

466 Lex Females—Featuring Shamitris Kirby

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In celebration of International Women's Day, we'll be featuring the stories of strong females in the workplace from across WT NY and WTH NY each week throughout March.

We hope these features are inspiring to you all. For more information on International Women's Day, go here: <https://www.internationalwomensday.com/>



We sat down with Shamitris Kirby, Executive Assistant to WT NY's C'Suite to learn about her career, her passions and inspirations.

Shamitris started out in fashion and then moved over to the advertising industry, specifically wanting to be an EA to learn how to run a business (or two) someday. Shamitris suffers from Adenomyosis, a condition in which endometrial tissue exists within and grows into the uterine wall. When she's not at work, Shamitris shares her personal experiences with the condition on her blog, [My Peach Fuzz](#), and also has another side hustle known as The Denim Edit, where she reworks vintage garments for women.

1. Who or what keeps you motivated? My main motivation is my mother and late grandfather. My grandfather was an immigrant and he came to the US and built a whole life for his family and was very beloved and respected in NY and back home in Panama. My mom is a nurse and she likes to work with people—she's a people person. I find that everything I do now is to help benefit others, so you could say I picked up their traits, views and beliefs, and

I want to make them proud.

2. What inspired you to start your blog, My Peach Fuzz? The blog really started out as a personal journal of mine during my medical journey. I actually went to some of our creative team members here in the office and asked them for a resource to post content and they recommended a private site called Cargo Collective. From there, I realized I couldn't keep my journey private. It was important that I exposed what I was going through and shine a light on the condition, especially my lack of success with Western medicine. Now, it's my mission to educate both women and men to create awareness.

3. How do you continue each day in such pain and not let it stop you? It takes a lot of mental preparation. I'm constantly telling myself "Don't give up. Don't quit." I know there are people dealing with much, much worse things than I am. Thinking of those people—those with illnesses that may potentially kill them, helps ground me in knowing that I can push through. One medical solution is taking out my uterus, which doctors are certain will help. However, removing my uterus eliminates my chances for having children. I'm 30 years old and the thought of not having the ability to bear children is extremely emotional, especially when I know there are women out there who cannot have children for other reasons.

4. What has it been like to live your life in constant pain? It's really hard to explain to people, especially males, who cannot understand or relate to the physical feeling that I face every day. No one should make any woman feel less than because of what they're physically feeling. We're all human at the end of the day, and it's important to share what I'm going through so people can be more empathetic and understanding.

5. You have 2 side hustles and a day job. How do you manage your time? Any spare time I have throughout the day, I use to work on my side hustles. When I get home from work, I spend most of my time sewing. My advice: take advantage of any free time you have. Even if it's 10-15 minutes.

Stay tuned for our newsletter next week as we feature another boss lady from WT Health!



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