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LISTEN NOTES



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163. One Tribe: How Emlie Frtiz Veloso wants to empower women on their journey through motherhood.

For some of us, we go into motherhood, thinking that just because it's such a natural thing, we will just know how to get through it, you know, that motherly instinct. But in reality, motherhood takes constant work support and preparation. Today we chat with Emilie Fritz Veloso, CEO of One Tribe, an integrative expert led community offering education movement and wellness for the mother in digital and physical spaces.

Get to know more about One Tribe here: <https://www.theonetribe.com/>

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