



# Interview Transcripts

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## Success story of Kate Powers, Monte Carlo, Monaco

**Guest:** Kate Powers

**Date:** August 30, 2012

**Length:** 14:24

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**LILOU:** Hello my delicious co-creators! Lilou here. I'm in Monte Carlo, Monaco with Kate. Hello, Kate.

**KATE:** Hi, Lilou! Welcome to Monaco. It's exciting to have you.

**LILOU:** So good to be here, this is beautiful, obviously all those magnificent boats. I'm here sitting next to Kate. Kate is actually the owner of Stars N' Bars and some restaurants here in Monaco. I'm interested about your story. First, yesterday we met, I organized this meet up with some wonderful people and I was inspired by your story because being American and now living here. You must have stepped in at some point fully in the dream. What brought you from Texas to Monaco?

**KATE:** Actually, I moved over here when I was quite young. My mother ran away from home with 3 children and we end up in Monaco. She was actually a friend of Grace Kelly's and so since she was running away, she came to meet up with her. So that's how we end up in Monaco. That's when I was 5 years old.

**LILOU:** You grew up here?

**KATE:** Went to school here, grew up here and lived here till I was about 16.

**LILOU:** And then?

**KATE:** And then at that time I wanted to be a nun.

**LILOU:** Is that right?

**KATE:** It's right. I was in Catholic school, wanted to be a nun and I end up getting pregnant. I had an illegitimate child. Back then, it was a big deal, so we moved to London after living here. Lived in London for a while and end up hiding out, my parents hid me out for a while. 2 years down the road, my father kicked me out of the house and I got in the restaurant business. Thanks to Dad.



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**LILOU:** Wow. So you got in the restaurant business, I have parents in the restaurant business. I know this is a lot of work. Why did you decide to be in the restaurant business?

**KATE:** Well, actually it was for survival at that time because I was in Texas, I moved to Texas with my son and I thought I needed a job. So, I started off as a waitress and I end up loving the business. I loved serving people. I stayed in and just evolved with all the different, you know, I became a bartender, cashier, I even became a chef. I was one of the youngest chefs in Houston. I loved it so much. My family end up getting in the business as well. Mom decided to come back to Monaco 10 years later to put a restaurant here Tex-Mex. She needed a little help, so I came over to troubleshoot and end up staying here.

**LILOU:** Wow. Always on great spots because here you would see this magnificent, the whole pier here.

**KATE:** Yeah, fabulous. We have the most beautiful location. I was really impressed and first restaurant I did was for the family and somebody proposed to help me open my own restaurant. When I ended up in this location, I just remembered thinking, 'Wow, how did this happen?' I was talking to the universe and just saying, 'Why so big?', because it's a 1500 square meters and I was just so inspired that this was what I was meant to be doing and I really want to do something for children, so that's kind of how it came about. It's really a family style restaurant. There was nothing for children, families in Monaco, really. So we have a little playroom where children can come and play while the parents are eating and we do all sorts of arts and crafts and games for them. It's also a sports bar as well, so we have a lot of sports celebrities.

**LILOU:** I love how Americans see big and we're talking with Madeline and we were talking with her. I was interviewing her right there and we're talking how she was inspired by Americans, she spent some time in America, so was I. I wouldn't think this big if I didn't spend some time in America and do those interviews and do those interviews with Americans, it's quite extraordinary because you go for it.

**KATE:** Yeah, I guess we do. I guess we do.

**LILOU:** You see big.

**KATE:** It was big and everybody told us when we were doing this Stars, they said there's no way, it's too big, I mean, people came up to us, 'Are you sure you know what you're doing?' Honestly, it was inspiration, it was really an inspiration. I just said, you know if I do it with my heart, and I've always done everything with my heart, I just felt like I know the work, I can't go wrong. My motto here is 'do what you love, love what you do, make a difference'. That's our motto for Stars N' Bars. It just seems that the more everything that I've been doing, if I put my heart into it, things just seem to evolve and work out and grow and so it's been a real blessing.



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**LILOU:** How do you deal with stress or those moments of doubts? I'm sure you do. What an investment, I wouldn't even imagine. This is huge. How many square foot?

**KATE:** Square feet? About 15000.

**LILOU:** Foot, feet.

**KATE:** Yeah, feet, foot. Anyways, it's about 15000. I deal better and better with stress. I've always been reading personal development, of course, and that's what saves me. I know that this is my business but this is my vehicle. I'm just here to, I feel like I'm here to serve, to shine. You brought light to Monaco and I just feel like this is where I'm meant to be and I'm loving it. I started a personal development course Thursday afternoons.

**LILOU:** Here?

**KATE:** Here on the top floor. Every Thursday, we get together and read inspiring books, share videos. The first year, we're studying Eckhardt Tolle's New Earth and we followed Oprah. She interviewed him on the net, it was fabulous. Not too long ago, Michael Beckwith showed up so we had a nice little session with him. We've had Marie Diamond come in.

**LILOU:** That I'll interview tomorrow.

**KATE:** Right, I heard. So it's been a wonderful path we're opening now, we're expanding into the [??]. So we've opened 2 Stars N' Bars over there and we'll see from there. It's not that bad. We've been through some challenging times. I've had, that's another story, but you know, it's really I think faith, faith is what keeps you going. It's what keeps me going.

**LILOU:** What are the [??] and the people living here, the tourists coming here, I mean we see some big, huge boats and sometimes there's such a, we feel the disparity, it's quite a strange feeling, I mean for me to walk along the pier, it's beautiful at the same time it's like 'Wow!', there is all this money in the world. How do you feel about all this richness, there's millions and millions here sitting there and you want to change the world, you want to help, so how are the [??], are they philanthropists, are they helping, are they really there for other people? Or do you think things need to change?

**KATE:** No, I think they are there for other people. It is amazing, I guess, when you come here and see all this. But it's not what it looks like. They are real people here. They're real people, they're enjoying their lives, obviously. I'm here and people think what, but you know, look at this, it's very safe, it's right next to everything. We're on the sea, we have the mountains behind us, I mean it's just, for me it's, you know, I don't think I wanna live anywhere else and it has nothing to do with the money and all that.



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**KATE:** There are some people here. It's true that it looks impressive but it's not, it's bad what people think and say.

**LILOU:** It's good to hear.

**KATE:** It's fabulous.

**LILOU:** There is humanity and human beings.

**KATE:** Monaco raises more money per capita, for humanitarian causes than any other country in Europe, at least. And our prince is very ecological, he's one of the global leaders. They do a lot of good things here, more and more. It's a fabulous place. And I think there could be a great window for the world because it's so small and people do look up on the Monaco and I think that our prince can really help make a statement in the world. I hope I can, too.

**LILOU:** Yeah. It's such a beautiful space, a pier with the view that you can create a lot of things.

**KATE:** Yeah.

**LILOU:** The future, I guess you have a lot of ideas?

**KATE:** Yeah, different ideas. I'm really waiting to see what comes through and more and more right now we have some friends who wanna do a production company and possibly do interviews from up here on this beautiful floor with all the view we have and we'd like to interview people like you're doing and inspiring people all walks of life. It could be a farmer who's growing organic food, to Oprah, I hope one day.

**LILOU:** Oprah! If you're watching, you're invited here in this beautiful place of the world.

**KATE:** We've talked it over with the princess even before and it would be just a dream to have her here. So, Oprah. We're gonna manifest Oprah. I'd love to have a little Center, like an Awareness Center right next to a school and do maybe yoga for children, workshops, cooking, organic food, fresh juice, bar. So there's all sorts of options that are coming up and hoping to go forward with that.

**LILOU:** Good. Wonderful. Thank you so much for the [??]

**KATE:** [speaking French]

**LILOU:** Because Kate speaks French, of course, but what an opportunity to do this in English too.



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**KATE:** It's such a blessing having you here. I just can't believe, this is like a start, it's like, 'okay, this is, okay, just getting started', when we start our production company, we're hoping that we'll be able to interview you and I'll be holding the microphone.

**LILOU:** Yey! I would love that.

**KATE:** Thanks so much for being here. It's such wonderful.

**LILOU:** Thank you and thank you for having us yesterday. Kudos to all the beautiful co-creators out there around the world. I send you much love. If you come to Monaco, of course come and see Kate here. Stars N' Bars.

**KATE:** You're welcome!

**LILOU:** Kate [??]

**KATE:** Kate [??] right on the harbor, right smack to the little harbor. You're welcome and with lots of love. We have a big hug. Free hugs for [??] and lots of free hugs downstairs as well.

**LILOU:** There's a big circle. Who drew that?

**KATE:** One of my managers drew it for me.

**LILOU:** It's a big circle with a free hug zone.

**KATE:** There's a sign here that says 'Stars N' Bars made with love'

**LILOU:** Everything is made with love.

**KATE:** Everything is made with love. It's just oozing with love, this place. Monaco, as well, so come and visit.

**LILOU:** I love it. Much, much love. Bye! Thank you Kate.

**KATE:** Thank you. Thank you.

*If you spot an error in the transcripts, please contact us [lilou@liloumace.com](mailto:lilou@liloumace.com) so we can correct it for all.*

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