

Summary

Emotional Intelligence and Heart Coach Program

Annie led a discussion about the significance of recognizing and understanding one's emotions and feelings. She emphasized the need to work on both the practical and magical realms for personal growth and relationship development. Annie announced the end of a heart coach program, expressing her appreciation for the participants' involvement and highlighting the program's potential to improve relations in both professional and personal contexts. She also shared her personal experiences and techniques for managing and comprehending varied emotional states. Annie compared learning to ski to understanding the concept of surrender, explaining that it is an empowering act that provides more control and influence over the outcome.

Emotional Regulation and Inner Work

Annie and her team discussed the insights gained from the Heart Coach program. Helaine shared her breakthrough in working with emotions, specifically acknowledging and leaning into feelings of sadness and bitterness, which allowed her more freedom and choice. Annie reinforced the importance of sharing negative emotions like sadness and fear for more intimacy and support. Helaine also sought Annie's advice on helping a client with high anxiety, to which Annie recommended a stress-scanning technique. Annie further discussed emotional overwhelm and dysregulation, emphasizing the importance of regulation through present-moment awareness and tool use. She explained the process of feeling and understanding emotions, identifying sensations left after removing external emotional energy, and listening for any insights. She emphasized the role of consciousness in shaping reality and the importance of self-care through emotional regulation, likening it to refueling a car. Annie also highlighted the importance of inner work and its potential impact on future generations, suggesting that releasing emotions not our own is part of this process.

Emotional Expression and Self-Regulation

Annie discussed the importance of expressing emotions without shame or justification, and how this can positively impact relationships. She emphasized that

feelings should be accepted and appreciated. She also touched on the concept of "anxiety loops," describing them as a recursive pattern of thoughts that can lead to paranoia. Annie stressed the importance of self-regulation and using the body as a tool to interrupt these loops. She also highlighted the use of tools to help clients manifest abundance, jobs, and good health, and expressed that these tools could also be beneficial in relationships.

Codependence, Self-Esteem, and Coping Skills

Annie introduced the concept of codependence as a relationship dynamic similar to two popsicle sticks leaning against each other, emphasizing the importance of interdependence rather than total reliance on one another. Bhavna thanked Annie for her teachings and shared that she has been feeling less pressure since taking on a more responsible role in her relationships. Annie encouraged Bhavna to recognize her self-esteem and reminded her that it comes from believing in her own happiness and the ability to cope with reality. Annie also introduced a new approach to decision-making, emphasizing the importance of coping with various outcomes and preferences. She highlighted the importance of practicing coping skills and using every moment as a practice for dealing with death. She encouraged everyone to optimize for coping with not getting what they want at every level.

Customized Coaching Approaches in Partnerships

Bhavna sought clarification on what healthy relating looks like in a partnership context. Annie responded that each partnership dynamic is unique and requires a customized approach. She emphasized that coaching and relationships cannot be separated in her work as it hinders the possibility of creating desired outcomes. Annie prefers to offer suggestions in a non-coach manner, likening it to a peer-to-peer sharing of ideas. She also differentiated coaching from teaching, stating that the latter does not imply a sense of shame, blame, or making wrong, but rather a supportive and non-judgmental approach to learning. Annie highlighted the importance of active listening and validating someone's feelings before offering advice, acknowledging that sometimes people just need a listening ear for their emotions. She also emphasized the need to be aware of one's intentions behind giving advice and to always consider the other person's needs.

Bhavna agreed with Annie's points and expanded on the topic of different perspectives on what constitutes connection in a conversation.

Attuning to Pace and Taking Action

Annie emphasized the importance of attuning to the pace of the person you're trying to connect with, whether it be in a personal or professional setting. She highlighted that each person has their own unique rhythm and it's essential to match that pace in order to build trust and rapport. Stephanie shared her realization that she needs to take on a leadership role in her relationship to create the changes she desires. The group also discussed the concept of waiting for things to change and the importance of taking action to create the desired outcome.

Facilitating Understanding and Integration

Jola shared her experience using frames to facilitate a couple's understanding and integration of their differences. Annie emphasized the importance of collaboration in decision-making and explained the benefits of a win-win situation. Susan expressed gratitude for Annie's guidance and asked for help in improving her communication skills. Annie provided guidance on managing impulsive speaking patterns and encouraged Susan to practice regulating her body through breathing and visualization techniques.

Emotions, Patterns, Tools, Ancestral Work: A Meeting Summary

Annie supported Susan in dealing with conflicting emotions towards a man involved with another woman. Annie helped Susan recognize a pattern of using "because" to avoid feelings and thoughts and taught her how to respond in the moment when faced with a similar situation in the future. Darya shared her insights and experiences from the program, focusing on the ancestral system and a drowning frame. She expressed appreciation for the tools she's learned and applied in her personal life. Annie and Darya discussed the concept of 'cords' or family systems and their impact on success. Annie emphasized that there are always cords but suggested using other tools first before resorting to ancestral work. Darya expressed a desire to understand when to work on cords, and Annie

advised her to try all other tools first before ancestral work. They also discussed the pressure to appear successful and the challenges of internal conflicts.

Heart-to-Heart on Family Relationships

Annie and Darya had a heart-to-heart about Darya's strained relationship with her father. Annie advised Darya to view her father from a higher perspective and not take his actions personally. Darya also agreed to interview her father for a course she's taking, to better understand his motivations and desires for her. In a separate discussion, Annie shared her experiences of managing her beliefs about her mother's perception of her success. She expressed the importance of gradually increasing financial expectations and managing intergenerational dynamics to avoid potential feelings of envy or competition. Darya acknowledged the significance of Annie's efforts and shared her own experiences of challenging limiting beliefs about her father and mother's love for her.

Empowerment and Accountability: A Meeting on Personal Growth

Annie and Darya emphasized the importance of holding parents accountable for their greatness, with Darya agreeing to lead a conversation with her father on this topic. Linda expressed gratitude for the tools she learned, which helped her navigate a new relationship successfully. Jena expressed her professional empowerment but shared ongoing struggles in her personal life, leading to advice from Annie on handling her discomfort. Anna thanked Annie for the course, emphasizing the usefulness of the concepts learned, particularly about self-regulation. Michelle expressed gratitude for Annie's guidance on her personal and spiritual growth, highlighting how Annie's teachings helped her to love her husband more deeply and be more assertive in her desires and needs in the relationship. Annie praised Michelle for her commitment and progress, encouraging her to continue valuing and honoring herself.

Intuitive Idealists: VIP Accelerator Foundational Team

Annie has formed a new elite inner circle group called "Intuitive Idealists" for those looking to deepen their skill set and work closely with her for six months. This group will serve as a foundational team for an advanced program that Annie envisions to be a high-end VIP accelerator. Members of this group will have direct

input on the structure and content of the program. Annie also mentioned that she will conduct one-on-one calls to assess the program's suitability for potential members. She expressed her commitment to her own relationship coaching and stated her intention to use the program to revolutionize love coaching. A reunion is planned for January, where Annie intends to share the latest content and conduct live coaching. Jena challenged the group to use the tools learned and make progress until the reunion.