

## Season 2 | Episode 3 Show notes

### More Than Rice and Beans: Clowns and Mompreneurs

#### ***Episode description:***

Finding your niche and starting a successful business is a struggle for everyone, but Latinx women face their own unique set of challenges. In today's episode of *More Than Rice and Beans*, Tania and Miguel chat with the founder and CEO of Confetti Party Place, Lourdes Gamez. Specializing in children's party entertainment, Gamez has carved out a unique and exciting business in the Bronx. Tania, Miguel, and Lourdes talk about carrying on traditions, what success means, and of course, food!

#### ***Highlights:***

- Lourdes shares how she started Confetti, including her inspiration, struggles, and most significant lessons learned.
- How to stand out in a crowded industry as a Latinx woman.
- How-to carry-on traditions tied to cultural heritage while carving out a future for yourself and your children.
- How Lourdes finds time to connect through food, despite running a successful business.
- Advice for new entrepreneurs on starting a new business.
- How you can learn from Lourdes' years of experience in her eBook, *10 Steps to Jumpstart Your Business, While Your 9-5 Helps You Fund It*

#### ***About our guest:***

Lourdes Gamez is the founder and CEO of multiple successful businesses, including Confetti Clowns, Confetti Kids, and Confetti Part Place. Gamez is a native New Yorker with over twenty years of experience building success as an entrepreneur. She is passionate about sharing her hard-earned wisdom with other women, and her recent book, *10 Steps to Jumpstart Your Business (While Your 9-5 Helps You Fund It)*, aims to provide aspiring entrepreneurs with the tools they need to find success. Gamez enjoys traveling, laughing with friends, and horror movies when she's not busy running her multi-business empire. She's a happily married mother of three human children and one fur baby.

#### ***Links:***

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Confetti Party Place: <https://confettipaints.com>

Get Lourdes' eBook: <https://confetti.samcart.com/products/10stepsjumpstart>

Follow Lourdes on Instagram: <https://www.instagram.com/confettipartyplace/>