregnant with our first daughter as well. So we then had that complete transition there from from my life as well. So there's a lot going on in that little time period.

J

James Geering 1:07:13

So again, I heard this on on the Mind Muscle podcast, you talked about the story of Haiti, so and how that led you into the kind of executive protection side. So walk me through that then. And then if you want from that segue onto the your introduction to the world of human trafficking and slavery.

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1:07:33

Yeah, so when I will, will, we went back to when I was my assault happened when I was 17, I was living down in England, and it was two men who had had raped me and I had gone to court, there was nine other people had come forward during during my process of what had happened to them with these, these other two guys. And all the way up to the court case, these nine people dropped out there was a lot of intimidation and things going on during it. But again, I was bullied doesn't really work for me. So it was I went through with a case and got to court and I remember the Victim Support Team was this tiny little unit really got put into a room and then I went to the the stand and was you know interrogated by their, their counsel well, for they were kind of sat just across from me, I remember the process, I remember the the degradation being spoke about, you know, your sex life, who you are, what you've done, what you've done in the past, all these things that go through. And I remember, the rape itself wasn't nice, like we won't lie. But that but the process after was 1000 times harder. I remember when I

went to the police station, and I had to get examined. And it was a guy that came in to do the examination. But it was middle of the night he'd obviously been walking up and he wasn't happy about you could tell he wasn't happy about it, in this piece of papers put on the ground, and he's like stand on there, take your clothes off, you know, get on the bed, open your legs, all these kinds of things. It was for a 17 year old who'd already just been through that it was a horrible process. And I remember that whole process after was 1000 times worse than the actual incident itself. So after the court case was finished, it was it was kind of firmly in my mind now to not allow other people to go through that and to see what I can do to help. So it was always part of helping abuse survivors. But I was learning more and more about trafficking. But this is kind of back in the early 2000s. So it was meeting different people that were working in the arena's of abuse and I guess at the time I didn't know fully what what trafficking was and how people were bought and sold and slavery and things. So always always learning but I was meeting a lot of people So 2010, the Haiti disaster hit. So for context, whenever there's a large disaster of any kind, that's when the criminals will move in. So for this instance, it was it was traffickers. So a lot of kids were being orphaned, make sure makeshift orphanages are set up. And when the kids are there, the traffickers move in to take them out. So a friend of mine who ran stopped the traffic, she said she was going out to stop these organizations and stop these things happening. But the minute she was announced, she was going there was a price tag put in her head, and it was like \$5, that was the price for her. For me it take her out. So she said, Can we get protection. And then when I contacted the people, I know even the cheapest people were still like 300 pounds a day, which for a charitable organization was still a lot of money to be able to get. And I said to Dean, we, we have to be able to do this like we have to. So obviously Dean could but legally, we both needed to get qualified. So that was when we decided we would go into close protection together. Dean was obviously already fully trained, knew what he was doing. But we went found the best course out there, which was called a new business run by a guy called James Johnson. This is a four week residential course where you learn everything about the world of protection. But Genge was just changed the train the Modine back in the late 70s. He was just like a legend of a guy like literally is just a legend in the guy. And he would pull me aside and just show me different ways to do it from what he was teaching the guys like it was he was he was such a good person still in our life now. So he's, he's a cool guy. And we both learned force protection but that was when I found out I was pregnant with with Molly. And so yeah, bodyguards and pregnant bodyguards are not are not a big demand. So but that was cool, because there was still there's still a lot of behind the scenes work needs to be done in the protective world. So Dean was out front doing all the work and I was behind doing it and and that worked out really, really well.

**J** James Geering 1:12:04

So I want to get into that that world because there's there's a lot of myths, you know, the kind of white rave van that pulls up and throws a bag over someone's head and flings them in is not usually how people are groomed and found. But before we do one area that I missed, you talked about the weight gain, now you have a sexual assault, or rape misuse of right where we have a rape at 17 years old. At what point did you overcome your initial weight gain and then kind of refined your physicality? And was that prior to the rape? And if so, did it have an impact again after

**o** 1:12:38

I think it was always up and down. So I think from from my mom personally, when my mom

died, my weight plummeted at that point. And I think that was when the the eating disorder really took over. I think there was a point where I was having like half an apple and I remember the end of Cornetto cone, you know, the little chocolate, but at the end, I would have that I would just pull that bit off and have an apple that was my daily diet pretty much and and actually that went through till I was arrested for shoplifting. So I it was it was crazy time. I now understand that shoplifting is part of the grieving process. It's this kind of trying to fill something that isn't there. But you know, I when I got picked up, I had a lot of stuff on me that wouldn't even fit me that I've never would have worn that wasn't anything of mine. It was just it was just stuff. And actually the police were really really good to me. I can't like they were super understanding super supportive, but I remember being in the cell. And the reason for that discussion was money was tight. I had my younger brother. And I was working in this tele sales department and this woman had said to me, you know, I was really struggling because I had to get Adam to nursery by, like 6am so that I could go to school. So then that I could go to work. So it was it was really long days I was doing and she said look, I can give you this stuff that will help you keep you awake. Which I said yes to time it was it was amphetamine. But that was assisting with a weight loss. So I wasn't eating, I wasn't sleeping. I was then taking this and when I got picked up by the police, I had this in my bag. And the police made it made the great decision that this was all part of mom's mom's death and that they weren't going to press any charges. They weren't going to bring any charges to me but I remember sitting in the cell and I was it was on this little bench and almost like my little body was was was half filled in half the bench because I was that small but if you'd asked me at the time, I'd say that was huge. But coming out of the police station that day and seeing my dad my brother and how upset they were. I think that gave me my little light switch moment and I was like no, I need to To get this under control and you start making myself sick and you do all these things too so that was my first time that I I tried to address it by myself and then the the rape brought it back and there so there will be ups and downs throughout throughout the years. Me meeting Deena think and learn a bit more about fitness definitely brought me into a different realm because up till that point i Everything had been done through the eat and this point was now where Dean was and obviously he was super fit he was teaching me a bit more about how to keep fit but now he was in when he got injured I had to learn more about how to now keep him fit keep myself fit so then that's when I started studying nutrition and physical and everything about keeping the body healthy and once I started once I switched myself onto that it did change me

 James Geering 1:15:57

so you end up in the world of pageants the missus world environment So walk me through that you've had this up and down you know you've had this these these burns, you've had bouts of feeling like you're obese pout bouts of being very, very anorexic. The pros and cons of your journey through that particular environment that you found yourself.

 1:16:19

Yeah, so I was dean was doing his challenge on the bike ride. At this point. As I said, I put everything into making his life better and making everything work for him. And I had really forgotten about myself. But the life that we had was was good. And because we were helping people and we were doing the things that I'd always set out to do. We had two kids now at this point, and amazing kids. And then the most important thing with me was that Molly wasn't going to suffer on those things that I'd I've gone through so her self confidence was really

important to me. So I, the one thing I wanted to see was that mom was successful too. Like I was always supporting Dean and I always had other things in the background, but I wanted to do something that that was different. So anything that was intellectual was cool for me I could go in and do that no problem but to do with things like beauty or modeling or anything like that was so unbelievably alien to me that I wouldn't even consider it so that was almost why I decided to do it because it was out of my comfort zone and it was it was setting myself a new challenge. So I'd seen this advert for Mrs. World which was it was about it didn't say it was it was a beauty pageant. It said it was about being a wife being a mother being a business woman, women empowerment, all these kinds of things that were being spoke about at the time. So I was like yeah, I'm gonna give this a go it sounds like something that I could do. I want to challenge myself I want to take myself out of that comfort zone and go for it. So I still had all these things from the pasture of course, but you have to you have to challenge yourself you can't live in your comfort zone at all. So that was when I decided yeah, I'll do it applied for so first of all, it would be Mrs. Aberdeen and one that then went on to Mrs. Scotland and won that and then it was Mrs. World in in Vegas. So I quickly learned that I was super rattled by that but that was cool because I was meeting people that were in an all so much have I done so the kind of philanthropy world and what I've done with Dean and everything else was completely alien to them and they were like wow, this is amazing and I would look at them like tall and beautiful and poised and just looking fantastic and I would just be you know go crashing and then they they tell me now that it was it was it was likewise but the first thing I got told was that I couldn't walk so I had to learn how to walk which I thought I was doing okay for my life but clearly no but no I joke but it really actually did give me some benefits there's a lot of it that I didn't like but the people that I met in Mrs. England to I've stayed friends with she taught me how to walk taught me how to hold my posture how to carry myself better how to look after my my appearance a bit better. You know, I've always been you know, no makeup and just put on what's comfortable. She was like no, maybe you don't want to be so comfortable put something there so I'm so she was cool like that. And then I kind of helped her with her own mental health and her own struggles. So we weren't together in that.

**J** James Geering 1:19:37

Well, firstly, the film Miss Congeniality springs to mind when I think of someone who wasn't in that realm that was found there. You talked about that as some areas you don't like not demonizing it but what were those the other side the things that you didn't, you know, sit comfortably with you?

**U** 1:19:52

I think so when I got to Vegas, that was when Mrs. Rowe competition was on there was for a women there from all over the world and I spend a lot of time with them and speak into them and learn about them. And they were they were phenomenal. Mrs. Belarus had businesses she worked for the government. She she done NGOs. She was fantastic woman, but she was vocal, you know, she would speak out about what what she liked or didn't like. And I guess day one breakfast Mrs. Ukraine came in super tall, beautiful girl. She had a little skirt on and a little top on walks into the breakfast Hall. And the lady running there who was almost like her escort, she pulled her aside and she stood her next to us all. And she and she basically braided us in front of her their skirt was too short. But her cleavage was showing too much light in front of all of these girls. And I was like looking around, like, What the hell is and you're gonna say anything

here. This girl is just being shamed in front of us all. And she's a beautiful girl. So I got up and went to ask her if she was okay, and we had a little chat. And then we went to Benihana restaurant in the West Gate casino and we were all having dinner and the guy who kind of runs the organization came in and he was whistling at the staff clicking his fingers at staff just just being really arrogant as far as I was concerned. And as he walked in, he whistled on one of the female waitresses and just kind of clicked out and I, you know, shook my head and, and he turned around, he says, Does anybody find this offensive? Raise your hand if you find it offensive. So my hand is like way in the air. And as you can look around, not one other hand is up. I was just like, are you telling me none of you find this offensive? And then as the evening kind of progressed, they were all like, I can't believe you put your hand up. We agree with you. But we couldn't put your hand up. What was that? What you're meant to be a representation for your country. And you're saying that you can't speak up when somebody's being an asshole. And I think that was when I realized that it wasn't about what I thought it would be about. I mean, these women were amazing. But they were after this, this price. And I think when the 12 that were stood there at the end 12 fantastic women but when I was in backstage with the other people I was like, all of you are fantastic. All of your amazing, but you're the ones who were there were definitely more vocal ones were definitely want to have more to say. And then you will spend maybe 20 minutes on stage and a swimsuit. But my interview was four minutes, we will talk about me for four minutes and what I done but our my cause, which was the main thing that I wanted to get out was speaking about human trafficking. And we had four minutes to discuss that. But you've got me on stage for 20 minutes, there's a swimsuit. I don't know how that tells you more about me there than that. So I tried it. I done it kind of ticked that box, but it wasn't for me.

J

James Geering 1:22:53

Well, speaking of your passion and the human trafficking, I want to get into the the immense problem that we have in that area, some of the myths around it too. But just before we do, again, in that podcast, you touched on being asked to do a TED talk. And I think what was very interesting is beautiful thing about a conversation like this is you say exactly what you want to say there's no intermediary, there's no no filter. Talk to me about that experience. And then you know, what was told to you versus what you were trying to put out to the world?



1:23:25

Yeah, yeah, you're absolutely right. That's probably one of my I don't. I've always been I think from from when I was part of that that rape case, people were always trying to get me to say things or do things or mess up in some sort of when you're speaking the truth, you can't really mess up I had my treat. That was it. That was all I could say. So I've always been a kind of no filter, just say exactly how it is person. So yeah, you're right there. I've been asked to do this TED talk. And it was about human trafficking and modern slavery, which is one of the same. So my talk basically speaks about something we've already just spoke about where I speak about, you know, the passion of the George Floyd and the BLM Movement. But what we want to do is bring that into slavery as a whole. And not just talk about it based on race, but talk about it based on you know, everything that actually goes on with it. So we talk a lot about things that we can do differently things that that every single person could do, you know, things like Amazon and various different things that funds slavery. I'm not saying Amazon fully funds slavery, but things like fast fashion and these type of things are just encouraging that instant

gratification. So I speak about that a lot in the talk. And I presented it to them, you know, I was saying they was ready to go, but she came to me and she says, Look, I need you to take out the word slavery out of your talk. And I said, I can't do a talk on human trafficking and take out the word slavery and she says it's too emotive. It'll be You know, upset too many people, we need to keep it a bit less controversial. And you can't talk about George Floyd and you can't talk about Amazon because they might get upset and you can't. And then we were, we were coming down to the point that she just wanted to erase the talk. And I said, You know what, you could do this talk, then what is the point of me doing this talk, because it's not changing. And then it's fluffy. It's not making any difference. I'm not going to stand up and do this talk. And she said, Alana, you're signed up for the talk. It's a TED talk you, you know, this is what people want to do. And I said, Yeah, I want to do a TED Talk to make a difference. I don't want to do it just so I'm stood on the TED stage. That's not why I'm doing it. And she said, Well, you know, if you don't change it, we've had as well. And then unfortunately, I'm not going to do it just for just to be on this stage. So I cancelled off on that. And very similar. I've been asked to do talks where I've been asked to do talks on how to ask for money without telling people how to ask for money, because people have been afraid that their employees might want a pay raise.



1:26:01

I met Yeah, it's quite interesting how people want the story, but they don't want the real story.



James Geering 1:26:09

Well, it's such a common theme. And this is what I was, I've been so enamored by the trust that people have given me to come on this podcast. And you know, you've told some things that when we were younger, you know, a lot of people would just not want to hear just I don't want to hear it, oh, sexual assault or whatever it is. And now you have these people that come on and talk about this, you know, which is what we need, but then there's this counter cancel culture. And I'll give you a perfect example. You've do a post about suicide on Instagram. It'll get kind of muted, because all suicides a bad word, yes. A fucking bad word. People that killing themselves something we need to talk about school shootings, I mean, these areas, and it's just it's Danford. And it's dignified. And you know, it's fine talk about, you know, transgender and Bud Light and Blackburn, mermaids, but we talk about real issues that are actually affecting a lot of people. And like you said, there's a lot of people that don't want to hear it, because it makes them uncomfortable. Well, that is the point. It is uncomfortable.



1:27:07

Yeah. And we can still, you know, again, we can still have that that different sort of opinion. But life isn't all fluffy. And life isn't all wonderful. And there is bad stuff that happens. And I think that, for me, it was I never spoke about my the sexual assault side of it, because I wasn't ever comfortable speaking about it. And in all honesty, the guys that don't know I'm a close protection officer, I fight human trafficking, I do all these things, but you are still you do still have those people that can affect your brain. So the first time I ever spoke about it was when JK Rowling was being canceled, you know, she was she was being attacked for her views on on being a woman. And they, I think it was the Sun newspaper in the UK contacted her ex partner who had abused her to get like an exclusive. And you know, it was all over the front page about



how I think I think it was something like I enjoyed hitting her or something, there was something ridiculous on the front page, and like re victimizing her all over again. And that was the first time I ever spoke about what happened because in a rape and abuse, it sticks with you forever. And that person no matter how much you've made yourself stronger and more powerful and help people, there's always that that little bit that's there, that little, that little girl that still That still hurts a little bit. So I wanted to be a voice for the people that are going through it and maybe think that how they're dealing with it is wrong, or how their how their reaction or something that they've done if they've gone out and they've they've hooked up with someone and someone says, Well, how can you be a victim because you've just slept around or you've just gone and done this or you've done that, like there's no one size fits all for how you deal with abuse and trauma. And I think that the more people that speak about how they've dealt with it, the more people can see what that's exactly what I done. That's what I done. They're like, How can I? How can I be judged because it's just a reaction to what's happened.

J

James Geering 1:29:15

I had a guy on the show Jeff Thompson, and he when I was young that he had some books I think watch your back was one of them. He was a bouncer and it was kind of like a how to fight for men kind of book. You know, you asked him a question and when they think about you pop them in the face and there was a lot of good stuff. He was a martial eyes, but that's why I used to read them because I was a very meek, vulnerable, smaller stature man in a small west country town where people had to stick glasses in each other's faces. So anyway, move you know on I become a firefighter, I create this podcast come out the other end, and someone mentions his name, and I'm like I forgot about that bloke. So I ended up getting Jeff on the show. He I'm thinking we're gonna talk about fighting. He ends up being Uber transparent about the sexual assault at the hands of his martial arts instructor when he was a young boy. And the way that he processed it was a completely distorted version of his own sexuality. And he was very graphic about the masturbation and all these crazy things that that he was doing. But it illustrates what you're talking about. You were sexually abused, I'm not you. But you know, someone can be sexually abused, and it can make them promiscuous, but because they've never dealt with that assault and their, their vulnerability and sexuality has been destroyed. So when we look at these addicts, and all these other kind of groups that we've talked about, and then including the promiscuous person, or whatever it is, and I would argue it's probably some of the transgender population, there are some people that there's no doubt in they were born a different sex, and it's something that we've probably seen throughout time. But I think there's a smaller group that are confused and have gender dysmorphia, that, you know, probably if you reverse engineered earlier life, you'd see some nucleus of that as well. So I think this is the problem, then you stand Mr. judgey, looking at a person who's putting a needle in their arm, or is being promiscuous, and you're like, ah, you know, they're a piece of shit. And I'm amazing, rather than what happened to you.

i

1:31:12

Yeah, and I think that the, the culture of, of what's going on right now with, you know, let's even if we look at the trans community, yeah, 100%. And there's, there's lots of evidence that people can be born in the wrong body. But like, with every other subject that's going on right now, I know plenty of people who have had abortions, I do not know, one single person who's had an abortion and celebrated it and enjoyed having it. And it's been a great thing, and I'm

gonna go out and do it again, because it was so much fun. Like, that's the part that gets that gets to me, I know, people that have transitioned, that, you know, suffered, went through all the things when and really, they don't, they're not out there marching, they're not out there doing that. This was a part of them that we needed to change, and that they really believed that we've got people full on dressing up and making a mockery of that, that people have actually been through it don't agree with that, from from anybody that I know that actually been through it. And then what we've done now is rather than addressing these issues, of, you know, viewer, they say breaking the change, and often that when a kid grows up and sees his dad being violent, he might become violent himself. And then it carries on throughout the generations. If you've got somebody who's been abused as a kid, and then you're allowing them to not not allowing them, everybody needs their outlets. But there's this acceptance of dressing up and behaving and doing things that are pushing boundaries, like using female toilets, and breastfeeding babies, and all sorts of things that that are now being like, almost celebrated. We're not addressing that initial issue. And these troubles are just going to keep going on and getting worse and worse and worse. And I think it's, it's such a disservice to that that person that's been through it and whoever might come out the other end, and I think that the minute you criticize or say anything, you're a transformer, you're a right winger, or you're whatever their names might be, I think I'd said something about Riley Gaines getting abused one on a talk that she'd done with actual men physically hitting her. And I literally got posted about being a racist right wing for for saying that men shouldn't hit women. That was the very thing that I said was men shouldn't hit women. And I was a racist, right wing bigot? Obviously, that doesn't affect me in the slightest, because it's ridiculous, because we've now got this social media who can just say and do whatever they want to do. But there is a lot of people who are standing up and saying, No, this is this is wrong, and the mental health side that this needs to be addressed immediately.

J

James Geering 1:33:59

Well, I'll give you a perfect analogy, more from the kind of ADHD autism spectrum. I worked in summer camps in New York. And the first time I went, which was 94. I remember, one of my friends was the nurse that I became friends when we were there. And one of the first evenings when the kids actually got there, there was a line around the corner of the infirmary. So I'm, like, you know, kind of came from I was a lifeguard and I'm like, Oh, God has an emergency. And she goes, No, no, they're just lining up for Ritalin. And I'm like, What is ritalin? This that was for add, as it were, what is add is, I'm not familiar with these acronyms. And she explained, and I'd never seen it back home, you know, there weren't, it wasn't really a thing. And what I realized is you go through now is that for example, there are some people who truly have like hyperactivity, we all know them, they are bouncing off the walls. And there are absolutely some, you know, as we're very, very apparent, a lot of people that truly on the autism spectrum, but then you have other groups that again, Whether it was unaddressed childhood trauma, whether it's the chemicals in the food inactivity, over stimulation through devices that are just been dismissed as Oh, yeah, I'm on the spectrum or I'm yeah, I've got ADHD. When was the last time you went for a run? When was the last time you got wet and muddy? You know, is it truly that? Or is it in a something else? So, to me, it's advocating for the trans community, when you address as many people as you can, that maybe you're just kind of confused. And the same with the autism, there are a lot of people that actually need the research, the support tools in the Autistic community that are being diluted because of all these other people that really, if you take a step back, or actually some preventable elements that will pull that child off that spectrum, again, if they're given the tools to actually process the trauma and or their energy.



1:35:52

Yeah. And yeah, I mean, the mental health side of that, like I was, I was watching an interview with Bedros cool Ian the other day, and he was, he was on a show that I'm filming right now, too, but we were chatting about that kid coming over from the Soviet Union at war torn country came across as soon as he got here it was ADHD, OCD, everything. Here's a lot of drugs take it. You know, as parents are obviously like, well, we'll do what's right for the kid. I mean, for me, it's like, if somebody tried to say that to make it, I'd be a little kid. Brilliant. He's got this advancement. Let's see what we can do with it. But again, the first thing I noticed when I got here was the the candy like, my my kids don't don't touch it. You know, sometimes when we go back to the UK, we'll we'll have some Skittles, but there's, they're not touching the ones here. But let them have all the Skittles and then give them the Ritalin and Adderall and whatever else we can we can give them How about, we just don't give them that shit in the first place. And then, and they won't be affected by it. But you know, then there's, I mean, I can't even believe the amount of surgeries that are going on. Like, I've had a lot of surgeries in my life. But doing them out of choice to choose, you know, for example, when I was going through the worst stages of my eating disorders and things, if you said to me, Well, we could just cut out all the fat and we could just do all this and you don't have any fat, but let's just get in surgery anyway and cut it all out. I'd have been like, Yeah, let's do it. You know, rather than that, you're not going to do that, because that's a mental health issue that I'm going through. There's nothing wrong with my body. And I'm going through something that needs to be addressed with mental health services and not a surgeon. And we're literally cutting kids up here that's blows my right now, as I say, I know people who have transitioned and 1,000% It's been the right decision. But it was a long decision. It was a process from very, very early childhood going all the way all the way through to I think probably like 30, before the decision was was was fully changed, I guess. But it isn't something that should be happening at 1314 and 1516 years old, for sure, as your body's still developing.



James Geering 1:38:10

Well, I think the other side of the argument as well is and I agree with this when they say the toxic masculinity i My definition of toxic masculinity is the way that myself and Dean and some our generation were raised, which is you got to have muscles don't cry, suck it up. That's toxic masculinity that's caused so many suicides and overdoses in men. But I agree completely that when you have pigeonholed Well, the boys should be into this. And the girl should be into this. There is some confusion. Like I had, I had a daughter when I was young, I watched my son who's now almost 16 with ABS mad about girls track athlete, go through some, you know, really leaning towards what one would classify as the feminine stuff. And I was like, I literally was going to be one of those dads that was like, Well, if you want to wear a dress to Halloween, I'll wear a dress to I'm good with it, you know. And then he swung back the other way. Because who says that addresses girly? Who says that? You know, this is for boys. So I think that's another compounding element is we got to allow the kids to explore everything. their sexuality will actually come when the hormones are starting to fully develop and they're truly realizing Yes, consistently when I look in the mirror, I feel like her or him or I'm attracted to this sex or that sex. But leading up to that there's this undulation of emotions and exploration and hormones. And if we're too premature, that as I think we know most sound normal people The

saying is like look, no one's saying that ultimately, you won't end up being this gender that your your appearance denies at the moment, but wait till you mature into an adult and then you can make that decision. And hopefully by that point, you will truly know.



1:39:51

Yeah, and I think if you're if you're some of some of these ones where you're kind of starting off well I'm not going to put agender on my child when they're born like, do have they got a penis? It's a boy. Right? We can decide nothing else later on but get by on that birth certificate. Because to start confusion at such a young age, as you're growing up, there's enough stuff you're trying to work out like I've got an eight months old next door who's trying to work out how to crawl, you know, they start saying, Well, you know, don't need to crawl in a walk on your head, like, let them work out the process. And then we can deal with them. I mean, Tommy, my son, he is, you know, he was Dean stand through and through but growing up at three, he loved my heels, he loves putting lipstick on, he loved putting jewelry on. But what that's turned out to be is he's really, really attentive. I'm always saying to Dean that he needs to learn from him because if I'm wearing a nice dress, Tommy will be like, Mom, you look amazing. Today, Mom, I look at those nails. I love that color. He does all that but you couldn't get a more boys boy. But never would Dean say, you know, don't speak about nails, don't speak about hair, don't speak about makeup, you're being you know, he's, it's just do what you want to do be who you want to be. Because actually he's grown into be this amazing man who holds the doors open for my husband, Dean works away a lot. So Tommy has now started becoming the man of the house, just naturally, he doesn't go to bed until he sees that all the doors are locked and everything shut down downstairs news, he's just come up to seven letter but nothing's been forced. In our case, they can do whatever they want, they can play with whatever they want to play with, and choose whatever colors they want. It's all down to them. But we give them direction. And definitely we can tell them that they're a girl and a boy. But I think that the the, the traumas of the parents are now being passed on to the kids and and the kids are now becoming confused. And I can't think of any world where it's alright, to put kids through surgery that isn't necessary.



James Geering 1:41:52

Yeah, well, I mean, if there's going to be a place United States, you know, where boobs and lips and you know, everything else that you said the the gastric bypass, I mean, we're so used to cut in the human body up for aesthetics in this country that we've set ourselves up for this next step. Whereas I think, you know, you look at some other countries, that maybe people are happier with the way they look, because as you said, like Scandinavia is perfect example. It's a healthier nation, mentally, it's a healthier nation physically, community wise, there isn't the need to, you know, to add all these things on so that you look a certain way from the outside in. And I'm sure it'd be interesting actually, to get a Scandinavian guest to see, you know, how they, what their philosophy is when someone is truly transgender. And you know, what does that look like? And when do you know, do they have the tools to transition? And if so, when is it because I think over and over again, that particular part of the world always seems to be like true north and so many areas?



1:42:49

Yeah. And I guess maybe it's from the I mean, they won't go into like full history, but they know their descendants, and they've got that bloodline haven't nailed of the Vikings in the Warriors and things I think a lot of I've never, never want to criticize America and live in here now. But they haven't got that strong bloodline, and what was here they kind of got rid of, but you know, if you looked at probably the native communities and things there would be a lot less of this. I don't know. I'm guessing there's there's less obvious situations there. But I think, I think, for me, while I was growing up, I had enough to worry about I, you know, if you if you miss pronoun, me, or if you call me, Elena, through this whole program, I wouldn't care, because I've got plenty of other stuff that is way more important to worry about them, whether you're calling me the wrong name or not. I mean, Elena Scott is pretty much a common one for me. And before start, I was killing so that got mispronounced all the time. It really, really, really isn't that important to me.

J

James Geering 1:43:58

Yeah, I get called careering all the time. And you know, they'll they'll put one in all kinds of stuff. But again, I was called the wrong name through a video conference here. They're not another interview, but a chat with some new people. And the whole entire way. I think he called me Nick. And I was like, Okay, I guess I'm Nick, for this next 30 minutes. So



1:44:16

I called the Neil for the first few days that I knew him. So I'm glad he corrected me, I would still be there.

J

James Geering 1:44:24

Well, I want to get to your new book. But just as a segue, as I kind of said, we're about to talk to this. And then we talked for an hour about something completely different. So talk to me about, as you mentioned, the magnitude of human trafficking and slavery that still exists in 2023. And then what are some of the myths that people believe in because I had to me and now she was from Hungary, and she was trafficked in Canada for a while I've had some of the members of deliverer fund on the show. So he got some pretty interesting perspectives but through your eyes talk to me about those those elements.



1:44:58

Yeah, I think The first thing I always get, I mean, I've had, I've spoke to doctors who say, Yeah, but that doesn't happen here, or that doesn't happen in this country or not in California maybe, or these kind of things. So first of all, I guess, more slaves in the world today than any other time in history, I think that's a really important thing to understand that it hasn't gone away, and it hasn't gotten any better. And we've actually just found different ways to do it. And I think the best way that I describe it is that trafficking of humans has just become a different way for dealers to make money, drugs, we're all we have always been a good a good profit for them. But if you're found with a couple of kilos worth of heroin in your car, and you're, you're going to jail, like there's probably not much doubt that you're going to be going to jail, if you're found

with a girl in your car, it's probably very unlikely you're going to jail where she's probably worth a lot more to that dealer than the heroin, so or cocaine or whatever it might be. So she's going to be any easier commodity to trade. And trade is just about supply and demand. If we went on to the economics of it, it's just a supply and demand issue. So wherever there's a higher demand, that's where the supply is going to be needed. And that's where it's going to be brought to so to say that it happens in these kinds of third world countries and etc. That's not where the demand is the demand is here. And this is where the the numbers Canada, America, these are where the numbers are happening. And it can happen to anybody I think, yeah, the myth of the bundle that the back of the car they kidnap the Liam Neeson come in and save the day thing is, isn't how it works. Yeah, we do. There is people that are taken there is people that are forcing industry in that way. But it sometimes it just happens in a very subtle way that, you know, again, back to the what we were saying about the mental health crisis is there's a lot of very, very, very vulnerable kids now, without guidance without knowing where to go. And they turn to things like the internet, the internet's everyone's friend, I always say that we used to hang out in playgrounds, you know, kids hang about the internet. Now, that is their playground, and you can't stop them, you can't stop them from going there. It's accessible to them. So there's people out there that will contact through the internet. And if there isn't a strong contact system within the household, this is where they're going to form their bonds. And then it can be creating friendships that that turn. And I think you probably spoke to many guests that spoke to you about grooming, but grooming is a really slow process that once you're in it, you rarely realize what's going on until it's very, very much too late. And then we've become the hardened, hardened person that we spoke about earlier. So for me, and I'm sure you've spoke to so many people about the outcome of of that situation, but I really want to get to the preventative side of it. So if we can give our kids a stronger support system and a stronger mental health and stronger powers to see what's going on to see what might be happening. That's where I believe that we can we can stop it. No, yeah, there's, there's a whole array of kids that are going to have that support system. But then then we've got teachers then we've got support counselors, then we've got friends, you know, even friends, you can if you can get your friends to to safety as well then, then we've got that but the more people that we can teach about how it happens in the first place, I think the more we can get to the preventative side. But I know a lot of people that work in the preventative rather than the rescue side. Because the rescue side gets so much more highlights you know, the because you get to see that that Savior moment. The people are working the preventative side, you don't get to see their results. So that's the people that I do a lot of work with now, but if I was to just take my own personal circumstance, I've got a 12 year old daughters come up to 12 and I've had three instances where people have tried to contact her on I mean, now I am somebody who works in human trafficking I work in security. i i I know my ship is what I would say there and my kids still vulnerable so if my kids vulnerable then then other kids are definitely vulnerable and how she deals with it somebody shows contact you should come straight to me very calmly my household is really calm about it Thank you sweetheart for coming to me. I'll deal with this now and that's that's basically it. There's been instances where she has replied There was one where she did reply again I didn't lose lose it whether we spoke about it she understood she shouldn't have replied she never make her nervous to come to you. That's the one thing that it's something that with with Dean even with the new and I've had to really control him because he just wants to lose his shit. He wants to be like go after this guy find them and take them off the face of the earth. But we We'll deal with that, you know, let her come to us, be calm, thank her for coming to us, and then we can deal with it. But yeah, three times she's had and she's fully private, protected. We've done everything that we need to do, but they'll still be able to approach. I think, as I spoke with Damien about it that I don't then go and Banner from going to

the playground, I don't banner from the internet, because it's not hard, it needs to be banned. That's him. So she still needs to be able to go, I just need armor with the tools and how to go there safely.

J

James Geering 1:50:32

Well, I think from a first responders lens, sadly, I didn't have these conversations a little bit too late, because a lot I think the first time I had a human trafficking conversation, I was either just about to transition out, or I was out, but about God, 10 years ago, now, probably I remember going to a motel in Orlando. This woman was extremely sick, it was a combination of ketoacidosis. So her blood sugar was like to set high on the monitor, but then also a cocktail of drugs, including opiates. So ironically, medically, it was fascinating because her the breathing rate from her diabetes actually kept her awake through the opiate overdose. So gave her a bunch of drugs. She basically everything came out of every orifice. It wasn't a very fun ambulance ride. But we got into the hospital safely. But when I looked back now, it was classic, there was drug paraphernalia, I don't remember if there were condoms, specifically. But there was one man basically for these women in this one motel room. And now with this information that I have, and I've never got any education on this at all, as a first responder, I look back now and go, I would have done the same thing. But I also then would have told the police in a radio my dispatch, say, hey, send someone to this this address because I just picked this one girl up from an overdose. And then there's three still in there. And I guarantee you that was a traffic because I think what people don't understand is trafficking is also the word of prostitution. So you know, when we think of trafficking, it's all around us, especially if an event like the Super Bowl or summer that comes to town, then you're flooded even more. So I hope that the first responders that listen to this can put that in their toolbox that I never had when I was faced with something that was so obvious now, but I was oblivious to it at the time on top of sleep deprivation, of course.

i

1:52:18

And it's interesting that I spoke to a group of guys was group Special Forces guys. And I said, Look, have you ever been with a prostitute? And they kind of all looked all shy and turned away? And I was like, okay, don't need to answer. I said, Have you ever? Have you ever tried that? Have you ever slept with somebody that's trafficked? Have you ever been paid for a trafficking victim? And it was? No, no, absolutely not? Absolutely. We never do that. That's disgusting. We never do it. And then like, Okay, how do you know? How do you know that? If you've done but you may have paid for someone? How do you know whether they're now because it exists? Because as you said, the supply and demand exists. But I would I would hedge your bet that most men wouldn't have abstained most there is going to be an amount that most men whose pay for sex wouldn't pay for it. If they knew that this person was was being forced, I know that there is people that would do it. But there is a huge amount of people that pay for sex that would not pay for it if he knew that the person was forced to do it. So when when I sat down with these guys never really spoke about it. And I was like, Well, how do you think she would behave if she was being trafficked? Well, she try and give saying she try and tell us that something was wrong straight and absolutely not. No, this wouldn't happen. So I think that it's a really difficult thing to say, well just don't pay for sex, nobody should pay for sex and then it would all be worked out. I think that there there I mean, we could go down a million different routes and I know that people that work in the anti trafficking industry are

divided on their opinion on legalizing a prostitute and things but my my personal opinion would be that the women need the women should not be there shouldn't be people in prison for prostitution. That's That's my my angle on it. There shouldn't be women in jail right at this moment for selling their bodies. And whether they went out there and they fully had it was fully their decision and freewill and what they were doing, or whether they were being forced to do it. I don't understand why there's people in jail for it. That's that that blows my mind. The people that should be in jail are the people that are profiting from it. And the people that are forcing people to do it and the people that are abusing people 100% agree with that. I can't think of a reason why a woman should be in jail for selling her body.

 James Geering 1:54:43

Yeah, well, I mean, I can personally attend to the danger that they're in because I remember vividly I think I wrote about in my book actually, of finding a dead prostitute in a dumpster in Orlando. So whatever it happens, she'd come to the end of her use for that particular pimp, or unless it was a joke. On a killed her, and this young woman was now dead in a dumpster, you know. So if that had been illegal brothel, and again, I understand it's not just like one day you change the law and everything's clean and safe, you still be attracting some of the less nice people of the world in that that area. But there's a lot higher chance that that young lady will be alive today if it was legal versus it was illegal. And it parallels to me the prohibition of drugs. I mean, we've seen what an epic failure that is we've empowered the underworld, we've got a crisis at our borders. You know, so many of the people that have been on from the military have said, Yeah, you know, the opium and everything was, was basically supplying the money for terrorism that we are out there fighting. So by making something illegal, you're forcing everyone into the shadows. Now the settlers, the smugglers and the drug sellers. Yeah, they should be in prison. But the addict, that little child that found that like when these path is Did she dream of becoming a criminal, no, she shouldn't be in prison. She should be in a rehab facility, and job creation and mental health counseling to try and get her from that dark place back. But prison is the last place these people are going to find, you know, the path back from

 1:56:14

Yeah, I have a good friend Sandy Morgan, she runs. Institute for Women in justice. And she she tells me this story about the I mean, the Orange County, Orange County, California, I've got a really good task force, the Human Trafficking Task Force, we do a lot of work with the police in educating them about, but they actually had a younger I believe she was 14 who was being trafficked. She was rescued from from the situation she was in, she was taken in escaped, which is normally the the way from escape from the rescue. So she went back to her her trafficker, and she ended up being killed, and her body was found. And it was recorded as a prostitute. And what that does is it records it. She was a she died during the act of crime, basically. So she was she was a criminal when she died, which changes how her parents were able to get funding for the funeral. There was a lot of things that come into this was a 14 year old girl who had been trafficked. And I know that Sandy had to fight to get this girl's name cleared so that she could have the correct burial that she needed and things. I can't understand why that's a world that we live in. She was 14, she was being abused, trafficked, God knows what her life must have been like. And for it to be not even getting that piece in depth of being the innocent little girl that she was. Things like, child prostitution shouldn't even go together, those two words shouldn't be together. And I think that, yeah, if we had safe space,



prostitution, I think as much as you can say, we can end guns, drugs, you're not ending prostitution, people are going to pay for sex, it's always going to happen. It always has happened, it's always going to happen. We should be making it safe for women to do for I'm not speaking about the men that are paying for it I'm not speaking about because they are protected, they are protected almost by the law. They're protected by sexual health all these various things that they can get. It's the women who are overlooked and many times and now we're we're in a situation where women are now having to fight again for for a million different rights. But that to me, I I can never You can't give me a reason. But if you could, if you could give me a reason why a woman should be in jail for prostitution, then I'll listen. But I can't imagine unless they've hurt someone else or they've done something else. But what that is doing I don't know, other than the the moral society we can get into but

 James Geering 1:58:58

yeah, but again, it goes back to those two little toddlers one didn't want to grow up to be a pimp one didn't want to grow up to be a prostitute. But again, it's trauma and we don't fix these problems until we put community and mental health and everything back to where it needs to be. And I think underlining your your view on the whole stigma around being a prostitute I watched the documentaries on the Yorkshire Ripper. I think it was it Peter Sutcliffe, I think and that investigation was a lot slower because the victims are prostitutes, which now looking back, it's disgusting to have that as a human being that these young women were killed. And they were like, Yeah, but were they really women? No, they weren't. They were prostitutes. They were workers they were horse. So this goes back to that losing the value of a human because now you're pigeon holed tells you that they're not worth the same as you because they've gone down this path.

 1:59:49

Yeah, and I think that a lot of people, you know, there's this kind of movement right now and I see a lot especially with the groups that I I know the kind of I don't even want to say His name but the Andrew Tate kind of becoming a man how to be a man. And a lot of people are following him and a lot of people are saying Well yeah, we do need to re redefine what it is to be a man and bring back you know real men are people like Dean people that they're out there but they create real men like my my son in the way that holding doors being chivalrous understanding people, you know, my, my big brother, he, I've seen them out many a time and a girl would have chatted him up and he'll say, you know, let me get you home safely. I'll take your number. If you still want to meet up the next day. That's great. But you know, because you've seen my experiences, there's a lot of things about being a man but calling a woman a horror or calling a woman a sloth and saying that men shouldn't go when I mentioned on the Google wholesome girls, you know, that's just amplifying the whole the whole thing and it's not fixing any problems. Because if you're still creating little men that think that these women are disgusting, and these women are whores, then that's when they become this eclipse, etc, where it's okay to kill them or it's okay to rape them, or it's okay to beat them or it's okay to take pay for one you were just gonna abuse all night, because it doesn't matter. Because if we get caught, she'll go to jail. It's fine. Like, until we can get rid of that attitude. We're not going to stop that continuous cleaning, I guess.



**J** James Geering 2:01:20

Absolutely. Well, there isn't really a great single segue to talk from prostitution, rape to your new book. So I'm just gonna pretend there's no segue at all. But there is obviously the nonprofit side. So your book is talk called how to ask for money. And we were talking just before I hit record, that side of this podcast is my least favorite thing. Because I love what I'm doing. I love researching. I love reading people's stuff. I love the conversations. But I have to also pay the mortgage. So even from a non you know, a, not a charity, but a but a, an organization element. It's something I struggle with, I struggle with asking, I feel like I'm an imposter. So talk to me about why, you know, the journey to the point where you wanted to write the book, and then tell everyone about what is in the book, because I'm fascinating. I'm going to have to pull a lot of the things that you talk about and apply them to my own project here.

 2:02:17

Yeah, I guess so. I'm sure there is a way to segue prostitution to how to ask.

**J** James Geering 2:02:22

I'm not good enough how to do it, though.

 2:02:26

So I started writing the book, I was having a conversation with a really good friend, good business person, really strong business person. And we were having a meeting and he has to pop out and he came back and he looked all flustered is what's wrong. He said, I don't like this, but he was completely, you know, sweaty and everything. And that's what you got to do. He's got to ask for money. I was like, for what he said, you know, the service he provided as you provided service, you've got to ask for money and you're nervous. He was like, Yeah. And I said, Okay, I'm sorry. He says Do not get scared, ask him for money. This is not. And he said the lineups the number one fear that people have people hate asking for money. And I think that just got me thinking and I went back and I spoke to Dean and Dean was like, No, you've never most people here to Atlanta I hated. He said, I'll evacuate embassies, I'll do everything but he asked him for money. So he said, you know, maybe if you could put it into a book that might might help. So that's how I started writing it. And really, when I started writing it, I didn't know how it was gonna go or what path I was gonna take. But I actually learned a lot during the process. And it's part of what I speak about in the book that you never stop learning but I took from everything from my debt, collecting days, right through to raising money for charities and took everything that I've done and just put it into into this book. And it really is. If you follow it to the letter, then you're going to win, but I'm not saying you have to follow everything. So the formula that I have in the middle of the book, the meat of the book is really about maps, which is mindset accountability, planning and strategy. And really, if you follow through each one of them then you've got a really solid solid ask but even if you just took a little bit of each of each part it will get better every time so I start with with mindset is about if you're going in to ask for money, you need to be able to be in the right position in the right mainframe, so I'll really go deep into it. It's not just let's be in the right mindset we talked about you know, meditation we talk about eating well we talk about health and fitness, screentime, Sun sleep, all these different things. It goes quite deep into each one but the more prepared you are in your

mindset and the more strong you are in your mindset for going into ask for money, the better. Accountability section is what we talked about earlier that the buck stops here. There's a lot of times that you see people maybe on like Shark Tank or something And then they might not be fully prepared, and they'll blame someone else or somebody else. So be but at the end of the day, it should all start with you, if you're not doing it right. It's all down to you. So if you're using the wrong people, or if you're, if you're not prepared anyway, then make sure make yourself accountable, just be accountable, and it goes into how to improve that. And then the planning section really, that takes us on to everything that I've ever done is time spent in this phase in the planning phases wasted, you know, the more plan and the more prepared you are, the more information you have, really knowing about who you're asking why you're asking all the details that you can go into, the more you have there, the better. And then how you're going to pull all that together for the strategy of making sure you've got a really solid strategy before you just walk in and kind of verbal diarrhea, what you're what you're trying to try and ask for so that I take those steps into every time I'm asking for money, and that that goes with everything. But the book also goes into you know why we have fear, how we can control our fear how we can develop our fears. And how we can use our fears is our benefits as well, we all have them. And we can just flip how we how we think about them. And how to motivate people, I guess is a big part of the book. It's about talking about what motivates you, but also what motivates other people and how you can understand that. I talked about how not to ask for money, which is also a big part. And then I talk about the the aftermath, because that's probably the biggest thing that everybody forgets, once you get the money. How do you treat the donor afterwards. So I go quite deep into that about what we should do and how we should retain that donor and how we should value them, etc. So yeah.

J

James Geering 2:06:52

So I think it's interesting when you come from a service that one of the service industry, you know, a selfless service profession, so you're in the military, police, fire, etc. And then you enter into another space where either it's a nonprofit or like me, it's I didn't go down the nonprofit route really more because it's so bloody expensive and complicated, it was more liberating and free to just do an LLC, and be my own boss, and basically the almost like the social business model. But there are firefighters that do my job for free, you know, and I would do it for free. I adored that job. So you're not asking for something in return up until this point. So talk to me about that fear especially from a lot of people are listening now they end up getting into a different space. Going from I will show up if you just three, push three numbers on a telephone to you know, presenting and so on and justifying in your own mind that it's okay to ask for money because it is going to another altruistic project.

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So, especially for people that you guys, I'll just take my husband example. He, his job is literally preserving life, you know, everything that he does, so when he was in the military, when you're a firefighter or paramedic, you're saving lives, that's what you're doing. So the value of what you do is life. And is there anything more valuable in the world than then than that? So how do you then put an actual price tag to it. And then if we take like a circumstance that we've been in often would be, the phone call comes in, this person is in danger, they need your help the manager there right now. So Dean's out the door within an hour and a way off to rescue this person who's who's in danger. For me, it's invoice out first paid, then he'll go out the door. Now

that sounds a bit that a screen part of me is coming out again. But the way that I would say is what is what is the value of D? Like if Dean doesn't come back from this trip? What does that affect their family? How does that work? Who else is going to be able to do this job? How much is what he's doing worth? And what is the value to them? Let's just say he's rescuing a CEO who's been kidnapped in a minefield in Mexico. And if this CEO dies, or gets killed, what how effect is that on his family? What factors that have in his business, the investors, the people that would follow to rescue this person? How much is is that going to benefit all this this thing and if you go in and save this person's life, to then put the value on that on the aftermath is very difficult to do. And then often it's overlooked. So I have worked with security professionals that have maybe got 1020 outstanding invoices that have maybe never even sent that have maybe been sent that have never been paid because once the job's done, the value kind of disappears a little bit then because we're safe, we're happy. You know, security is something that that rare They get thought about until a person really needs it, and then they'll maybe spend a lot of money on it. So it's important that you understand your own value. And then the value of what it is that you do set that value and don't waver, you know, there's no such thing as mates rates are a cheaper deal or discount, if this is what your value is, you need to be able to be strong enough to put that that value on it and saying, This is what I'm worth, this is why I'm worth it. Do you want it? And if the person doesn't, and they don't recognize your value, then that's maybe they're maybe not right for you. But if it's a service that they need that you can offer, and you put the right value on it, if you if you undervalue that, then they'll they'll undervalue who you are, as well. So, we I talked quite a bit about knowing your value and knowing your worth, and not wavering from it. I'm not a fan of matrix or anything like that, because you pay for matrix, you're gonna get that kind of service. So

J James Geering 2:11:02

yeah, that's really good to hear. Because I think you factor in the meekness that I think a lot of us have, because, again, we're serving. So that kind of self value goes down a little bit and then add in some imposter syndrome, this thing that I'm doing now, you know, is it really that good? No, they don't know, the chaos is in my mind. It does kind of tend to make you question that value that you're talking about, and especially when you're in uniform, doing a thing and this paycheck said this many figures and now you've written a book, you got a podcast, you're a carpenter, whatever you've transitioned to. It is a you know, it's such a shift just the same way that Dean didn't know about council tax and all that, you know, our professions that will how do I value myself, I just sat in a fire engine for 14 years and, and showed up so it's been something that I've struggled to navigate.

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I heard something the other day, imposters don't get impostor syndrome, that was something that I thought was really profound because it is true that the people who are out there doing it you know you certain in your brigade, or whatever they call it here for how many years? But how many of them then went out and started their own business? How many of them have gone out and started their own podcast and done their own things? So to say that you're you're no different to the rest of them is something that Dean used to say all the time, like, everybody's good, everybody's good at it, you have it not everybody's going to Libya and evacuating embassies and that MDS flying across the Yemen dude, you were all in the same position at one point but there's something that sets you aside from the rest of them and it's

taking you to this next level. So you have to appreciate that the greatest things about people like like you and Dean is is that humility side of it that you think well you know, I'm no different than the rest but when you really look inside yourself, you'll see that Yeah, yeah, I've come out of that place in England Yeah, move I've done these things I've moved up have you know is everybody that worked in England managed to transition to the US to be able to do their thing. Just Just look at all those little differences that you've had from other people? When you are doubting yourself and then put that value up a bit more

 James Geering 2:13:12

beautiful? Well, I'm sure everyone else gained from that but you can tell that it's a very personal question as well. So I definitely gained from that so thank you. All right. So your latest book is how to ask for money your biography as she who dares again another edit after me screwing up the first time and then you have some children's books as well. So where can people find you online? And then where can they find the books?

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Yeah, so everything for me is a landstar landstar.com landstar across Instagram Twitter, LinkedIn etc. And how to ask for money is out today it's the 23rd of May today so that comes out today. She Who dares is out on the 31st of July the kids books are all out throughout this year so live your own way is already out my friends plays August and who to help today's the end of the year so again, all Amazon or any way that you get your books. But yeah, how to ask for money. I'm excited for that today. Let's see how that goes. And

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she who dares Yeah, that will be a different a different set. So I'm keen to see how it all goes but excited. Yeah.

 James Geering 2:14:23

Beautiful. Well, I'm excited. Like I said, I've already dived into the biography. I will definitely be diving into how to ask for money for that very reason. I have a couple of

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totally plugged my husband's book as well.

 James Geering 2:14:36

Let's do it. Do it. Yeah, throw it in there.



2:14:38

Yeah, Dean's book is relentless. The cool thing about relentless and she who dares is it tells the same story have you read both books?



James Geering 2:14:45

Yes, I have now yeah relentless. I think the audiobook and then you will kind of have to send me the copies of the paper books of the current ones.



2:14:53

So I think my husband is just read a Danish read she who dares and it's actually good Giving us a bit of a new lease of life on our relationship as well, because I think a lot of the stuff that was in there, although he knows the story from his own mind, he didn't know it from, from my mind necessarily. So it's really interesting, relentless, and she who dares are the same story but from two different perspectives. And I think I would say, Everybody should write a book and give it to their other half. So at least because it's definitely opened up both our eyes to our own kind of views of what's what's happened over the past few years. That's really interesting.



James Geering 2:15:31

Yeah, I think everyone should write a book full stop. I just went to Portugal there to visit my family and sat with my brother. And he started in our conversation started choking up and he said, I never realized the kinds of things you saw as a firefighter. And it wasn't supposed to be some, glorifying bio is actually just a chapter. Each chapter is a little story of my life. And then it goes into mental health, sleep deprivation, nutrition, you know, to take away from each one. But you forget, as you said, everyone around you is doing the same thing. You forget that the rest of the world has no idea what you do, and even your partner through two different eyes, the same story. It's an interesting kind of parallel journey. But there are some as you can imagine, there are some areas where you must have said, Oh, I didn't realize you felt that way about that thing.



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Yeah, yeah, completely. Yeah. Yeah, we should ever be should write the wrong book. That's for sure.



James Geering 2:16:21

So I've got a few closing questions, but I know we've already pushed past the two hour mark. Do you have time for a few of those? I don't know. I'm good. Yeah. Brilliant. Okay, so we talked about your book and Dean's book. Are there any other books that you love to recommend? It can be related to our discussion today? Or completely unrelated?

 2:16:38

Um, yeah, so I love books. So and I, I'm more of a nonfiction. So fiction wise, I'd be really terrible at recommending. I'm currently reading Emily for Zellers book, which is relationships first, and it's really interesting to see how, again, myself and Dean have started a podcast called behind the scene which talks about the person that the world sees and the person behind the scenes that we don't necessarily see. So Andy for Sela is a name that a lot of people will know on the owner of first form Emily's his wife. So it's really interesting to read her story. Kelsey, who you've had on the podcast, she's got brass in Unity coming out in July, luckily, luckily enough to have her read her story, which is great. Definitely worth the read. One of them one of my favorite books, actually is a book that's not very popular, but it's called time cleanse the time cleanse. But yeah, it's by a guy called Steven Griffith. The time cleanse. And it's, it's really about, you know, the whole I've not got time for this. It kind of breaks down that, well, where are you spending your time? What are you doing, and there's an exercise during the book where you literally just write down everything you do in a day, whether it's having a shower, anything that you write down exactly what you're doing. And then you work out how many hours you're spending doing all these different things and how you can break down your week. And it really it helped me with things like screen time, all these different things for so when you say I'm not gonna time for this, it, it changes your perspective. And that's a really good book.

 James Geering 2:18:23

Beautiful. Yeah, especially the screen time. I've heard you talking about that. And the other podcast as well. And even though that can be a lot of business related stuff, too. It's It's amazing. Like, I go on a cruise with my wife occasionally because we live in Florida. So it's very cheap and very easy. And you know, we won't pay for the Wi Fi packages, and we'll leave the phone and then you're like, oh, shit, that's how little time I use my phone when you know, when I'm here forced not to use it. So So yeah, there's definitely I think most of us put a handle on our heart and say there's probably some time available where we were staring at that little rectangle.

 2:18:55

Yeah. And it and there's some I mean, I don't know the ins and outs of it all. But I know like, last night when I went to bed, I just quickly checked everything. And before I switched off, I thought I'll quickly check Twitter. And then I remember looking at the clock and it was like 22 or two. And it was 2233 When I look back at the clock option, I've just been sitting for 30 minutes on Twitter. It's easy done. It's terrible, but it's easily done.

 James Geering 2:19:21

Absolutely. Well speaking of that, what about films and documentaries that you love?

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Um, oh, anything like documentary documentaries. We probably watched them all mean Dean watch probably every documentary that comes out. We love it. Especially if it's the kind of conspiracy style ones we'd love to have a little chat about about them in the background. Our family is anything that gives us horror films are huge in this house. thrillers we we do enjoy kind of go averment 24 style movies rabbit hole things like that but the problem Indians we just criticize it the whole way through so we try to try to watch them without too much criticism but it's not easy. The terminal list of missed out Jack car who's a friend of ours he Jack car actually endorsed she who dares so he's given a nice review for that terminal. This is quite a good show that was there was a bad bit his books if you haven't watched it much,

 James Geering 2:20:31

yeah, I just had Jack on about two weeks ago because he came on when it was his third book was about to come out. And then we kind of soak around again the other day. But yeah, I thought the terminal this was amazing. Chris Pratt was phenomenal in that role.

 2:20:45

Yeah, really good. No, Jack is lovely. I think he's probably one of the nicest guys I've ever come across. He's just such a sweet gentleman. I don't know if you're allowed to call seals sweet, but I'm calling him sweet.

 James Geering 2:20:59

All right, well, then speaking of amazing people, is there a person that you'd recommend that come on this podcast as a guest to speak to the first responders, military and associated professionals of the world?

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Wow, you've you've already had most of them on? That's the problem. Oh, we had you've had Kelsey, you've had Dean. Have you had Clint on Clint

 James Geering 2:21:19

Emerson Clinton has been I actually need to get him back on again but yes, he's been on as well. Okay, Jin's Johnson sounds like he she'd be a good person.

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Ginger is amazing. The only problem with ginger is he's a little bit difficult to understand. He lives in Hereford he's probably now in his seventh is that he would be amazing. If you got him on. He would be utterly amazing. But have you had Bedros on Bedros? Cool. Yeah,



 James Geering 2:21:48

I have actually I got to go to California used to live in Huntington Beach. And they gotta go back and sit with Bedros in a studio I see is HQ about? It was about eight months ago now. I think great conversation. Yeah,

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really cool guy. You kind of put me on the spot now.

 James Geering 2:22:07

I was Harvard with 800 people is like, you know, trying to find someone that hasn't been honest, is a good thing. It's a great thing. But yeah, sometimes it's like okay, I've just given you five James and they've all been on so I'm gonna I'm gonna stop now.

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I'll think of someone I'm gonna get in touch with you. And I'm gonna find somebody who you should have on.

 James Geering 2:22:24

Perfect. All right. Well then the last question before we make sure everyone knows where to find you online. What do you do to decompress?

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You know, just spending time with the family really? Like that's whenever I'm not working with the family. That's really my my happy time. I mean, do you have a ritual that every Sunday morning we just sit down and just have a cup of tea and just talk about the week that's gone the week ahead. And that's our happy time. Really, but personally on my own it's just reading a book that's that's what I'll do in my little hidey hole somewhere but with three kids and Dean and four businesses decompression times

 James Geering 2:23:04

All right, well then you mentioned about finding the books on Amazon where else online can people find you as far as whether websites or social media

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Yeah, so Alanna stock.com Instagram, LinkedIn, Twitter all gonna start might be on Tik Tok. But if I am it's definitely not me that set up.

 James Geering 2:23:26

I got an account as well. I did one video and like now I just can't do it. And that was it. I stopped. All right. Well, I just want to say thank you so much. It's been such an incredible conversation. I think one of the most powerful things about the earlier years is that really does define not the final but not shackled to it. But it really does shed so much light on to our highs, our lows and also you know the growth from it. But to have such a kind of courageous, vulnerable conversation on top of all the amazing tools that you brought to us and I will be reading how to ask for money. I want to thank you so so much for being so generous with your time today.

 2:24:03

Thank you, Jim. Thank you so much.