Corey Andrew Powell ([00:02](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Hello everyone. I am Corey Andrew Powell, and welcome to Motivational Mondays. Of course. And I am so excited to be joined today by model actress and bodybuilder Nacone Martin. Now, she's a living testament to transformation, and she's currently preparing for an upcoming fitness competition. So we're gonna talk about that. The once sheltered and former shy girl joins me today to discuss her traumatic <laugh>. Yes. Just who you are today. However, you do come from a background of overcoming a traumatic childhood, being bullied, battling low self-esteem, and at one point, even contemplating suicide as you shared with me once in the previous interview. And that all changed. That all changed when a friend invited you to, to join him at the gym. And it changed everything, right?

Nacone Martin ([00:46](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([00:47](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So, yeah. So, so Nacone, welcome to Motivational Mondays.

Nacone Martin ([00:51](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Thank you. Thank you for having me.

Corey Andrew Powell ([00:54](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes, absolutely. And also, before we begin, full transparency, Nacone and I did go to school together. We were in, um, little town that we grew up in <laugh>, and we were, went to high school together. And it's amazing to me that how we, we kind of, we were ca uh, cordial in high school. We were, we didn't have the same cliques. I think you graduated maybe a year before me, but we were there at the same time.

Nacone Martin ([01:17](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([01:17](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Um, always you were always kind, always sweet, always, uh, with a smile. Always shy and reserved and introverted.

Nacone Martin ([01:25](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([01:26](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So, when I found you later on Facebook and I saw this other woman, this other person, honey, who was in the gym, and she was on TV and modeling and acting, I was like, wow, I wanna know that story. So, you know, that's what we're gonna talk about today. And I want to, I want to start though, when you were younger, you know, uh, what was, what was that school time like for you when we really, uh, maybe didn't know each other well, but I saw you in the halls. What was life like for you then?

Nacone Martin ([01:53](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah, it's so crazy 'cause like you said, I was very insecure, you know? Um, I was liked, but I was not a popular girl. And, you know, I used to get teased for the girl that had the stick figure body, like no boobs, no butt, no nothing. Just straight up and down, long and lean. And I was watching the other girls around me, the hot girls, you know, have the hot bogs, you know, um, definitely have the great personalities, the popular girls. So I was the girl, like during, you know, when you transition from class to class, I was like standing on the side of the lockers with like one or two of my close friends, and that was it. You know what I mean? Like, I was the girl that went to parties when I was allowed to go to parties because my parents didn't even allow me to do a lot of things that teenagers were allowed to do. And I would be the girl standing on the wall watching everybody else have a good time, wishing that, wow, I wish I wasn't afraid to get out there and dance, or I wish I wasn't afraid to get out there and just have a conversation and just exist. You know what I mean?

Corey Andrew Powell ([03:03](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([03:04](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So.

Corey Andrew Powell ([03:05](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. Yeah. It's amazing because a lot of us, we, we realize that later in life how high school is obviously a, a, a microcosm of the real world, and that's all, you know, like your entire social structure is there, social, you know, it's all relied upon with relationships, people, you know, and cliques. And it can be very, very difficult for a lot of kids.

Nacone Martin ([03:25](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

True.

Corey Andrew Powell ([03:26](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And yeah. And you talked about at some point, um, being bullied as well, which is such a big topic today with schools and children and the internet. Right? So, so tell me about your experience with being bullied, how you, how it impacted you and how you got through that.

Nacone Martin ([03:41](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Man, I was bullied in fifth grade, believe it or not, by three girls. And it was so crazy because it was so confusing. Even looking back, like thinking on it, I'm like, wow, you know, what a mess. Because one day we were friends and the next day they were like trying to kick my butt. So I just remember really, really wanting these girls to like me and would do anything for them to like me. I don't even know why they didn't like me. Um, you know, I was later told it was jealousy. It was maybe their home life versus my home life, or because I had long hair. Um, you know, it was said that my mother dressed me like a doll and, you know, and their backgrounds maybe weren't as great as mine. I came from a two-parent, family, you know what I mean?

Corey Andrew Powell ([04:32](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([04:32](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

I was like that middle class girl.

Corey Andrew Powell ([04:34](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Nacone Martin ([04:34](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And maybe they weren't, so, I don't know. But, you know, that whole fifth grade year, I just got bullied. Even to the point where, you know, and even with bullying, when I hear about it today, I am so happy that it is being taken more seriously because thank God for me, I had parents that were involved. My mother was the one who was talking to the principal up at the school. Every time I had an issue, my mother even went and confronted one of the girls' parents.

Corey Andrew Powell ([05:05](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([05:05](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

You know what I mean? And we all had a <inaudible> down. I'll never forget that. But guess what, A couple days later they were right back to bullying me.

Corey Andrew Powell ([05:12](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([05:12](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So, you know, um, it was crazy. I got through it and, you know, the, how I got through it, it's pretty funny, where my father said to me, you know what, I'm sick of this crap. And he used a different word. He said, I'm gonna teach you how to fight, because I didn't wanna fight. Don't forget, I'm introverted. I'm wearing glasses. I just, I just, you know, I just wanna be liked and accepted and

Corey Andrew Powell ([05:37](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([05:37](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

That's it. So my father was like, after dinner every night, I'm gonna take you in the basement and I'm gonna teach you how to fight.

Corey Andrew Powell ([05:44](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Wow.

Nacone Martin ([05:44](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And we did that, and we did that for like a week. And the next time these girls confronted me, and mind you, all three girls were confront me at one time. So I didn't know who was going to be giving out the, the butt whipping.

Corey Andrew Powell ([05:57](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm.

Nacone Martin ([05:57](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So I remember, and I was so stupid, they would be like, come on, let's go behind this building. We got a surprise for you, <laugh>, I swear to God.

Corey Andrew Powell ([06:05](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

<Laugh>. And you'd be like, okay, alright.

Nacone Martin ([06:06](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right. My dumb gullible self would be like, okay, because I just wanted these girls to like me. Mm. So we go behind this building, and guess what? They're trying to pull out a can a whoop on me.

Corey Andrew Powell ([06:18](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([06:18](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Not that day, because that day I fought back, I got angry, I kicked their butts, and that was the end of the bullying. You know what I mean?

Corey Andrew Powell ([06:27](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So you, that really was, and and seriously though, that really, that moment you, you fought back. That did change. Yeah. Everything.

Nacone Martin ([06:33](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes, it did. Mm. It did. You know?

Corey Andrew Powell ([06:36](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. Yeah.

Nacone Martin ([06:36](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And, you know, it's crazy. And, and one of them, you know who she is, but she will remain nameless.

Corey Andrew Powell ([06:42](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. It's just, we're

Nacone Martin ([06:43](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Cool. We're cool today. Yeah. We're cool today. You know what I mean? So I don't even know. She's never really acknowledged it, you know, it's just, it is what it is. You know what I mean?

Corey Andrew Powell ([06:54](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. Yeah. We did talk about who that person was off. 'cause you know, we know 'cause we went to school and I was surprised at that. And I think what's interesting is like, I didn't have any clue that was going on with you. And, and that's, and you raise a great point in school like that, we don't really know what's going on in those little groups and those cliques and.

Nacone Martin ([07:11](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([07:12](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

We need parents and we need teachers to get involved. And even in this case, your mother did get involved.

Nacone Martin ([07:17](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([07:17](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And it still continued.

Nacone Martin ([07:18](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right. Was successful. Yeah. Yeah.

Corey Andrew Powell ([07:20](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. And so it's really, really, important. And, um, but listen, you better than me because I don't know if I could be friends with my, well, that's not true. I could, I think I am actually, I take that back. I am friends with a couple bullies who did the same thing to me. And I will tell you after we're done recording who they are, um,

Nacone Martin ([07:37](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

They know you were bullied yourself.

Corey Andrew Powell ([07:39](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. I was too. And it's funny I never talked about that. But, um, and, and I would tell you something that's interesting that people who are watching and listening should know, there is some psychology too, to the idea that sometimes a person who is bullied will in fact find someone weaker to bully. It's like a cycle. Now. They have to sort of exercise that, uh, frustration. And so they'll find, and I didn't realize that apparently someone accused me of that. Uh, you know, years later on Facebook, a friend from high school said, you know, you were a bully to me when we were in elementary school. And I'm like, wait, me? Like, I don't think so. And as I thought back on it,

Nacone Martin ([08:17](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah

Corey Andrew Powell ([08:18](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

they were absolutely right. And so, um, this is a conversation to have because it not only makes us aware that it's happening, but I think it's, it could be a cycle that can continue with other children, you know?

Nacone Martin ([08:30](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

It does. Yeah.

Corey Andrew Powell ([08:31](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Nacone Martin ([08:31](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

But I don't think I ever, I've never gone on to, uh, bully anyone. You know? And my problem has always been that I was the nice girl, very meek. It's in my later years in life that I'm like, yeah, I'm not taking your crap.

Corey Andrew Powell ([08:45](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([08:46](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

But it took me a long time to get to that point. I was always the person, I just want everybody to like me. I don't want anybody to say anything bad about me. And if I found out someone had said something bad about me, or felt indifferent towards me, I would be the woman. Oh my God, I gotta find out why they don't like me. Mm. Uh, you know what I can do to fix it. Where I'm like, okay, give a rats. But now, you know what I mean?

Corey Andrew Powell ([09:10](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes, yes.

Nacone Martin ([09:11](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

My, you know, but,

Corey Andrew Powell ([09:12](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Well, you know, it's interesting too about that conversation. I've had talks with many women on the show, um, from all aspects of society, just maybe everyday worker women, you know, women who are working in, in businesses, up to the CEOs, up to people who are, you know, founders of companies. And there's this consistent thing that women are sort of programmed to want to be liked by everyone, you know?

Nacone Martin ([09:37](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Corey Andrew Powell ([09:37](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

There's even a book, I forgot the author. Gosh, I have a, the book. She, it's, she's an amazing, um, author who was a former CEO of, um, PepsiCo, or it might have been Coca-Cola. It's, uh, interviewed her such a while back. But she has a book called You Should Smile More, which is what they would like kind of tell women and, you know.

Nacone Martin ([09:55](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([09:56](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

In the business space. So they'd be more liked. And now you don't tell men that. So I think you are in a way, a girl who's a product of that program.

Nacone Martin ([10:04](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. I'm still told that today. If I pose something like you, I'm sure you see, a lot of times I'm posing and we'll get into that. I'm not smiling. Oh, you should smile. Your smile is so beautiful. Or it's like, duke, what I'm doing is not called for smiling at this particular moment. Just rock with me. You know? I mean, like, I don't gotta be smiling 24 7. It's just like crazy. But I don't know, I just feel like too in line what you're saying. Like, I just remember being a little girl, you're not supposed to be aggressive. You're not supposed to be loud. You're supposed to be very dainty.

Corey Andrew Powell ([10:39](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([10:39](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And kind of like mysterious. And you know, even the way, like, um, watching my parents, the way they interacted, my aunts and uncles, because everybody was married, you know, the woman was always sort of like behind the man. You know what I mean?

Corey Andrew Powell ([10:54](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([10:54](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So yeah, I think that that's the perception, but it's no way like that today.

Corey Andrew Powell ([10:59](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

No, no. And also too, with you, I think you mentioned before the, uh, about you were sort of like expected to yourself, assume like the domestic roles, right? Even for your family, like cooking and.

Nacone Martin ([11:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. Yes.

Corey Andrew Powell ([11:10](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And, and, and, you know, sometimes that then also your own family is sort of limiting your, your growth in that regard. So tell me about like, the idea of how you say you were sheltered and also you had this sort of very, um, not, I don't say a confined home life, but you know, you, you were there, your parents were very sort of surrounding you,

Nacone Martin ([11:28](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

You know? And it's so funny 'cause I've even been reflecting on that. My mother, I was never allowed to really go to a girlfriend's home. Was never, ever, ever allowed to spend the night over any girlfriend's home. I was the kid where, okay, you can go to the movies, but you need to be home by 11. And if you're not out the house by eight, nine o'clock to go to set destination, you are not going anywhere.

Corey Andrew Powell ([11:55](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([11:56](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So, my friends, they used to tease me, like they didn't wanna be bothered with me. Oh my God, we gotta pick her up. No, we don't wanna, we don't want her to go 'cause she gotta be home by 11. Meanwhile, all my friends, they're out wowing. They can come home, you know, when they come home.

Corey Andrew Powell ([12:11](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Nacone Martin ([12:12](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And by these time, this time, you know, we're in high school, most people have licenses. We're driving around, no.

Corey Andrew Powell ([12:18](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([12:19](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

It, it was just like so crazy. My mom wasn't having it. She was not having none of that. I was very sheltered. And even like today, I'm like, wow. Because you know what, Corey, in retrospect, if I was a parent today, I probably wouldn't allow my child to be spending the night at people's houses the way the world is right now.

Corey Andrew Powell ([12:39](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([12:40](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And how people are crazy. So I kind of get that. Oh, my mind was probably just trying to protect me from a situation, you know?

Corey Andrew Powell ([12:46](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([12:47](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Back then, I thought she was just being rotten. You know what I mean?

Corey Andrew Powell ([12:51](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah, yeah, yeah.

Nacone Martin ([12:52](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

You don't want me to have any friends. This is what girls do. They hang out on Saturday nights, but I get it. But yeah. Yeah, yeah. I pre shelter, I was like in a box, you know what I mean? Until I got to college. And that went downhill fast, because when I got to college, I made up for all the things that I couldn't do in college. <laugh>.

Corey Andrew Powell ([13:12](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes, yes. You know, and that's a, see, that's a great point too, <inaudible>, because there is that balance when, when young people, and again, people who are listening and watching, if you are this young person, uh, be careful. Or if you are a parent out there who has a young college aged kid out, you know, be very careful of this. Because when you shelter a young person to that degree, and they get out in the free world, then they don't know how to navigate those experiences or, or gauge their emotions because everything is so new. They wanna try everything and do everything. And then that could be ture.

Nacone Martin ([13:47](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([13:48](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Hmm.

Nacone Martin ([13:49](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Just while out. Oh my goodness. I think after the first week I was done, like, I wasn't going to class anymore. I was up, like my schedule was ridiculous. I would be up all night partying with the kids. You know what I mean? Yeah. And I, I went right here, right here. It's now the College of New Jersey.

Corey Andrew Powell ([14:07](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Oh, so it was Trenton State. Yeah.

Nacone Martin ([14:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So I still had my friends. I still had my hometown. So, man, I would come in at some ridiculous time, and I would be coming home to go to bed, and my roommate would be getting up to go to class. That's how ridiculous I was. I only got up to wash my butt, eat and party <laugh>. So I, I did that.

Corey Andrew Powell ([14:28](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And we have to laugh because people who don't really realize how close our neighborhoods were, like, we literally could walk to that university like in 20, not even 20, like 15 minutes from our house where we grew up and we could walk to it. And so you were, um, just, that was your first time living alone or living on your own?

Nacone Martin ([14:44](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. Yep.

Corey Andrew Powell ([14:44](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

You moved on campus and you carried on honey, you carried on <laugh>. Yeah,

Nacone Martin ([14:48](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

I carried. Well, now meanwhile, before that, I, I went to Mercer County College for a year.

Corey Andrew Powell ([14:53](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([14:53](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

did really well. I went to Trenton State. I commuted for the first semester. Did really well. So my parents said, as a reward, we're gonna let you go ahead and live on campus. And I was excited. Like I knew my roommate. Like it was crazy.

Corey Andrew Powell ([15:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Nacone Martin ([15:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Crazy. Our families met, oh, it was gonna met Corey one week, and it was downhill in flames and <laugh>.

Corey Andrew Powell ([15:17](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So what happened? Did you end up graduating or not then, or late, or what happened?

Nacone Martin ([15:20](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

No, I, I came home pregnant. That's what happened. Like, my degree was in sexual education. Okay. So,

Corey Andrew Powell ([15:28](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

<laugh>

Nacone Martin ([15:30](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

At the age of 19, you know, I ca I came home, you know?

Corey Andrew Powell ([15:35](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. Yeah. And you're like, mom, dad, I gotta tell you something. How did that go over?

Nacone Martin ([15:39](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

It didn't go over well.

Corey Andrew Powell ([15:40](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm.

Nacone Martin ([15:40](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So like, I hid my pregnancy. That's the only, the other part. 'cause I was so small. Like, I hid my pregnancy until I was like six months. And then I told my father, and my father in return told my mother. You know what I mean? But I did go back to school after my son was born. I did go back to school. I never graduated. Um, you know, I'm close, like.

Corey Andrew Powell ([15:59](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

yeah, yeah.

Nacone Martin ([16:00](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

It's really trifling. 'cause I think I'm like 12 credits away from my degree.

Corey Andrew Powell ([16:04](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Listen, you know, I'm not gonna be, I'm not gonna lecture you with that, but it is so important. If you are that close, just dedicate that last year. Because, you know, I had credits too that I had no idea were still valid. Years later when I decided to go back, I dropped out too. It's, it's common. A lot of people. Yeah.

Nacone Martin ([16:21](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([16:21](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Um, and I went back almost, my gosh, 15 plus years later to find that I had 12 credits still remaining. And I used them towards my degree as electives. And so, you know, so please, if you, uh, you know, have time to map that out, go and finish that up.

Nacone Martin ([16:38](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([16:39](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

If you can.

Nacone Martin ([16:40](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([16:40](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

But well listen. But even separate from that though, you've gone on to do amazing things. And, and the reason why I want to tell that story too, is because, again, young people, college age people may find themselves in that situation. It's not the end of the world. You had a child, did your thing and still created a life that you, that you wanted, but you still had some difficult times that you have, you had to overcome. So as a new mom, what was that like for you, overcoming that adversity and trying to get, figure out what was going on?

Nacone Martin ([17:10](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

It was hard. You know, I lived with my parents, thank God I had my parents, you know, um, I'm grateful for them, but it was difficult. Like my mother was difficult and I'm not, uh, you know, no way do I wanna bash my mother because she did the best that she could. I, I did have a great childhood, you know, regardless of what it sounds like. I know I was loved, but, um, I don't know. My mother's love was just kind of different. And even now in my adulthood, I'm talking to like my godfather and other people who are basically now spilling the tea about the family history. And then my mother was a product of this, and therefore she parented me like this. And, you know what I mean?

Corey Andrew Powell ([17:51](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So now it's all making sense to you, like,

Nacone Martin ([17:53](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Then. Yes. And I mean, I just learned some stuff not even a year ago that really shocked me. Like, what? So, um, yeah, it's crazy. But, you know, I was here at home with my parents trying to work, still trying to go to school. But as you know, like the one thing that I loved and was most passionate about in my dream was to be a model. So, um, I had an opportunity, like, uh, years before when I was in high school, I had a cousin who was actually an agent in New York, and she had belief in me and, and wanted to like, represent me or just whatever, work with me. And, um, the first blow to my ego was my mother. She told her no. She was like, because, Nacone is not smart enough. She's not intelligent enough.

Corey Andrew Powell ([18:47](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([18:48](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

She would be the girl who would be on someone's casting couch. Um, you know, that type of thing. So, um, and even after I had my child, my mother was like, no one's ever gonna want you. You are spoiled goods, you know?

Corey Andrew Powell ([19:03](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([19:03](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

You're ruined. Um, you know, not to be graphic, but she was like, you ain't. And you ain't never going to be. And, um, you know, she,

Corey Andrew Powell ([19:11](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Well, well, let me, let me, I'm sorry to interrupt you, but right there. Mm-Hmm. Let me ask you about that. Um, so in her mind, you having a baby out of, was it out of wedlock? Was the issue wedlock that you weren't wedlock?

Nacone Martin ([19:23](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([19:23](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. That you weren't married. So in her mind, that made you sort of like, uh, like, uh, like to be ostracized by society?

Nacone Martin ([19:32](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. She was like, your life is over and no man, no man, decent man that is gonna want you. He is not gonna marry you. You're like, you know what I mean? Um, 'cause you've had your legs open. Um, yeah. You know, and my mom was, was graphic, you know

Corey Andrew Powell ([19:47](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

What I mean? Yeah. Yeah. So it's

Nacone Martin ([19:48](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Like, um, and my problem was I believed that, you know what I mean? I believe that a lot of things that she told me, and that's just a snippet of some of the things that she told me. So I carried that with me for years, even after she died. My mother died when I was 26. And still some things, you know, I'm 54.

Corey Andrew Powell ([20:10](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([20:10](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And some things I still have to be like, no. You know what I mean? Like, that's not true. Cut it out. Don't fall back into that thinking. Yeah.

Corey Andrew Powell ([20:19](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right, right. You know, very important point with that too, because when I speak often about, uh, people who have, who are dealing with esteem issues, or they're dealing with just trying to, uh, have confidence in themselves, very often it's, uh, this voice that's being repeated in their head that tells they're not good enough. But we point out that nine times outta 10, that voice is not actually yours. You are just replaying all the stuff other people have said about you. And that could be your mom, that could be your friends. Anyone who doesn't believe you.

Nacone Martin ([20:52](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. Oh my God. Look, and I'm getting emotional because Yeah. Yeah. I mean, it's, it's real. You know what I mean? It's, um, it's real. It's real.

Corey Andrew Powell ([21:02](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

It's real. You know, and that's why you gotta not listen to it. Like,

Nacone Martin ([21:04](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

But either went this way based on, you know, happenings and what I believed or, you know, the way that it has gone. It, it was just, you know, that close for me, you know?

Corey Andrew Powell ([21:15](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. Yeah. I know, honey. I know. It's definitely all of us, you know, we, um, yes,

Nacone Martin ([21:21](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

We have,

Corey Andrew Powell ([21:21](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

We have those people. And sometimes family can be the <laugh>, you know, family can be the worst. Sometimes

Nacone Martin ([21:27](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

The worst. Yeah. The worst. Yeah.

Corey Andrew Powell ([21:29](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. And, um, I know, and to, to, again, to your mother's credit though, I mean, it's, it is difficult, I guess, especially when you have a, a young woman in our society, because our parents, a lot of times, based on where they're from, they were programmed also to just expect the worst from society when it came to how they dealt with women. Because it was a very.

Nacone Martin ([21:48](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([21:48](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Chauvinistic society. And, um, you know, and if you take it, make it, and add, add the south to it, if that's a part of it, you know, that's even more, the dynamic is stronger there about how women are treated. And then they continue that cycle. When they raised their daughters.

Nacone Martin ([22:03](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

I was an embarrassment. That's what my mother told me. You know, she told me I was an embarrassment to her, the family, you know. And she of course, had great expectations for me. She wanted me to finish college and get that degree. So when I announced, oh, you're gonna be a grandmother, um, you know, I'm sure that was shocking. You

Corey Andrew Powell ([22:23](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Know, that was not quite wish she had planned

Nacone Martin ([22:25](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right. How things were supposed to go. But <laugh>.

Corey Andrew Powell ([22:28](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Well, Listen, uh, it, that is what it is. That's called biology. You have sex and a baby can happen. And that's what we, we, that's pretty much how we all got here. So it's, uh,

Nacone Martin ([22:38](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([22:38](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

It is what it is. But I do wanna know at that point, so how do you break from that, that familial situation? You have a child and you have a mom who's still sort of in your head talking to you about not being good enough. How do you find the strength at that point to, to, to evolve and, and move forward? Or did you not at that time, how, what happened?

Nacone Martin ([23:00](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

No, I did. Well, you know, that story too, for me, it was like my, my first love I always said was, um, modeling. My second love is fitness. And that's how I broke through. Like I always say, um, fitness saved my life. You know, I tried to commit suicide when I was pregnant.

Corey Andrew Powell ([23:20](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([23:20](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Um, I just didn't wanna be here anymore because I, I believe what my mother said, no one's gonna want me. No one's gonna love me. Um, I'm uneducated now, you know what I mean? I don't have any skills. Like what am I going to do?

Corey Andrew Powell ([23:34](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([23:35](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And I'm like, I think, and I was so screwed up. I was like, I think it's just best if me and my baby we're dead.

Corey Andrew Powell ([23:41](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([23:41](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

My baby and I will die together. And that'll be that, that, and then in the same token, I was like, I'm going to show her, I'm going to fix her. I'm gonna commit suicide. And then she'll feel the guilt of that.

Corey Andrew Powell ([23:51](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right. Yeah.

Nacone Martin ([23:52](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Or like now deal with that. I mean, that's how so, you know, um, you know, a little bit of time passed. And, um, I had a friend, his name was, uh, Terrance, um, he's still in the gym too. He said to me, we were really cool. He went to, I met him at, you know, Trenton State, and he said to me, look, why don't you come to the gym? Because now, not only that, I had all these issues. Like I was 90 pounds, you know what I mean? I had no shade, full figure. You know, I was known for being light-skinned with pretty hair. That was my claim of fame, you know? And I'm like, and I wasn't happy with who I was internally or when I looked in the mirror, so couldn't afford plastic surgery. <laugh>. It was my little joke. So I went to the gym and man,

Corey Andrew Powell ([24:39](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

But wait a minute. The, the cost of gyms nowadays, hell, that's might be cheaper.

Nacone Martin ([24:42](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right?

Corey Andrew Powell ([24:43](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Cheaper than the surgery

Nacone Martin ([24:44](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

<laugh>. I know. I have a few memberships and I'm like, Lord.

Corey Andrew Powell ([24:48](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. Yeah. I mean, more expensive than the surgery, like,

Nacone Martin ([24:50](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Or something, but Mm-Hmm. You know?

Corey Andrew Powell ([24:51](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. Yeah. Yeah.

Nacone Martin ([24:53](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

<laugh>. But so yeah, I, I went into the gym and that was it. I never, never turned back that that was it. You know, a lot of camaraderie in there, like that became my family. Oh my God. I got the belief of self, um, those men and women in there. Oh. They just really uplifted me. And then of course, the transformation of my body starting, started to happen. I'm like, oh, I'm getting a little muscular.

Corey Andrew Powell ([25:22](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah.

Nacone Martin ([25:22](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Or changing some things, you know? Um, and then that gave me the courage to really be outside.

Corey Andrew Powell ([25:29](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([25:29](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Like, and I started delving into, uh, modeling and getting involved with like, vocal productions. And I did that for years. And then through the networking even, um, you know, you have helped me and, you know, my path.

Corey Andrew Powell ([25:46](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([25:46](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Um, and then through the networking and the connections, I was able to get an agent. And, you know, it's, my story is crazy because I didn't obtain agency representation until I was 39. Right,

Corey Andrew Powell ([25:58](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right.

Nacone Martin ([25:59](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And people, you remember, and people were telling me that I was crazy. I was being referred to by friends and family as an old model, you know what I mean? <laugh>, or

Corey Andrew Powell ([26:08](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Again, People,

Nacone Martin ([26:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

if I said, you know, I've, I've been in music videos with, uh, you know, Jay-Z Rihanna, you know, those people. And then I found out, like my family members would be like, she's how old? And she's doing music videos, like.

Corey Andrew Powell ([26:22](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([26:23](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

really, you know what I mean?

Corey Andrew Powell ([26:24](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Ridiculous.

Nacone Martin ([26:25](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

But then now I'm on TV performing mill, or they see me in Power and it's like, oh my God, that's my cousin. That's, you know what I mean? So I'm just like, um,

Corey Andrew Powell ([26:34](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Listen, I know I told you.

Nacone Martin ([26:37](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

I know, you know,

Corey Andrew Powell ([26:38](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

I told you I was watching, I am an ID channel fanatic. I love the ID channel. And I was watching forensic files one night, <laugh>. And I was like, and they cut to like a woman, uh, scientist doing the mitochondrial DNA test in the laboratory. She put her hair behind her cheek. My, and I said, oh my gosh, <laugh>, that's like, no, that's Nacone in there. And I was like, wow. And I just saw you doing your thing on like the ID channel. I'm like, wow. That's like, like my home girl, like grew up in the same neighborhood and she's doing her thing and did not let other people hold her back. I mean, I was really just.

Nacone Martin ([27:15](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

finally <laugh>.

Corey Andrew Powell ([27:16](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. Finally. It was so impressive. Yeah.

Nacone Martin ([27:18](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Took me a while. Took me a while, you know?

Corey Andrew Powell ([27:20](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([27:21](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

But even at the age of 39, getting agency representation, I just remember having that meeting and that agent and, you know, I still have it today.

Corey Andrew Powell ([27:29](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([27:30](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And he telling me like, welcome to the family and me walking outside that door and collapsing on the floor in the hallway and sobbing. You know what I mean?

Corey Andrew Powell ([27:41](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right.

Nacone Martin ([27:42](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Feel emotional because

Corey Andrew Powell ([27:43](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. 'cause you felt validated Right.

Nacone Martin ([27:45](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

My head, you know what I mean?

Corey Andrew Powell ([27:46](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Nacone Martin ([27:47](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

My mother telling me, you're never gonna be. My friend's laughing at me behind my back and I'm like, oh my God, I am a signed now and working like for real.

Corey Andrew Powell ([27:59](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([27:59](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Commercial model. How many people do you know, they say, oh, I'm a model.

Corey Andrew Powell ([28:03](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right.

Nacone Martin ([28:04](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

And like, you know me, I'm like, you ain't really a model unless you got representation.

Corey Andrew Powell ([28:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right. You know what I mean? And you're working, and especially now because everybody's a model on Instagram,

Nacone Martin ([28:14](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

IG model. Right, exactly.

Corey Andrew Powell ([28:16](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

That's not the same

Nacone Martin ([28:16](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Thing. Right. But, you know, in that moment I was like, no, I am a bonafide commercial model.

Corey Andrew Powell ([28:25](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([28:25](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So yeah, that was a really great moment.

Corey Andrew Powell ([28:28](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes, yes. And, uh, and with the fitness evolution for you just to go into that, to that place, when I saw the transformation of your body, it was from you posting a lot of the transformation series of photos on your Facebook. And I was like, okay. I mean, you went from being shapely to like, wow, okay, she's a, that's, you know, she's really looking great. Then it was like, yo, she is like not playing right now with that gym. Like she is really about to like, she is ripped to shred. And I was so shocked. And then I think when we interviewed you, when I interviewed you for the core issues podcast years ago, the first time you were just weeks away from doing your first fitness competition. And I think we did an interview for, uh, Figures magazine, shout out to to Dion.

Nacone Martin ([29:16](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. No.

Corey Andrew Powell ([29:18](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes. Yeah. Yeah. So, um, so you really took it seriously and you were doing your fir and you, uh, now you didn't, I think you, you did get a medal, your first one, right? Your first competition

Nacone Martin ([29:28](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Got a medal at every competition baby.

Corey Andrew Powell ([29:30](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Okay. I stand corrected <laugh>. I mean, you literally, yeah. When I saw you on stage with the medals, I mean, and these are really serious competitions. Like these are like the pro, I mean like the elevations to like the pro.

Nacone Martin ([29:42](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([29:42](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Competitions. Right

Nacone Martin ([29:43](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Exactly that. Yeah. So that's the next goal. So you start in regional and then you have to place in regional. And then once you place in regional, you can go onto the national stage. And the national stage is where you compete to get your pro card. And a pro card is because a lot of people are like, what's a pro card? So a pro card is basically just a validation that's saying that you are a professional bodybuilder. And my federation is the IFBB.

Corey Andrew Powell ([30:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yes.

Nacone Martin ([30:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So we, we a top dog, um, you know, they're the most prestigious, um, you know, federation as far as bodybuilding. So it is very, very hard. Very, very hard to turn pro. But I'm proud to say that I, um, competed for my pro card, you know, last season. And I came in second place twice. I was like one point away from getting my pro card. Oh. So I'm about to do it again. So hopefully, you know, God will show me some favor and this will be my season, but I'm working hard, you know, 'cause I start competing in June. So.

Corey Andrew Powell ([30:44](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Well, it's so funny 'cause I saw you, I was home, you know, visiting and I ran into you and I have to, and I have to laugh 'cause you know, I ran, we ran into each other in the candy aisle. <laugh>.

Nacone Martin ([30:53](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([30:54](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

<laugh>, which I'm telling, I'm telling all the business, but I did. We, but you were, that was like, you were still in your break, so you weren't really ready. And you were like, well, I'm gonna start, I'm about to start training again.

Nacone Martin ([31:05](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

That was, but that was like Thanksgiving that I've seen you.

Corey Andrew Powell ([31:06](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah, I think so. Yeah.

Nacone Martin ([31:09](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. So my prep didn't start till January, so I was still able to, um, live.

Corey Andrew Powell ([31:13](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([31:14](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. I ain't living now.

Corey Andrew Powell ([31:15](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

<laugh>. Well, I see the difference. That's why I'm looking at the pictures now. I'm like, wow. She's really disciplined. Yeah. Because, you know, we were both like, okay, we're gonna be eating now. It's, it's Thanksgiving. We're cool. We both put a little bit more round. One of us still is more round. It's not you, it's not you, but you definitely, well, you know, I could be better, but I will say you definitely inspire me. I mean, I go to your, I go to your Facebook, uh, often just to see what you're doing. I get inspired by that. You have a wonderful fitness brand, which is your name spelled backwards. Yes. And, uh, I have all these lovely t-shirts you gave me. So I work out in them and Yeah, you are an inspiration. Seriously.

Nacone Martin ([31:57](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Right back at you buddy. Right back at you. You're a famous clap back. I live for them. I'm like, oh, clap back today, you guys. Oh my God. Oh, your clap backs are the best

Corey Andrew Powell ([32:08](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Well, thank you. I, I try. Listen, and here's the thing about when we, Nacone, is referring to when I have my political debates on social media. And, um, rather than come back with, you know, nasty snide remarks, I, I hit back with, with data and facts in my own very special, unique way of delivering.

Nacone Martin ([32:27](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Listen, the one about Whoopi. Oh, my, oh,

Corey Andrew Powell ([32:31](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

<laugh>.

Nacone Martin ([32:32](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Oh

Corey Andrew Powell ([32:32](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

My God. Whoopi Goldberg. Yes.

Nacone Martin ([32:34](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Love it.

Corey Andrew Powell ([32:35](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. I mean, I have to, you know, that's my, listen, you have your thing. I'm good with words, <laugh>. So we all have our, we all have our gifts, you know, so, so you're current, uh, you're currently getting ready for a competition. When is that competition, uh, coming up?

Nacone Martin ([32:50](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So June 1st is my first show in Miami. It's what I call a warmup show. So a warmup show is just me getting the feel out, you know, practicing the posing, getting used to the stage, um, basically seeing how I do, how I compare with the other women. And then four weeks later, July 5th is when I woke up for my pro card.

Corey Andrew Powell ([33:14](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([33:15](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So, um, and if I miss it there, then in Pittsburgh a few weeks later, I'm gonna try again there.

Corey Andrew Powell ([33:22](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Yeah. I love it.

Nacone Martin ([33:22](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So I'll have two shots of my pro card and, you know, we'll see, we are working so hard. I'm really excited because I'm ahead of where I was last year. I know my physique is going to be better. So, um, excited about that, you know?

Corey Andrew Powell ([33:37](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Nacone Martin ([33:38](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

So.

Corey Andrew Powell ([33:39](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Well, I, I absolutely love it. No, I think that, uh, I, I have a, I have a good feeling about it. You're gonna get that Pro card. 2024 is definitely your year to get that pro card. I'm gonna tell you, Nacone Martin. Oh my goodness. Again, I hope you guys out there who are listening and watching know why. I just absolutely love this woman so much, and she's just, you're just the real deal. And I love your honesty. I love that you just, you know, you, you, you share, and you are an inspiration to many, including me, as I said. So thank you so much for being here today with me on Motivational Mondays.

Nacone Martin ([34:11](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Thank you.

Corey Andrew Powell ([34:12](https://www.temi.com/editor/t/wrYP_SL0EEu7wszacnK7ywi9bUPCzi9KK-_KB0q1vHZnQpPg64sVj_6jVxaVc2JJPa9VpDBxgS7EZA-HNXwkoLjTqbc?loadFrom=DocumentDeeplink)):

Thank you for listening to Motivational Mondays, presented by the National Society of Leadership and Success, and available wherever you listen to your favorite podcasts. I'm Corey Andrew Powell, and I'll see you again here next week.