

# Navigating Personal Paths: From Coaching Expansion to Self-Care Strategies

## *Quick recap*

The group discussed various personal experiences and challenges, including pet loss, spiritual journeys, and professional pursuits. They also explored strategies for personal growth, including self-care, developing a coaching practice, and enhancing interpersonal relationships. The importance of collaboration, sharing experiences, and embracing different perspectives was also emphasized, with the group looking forward to their next meeting.

## *Summary*

### **Couples Event Success and Pet Loss**

Annie shared the success of her recent event targeted at long-term couples and proposed similar activities in future gatherings. Sylvia shared the passing of her dog, Gaia, and her experience of interconnectedness and appreciation of life. Both women acknowledged the profound loss and Sylvia's grieving process, with Annie encouraging her to keep Gaia's memory alive. The group also discussed their shared understanding of the deep connection with their pets, as well as their experiences with loss.

### **Spiritual Journeys and Overcoming Zoom Fatigue**

Tracey shared her spiritual journey from a recent retreat, focusing on receiving energy from nature and divine light, which led to profound insights and an increased desire for spiritual love. She also discussed the negative effects of

prolonged video calls and offered strategies to combat "Zoom fatigue." Annie responded to Tracey's query about her marriage, emphasizing the importance of standing for one's aspirations and being open to receiving. Both Tracey and Annie discussed their experiences with nature, as well as the contrasts between city and rural life. June reported that she was doing well and had many wonderful experiences.

## **Expanding Coaching Focus for Women's Empowerment**

June and Annie had a discussion about June's coaching practice and potential areas of focus. Annie suggested a more broad-based approach, considering the common issues faced by June's clients rather than focusing on a specific demographic. June expressed her passion for caring for people with chronic health issues and her desire to expand her focus to include coaching and addressing issues affecting women worldwide. Annie encouraged June to embrace her passion and use her authentic voice to stand up for women's rights. They also discussed various topics including diabetes, female empowerment, and ways to make a positive impact on women's lives.

## **Embracing Authenticity and Advocating for Women's Rights**

Annie encouraged June to explore and share her passionate soliloquies, highlighting their value in discovering one's true essence. June shared a recent experience where her candid words about women's rights went viral, which she found both surprising and empowering. This led to a discussion about the recent changes and challenges for women in Florida and beyond, with Lisa expressing her concerns about the retrogression of women's rights. The group agreed on the need to contribute positively to the universe and consider how to make a difference.

## **Supporting Ann's Self-Care and Transparency**

Ann expressed her exhaustion due to recent losses and her demanding work schedule. Annie offered support and suggested ways to help Ann feel more rejuvenated, advising her to evaluate her lifestyle and prioritize self-care. They also discussed potential changes to Ann's work schedule and communication strategy with a new acquaintance. Annie emphasized the importance of transparency in relationships and encouraged Ann to communicate her true interests and commitments to avoid misunderstandings.

## **Travel Experiences and Intuitive Embracing**

Ann and Kristi discussed their experiences with meeting recordings and its benefits for staying connected while traveling. Kristi shared her recent experiences with traveling, hosting, and attending retreats, and the contrasting feelings of heaviness upon returning home. They discussed the challenges of maintaining old houses, which contributed to Kristi's exhaustion, and Annie suggested a mindset shift towards embracing both contraction and expansion in their schedules. Annie emphasized the importance of tracking one's intuition, particularly when working with clients, and thanked Kristi for her input. Kristi acknowledged and appreciated Annie's insights, indicating a collaborative discussion.

## **Creating Value for Financial Abundance**

Annie and Diana discussed their financial struggles and shared strategies for creating value in their lives. Diana emphasized the importance of providing value through service, sharing information, and making connections to attract financial abundance. Annie supported this approach and shared her strategy of identifying areas to add value and acting on them. Jess shared her excitement about upcoming summer events and her focus on developing sisterhood and deep allyships with women.



## **Client Struggles and Self-Doubt Discussion**

Jess discussed a client's struggle with creating a desired relationship due to past evidence and self-doubt. Annie suggested focusing on where the client is already being himself in relationships, to build a case for his ability to be himself around a future partner. However, Jess noted that the client's desire to be liked often led to self-sabotage. Kristi then shared her experience with another client who also struggled with stopping herself, suggesting the importance of giving clients time to process and meet their needs.

## **Developing Self-Awareness and Overcoming Patterns**

Kristi, Jess, and Annie focused on the challenges of developing a better relationship with oneself. They discussed how individuals may be bound by learned patterns of behavior, such as pleasing others to feel connected. Annie suggested bringing consciousness to these patterns as a way of breaking free and discovering new ways of connecting with one's family. Jess agreed, emphasizing that a person's sense of belonging comes from being in a relationship. The group also discussed methods of overcoming unconscious mental blocks that may prevent people from seeing possibilities and pursuing their goals. Lastly, Annie led an exercise where participants shared their passions, interests, and insights, promoting a collaborative and supportive environment for personal growth and self-expression.

## **Collaboration, Hacks, and Bodily Awareness**

Facilitated by Annie, attendees including Tracey, Kristi, and Lisa shared their experiences and insights, emphasizing the importance of noticing and sharing one's hacks. The group also discussed their recent collaborative discussions, highlighting the value of free-flowing conversation and the combination of

different perspectives. Annie ended the conversation by defining collaboration as the combination of different ideas and looking forward to their next meeting. Additionally, Annie showcased her new pajama set and assigned a homework task for everyone to monitor their bodily expansions and contractions. No significant issues or decisions were raised during the meeting.