

Ep #58: Authenticity, Style, and Substance with Elsa Isaac



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With Your Host

Brooke Keeling

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Want to have it all? Well, the best day to get started is TODAY. Welcome to *Love Your Living*, a podcast for ambitious women who want to take their life and business to a WHOLE new level of success. I'm Brooke Keeling, multiple six-figure business owner, passionate entrepreneur and your host.

Welcome to another episode of the *Love Your Living* podcast...

Welcome, to the *Love Your Living* podcast today. I am so excited for our special guest, Elsa Isaac. She is an NYC-based fashion and image stylist who believes style is really all about self-expression. A seasoned pro with 17-plus years in the fashion industry, the East African born stylist has built quite a noteworthy portfolio having bestowed her stylish magic on everyone from Marie Forleo to Lenny Kravitz, Katie Couric to Kris Carr.

Nowadays, she helps successful career women and entrepreneurs revamp their wardrobes and create show-stopping ensembles that flatter their unique body shapes and lifestyles. A self-dubbed anti-fashion stylist, Elsa doesn't believe there's one standard of beauty and strives to empower all her clients to celebrate their own individuality.

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Brooke: Welcome to the show, Elsa Isaac.

Elsa: Oh my goodness, thank you for having me, Brooke.

Brooke: I'm so excited that you're here, and ironically, I feel like I'm living my dreams right now, which is pretty magical, but I had no idea – when you said yes to coming on the show, I was just beside myself. I was so excited. But then, I had no intention of actually chatting with you prior to the show on, actually, your services for myself. So I'm just so excited that you're here

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and it's so funny how, sometimes in life, the dots start to connect and the universe opens up and here I am chatting with Elsa Isaac. It's incredible.

Elsa: I mean, it's so crazy, right? Like sometimes I feel like, I don't know, it just happens back to back to back and it just was meant to be. And I feel like you are so ready and I love everything that you're doing and I loved how you were like, "I just like to power through stuff, you know. Let's go from one big thing to the next." So I love your attitude and I feel like it's definitely your time.

Brooke: Thank you so much. So I, originally – Marie Forleo, you styled Marie Forleo and she has been an influencer in my life for the last several years, and I remember seeing you – she has an incredible show, for those that aren't familiar with Marie Forleo, called Marie TV. And it's very inspirational, very business. You can apply a lot of things to life. But she does little video clips in the beginning. And you are her personal stylist and I loved seeing all of the little bloopers and you guys' personality is just so fun. So I think, when you talk about style, when you say, "Style is really about self-expression," that truly is who you embody. And even chatting with you previously, like, I jumped on a call thinking, like, I'm startstruck. This is, like, really exciting for me. And you're so much fun and personable. And I think when we start to say yes and connect to the people that are meant to be in our lives, it's just so natural and it doesn't feel like businessy and you get a vibe of, like, I really love this. You start connecting with people that just really make an impact in your life.

Elsa: Yeah, because, I mean, that's one of the reasons I call myself the anti-fashion stylist is because I have found – I didn't start with working with women right out of the gate. I come from the industry, so my first gig ever was a video shoot for a musician, and then I worked with musicians for a long time, and then I moved into commercial work, so like Panasonic and magazine editorials and Cheerios. So the industry was never my favorite

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part of my career. I always found that the people, in general, not everybody, but the people in the industry were very excluding of many different groups of people. And I just never resonated with that.

And it was actually Marie – I mean, it's not by accident, it was through finding Marie that I realized I could do what I do in a more meaningful way that meant something not only to me but to the women I now work with. And this woman's energy, Marie has done so much for so many and she's definitely done that for me, and not just in terms of working with her, but realizing that I didn't have to stay in the industry that I was working in to do what I love to do. And so connecting with women and helping them really shine as bright as they were meant to shine and do that through clothing, which is the vehicle that I happen to be using, is so awesome.

Brooke: And, well, you're phenomenal at it. So you're talking about Marie on a very personal level because you've been able to experience her at a different capacity than I have. Someday I'll be friends with Marie too.

Elsa: Actually, I came in as a student. So before B-School existed, she had a year-long program called Virtual Mastery. And I was actually a student of that, and that's how we became familiar with one another and how we ultimately ended up working together. So I actually was a student of hers, like, quite literally, and then moved into working with her. So that program was where I realized I could do this differently.

Brooke: Well, and her message to you too, I think, is so powerful because we have another mutual friend – you style Susan Hyatt. And I just got introduced to her work a couple of years ago and I started working with her and now I consider her a really great friend and I absolutely adore her. And it's so funny because she's done – it's not funny, again, it's not funny and

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ironic, it's just this is what life is. But she's kind of taught me that same message through the work that she does.

I've been able to work with her on more of a personal level, and that's kind of her philosophy too. And we're talking about two women, which if you don't know them, you should look them both up because they're both phenomenal, very different, very different styles, but very, very distinctive styles. And I know – I mean, Susan sang your praises up and down. She's like, "You have to hire her, it's life-changing. She's phenomenal, just do it." She's wonderful and she's very much an Elsa advocate.

But she said it changed her life. And she's said that many times. And just through her phases of business and showing up as a woman, being okay with showing up the way that you're showing up, but also, it's this consistency as well which I think we can talk about in more detail as well. This is why I hired you. But just being able to really, like, coin this presence, like you look at these women and they exude their brand because their brand is them, but oftentimes, I think we get caught up in trying to tell that story and putting that all together for ourselves.

Elsa: Yeah, and I think one of the things that's really probably true for the both of them, both Susan and Marie, is I think, like, every detail matters. Like, to play fully out, they accept every part of who they are. And I mention that because I think what hangs up a lot of women is, like, "Oh I just want my work to be out there," and not themselves. So they're meant to be behind this curtain and they just want their work to kind of speak for itself, but I think what women are realizing slowly is that we connect to people. And you can't separate your work from who you are. And so I feel like the more you try to diminish your physical being and separate that from your work, the less impact it has.

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And so I feel like what they've both done really well is understand that they need to show up fully, and the fuller that they show up, the more people they're interacting with and effecting and helping and reaching. And so I just think that that's so important for us women because I feel like so many – especially for many of us growing up, we've had these mixed messages about our appearance and so we don't know how we feel in terms of how we should show up and what's, quote en quote, appropriate.

And so I think it's so empowering to allow women to just be themselves, but in the best way possible. I always tell my clients, I don't give you style. My job is to just figure out who you are and help you find the clothes that portray that as best as possible.

Brooke: Which I think you're doing incredible work and your work is really important, especially where I feel like we're at this pivotal place in our world right now and we're going to be seeing a lot more of this, but it is a really tough area, I think, in life for a lot of women because there's so much judgment. There's so much judgment around what we wear and how we present ourselves, how you talk, you know, everything is a judgment and so really, like, being able to step out of that and allowing yourself to shine, it's really scary sometimes.

Elsa: Of course, yeah, I mean, yes. I'm a stylist and I, for the longest time, was like, no I don't do photo shoots for myself. I'm the girl behind the scenes. And it's like a school of its own in terms of, like, coming into yourself, because I want to say it wasn't until I was in my 30s that I felt more and more comfortable really showing up in my skin because, again, the fashion industry, if I look to that for inspiration, I never really saw anyone growing up that looked like me, that wasn't 5'10, you know. I'm 5'3 and I'm East African and I have curves, and that was not something you saw on a cover of a magazine or even TV.

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And so you think that that doesn't really play a role because it's not your family or it's not your friends, but it actually does because it slowly starts to seep into your subconscious. And so you're kind of like, wait, who am I? And I get this a lot. Who am I as a regular, quote en quote, regular woman to hire a stylist? Like, that's something...

Brooke: Oh, I had that thought. Like, oh I don't know, like, who are you to think you can do this right now? And we do that all the time. And I also think, you know, you mentioned that you really didn't come into your own skin until your mid-30s, and I feel like – I've read a lot of articles on that recently and just facts on that, that it's very common because it just takes us so much time to really feel comfortable in our own skin and get to know who we are and self-discovery outside of all of these standards and rules around who we are supposed to be, whether it's from family or the public eye or whatever it may be.

Elsa: Yeah, that is so true. And when you think about it – and I feel like we may have talked about this too, you and I – I feel like when we're young, we always explore that more. We're more daring and take more risks as teens. And I feel like I've had a lot of women who come to me and say, I used to have so much fun with my clothing when I was younger.

But then, what happens is, you know, you're supposed to grow up. You're supposed to grow up and do the job thing and the career thing and then the wife things and then the kid thing. And then you just kind of forget. It's like, where do I have the time? Where am I going that I need to look and feel amazing? But it's like, actually, it's really not about the clothes. It's really about making sure that you're always showing up as the best version of yourself. And if you're not, you're not happy. You're not really truly happy.

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Brooke: Yeah, you're not happy and you're not fulfilled. Like, you may present that or exude that, but deep down inside it's like, you're dulling your light, basically. It feels so good when you put yourself out there and you start to feel that feeling. At first it's really scary and it's like, oh I don't know, but when you can really embrace it, it's life-changing. It's amazing.

Elsa: It is. And that's not to say you're not going to have like these ebbs and flows in life. There's going to be times in your life when you just aren't going to be able to devote the time or energy to your wardrobe or how you look. But what happens is, and I feel like most of the time, when a woman reaches out to me, she's in the middle of a transition in her life. And so what happens is, we've had all this time to ourselves, usually in high school and college, to just focus on us. And then once we get older, we have careers, we have a spouse, and we have kids, we have evolved but we have no idea how we've evolved because we haven't been really giving ourselves time with ourselves much.

So you go back to your wardrobe and you're like, "Whose clothes are these? I hate everything in here." And it's because mentally and physically and spiritually, developmentally, you're completely a different person, but your wardrobe hasn't come on that journey with you. And so there's a huge disconnect. And so you're like, "I just don't feel beautiful or I don't feel confident, I don't feel like myself," because yourself has changed. And that's where that clothing appearance piece comes in.

You've already kind of done the work in terms of self-development, but there's that component missing that just really seals the deal and it's really not about how everyone else sees you, it's about how you see yourself.

Brooke: I feel like this is very fascinating to listen to you say that because I feel like this is exactly where I've been over the last few weeks. Like, I had

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no intention – I'm thinking hiring you is like a next year goal, like oh someday I'll be able to hire Elsa. It really was. It's like, throw you up on my dream board, I'll manifest it, but now is not the time. And then, all of a sudden, like, your name started popping up everywhere and all of the little things started presenting themselves. And I'm like, okay, one thing leads to another.

But I was reading Denise Duffield Thomas's book *Get Rich, Lucky Bitch*. She's also coming on the show, which I'm very excited about. But she inspired me. I started just purging my closet like crazy. And that's when I was like, I need to get Elsa. I need to have her now, I think. I need to hire her now because all of a sudden, I looked at my closet after the last shoot that I did and I'm like, this isn't it.

And especially as I've done a few different shoots now, it really is this, like, new journey of self-discovery. And I know when I first started in business like seven years ago, I started my real estate business, I felt like I needed to be so businessy. I had to show up a certain way, I had to wear the suits and be so serious and, you know, that was the style that started to infiltrate my life.

And now, I'm like, dang, I want to have fun. I want to show my personality. And as I'm looking at all of these photos, I'm like, it's so stuffy. It's all business. Like, where's the life. And so it's kind of like understanding and finding, like, what that balance is so that you can show up in the world that way and be proud of what you're doing.

And this is actually a conversation we were just having in my mastermind group, one of the girls in there said, "What are your thoughts and feelings around dressing professionally versus dressing for your own personal style, dressing for you?" Because sometimes, I feel like what makes me feel

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really great, people look at me differently or they judge me because I'm wearing high boots or I like fashion or whatever. And so I'll share what I shared on that, but give me your insight and take on that.

Elsa: I think that's kind of a big conversation, and I think an important one to be having now because I just feel like we're moving into a world where that term, professional dress or attire is totally changing, you know. So many companies have virtual employees, you know. And then of course the whole advancement of entrepreneurship and so many people being able to work from their laptops is really allowing for individuality.

And again, it's like, someone's always informing us how we need to be looking and how we need to dress. And I think that is totally going by the wayside. And even if you have to wear a uniform, let's say you're a TSA agent, I think there's always a way to wear it in a way that is more you, whether you're adding something to it, whether you're, kind of, I don't know, the sleeves are worn a certain way or the buttons aren't buttoned up all the way, like, whatever makes sense for you, there's always a way to bring who you are into how you appear. And I think it's, again more – I really try to bring the focus on you, how do you want to feel? And I know you live in a smaller town, right, Brooke?

Brooke: I'm in Madison. I'm from a very small town, but Madison, Wisconsin compared to New York City, yes, I'm in a small town.

Elsa: So, you know, there are people who – I have clients who are like, "Well I live in Oregon and people in Oregon don't dress like this." And I'm like, "Who cares?" You should not dress for your – I mean, you should dress for your environment as it relates to, like, weather, but not necessarily for, you know, where you live and to fit the population, so to speak.

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And I know that, as humans, we have a strong desire to feel like we're part of a tribe, but I think if you ignore the feeling, you have to be seen as who you are, is ignored, that's far worse than not feeling like you belong to a community that maybe isn't really your vibe anyway.

Brooke: yeah, and I think, even touching back on the TSA agents, like, when I'm flying and I see a super cute woman with bright lip on and the scarf around their neck, I'm like, "Oh my gosh, they're so cute, that outfit is so cute." And then you see the next one go by and it's like, oh my gosh, that's like an insane asylum kind of wardrobe. So it is very true, you can bring your personal style to everything regardless.

But I also feel too like, you know, I told her I totally understand how you feel because when I'm in my real estate business, I feel like I show up differently than I do in *Love Your Living*. And I'm trying to challenge myself. I think that Susan Hyatt is an incredible example of this, where it's like, I truly feel like the more you show up as you, you're able to connect with the things that you truly want in your life.

It's like, you showing up and being like – and if you're in an environment that you can't do that, maybe it's not the best environment, you know. Like you were saying how you started, not being able to, like, really put together all the pieces of what was really inspiring you and making you happy and showing up. There might be different opportunities out there, and maybe that's part of our answers and the journey itself, in and of itself.

Elsa: Absolutely, absolutely and I know that those moments – and at that time when I kind of stumbled upon Marie, I was really down. I thought, am I giving up on my dream as a stylist? I really thought that – because I wasn't happy doing it how I was doing it then. And I just feel like anytime where you're in that phase in life, where you're questioning what direction you're

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taking, that's usually a nudge to just keep digging, keep looking, and in those moments to just be as authentic to who you are as possible because what happens on the other side of that, the trajectory of my career since deciding to pay a woman I've never met online \$2500, you know, was insane.

And I told nobody about it because I was like, people are totally going to make fun of me. My boyfriend, now husband, is going to be like, "That was not a smart move, that's a scam."

Brooke: I've been there many times.

Elsa: Yeah, right? And something in your gut is just telling you to do it. There's no, like making sense of it. And that was in 2010. Nine years later, you know, I would have never guessed that that one decision would have led me here. And so I think it's like trusting who you are, trusting your gut and who you are because that's ultimately what this is all about; showing up as you fully and showing up how you would like to be, how you would like to be seen. And that is the most impactful thing you can do.

Brooke: I know that we have baby babes, almost the exact same age. And that was a huge shift for me when I had Reese is looking at my – not even looking at my life differently, but having the mindset of, how am I showing up, how does she see me? How am I showing up in my life and what am I showing to her? Like, am I truly showing up or am I a zombie kind of walking through life?

Because now you have this little one that, regardless, we all love our kids so much, and we want the best for them, but I think that the way I show up in my life is going to impact her so much. I know that it's going to impact her so much. And I want her to see the best of me. And so it's really

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pushed me to go for it and take the risks and not care what anybody else thinks about me because it doesn't matter, you know. I have a husband who loves me and I have a daughter who will hopefully idolize me for a long time, and I want that. I want to show up for her and for me.

Elsa: I love that. And I totally understand. Like, even if she won't remember the details, she'll remember the feelings.

Brooke: And you remember, like you hear people talking about their quirky aunt that always wore the red lipstick, or Iris Apfel, I got obsessed with her a little while ago because I just loved her take on life. And I'm like, I want to leave a mark like that, not just another blurb, you know. I want to be that eccentric person that chased after life so vividly and all of this plays a part in it. And I think your image plays a huge part in it, which has been such an eye-opener, again, especially as I see photo shoots coming back and I'm like, oh gosh, we need some life up in here.

Elsa: Yeah, I mean, I just love that. That's such a great perspective, I think, that kids bring. And I love that you shared that because there's nothing more immediate, right? Even if I dilly-dallied about it before, it's like, no, no, no, I have to do this. This is it. You can't put this on the back burner. It's like an urgency like never before.

Brooke: Yeah. So I've been going through this phase, and I feel like a lot of new businesses have to wade through the unknown, wading through the discomfort and trying new things. Like, I used to get so frustrated with not having things turn out the way that I wanted them to turn out or being discouraged because I just put time and effort into a design or, you know, new pieces of clothing or whatever and like three months later I'm like, oh my gosh. And the reality for me is I have such big goals and I just

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continuously figure out, like is this it, it's not it, okay, moving on, rather than staying there in the trenches.

But one of the experiences that I've had, which I'm curious on your take as you style people through branding in business and showing up in that light is how to – I mean, this is why I hired you – it's like, how to really know what your style is versus looking at someone else's feed or website or brand. I mean, like, "That's so cool, I love the work they're doing," and then almost trying to, like replicate that.

And the example I'm going to give is really embarrassing because it's still on my social media and everything, but I love Rachel Hollis and the work that she's doing right now and the realness and the authentic piece that's he brings to the table. And so I had a shoot not that long ago where I had her trucker hat and I was trying to really do the Rachel Hollis style. And the photos are just stupid. They're ridiculous because that's not my style, that's totally her. But how do you help people wade through that, when you say, like, I really love this or I love what she's doing because she's showing up so real but I don't know what my real is yet, I guess?

Elsa: Yeah, good question. That's a really good question. I will say that I think having a stylist is probably a great way to fast track that. It's much harder to do this in the beginning on your own. And you'll see, as we walk through the process, my beginning steps when I work with that client is really all about them.

So there's a questionnaire that you'll fill out. There's a Pinterest board that I ask you to create of just visuals in outfits or clothing pieces that really draw you in and speak to you, and why. So this is not just like, "Oh I love bohemian stuff." We're getting into the nitty-gritty. Like, what does

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bohemian style look like for you? We all have different interpretations of different styles, so getting clear on that.

And of course, your body shape is also fundamental, getting to know what the nuances of your body shape is. I have a body shape calculator that I use and that's on my website to help clients really get clear on that because once you're focusing on you, there's your body shape, your lifestyle, your likes and dislikes, what you're visually drawn to in this moment, because that does change over time. Once you have all those pieces to start with, you don't even need to look at what other people are doing. Then it's about taking that information and trying on as many different clothing garments, pieces, outfits, combinations as possible to determine which ones make sense.

And one of the things I ask in the questionnaire is, what are three words that describe how you want your clothes to make you feel? So along with your body shape and what I call the signature style mantra, these three words, these are filter questions that I will ask you or you can ask yourself when you're shopping. First, does it suit my body shape, yes, no? If it's a no, it's either going to be, like, no it's going back, or maybe there's a slight tweak you can make to make it fit you perfectly.

And if it's a yes, then the next question is, well, does this make me feel at least two of my three describing words? And if it does, then it's like, okay where does this fit in my lifestyle? Do I see myself wearing this in my photo shoots, in my Zoom calls, in my client meetings? And if it doesn't fit then that means it's a no because even if it does suit you with your body shape and makes you feel two of your three describing words, if it doesn't make sense for your lifestyle then it shouldn't be a consideration.

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And so you see when there's no room for you to really compare with somebody else. Like you are focused on you. And I think that's truly the way to be succinct and efficient because then you're just working within the realm of what's possible for Brooke. You're not even looking at Rachel Hollis. Like, she may have been, let's say, an image you posted on your Pinterest board, but I'm going to ask you what you like about that photo, because it may not have been the trucker hat. It might have been a feeling, you know, that you resonated with. And then it's a matter of how can we evoke that same feeling for you?

Brooke: I love that. So you just kind of dumb it down, which the three words were really tough for me to answer. And now I'm thinking, what were my three words? I have to go back to that.

Elsa: Well sometimes that changes. I just wanted to note that. Sometimes, we can be in the room and you're like, "You know what, I actually don't know if this word is what I want to feel. I actually want to feel this." And that's okay because I think the true way of really knowing is once you start trying on clothes and seeing them on your body. Seeing something on a hanger or seeing something on somebody else is not at all as informative as having it on you.

Brooke: I think that's true to anything. It's the compare and despair. You can go around comparing your website, comparing your copywriting, comparing your image, comparing your life, like, constantly and it doesn't allow you to be happy. And then you're always trying to change but change for the wrong reasons or it doesn't quite fit because it's not you. But once you get really clear on who you are, then it's easy.

Elsa: Yeah, literally taking away the noise. Like, let me just focus on me.

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Brooke: I love that. So, one of the other things – I mean, any time I make a decision, like, I make – oftentimes, how my gut works when I decide to move forward with a project or a business decision or anything, I instantly – like I sit on it for a little while and then I'm like, just do it. I always end up doing it anyways. And then I have a little bit of like, oh shit what did I just do? And then it was so interesting to me because I took the body shaping – when I did the body shape, I had no clue, by the way. That alone was so helpful. And anybody can find that on your website, elsaisaac.com. And you have incredible resources on your website too for anybody that wants to look at those. But taking my measurements and understanding what my body type was, I was blown away by what my results were and I was Naomi Campbell. And so I'm like, oh cool. I mean, you put good names on them too, so it makes you feel so great. It's not, like, something negative.

And I was like, okay, Naomi Campbell. And that evening, I had on Beyoncé. She's always on. Alexa's always playing Beyoncé around this house. And she did the Naomi Campbell Walk, you know that song? And I was like, yes universe, you know that. And then, like, two more times over the next, like 48 hours – Naomi Campbell is not a normal thing that comes up in my life.

And there's a quote on one of my day planners and something else that came up of Naomi Campbell and I feel like it was the universe winking at me, like this was a really great decision and let's do it, kind of thing.

Elsa: I love that. I just – it's so funny. You may have been struggling with something. And you said this earlier and I wanted to totally back you up on it that I so agree with. Sometimes you beat yourself up over something that didn't go right, and then shortly thereafter or however long it takes, everything starts to fall in place and you're like, oh, I get it now.

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What I love about how you approach things is, like – and I think is key actually – is to kind of recover a lot quicker. I'm kind of the opposite. I am such a feeler. I'm like, but why, you know. And so what I'm learning as I get older is, like, don't worry about the why. Sometimes you're not meant to know the why right away. Just get up, recover, and move on, because that's really what's going to get you to where you want to be a lot quicker.

Brooke: Oh I totally agree with you there. And I've also learned to really embrace the negative because I feel like when things are just going to shit on me or I have really hard days, it's honestly exactly what I asked for because it's giving me the insight that I need to make a massive shift, rather than things just being like, it's okay I can deal with it for a while longer. Like, I have to address it. I have to make change.

But I'm a feeler too and it's been a journey for me, for sure, but that is another big note and takeaway that I got out of the book that I just read, *Get Rich, Lucky Bitch*, was all about we all have adversity and what is a big change between the really high achievers and the people just on this journey is that they learn to recover a lot quicker.

Elsa: It's so crazy. I'm sure I've heard this before, Brooke, but I feel like that has just resonated, like that message has truly just resonated in the last year or so, know what I mean? And that just goes to show you that you really receive information when you're ready to receive it.

Brooke: Oh yeah, Susan quoted that one time, like, "You get it when you get it." She had a client that it was like eight years later they emailed and said something that she was working on and it's like you get it when you get it. And I remember very vivid things, working through them, working through it with my coaches and feeling like my world is ending. And then I'm like, you know, it will be years later and I'm like, ah that's what they

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were trying to get. That was the message that's coming through to me now. But it all works out. It all happens for a reason.

Elsa: It does. I love that.

Brooke: Well, thank you so much for being on the show. Now, I've let everyone know you have incredible resources on your website. So they can find you at elsaisaac.com and we'll also post that in the show notes. You guys should go and check out her website. Do the body worksheet, what do you call that?

Elsa: The body shape calculator, and it comes with a corresponding guide depending on whichever your body shape result is.

Brooke: So useful. And is there anything else that you would like to share with the audience while we have them on the show?

Elsa: I am just – I always encourage women on the website to reach out if there's a question you have. It may be something I've answered before. I may have a resource for it. So don't be shy and email away. I respond to every email, and if not me, Michelle, my assistant does and we love to hear from you.

Brooke: And you're very sweet and kind and very personable. So I encourage you guys to reach out as well.

Elsa: Thank you.

Brooke: So, when this episode airs, we will have already have met in New York City, so you guys, if you don't already follow Elsa Isaac on Instagram or you can follow me on Instagram [@brookekeeling_](https://www.instagram.com/brookekeeling_) to follow along

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because we will for sure be documenting that as well and you can see Elsa live and in living color, working your magic. Okay, thank you so much. I really appreciate it. I loved having this conversation with you and thank you so much for your time.

Elsa: Thank you so much for having me, Brooke.

Thanks for showing up and listening to this week's episode of the *Love Your Living* podcast. If you're ready to create a business and life you love or simply take your already-pretty incredible life to the next level, head on over to loveyourlivingonline.com or simply check out the link in this week's episode of show notes to instantly download my 6-Figure & Beyond Business Blueprint. You're going to absolutely love it.