

# Karen Broda: Fitness, overwhelm & tiny homes

Thu, 8/26 1:40PM 53:28

## SUMMARY KEYWORDS

adhd, feel, life, realize, diagnosed, superpower, brain, wellness, people, women, struggling, structure, fitness, started, macros, eating, love, lived, big, coach

## SPEAKERS

Katy Weber, Karen Broda



Katy Weber 00:00

All right, so why don't we get started? And you said you were diagnosed at the age of 32. So why don't you tell me a little bit about when that was and kind of what were the signs that led you to seek out this diagnosis? Yeah. And



Karen Broda 00:15

it's funny when I think back to, I don't even know what triggered why I thought I had ADHD, I cannot recall the exact instance. But it was fairly recent, it was probably in the fall, maybe September, October time when I started to suspect it. And a few things were happening at that time, I was working with a mindset coach. And I had a co worker with ADHD. And I think I found out around that time that she had that as well. And we just really bonded well as, as we do with other ADHD years. And I think what came up was that I was doing all this mindset stuff for many years, and even more so working with this coach, and then talking to his co worker, I realized, there's like a something missing here. Like, I still felt like I couldn't be an adult, like, I just couldn't do all the things that I thought I should be able to do. And then started to explore ADHD. I, I never thought I should say I was judgmental of it, but I didn't fully know what it was. So I just thought, you know, no boy hyperactive syndrome was like that. It's me, like, I have energy. But that's not me. And figured if I have ADHD, that means like, I'm broken that my brain wasn't wasn't good

enough. And I did so well in school. And I always worked hard and hard work meant results, right? And I realized, Oh, I worked hard, because it was really hard. And I needed to. So yeah, after just putting some things together, doing some research on my own, probably went to the doctors, like, I really need to get screened for this like I at that time to, you know, probably by the time like October, November, just the fall period of time. Things were really like tough, where I wanted to up level with my own business. I wanted to make some other gains in life. And I just couldn't move forward in the, like, the significant larger steps that



02:20

I wanted to



Karen Broda 02:22

got screened, and they're like, yeah, you don't have it.



Katy Weber 02:26

Right. I know, I went into my doctor's office with so much paperwork, and I was expecting, you know, I had to like, go on this whole lecture and defend my thesis. And she was basically like, You had me at hello, don't worry.



02:42

Yes, I found the same. Like,



Karen Broda 02:44

I almost felt like a fraud. It's like, what if I go? And I fake? Like, not intentionally, but what if I fake to the assessment? And they're like, you have it? Here's the meds but like, what if I was a fraud, and there's other people out there with more severe ADHD? Who who need this more than I do? And I just always felt like, I was doing fine. Like I did so well in life from an outside perspective. I didn't want to be that fraud.



Katy Weber 03:09

Yeah, no, I hear that a lot from interviewing other women. And I certainly felt that too. I

call it the other imposter syndrome, which is, like, do I even have this? Am I even struggling? Do I need medication? What do I need it? What would I need it for? You know, all of those questions and all it like, like I was told by my therapist who has ADHD, and then I was diagnosed by a psychiatric professional, and still, I constantly and I have a podcast, like I've talked to people about it, and it's like, been become my life. And yet I still have those moments where I'm like, like you said, like, Do Is this even it? You know? And, and I often feel like that, that sense of, you know, if you are even having those questions, that's probably an indication that you have it because it seems like that seems to be such a common experience for



Karen Broda 03:58

us. I wonder for females that it's more so because we're diagnosed so late in life. So when we think things are hard, we're like, oh, well, that's just because I'm not working hard enough. Or I haven't done enough work on my own mindset. And there's just more I need to do right to strive harder. Because you know, you don't have ADHD, right? That's about boys you hyperactive syndrome, anything when we get diagnosed, it's like what we did so well, like life is supposed to be hard. And then we realize not necessarily supposed to be this hard.



Katy Weber 04:29

Yeah, absolutely. And, and I think also the, like you were saying before, like, I didn't relate to ADHD at all, because of my misconceptions about what it was. And it really wasn't until I started researching, like the executive function aspect of it, that all of the light bulbs went off, you know about how many different rent seemingly random struggles all kind of came back to this one description. And I often wonder when I tell other people that I've been diagnosed with ADHD and they don't have any background. They don't know what ADHD is. They're having the same misconceptions that I used to have like, what are they thinking what I say I have ADHD, because I'm like, if you have two hours, I'll explain to you the whole long laundry list of all the reasons why I have it, but I can't do that. So I'm always like, what are they thinking? Like? are they thinking to themselves? Well, she's not hyper, that's impossible. Or?



Karen Broda 05:26

I have a question for you, when you got diagnosed sufficiently? Did you really have all the systems in place that were working for you with like the executive functioning? Or did that come after for you? Yeah, I



Katy Weber 05:37

mean, I think that's kind of that idea of like, how much am I struggling? I mean, I was diagnosed at 45. So I had intuitively come to a lot of the realizations in my own life that are, you know, what, I would go to ADHD websites and see, like, what is, you know, what are recommendations for energy? What are recommendations for nutrition? There were a lot of things where I was sort of like, oh, I've already intuitively come to these realizations on my own just from living on this world. And, like, there were a lot of ways in which I was sort of patting myself on the back being like, okay, like, you know, yes, we work a lot harder. And yes, there's a lot about ourselves, pre diagnosis, that is confusing, but I did feel like there was some things that I kind of a lot of boxes that I had already checked off in my life, like yoga, or meditation or morning exercise, you know, like getting your heart rate up in the morning, and all of those things, but then there was also like, all of the long long list of self medicating and like, not so great ways in which I coped, that I didn't realize was, was ADHD, like alcohol, and nicotine and caffeine and all these things. I'm like, oh, yep, I did that. Oh, yeah, definitely did that. Yeah,



Karen Broda 06:53

I get it. And it, I find, if we're more, kind of in tune with ourselves, we do intuitively seem to find things that work. I think for myself, it was finding things that work, and then second guessing it, you're like, well, there must be a better way, because the rest of the world does it this way. Like, I must follow that instead. And then it was losing your path of what is working for you? Or if you ever found that as well. Yeah,



Katy Weber 07:20

especially with I mean, there's so many factors that are always changing in your life like to so I feel like even like when I had kids, and I was diagnosed with depression and anxiety, and so there was always an I was on meds and then there was a question of like, am I feeling better? Am I not feeling better? I mean, things are changing all the time. hormonal surges, you know, bring in like the question of like, you know, menstruation and estrogen, and it's so overwhelming to always be questioning, like, is something working? Is it not working? Is it just working now is a placebo? Is it not placebo? You know, and I think what, that's another, like, indication that you probably have ADHD is if you go down these like think holes, right? Well, you're just like, I like the color green. Do I like the color green? What is it about green? That why do I like the color green? What even is green? to do that? Yeah, my mind went there instantly. As soon as you said green is green, right? I know. We are classic over thinkers. So looking back over your life, since your diagnosis, what are some things that you look back now and say, Oh, of course, that was ADHD? How did

nobody know?



Karen Broda 08:32

I feel like everyone that I've talked to you at this age, or you know, heard on your podcast, it's like everything. You're like, you're like, Wow, my life makes sense. Now, this is amazing. But I think what really came through because I'm a fitness professional, it's always been in my DNA. It's something I've always loved. And people always looked at me, like, why does it come so easily for you? And I looked back on what I implemented, like, probably 10 plus years ago, where fitness and nutrition just flowed. For me, it's because I created these systems and routine that works so well for my ADHD brain. And I couldn't understand it didn't work very well for the neuro typical, but with our brains that work well like moving first thing in the morning, getting your heart rate up, right feeling into your body during the workout, so you get out of your head, such a great start to the day. I tracked macros for many years because it was really it helped me be mindful of what I was eating and helped me pause and not just put everything on the fridge and have a bit of everything and leave it on the counter because I want everything and I don't know what to eat and I don't know what recipe to create. So the macros was really really helpful for myself to do that and had helped me miss a meal prep in quotes because I don't meal prep, I don't create recipes like my brain cannot handle that. But I learned how to make like super quick meals that work for me and save me time. Like, there's all these little things that never were in the fitness and wellness blogs, they worked so well for me. Mm hmm.



Katy Weber 10:16

Yeah, I had a similar experience just in my own. With my health coaching, too, which was, I realized now through my ADHD diagnosis, what worked and what didn't work and why. And it's been like mind blowing to me, because I sort of had this long history with dieting and chronic dieting. And now I realize, like, why so many people with ADHD love to diet, because of the structure, you know, it's like, oh, my goodness, I go from like, eating whatever I want and feeling terrible to suddenly having to count and track and weigh and doing all the stuff and we love it. But then we also get into a situation where we get overwhelmed, and we have too much structure. And then we just hit the wall of chronic overwhelm. And then we give up, and it's like, oh, my goodness, like, that's what you know, when I, when I've been dealing with yo yo dieting my whole life, that is what is happening right there. Like I can actually kind of label and put a language to what is happening. And so I appreciate that structure is really important to us, but I you know, and so when I was became kind of an anti diet health coach, and the alternative was intuitive eating, which also is really, really difficult, because intuitive eating involves being in tune with your hunger and being in tune with your fullness. And these are things we are terrible at. And so

I like really kind of struggled for a long time with intuitive eating, because I believed in it sort of politically, you know, I sort of felt like, yes, it's important to take our mindset away from weight loss, and really kind of focus on health, you know, a more holistic look at health and not just be so focused on the scale. And so like, believed in intuitive eating as a philosophy, but like secretly really, really struggled with it, because there was too much freedom. And I was eating all day long. And I had no idea when I was hungry or full and what is wrong, like I felt. Exactly. And it was so you know, now I realized, like I sort of, you know, intuitively then came back to what I'm currently doing, which is a far more structured way of eating, that's not as rigid, it's not as weight centric. And I feel like it's, you know, the perfect, perfectly tailored to me and my brain. And so yeah, I definitely want to pick your brain about talking about my journey to write. And so it is sort of intuitive in its own way.



**Karen Broda** 12:46

I've been really reflecting on this and what has made me successful. And what's kind of sway me on both ends of the spectrum where creating structure around say nutrition or workouts, I think is so essential to learn that whether that's for a couple months, whether it's for a year, whether it's as long as the person needs it, to learn how that can look for them to feel like they have a sense of like consistency, and that they can start to identify with like, yeah, I am a healthy person. Yeah, I do work out Yeah, I feel good. And also empower them to be like, yeah, this is working for me, I'm not broken, I can do this. And then they have to always fall back on and then slowly move to intuitive eating because I was very I did bodybuilding for many years did really well with it, various cetera, macros. And then when I wean myself off to, again, the intuitive eating, which I think is so powerful, and, and like, again, no political standpoint, I guess we should be intuitive eaters. That's like a good place. But it's hard of ADHD. It's so hard, even for myself, who's always been fitness and wellness person for 15 plus years. Like it's hard. Yes, it really is. So having that basis back know what I'm doing. I know about macros, I know how to have structure my diet, I'm going to now have that flexible approach as I learn more about what my body needs. So I think it's like creating that almost like a foundation for a building where you need that, but it doesn't like do something to build the house, you have just a structure. So then it's like, have that flexibility. The other room over here built this beautiful yard kind of sway from that, if that makes sense.



**Katy Weber** 14:31

Yeah, absolutely. And I think Yeah, for me, personally, a lot of it came from just eventually realizing that like I had nobody to answer to except for myself and what worked for me

and I think a lot of the time we get kind of caught up in the shoulds of lifestyles, you know, and so that's another thing I wanted to ask you like, what do you how do you help women who are dealing with that chronic overwhelm where they are just doing too much, you know, because sometimes, like even just counting calories, counting macros. Like that can really lead to obsessive behaviors. And I think it takes a lot of, you know, like you said, like just sort of knowing yourself and knowing what works for you and what doesn't work for you. But like, how do you talk somebody off the left, when they get when they do hit that chronic, because I feel like that happens a lot with women, with my clients with like, with women who are used to dieting their whole lives. And so they have no sense of self trust, they have no idea what they're supposed to do, they need to get all of their eating. And, and exercise rules from a magazine or an app or something else. And so like, you know, and then it gets to be like, they've sunk all this money into it, or, you know, they're, like I said, you hit that chronic overwhelm wall, and then you just chuck it all out. And then so I love what you said about like, changing your identity identifying as an active person or identifying as somebody who is who is healthy. You know, I think that's really important for us as eight with ADHD in terms of how we define ourselves, like how we define ourselves is a is important to us. And I think it's something that we put a lot of value in, and it's something we really struggle with. So I'll stop talking.

K

Karen Broda 16:12

I hear you, I have a shih tzu. It's the use of so many great things. And my brain was going in different directions and like, oh, my god, yes. Yeah. It's like all these things. I could kind of see to that with nutrition, wellness, fitness, all those things. It's so customized when I work with women, it's not like you need to fit this blueprint. This needs to work for you like, yeah, if we aren't ADHD, it's a little bit easier. I know what's gonna work what's not gonna work at the start. But if someone's a chronic Dyer and dieters, and really strict, so they've already know, that structure in their life, no, it's a little more intuitive, the intuitive eating what that looks like for them. And a big thing for intuitive eating and for exercise is starting to get out of our heads and just feel our body. And that's why I love the combination of exercise. And that can be in any form. For women who, it's new to them, I recommend No, some sort of weight training for me the physical benefits, but also because it really forces you to be in your body. It's like, when am I doing right now? Am I doing this right? Oh, I'm lifting weight, I don't want to kill myself right now. Because I'm lifting weight don't want to drop on my toe. So it forces them to feel their body. And I love that because that streams to other areas of their life. And with the overwhelm. That's classic me all the time. It's really nailing down your priorities for like, this nice three months time right now, like, what do you really want to focus on. And when we can get hyper focus on something like go that foundation around our wellness feel really good about that, then we can fall back on it because it starts to become part of our identity. Now it

kind of went in some different directions there. hope that made sense. But to add to the whole identity part and feeling into our body, something that's been very powerful for myself, and what I work with people on is creating or visualizing, or laying down whatever works for you, who you want to become like who is your future self? If you could dream about yourself in whatever time frame, like the perfect life? Who are you like? How do you show up in the world? How do you? How do you feel? What does your life look like? Who do you identify as, because then we can start to envision ourselves, but living the life we want and doing the things we want to do. And for me, it's like, oh, I'm focused, oh, I'm really intentional. I'm taking pauses, I'm not always all over the place. And we're soon as I start to visualize that every single day, it becomes part of my life more and more. So I found that so powerful for myself and working with clients to be like, you can be that person you already are. That person is just slowly becoming her little Pete be a bit like every single day.



Katy Weber 19:05

Yeah, and I think, you know, I when I hired a business coach, after I was diagnosed with ADHD, it was like, the first thing I did, because I was like, Oh, this is why I always have like a gazillion ventures and never complete any of them. And so I hired a business coach and her you know, she's really helped me see the importance of sticking with one thing and and, and really just like she you know, we have this like runway, and you got to like, stay on this runway and stop. There's so much noise all around the runway, and there's so many things we want to do and there's everything feels urgent and we're always distracted and going off and doing other things. And we're, you know, we see the big picture a lot of the time and I think like, I'm so grateful for the fact that she has helped me really focus on just that one step in front of me and I think that that extends to To our health journey as well, you know, if you can kind of take that idea and, and put it in a health perspective, we have a tendency to be, you know, that idea of like, New Year new me, I'm going to do this, I'm going to do this, I'm going to be a totally different person. And so within that is like a sense of overwhelm, obviously, like, we keep coming back to that, but also like, you know, seeing this big picture, not knowing how to get there. And then also feeling like a sense of self denial for who you were. And so I think it can also, you know, that idea of wanting to make a change, like we have a hard time just making one change, we have to do everything. You know, like I remember the first time I ever heard the 8020 rule, I was like, I don't understand how are you at 20? It's 100, or nothing, there is no in between? So I think Yeah, like, I think that emphasis, like you said, on, on the short term on that one step ahead, you know, one step in front of the other, let's look at three, you know, what are my three month goals, as opposed to what we tend to do on our own, which is just like, Oh, my God, I'm joining a gym, I'm going to go and I'm going to spend eight hours at the gym every day, and then I'm going to injure myself, and then I'm going

to stop going to the gym. Like, there's a we're such all or nothing people.



Karen Broda 21:16

And I it's so funny, because we will say that it's like easier said than done, alpha hired a coach, like 100% recommend, oh, he's working with a coach in some form, because they really keep you on track, and essentially give you blinders to everything else, or like, just focus on what I tell you, which is that next step, so for fitness and wellness, so I got into, you know, just working out and overall wellness when I was a teenager, that was before all this internet, stuff. Like it wasn't a big thing. When I started bodybuilding. There. I think My Fitness Pal existed. But there wasn't much online, it was still very niche.



Katy Weber 21:59

So how did you get involved in it? What was the



Karen Broda 22:03

high school, I was early 20s. And I would always just be intrigued by the fact that the best like the discipline, the strength, the aesthetic, every part of it was really intriguing to me. And I loved lifting weights for many reasons. And then almost gave me a goal to work towards like a sport. Like if you're a runner, you do a race. And I think it was about when I got into just wellness, how there wasn't much information available. Because it wasn't overwhelming. I hired a coach, it was really easy. I just follow the limited information I had. Even now I google any sort of wellness or fitness info as someone this has been my life. I get overwhelmed. There is so much out there. So I can't imagine someone starting new and not looking, just looking online and being like what do I do as ADHD? That is exhausting? Yeah, no, it's the



Katy Weber 23:03

Wild West.



Karen Broda 23:05

It is. My advice to all of you out there who are wanting to make some steps in your wellness journey is it is hard to just do all of it. But ask for help. If you know someone in your life that is someone who's a wellness, who says they're like into wellness or a wellness expert and just ask me, what's one thing I can do this week? Just one thing. And just to

note everything out there? It's all great info. But yeah, it's gonna overwhelm you.



Katy Weber 23:34

I know. And that's the other thing I've you know, I feel like coaches, a really good coach doesn't tell you what to do a really good coach knows what questions to ask and how to get your own knowledge out of you. And it feels like, you know, like the Wizard of Oz, or like it was within you all along. You know, it's just a matter of having that having that having your hand held in a way that you can you can find out what works for you. And, you know, it breaks my heart sometimes when I see those same questions in the Facebook groups over and over and over again of the women who are struggling and are just looking for the answer. And then all of the answers that come are women who genuinely want to help and are saying we'll do this we'll try this we'll do this we'll try this and I'm like that is the last thing this person needs is at other people telling them the one thing that they absolutely definitely need to know I'm like dope just keep your mouth shut. Okay, just move on.



Karen Broda 24:31

is why I fell in love with meditation, mindfulness, because we have the answers and that's right. It's really just taking a pause feeling what's in our body and listening and doing what feels right like again, all of you there are wellness people you're healthy, you're fit like that is you just got to find it in you just take a moment. How does your like mindfulness practice for you these days.



Katy Weber 24:57

I'm still so interested in your in your fitness background. So you're okay, so you're a certified personal trainer and wellness coach now. And you but you were like hardcore. Right? You were hardcore bodybuilding?



Karen Broda 25:13

Yeah, I will say that because I never thought I was hardcore because it came so easy I limited information, follow your code hyper focus, super simple, right? Um, and it makes



Katy Weber 25:23

sense to write like, with an ADHD lens to be like how that idea of like, being competitive

with yourself and moving on to the next step and then wanting to, like get further and further, like, it makes perfect sense to me how many competitive elite athletes have ADHD, you know, it's like the two opposite ends of the spectrum. There's like the people who are the elite athletes who, you know, everything kind of falls into place for a certain amount of time. And then and that makes sense. And then there's the other side of the spectrum of the people who are like, I'm totally overwhelmed. I have no idea what I'm doing with my life. I'm really struggling. And I've been lying on the couch for a week. And I'm like, Yeah, I get that, too. I really like I see both of those



Karen Broda 26:02

on both ends, too. Like, I do circus. Now. I mean, come on circus. There's a million different apparatuses. I'm all over the place. Like, I want to do this and want to do this. And now I'm going to do this and this. So what less structure but way more fun, I guess.



Katy Weber 26:16

structure. I think it's just for a structure with variety. I think that's important, too, right? Yeah, I am a big



Karen Broda 26:22

fan and proponent out including fun in your workout routine, like if you don't like on the gym, like don't go, but have something with some structure to get you into a routine. But my fitness journey has been kind of like different directions at different times. And there's lots of different parts to it. But in short, fell in love with the idea of building strength that you could just do strength by going to the gym and lifting heavy objects. And that was when I was a teenager, very limited information. I didn't know what I was doing half the time, but I loved it. And started to learn what like bodybuilding was no wait my frame, I was never the class of a bodybuilder I did, the bikini can have fitness aesthetic classes. And I love the journey of it where I could just go focus on my body, turn off my mind for an hour or two in the morning. And just really be in my body. And knew I was also working towards something like I love the competitiveness of being on a stage and every part of it was fun. And it challenged me and it kept me focused. I think that's why I never suspected I had ADHD because I was focused on one thing and did really well. And 100% in and loved it. And later on a couple years ago I ended up retiring as you know, my interest change. I love it, but it's not what I want to pursue anymore. And then at that time, I was already teaching fitness classes but then got into personal training and realized I love that because I love movement. I love the body about biomechanics, but I love teaching and

helping women one on one that like dialed me in with focus, I could be 100% present. And it was just this perfect, marrying of focus and helping women and then also started an online wellness coaching alongside that, and then I fell into circus and now I primarily train circus or anything in the air. It's pretty much what I do.



Katy Weber 28:31

That's amazing. I saw something recently on Instagram the they're like bungee harnesses. I don't even know what it's called. I saw it and I just posted I was like, does this exist near me? I've just was like, Oh my God, I've never did this existed. And now that I've seen it, I can't live without it. But I've not tried it. I know. Right? I don't know what it is. But I feel that way about Ariel. Like whenever I see aerial yoga and stuff I'm like, Oh my goodness. I had no idea that was even possible. And now I can't live without it. To do aerial yoga, no, I don't I would love to though. I absolutely I there's I don't know, I feel like I can't even ride on a roller coaster without getting nauseated. So I'm like there's a part of me that like gets a little bit worried about that I'll get too dizzy. But I like the idea of it. You need to go do it. You will love it. Absolutely love it. So I guess when you when we were messaging back and forth and you said that you you know the strategies that you had implemented now through an ADHD lens, you realize like why they work so perfectly and I feel like you know, like we were saying with with athletes and how many people I've spoken to who didn't really feel like they had like they struggled and they were athletes until they got an injury, you know, and then it was like not being able to do that. thing that kept them on track or kept them motivated or also like now just understanding more about exercise and how it how it helps our brains, you know, and being like, if you're like, if you're really rigorously exercising and then all of a sudden you can't, like, yeah, I can understand why you would emotionally implode. So like, for me, that was something that was I now realize like how important exercise is like, it's become like an absolute non negotiable, whereas before my ADHD diagnosis, it was sort of like a thing. I would dabble in here and there. And now it's like, it's, it's on the list of non negotiables like eating and drinking water. And you know, the things that have to happen today. So I'm curious when you're like, what is your perspective now with an ADHD lens? When you talk about things that the strategies that you implement, implemented, like, what were those strategies?



Karen Broda 30:57

Yeah, some of them I kind of touched on already with the structure around nutrition and learning. The the big thing for me is like, was learning what foods made up of like, okay, there's macros, there's protein, fats, and carbs. Okay, that makes sense. Because when the generation of meal prep for four hours on a Sunday, and find a new recipe every day, I was the big thing. I cannot do that. That's exhausting. But at the time, like I, oh, I know

about macros, I can create my own meals really quickly, if I just include protein, fat and carbs. Like I kept it so simple. So it's simplifying it and making it my own and knowing that I didn't have to follow suit. So that was a big thing for me, and I call it my one pot meals, I literally choose all my favorite things that fall into the protein, fat and carbs and put them in a pot, and you can't go wrong with all your favorite things, it's gonna turn out great. So that was a big saver for me, and just eating healthy. And without spending hours on it. The other routine was working out first thing in the morning. I mean, I would I love fitness, I'll do it at any time of the day. But getting out of my head first thing in the morning always set me up for a great day. Because of anything else I got to workout in and it felt good. And I connected with my body. And that I didn't understand until later when really noticing it's my brain that would go crazy during the day, if I didn't connect at some part to my body. And that was such an easy way I was already going to work out right. The other system was just sending the system but getting outside and realizing that nature has a bigger impact on me than I thought. And I actually moved halfway across the country to be in more nature. And I didn't know why at the time while I was so called to be outside and to be around color and greenery. But as soon as I'm in it, it's called me and I dropped back into my body and get out of my head. And lastly, it was having a workout routine. That was a plan, I got a structured workout routine that I had for you know, 12 weeks at a time. Because we were during COVID I really just had fun with my workouts and like I'm not gonna have a plan. You know, gyms are shut down, I'm just gonna do what feels right my body. I love that. But I looking back, I realized having that structure also helped turn off my brain. So in the morning, I could literally just look at what the plan was, know that I could physically do it because I've done it every other week before that, and it helped dive into my body even more. And they worked with a mindset coach of getting like further and failing mindfulness practice, having a daily meditation, mindfulness practice, where Yeah, starting to connect with what you're feeling, noticing your thoughts and noticing that your ADHD brain is gonna go around deductions and that's amazing. But looking at it from an outside perspective, and just being aware of it and that's been astronomical in the last little while to add to a wellness practice.



Katy Weber 34:15

I love that you know, you just reminded me when you were talking about how I grew up in Toronto, I grew up in the city and I my parents were both from Pennsylvania so we would drive back and forth would be this like eight hour drive but that we would do like three times a year where we would drive from Toronto to rural Pennsylvania and so we drove all through New York State and all of the you know just these like beautiful like small towns with these big old houses with these big wraparound porches and I always growing up like I always dreamed of living in the country and having this house with this porch swaying

and and and now I do like now it's funny like now I live in the middle of nowhere in New York State with a huge you know, old Victorian house with a porch suede and because of And I realized as you were talking like how growing up in nature and having that kind of like quiet, idyllic life was something that I longed for from as long as I can remember. And it's being a nature is such a huge part of my life now. And as much as I love, like, I lived in New York City, I lived in Toronto, like, I love cities, they're great when you're in your 20s. But like, that's funny, I never really thought about how being in nature, I mean, I had heard, you know, I've heard, you know, whenever you sort of Google things that are great for people with ADHD, being outside of being in nature, and I'm like, Yeah, I got all that. But I never thought about the fact that like, I actually structured my life in such a way. I finally got that childhood dream of mine.



**Karen Broda** 35:47

It's I have a very similar journey. because growing up, I lived and grew up in a smaller city, but we had a cabin. So my entire summers were spent out of this cabin, which was lakefront, and that was my happy place, like even as an adult going back to visit my parents, they're like, it was just so like, like a homecoming. You're just like, I feel like peace here is very blissful. And again, my 20s lives in a bigger city. And I think when I think back to that time, when you're like, Oh, I was happy things were great. I was, you know, in the corporate career at the time in the big city. It was like, what, what was wrong about that, but I think it's after the fact when you leave that now I'm out in nature, again, that you were like, Oh, it was good. But this is so much better. feels right, that I'm right now building a tiny home to literally be out in the woods. Yeah. And I cannot wait for it. That's everything I've wanted.



**Katy Weber** 36:47

That's another thing I've been exploring a lot recently is, is the the overwhelming desire to simplify. I had two parents who were packrats. And so I've always been, I've always been like a move, clean, obsessive, you know, like, I moved a lot in my 20s. And even when my husband and I were first married, like, we never lived anywhere longer than two years. So it was really great. We were always chronic perjures. And I've lived in my current house for 10 years, and it's driving me crazy. Like the attic has so much stuff in it. I just like I have this overwhelming need to purge at all times. And so I was just reading recently about ADHD and like how important it as it is for us to have like minimalism, and how we tend to get overwhelmed. We tend to kind of get these piles and stuff. And, you know, we're we think of ourselves as having clutter and all this stuff everywhere. But it's actually like really, really great for our brains to have very little around and why we all love Marie Kondo makes total sense to me. So I don't ever What did you say that reminded me of all that.

Nature. Oh, right. Okay. Yes. Oh, my God, I dream. I can't wait for my kids to go to college. So my husband and I can like sell our house and live in a tiny home. Can you just build a tiny home for your kids to write they would be their own home? I know. I don't maybe. Well, that would be ideal. That's basically their bedrooms. I don't go in there. I try to stay away so stressful. My teenage daughter, I know my teenage daughters were it was the worst. And my husband keeps going in there. And he's like, it's terrible. And he's always yelling at her and I was like, is there's a really simple solution. Just never go in there.



Karen Broda 38:28

Just say my Zen room with minimal things, where everything is just kind of put away.



Katy Weber 38:34

I know, right? But that's another thing where I see a lot of that dichotomy with women with ADHD, which is like, is your room a total disaster? Or is it like, spotless, and it's like nothing in between? It's one or the other?



Karen Broda 38:46

Yeah, it's funny. You mentioned that when I think back to my 20s I'm in the city, you know, things feel great. I was more of a packrat I know take took after my parents, but no similar. they've kept everything and things were disorganized. It was kind of a mess. And then when you go the opposite way, you have a call so much better, like less is is so much more when when you're with ADHD.



Katy Weber 39:09

Yeah, but like how that affects your mood and how you your productivity and just like how you think it's all you know, it's just it all springs springs from that idea of like a made bed is the first domino in your, your day.



Karen Broda 39:24

Yeah, I find it the most like good cue of how my internal world is going. Like if I walk into my house and there's stuff everywhere. It's dirty and messy, and there's just stuff like okay, clearly, inside of me in my head. I'm stressed. I am disorganized. Because it's going to show up in my physical environment. And you organize everything where you're like, Okay, let's conquer life again,



Katy Weber 39:47

right? I know. I know. Absolutely. So what do you love most about your ADHD since I know you're newly diagnosed, I'm also newly diagnosed. I was explaining to somebody today you know, it's It's I've only been diagnosed like six months, but that's in human years in ADHD or six months. It was like a decade. I know, you know, you're also newly a 2020 diagnosis, but what do you what have you come to, like, really love about it?



Karen Broda 40:17

I think when I was thinking, Okay, so when thinking of this, I think, I don't know that sounds weird, but I love my ADHD brain. It's literally my superpower. And I get a kick out of like myself, I think I'm hilarious. So the more I've dove into this mindfulness practice, I get, I found mindfulness meditation probably six years ago, but it was really since probably the summer noticing the importance of it. And going further with it was being able to really notice my thoughts. And recognize, you know, I know what ADHD is like, Okay, my ADHD brain is great. Like, I literally hilarious. So I talk to myself a lot. You probably think I'm crazy, but I just talk to myself. And when I meditate, notice my brain is like, this is great. Like, I mean, we go all over the place. Why isn't that fun?



Katy Weber 41:12

That's true. That's a good point. You know, I, I, sometimes my mother passed away three years ago. And sometimes I wish so many times since my diagnosis. I wish I could talk to her about it. Because I actually think, I mean, my father is the obvious one who has it. But I sometimes I often think my mother had it because she used to have really lively conversations in her head. And so I would like look over at her, and she would just be moving her hands and her and like her mouth wasn't moving. But you could tell she was having a really intense conversation with somebody. And like, I noticed I do that sometimes. What I've, like, you know, at the grocery stores of the I'll be like having a conversation with somebody in my head. I'm like, I'd look just like my mom right now.



Karen Broda 41:54

are my favorites, like when you go down the rabbit hole? Because you're like, oh, squirrel. Oh, that's really dive into like, what is an umbrella? Why do I have this umbrella? Like, is it raining out right now? And you just like me, this umbrella? Oh, I never made that country? What is the political system of that country? Then you start to realize like, I would never would have went down this rabbit hole. Was it my great brain? I never would have known about this.



Katy Weber 42:18

That's good point. We are. We are lifelong learners. And I absolutely love that about ADHD. And it's something again, that I feel like I talked to a lot with a lot of my guests. Because many of us had a complicated relationship with academia. And so but I think the one thing we all have in common is how much we love learning and how driven we are. When you say like, who invented umbrellas, I need to know this right now. And I'm going to spend the next hour googling everything I can think of it that at the end of the day, you're sort of like I just became an accidental PhD in the umbrella.



Karen Broda 42:56

It's, it's so I come up educational, I think our brains keep the party alive for everyone around us. I honestly think it's my superpower. And a lot of ADHD women, or I guess people in general are entrepreneurs. Like we do so many great things for the world. And we have our brains for a reason. So why not make use of them?



Katy Weber 43:20

Yeah. And I think also, I noticed a lot of women who, since their diagnosis, like almost immediately pivot their businesses to work with other people who have ADHD. And I think when I did that, it was really kind of like, it was twofold. It was sort of, I've realized that the the clients I was attracting probably had a PhD and didn't realize it like me, because we all spoke the same language. And we were connected with each other. And we, you know, we're attracted to each other, and in a way that I feel like we probably all had ADHD and didn't realize it, but then also sort of feeling like, like you said, about realizing how much of what I do is a result of my ADHD and making those connections and wanting to deal specifically with other women who have made those connections because then the like, the conversation just kind of comes to that next level where you can actually really talk about why, what it is about ADHD that is making this work or not work and, and I think that's so helpful for us. So I love when it's, you know, it's such an ADHD thing to get ADHD and then like, immediately, like, dive into transferring and pivoting your business to work with other people with ADHD, like completely reinventing yourself.



Karen Broda 44:28

I mean, I did the same, right? Like, wow, I finally understand that there's others out there like me that I can help. And I feel like when we help other ADHD women, it's going to power them and become folks, more of a spokesperson for ADHD. Like as coaches, we're ready spokespeople for it, which tells the world by word, there's nothing wrong with our

brain with just different we can do some really magical things. I think that has amazing caffeine effect as well.



Katy Weber 44:58

Absolutely. Okay, so now if you could rename ADHD because it's so problematic for so many of us and so especially us women who felt like we weren't hyperactive or didn't actually recognize where our hyperactive activity lay, I think many of us are hyperactive internally. We just didn't make that connection. But it's so I feel like the idea of attention deficit is really problematic. hyperactivity is problematic. The term disorder is problematic. Like, it just needs a new name. So what would you call it if you if you could change the name?



Karen Broda 45:35

It's another super succinct, like catchy name. But literally, it's like our superhero cake. It makes us who we are, and makes us excel at starting your own business at being lifelong learners and new PhDs and umbrellas. And all those random quirks that a neurotypical brain I get just, it's not them. I like to look at it, like the color of your hair. Like I have one here, you brown here. It's just like brains. Our brains are a little bit different. But we all have them for a reason to make great impact in the world.



Katy Weber 46:10

Yeah, you know, I was telling that to my daughter who's a lefty and I was sort of likening ADHD. In an ideal world ADHD would be but like being left handed, you know, you have a few things that are difficult for you. Like, if you're sitting in a desk, and the desk is made for somebody with lightheadedness, you're like, oh, why is this so annoying? Or if you have the wrong scissors, but like, really, it's just sort of a neuro divergence issue that shouldn't we shouldn't be struggling as much as we are, like, so many of our struggles over our lives come from the fact that we were existing in a system that didn't help or service and so it is like, I understand why people feel like the term superpower is probably is problematic, or the or that it's somehow like negates how much we really did have to work extra hard, and how much we did struggle and how much of that sort of internalized self doubt. Like there is a lot of grief to this diagnosis that I think it's important to recognize, but at the same time, like, it didn't have to be that way. Like if we had just been in a society that kind of recognized that we were no different than just somebody who was a lefty. You know, on that though, I just want to add, that reminds me that I actually was a lefty, and my kindergarten teacher forced me to be a righty that is dating me because I don't think

teachers. I heard



Karen Broda 47:34

that. Yeah, a lot of my mom forced to be teeth or right hand.



Katy Weber 47:39

I know, right. Yeah. So when Yeah. So when my daughter was born, and my husband was like, we're both right handed. How did we end up with a left handed kid? And I was like, yo, that's funny. You don't know about me? I'm masquerading as a righty. Please don't judge. But yeah, I mean, I totally I feel like if we, if we aren't held, like I feel like society can be the shackles to the superpower that we have. And if we're not held back, we're in a situation where we are empowered. And we're set up for our ultimate success. Like, it feels like the sky's the limit when it comes to what



Karen Broda 48:18

it's, for everyone on this planet, we all have our own superpower. It's really just what strength or what we feel called to do, and really making the most of it. So when I finally was officially diagnosed ADHD, it was made me realize the things that I thought were weaknesses, and I had to make it better about myself to keep up with, like the style norms and how things are structured in our life. Like I couldn't let those things go and I know I can just work on becoming even better at the things I'm great at already. And that was the things that my ADHD brain was excelling at. And learning of course, how to maximize that. But that's, that's my superpower. That's what I'm really good at. So why not focus on that versus trying to know strengthen these so called weaknesses to fit into a societal mold, and everyone has their superpower. It's really your boy, he was the book of the big leap, maybe of like your zone of genius, like working your zone of genius. Because that's really going to impact the world and make you feel like your best self every day.



Katy Weber 49:28

Yeah, that's such a great point. I love that. Okay, so now do you work with clients virtually? Let's I want to find out a little bit more about your current business because you're located in Canada. Right. Where are you? You're in BC, British Columbia. We're about to BC. I'm right outside Vancouver. Okay. Awesome. I love that area. So



Karen Broda 49:49

are you sure? Yeah, I mean, before COVID with personal training in person and then COVID changed a lot of that. So I have all my clients A virtual so I do still personal training to teach circus classes and different disciplines within that. And then I'm launching a coaching program this spring here for women with ADHD that includes the fitness and the nutrition, but a big wellness component really learning to feel into our bodies develop and that structure to feel like yeah, I am a fit person, I am a healthy person in search, I identify with that as, as who they are. Because I know that after working together is that they'll feel so empowered with their health, and feel strong and capable to do absolutely anything in your life that pulls our attention because of God as our tensions fall everywhere. You want to go on a hike today and a long bike ride tomorrow and I go pal, can you the next day, like I want all this woman to be able to do it. And I know this program will leave them feeling like that.



Katy Weber 51:03

Yeah, I think also one thing, maybe we discussed it, and I already forgot. But I think the idea of identifying as a as a fit person. I think why that is so important for us with ADHD is because if we identify as that person on a permanent basis, it's so much easier to take the break, you know, or to deal with an injury, or to reduce that sense of overwhelm. And maybe you already realize this, I'm just like, I'm just making that connection.



Karen Broda 51:33

But you don't have like that consistency thing. It's like, do you want to really be like at the workout every day and go the gym? Hell no. But knowing that that's who you are that you're a fitness person, you're like, Oh, well, this week, I'm going to focus on other things, but I know I'm gonna move my body and fuel my body and fuel my best because that's who I am. Yeah,



Katy Weber 51:52

it's really indented who you want to be right? And if I have to take the day off because I'm doing other things I can get right back into my routine again, without feeling like oh, I'm gonna throw out the baby with the bathwater, which is something we tend to do so much when it comes to our help. So



Karen Broda 52:08

trust of yourself and be like, yeah, I trust myself and I'm going to do that tomorrow, because that's who I am. Yeah,



Katy Weber 52:14

I love that. Okay, so where can people find you? How can they How can they reach out to you?



Karen Broda 52:19

So Karen broda coaching@gmail.com right now is how they can connect with me. I love hearing from other women, whether it's questions, comments, always love to point in the right direction if I can. So it's my first and last name coaching at Chino. So Canberra coaching team calm. I'm on Facebook is cambered. I can also find me there. And yeah, my coaching programs launching in the spring here. So if you're interested in that, I'd love to talk more to see if it is a fit for you. And if not, if I can point you in a different direction. And you guys go rate and review Katie's podcast because this podcast is amazing. That's my listening to other ADHD women.



Katy Weber 52:59

I did not ask her to say that that was totally spontaneous, but I'm forever grateful. Thank



Karen Broda 53:04

you, Karen. We're gonna forget to do that. So go do it. Now go right. And Johnny will not remember to do it.



Katy Weber 53:12

I love it. Awesome. Well, it's been such a pleasure. Thank you so much, Karen. Thank you, Katie, thank



Karen Broda 53:16

you so much for having this podcast and reaching out to other women with ADHD to share their stories. It's really, really powerful. So thank you, and thanks for having me.

