

BOLD MOVES

FALL 2025

TIPS
TO FINISH
2025 STRONG

THE CHICKS IN CHARGE
MAGAZINE

GET READY
TO UNWIND IN
THE PINES
AT CHICKS IN
THE STICKS

READ & LEAD:
WOMEN WHO
RUN WITH THE
WOLVES

**GROW
YOUR
CIRCLE**
MEET OUR
FEATURED
BOSS CHICKS



THE BOLD LIFE '25 BY CHICKS IN CHARGE

CALL OF YOUR WILD

Do you let your intuition howl?

Dearest Chicks,

I hope you know how powerful you are. Our club just read **WOMEN WHO RUN WITH THE WOLVES** and I was reminded how easily it is to let our intuition get drowned out by the voices **OUTSIDE** of us.

I hope this Fall issue reminds you of all of the best parts of being a **WILD WOMAN**. That we can be all of the things that matter most: independent and connected, courageous *and* vulnerable, creative and productive, free and grounded, loving and loved.

In this issue, you'll be reminded to take care of your mental health from therapist Katana and get inspired by our boss Chicks hitting their work, wealth and wellness goals in Goal GetHers. You'll get to know our new Associate Editor Kari Ernest, who came to the position because my intuition told me she would be a great fit and she said yes. You'll meet Shylah and five other boss Chicks in our spotlight. Shylah is our surprise cover model because my intuition told me she was meant to be on the cover. (Look how gorgeous it is - as is Shylah!) *My a-ha moments are pivotal to my success because I have learned to trust them and they rarely lead me astray. That's my wild woman archetype in full force. I hope you'll let your intuition howl for you, too.*

I hope to connect with you soon. Join us in Hochatown if we have a spot and you have the time so you can unwind in the pines and plan for 2026 with some amazing women. We're here for you.

xo gather & grow,

Malena Putnam
Publisher, Bold Moves
CEO, Chicks in Charge & Yay Dude Media & Marketing



Malena Putnam, CEO

Photo from NOUN Hotel in Norman. I dressed for Fall when it was 90 degrees. Oops.

ON THE COVER: Shylah Ridgway,
Ala Therapy Collective

STUFF YOU'RE GONNA WANNA READ



Making time for our flock is always a good idea. Cheers to Fall!

05

TAKING CHARGE OF MATERNAL MENTAL HEALTH

Maternal mental health matters—for every mom and her village.

18

TIPS TO FINISH 2025 STRONG

Angela says true beauty can be found here.

12

RUNNING WITH THE WOLVES

Insights from *Women Who Run With the Wolves* on reclaiming women's wild, authentic selves.

17

CHICKS IN THE STICKS HOCHATOWN

Learn how this nature retreat can help you plan for the best new year.

9

Q&A WITH BOLD MOVES ASSOC. EDITOR KARI

Meet Kari and learn about her recent bold move and passions.

08

BOLD OFFERS BY BOSS CHICKS

Four offers for our readers like a free 30 day journal!

Plus more Chicks spotlights and tips just for you.

goal gettHers

hello FALL 2025

BOARD

If it scares it might be a good thing to try.
Seth Godin

shine



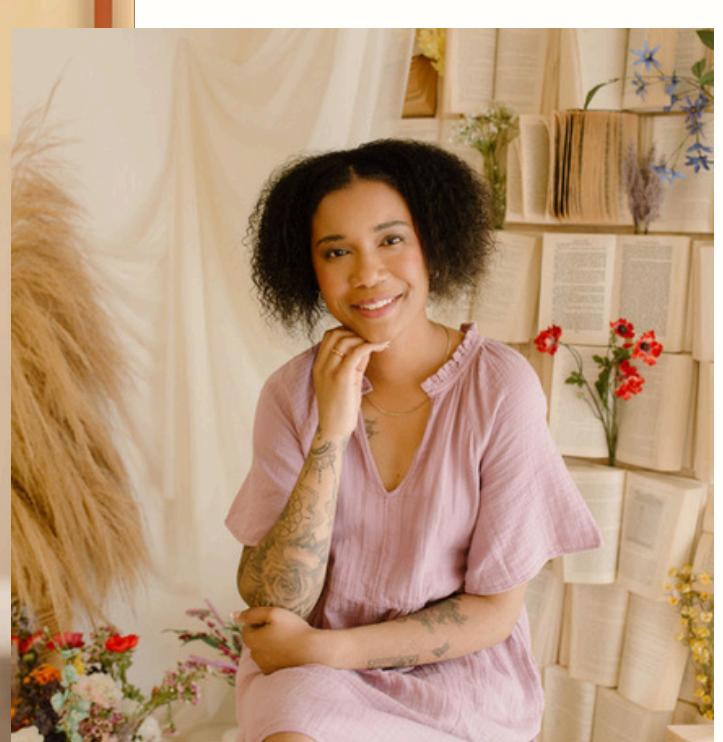


*Forge your own
path-*

*Leaves fall, but you
RISE*

That's why we love Goal GetHers.





TAKING CHARGE OF: MATERNAL MENTAL HEALTH:

A Call to Moms and Their Villages

Motherhood, whether it's your first baby or your fourth, is as beautiful as it is demanding. Sleep deprivation, shifting hormones, and the pressure to "do it all" can leave many moms struggling silently with anxiety, depression, or simply feeling overwhelmed. Taking charge of your mental health isn't selfish—it's essential.

Start with awareness: notice your emotions without judgment. Are you running on empty? Feeling irritable, numb, or anxious? These are signs your mind and body are asking for care. Small steps matter: carve out time for rest (yes, even 15 minutes), move your body in ways that feel good, and stay connected with supportive friends. Therapy, support groups, or simply talking honestly with a trusted person can be game-changing.

For partners, family, and friends: listen without trying to fix. Offer practical help—fold laundry, cook a meal, hold the baby so mom can shower or nap. Ask her what she needs rather than assuming. Normalize checking in on her mental health as much as the baby's milestones. When moms are supported emotionally, they're empowered to thrive. Maternal mental health is not just "mom's issue"—it's community care, and we all have a role to play.



Contact information:

Website: alatherapycollective.com/katana-jones

Psychology Today: psychologytoday.com/profile/1443031

Email: katana@alatherapycollective.com

Facebook: <https://www.facebook.com/themotherkeeper00>

Instagram: [@themotherkeeper](https://www.instagram.com/themotherkeeper)

A collage of images for ALA Therapy Collective. It includes a top left corner of small gold jars with the ALA logo, a top right corner of an open journal with a hand writing, a central purple circle containing the ALA logo and text, a bottom left corner of a hand holding a journal and a brain model, and a bottom right corner of a woman with a tattooed arm resting her chin on her hand.

30 DAYS OF
JOURNALING

ALA

THERAPY COLLECTIVE

therapy for an expansive life



WWW.ALATHERAPYCOLLECTIVE.COM

THIRD QUARTER GOAL GETHERS

The first Monday of each month, our members are invited to "name it and claim it" to set their priorities for the month for **work, wealth and wellness**. You can participate in person at Yay on Broadway in Edmond or online via Zoom from anywhere in the country. Learn more at ChicksinCharge.club. Connect with our Chicks on our [online directory](#).

This science-backed approach makes it more likely that you will hit your goals. Your fellow Goal GetHers provide feedback, guidance, resources and connections to help you along the way. But first, YOU have to prioritize what truly matters to you and leave the rest in the pond.

We call it **Kiss the FROG**, because it's only by embracing the goal and doing the work that transformation can happen.

If you'd like support & accountability for Q4, JOIN US!

Launching the House of Sovéaine Life Coaching program for women
Kimberly Jarman, Coach

Getting our '24 tax prep done for the accountants – and not owing any money! Also, a big win is a significant increase in income from 2023 to 2024!
Julie Reising, LMFT

Strengthened leadership, deepened connections, and achieved big wins.
Lupita Fernandez, Sales

I hired an assistant!
Snappy Goode, Photographer



FROG = Focus Reaches Our Goals

Where your focus goes, your energy flows, & your life grows. Magic happens in the present moment so what ACTIONS are you taking right now to make your dreams come true?

At Goal GetHers we use a Focus Pocus planner and prioritize up to 3 things in each category:



Interviewing for another employee
Heather Patterson, Insurance Broker

AC Aesthetics is excited to announce, we opened Woodward location! ACAestheticsok.com
Booking Now!

Angela Cooper, MSN, RN, CNOR



I have continued being focused on healthier choices. New customers too makes for a big win.
Shelli Hibberd, Sales

Learning how and when to scale with courage
Angie Mardis, Consultant

I closed some challenging transactions this quarter. I am feeling more settled in my new house, and I have restarted my weight training.
Lisa Hashemi, Realtor



Learn more about membership or signing up for Goal GetHers at ChicksinCharge.Club.

BOLD LOCAL BOSS CHICK OFFERS



FREE 30-DAY JOURNALING DOWNLOAD

Based in Oklahoma City, Ala Therapy Collective offers online therapy for clients throughout Oklahoma and beyond to help you live your most expansive life.

Visit their website for a free downloadable 30 Days of Journaling PDF. This downloadable guide is designed to help you explore your thoughts and emotions through daily journaling.

<https://www.alatherapycollective.com/free-download>

OUR BEST SELLING CANDLES + YOUR LOGO & BRANDING

LOOKING FOR THOUGHTFUL, ON-BRAND GIFTS THAT YOUR CLIENTS, WILL ACTUALLY LOVE?

YOU'RE IN THE RIGHT PLACE

Sunny Girl Sundries
Handcrafted soaps, wood wick candles, and botanical oils

Order today for the holidays!

BEST SELLER
4 OZ CANDLE TINS

SUNNY GIRL SUNDRIES SUNNYWISHES.COM

**SUNNY GIRL SUNDRIES
HANDCRAFTED CANDLES, SOAPS & SERUMS**

Sunny Girl Sundries, owned by Sara Golding, is local to OKC. Our products are eco-friendly and use only clean fragrances. Custom-branded candles make excellent client and employee gifts, as well as additions to swag bags. We put your logo and branding on our most popular candles, and I'll work with you to find a scent that conveys your brand and the appreciation you have for your clients. Free consultation and waived label fee + 10% off for all Chicks. sunnywishes.com

KELLY LAFOLLETTE-KELLY'S TRAVEL AGENCY

Whether you're craving a beach escape, a city adventure, or a last-minute cruise, I can help you find the best deals—without the stress! Here's what I can do for you:

- Find the best last-minute flight & hotel deals
- Plan the perfect itinerary so you don't waste a minute
- Make sure you get the best value for your budget

405-408-1426

www.kellystravel.co

Instagram-@kellystravelagency



**BOOK 4 HOURS, GET 1 HR FREE
YAY ON BROADWAY, 501 N. BROADWAY,
EDMOND, OK 73034**

Celebrate Community is the mission at Yay co-work and event space in north Downtown Edmond. Book those holiday parties and planning retreats. Three private rooms, a large flex room, kitchen+ veranda and outdoor space. Follow us: @yayonbroadway | www.yayonbroadway.com

Q&A WITH OUR NEW ASSOCIATE EDITOR, KARI ERNEST

Disney, Sooners, and the Bold Life

1. What has been the boldest decision you've made in your life thus far?

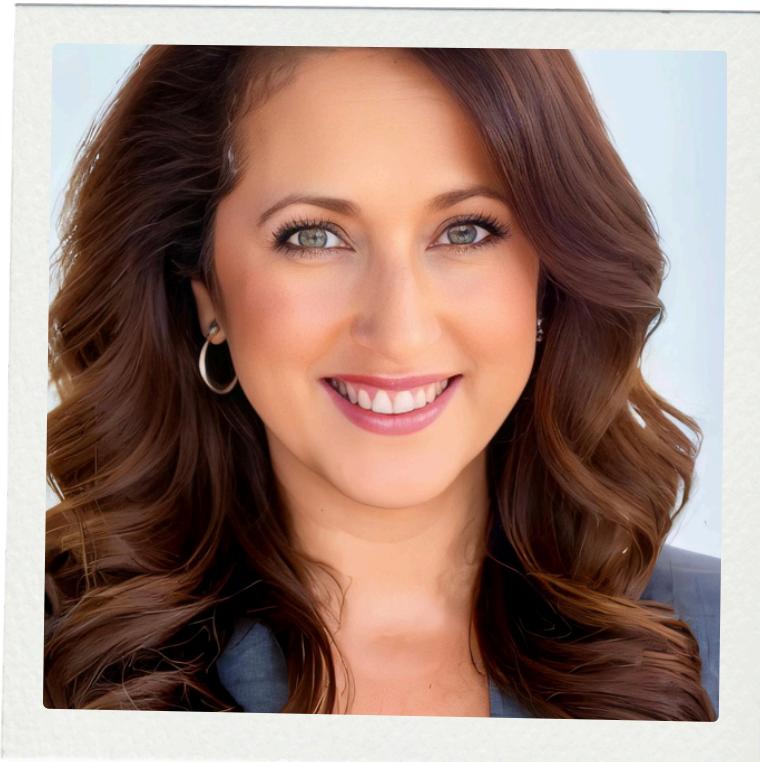
The choice to step away from my 9–5 office job and pursue freelancing was, without a doubt, the boldest decision I've made. For nearly nine years, I poured myself into a role that gave me stability, routine, and a sense of familiarity, but over time, I realized that what it no longer gave me was fulfillment. I found myself showing up every day out of habit rather than passion, choosing the safety of the known instead of the possibility of something greater.

Walking away wasn't easy. It meant releasing the false security of stability for the chance to create something different. But it also meant choosing myself—choosing joy, creativity, and the freedom to explore the kind of work that excites me. I reached a point where staying in that role felt like trading my happiness for comfort, and that wasn't a bargain I was willing to make anymore.

2. Do you have a favorite quote that inspires you or that you live by?

"Never be so polite
You forget your power
Never wield such power
You forget to be polite."

My daughter once told me that line from Taylor Swift's Marjorie perfectly captured the contrast between our



personalities, and she was right. She is a force—unafraid to stand tall and speak her mind no matter what others think. I, on the other hand, have spent much of my life as a people-pleaser, often staying quiet and fading into the background more often than I'd like to admit. That line is a reminder that I can't be so nice that I forget how powerful I truly am, and it also reflects the advice I give her: that even strength can sometimes benefit from a softer touch.

3. What advice do you have for women who are scared to go for their dreams?

My advice is inspired by one of my favorite quotes, which comes from Marianne Williamson: "Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be?" It's such a powerful reminder that holding back, whether it's out of fear, self-doubt, or worrying what others might think, only keeps us from living the life we're meant to live. You have to stop caring about outside opinions and start trusting yourself, and permit yourself to step into your own brilliance. Taking bold action can feel scary, but it's where meaningful rewards and happiness are found.

4. What are your top 3 passions in life?

My family, my friends, and my dogs! Those top three help make experiencing all the other passions in my life (like travel, the arts, good food, good wine, Disney, college football, and puppy cuddles, to name a few) possible and much more enjoyable. (Cont.)



What are your Fall and holiday traditions?

Fall is all about University of Oklahoma football! We've had season tickets for 26 years, and we spend every home game weekend in Norman, tailgating and enjoying time with family and friends. I've often said that I love being a Sooner because being a Sooner has brought me so many things I love, including my husband, my daughter, my in-laws, my sorority sisters, and some of my best friends. Going to games is about more than just watching football to me; it's about making memories.

While I enjoy Thanksgiving, the Christmas season has always been my favorite time of year. I love Tulsa during the holidays! There are so many fantastic holiday events, and the whole city feels festive and bright. My birthday falls on December 19th, and ever since my daughter moved to Florida five years ago, we've made it a tradition to visit her around that time, which makes the season even more special. On Christmas Day itself, I'm either cozy at home with my husband and our dogs or surrounded by family, depending on the year.

Connect with Kari here and don't forget to let her know you want in on our New Year/Winter '26 Issue!



[@karibeth19](https://www.instagram.com/karibeth19)

kernest1219@gmail.com

www.chicksincharge.club/bold



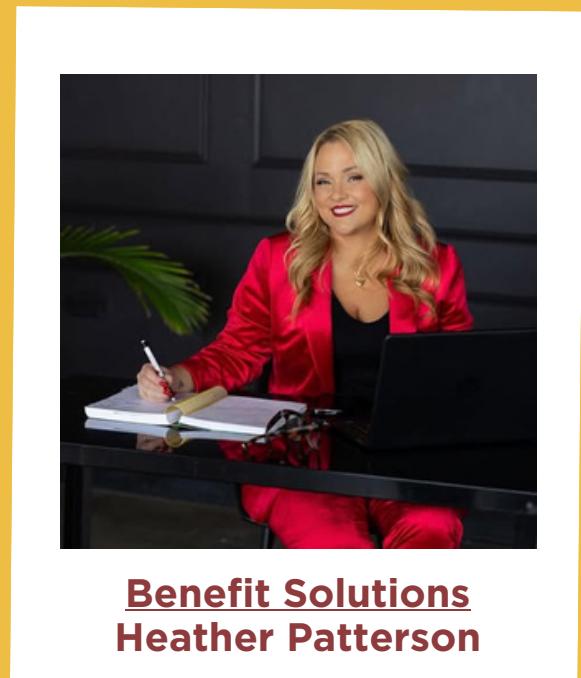


WOMEN-OWNED SMALL BIZ SPOTLIGHTS



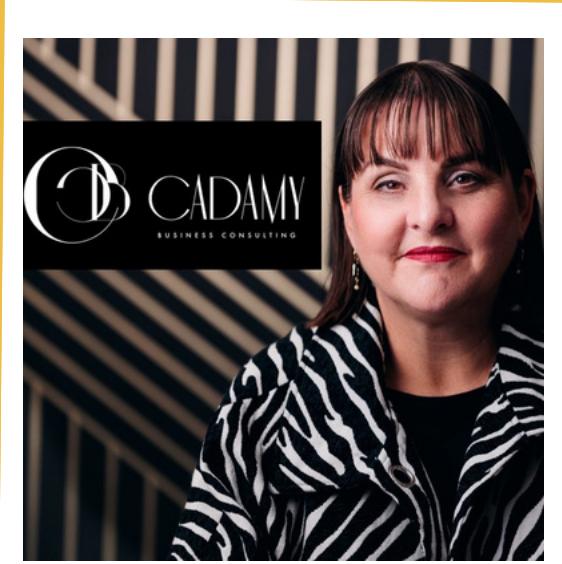
Mary Kay Independent
Beauty Consultant
Shelli Hibberd

[@shellihibberd](#)



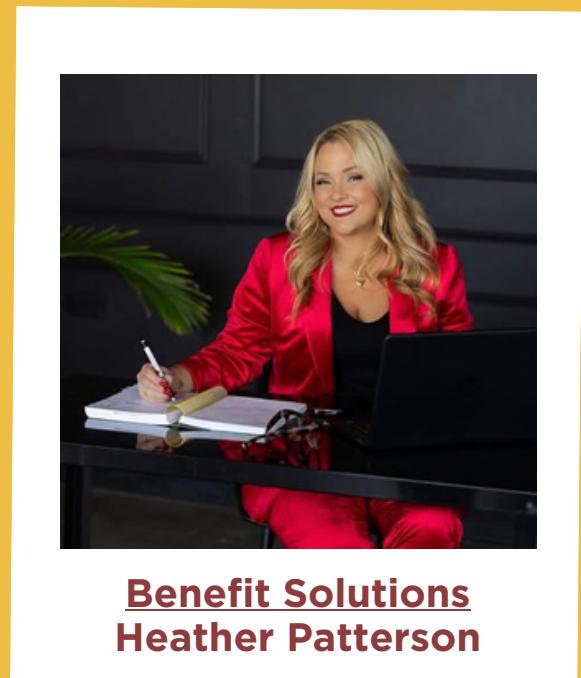
Benefit Solutions
Heather Patterson

[@heatherp0813](#)



Cadamy Consulting
Shelley Cadamy

[@cadamyconsulting](#)



Urbach Wine Shop
Amy Urbach

[@amyurbach](#)



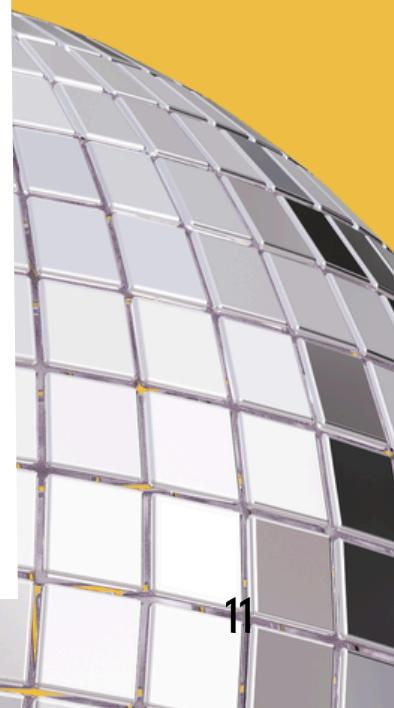
Ala Therapy Collective
Shylah Ridgway

[@alatherpaycollective](#)



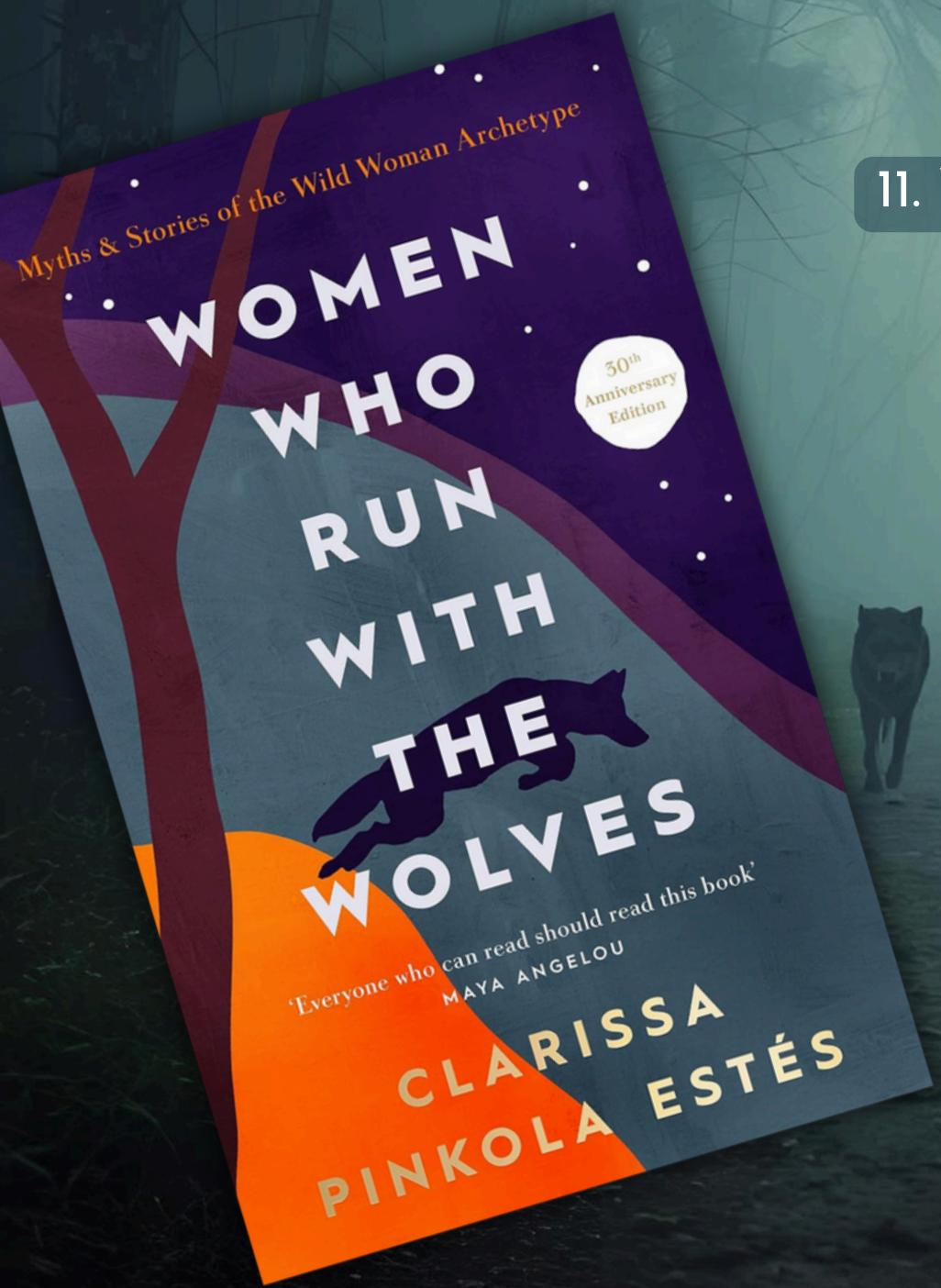
Well OK
Jeanna Lichtenberger

[@wellok co](#)



13 REASONS WHY YOU SHOULD READ “WOMEN WHO RUN WITH THE WOLVES”*

1. Overcivilization is the Death of the Soul
2. Trust your Intuition, Not the Wicked Stepmother
3. Don't Trade Your Soul
4. Surrender to the Higher Power, It Knows Where to Lead You for Safety
5. Find Your Pack and Embrace Who You REALLY Are
6. Addiction to Day-Dreaming Brings Death
7. Love Is a Skeleton Woman
8. Your Body Is a Wonderland
9. Watch Out for Predators
10. Death is a Part of Life
11. Wear Your Scars Like a Badge of Honor
12. Embrace Obscenity
13. A Story is a Medicine



*From the Article, *13 Reasons Why You Should Read “Women Who Run With the Wolves” Instead*, by Elena Leman

Read the full article on [Medium](#)

Our Chicks met on
the charming
patio at Pizzaria
Gusto in OKC to
discuss WOMEN
WHO RUN WITH
THE WOLVES.



OUR NEXT READ & LEAD BOOK IS THINK & GROW RICH BY NAPOLEAN HILL FOR
DISCUSSION IN DECEMBER.

SUMMER 2025

LAKE MURRAY, OK

CHICKS IN THE STICKS



THE STICKS

ADVENTURE, NATURE, CONNECTION.



JAN'S HAT BAR, ENNEAGRAM, & LOTS OF FUN IN THE SUN

Golden sun, endless laughter, and nothing but good vibes. Cheers to summer memories we'll never forget. Join us next year?



Fire & Ice '25

THE HOTTEST
NETWORKING EVENT
FOR BOSS CHICKS BY
BOSS CHICKS

Thank you to our Ring of Fire Sponsors
for making this event possible!



CHICKS IN THE STICKS

HOCHATOWN

Nov. 6-9, 2025

Three nights in a luxury cabin to unwind in the pines and Review/Revise/Renew to plan for the new year and help us live our best lives with purpose and passion.

Plus yoga, nature walks and fireside chats. [Learn more here.](#)



THE ULTIMATE GOAL GETTER GUIDE TO ENDING 2025 STRONG

by Malena Putnam

1. **Review your goals for the year to assess what you've hit, missed or no longer matters. Ask yourself why.**
2. **Create an action plan for 4Q on your top priorities and be SPECIFIC. Include numbers, deadlines, next steps and tools and resources needed.**
3. **Reach out to others who can help you reach your goals. Connectors, mentors and coaches are primed for goal setting and goal getting.**
4. **Let go and release what no longer serves you. Sometimes our timing for projects doesn't align with the Universe and that's okay.**
5. **Your calendar is your keeper. If it's not in your planner and not already a habit, it's probably not gonna happen. Put your plans in your planner.**
6. **Keep the promises you make to yourself. Your dreams are worth the time, effort and sacrifice to bring them to fruition.**

Interested in setting and getting your goals this year and beyond to elevate your life? Join us at [Goal GetHers](#) the first Monday of each month as part of your Chicks' membership or just \$25/month.

NEXT UP:

Chicks hosts in person and virtual events for members and guests. From speed networking to social hours to book clubs to retreats and workshops, we're here to help our Chicks' achieve their dreams and have fun along the way.



Lead & Learn Luncheons

SPECIAL ALL CHAPTER SPEED NETWORKING LUNCHEONS
Greens Country Club | Public
Wed., Nov. 12th, Chicksgiving
April, 2026, Spring Fling

YEAR END REVIEW - MEMBERS
Wed., Dec. 10th, Bourbon St. Cafe

Quarterly In-person Chapter Luncheons:
January - May - October:
(members & first-time guests)

READ & LEAD BOOK CLUB

One personal development book per quarter with a book club happy hour.
Members

Dec. 3rd, Online Discussion & In person book club happy hour.
THINK AND GROW RICH by Napoleon Hill

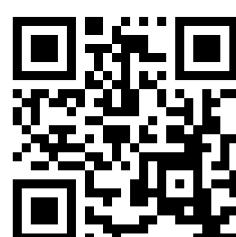


Goal GettHERS Collab & Co-working day, 1st Monday of each month, Free for members, \$25 for guests

Nov. 6-9th
Chicks in the Sticks Fall Retreat - Hochatown.
Members + guests.

Goal GettHERS Collab & Co-working day, 1st Monday of each month, Free for members, \$25 for guests

November 29th
Small Business Saturday - Merry Chicksmas Market - Public (booth spots available)



Scan the code to learn more about membership & events. ChicksinCharge.Club | @chicksinchargehq

December 7th
Merry Chicksmas Party Yay on Broadway (Members)

Promote your biz in Bold Moves, the quarterly magazine for boss Chicks.

Share your story brand in Bold Moves, in 2026, the quarterly magazine for boss Chicks to learn, inspire and grow together. The magazine is a FREE digital download on our CIC site + our linktr.ee and promoted in OKC and regionally with ad spend plus our email newsletter and our social channels to reach local and national boss Chicks and women in business. See booking deadlines and details at chicksincharge.club.



[APPLY HERE](#)

 kernest1219@gmail.com
chicksincharge.club



*Kari Ernest
Associate Editor*



If you're ready to Saddle up and Shine
to grow your brand & community, let's talk...

MARKETING STRATEGY
POWER HOUR

TRAILBLAZER ANNUAL
MARKETING PLAN

ZOLA NOVA
PERSONAL BRANDING
EVENT WRANGLER

Yay Dude!
Media & Marketing



Book a FREE Disco Call & Download the FREE Disco Lasso Rodeo
Marketing Guide at ReadyAimGrow.com by Malena Putnam