

Mindfulness and Self-Awareness: Personal Growth and Career Aspirations

Quick recap

The group discussed personal growth, relationships, and career aspirations, focusing on mindfulness, self-awareness, and supporting each other. Annie led the meetings, sharing her experiences and offering guidance, while also introducing her custom-crafted heart coach program and a WhatsApp group for team communication. The group also explored their fears, desires, and the complexities of their relationships, focusing on compassion, understanding, and empathy.

Summary

Mindfulness Course and Sisterhood Building

Elise shared her excitement about an upcoming mindfulness course and becoming a couples counselor, mentioning her personal trainer and advice from a retiring colleague. Annie reassured her the course would provide support and tools. Annie then led a meeting with Sacha, Kim, Melissa, Lexia, and others, establishing a safe space to share feelings and judgments without fear. The goal was to learn from each other's triggers and judgments to understand oneself better and break down paradigms of how women relate, creating a new sisterhood.

Mastermind Group Transformation and Icebreaker Activity

Annie used the metaphor of a tornado and the metamorphosis of a caterpillar to describe the transformative power of a well-crafted tribe or mastermind group. She emphasized the importance of identifying with the butterfly and being honest and self-aware in a supportive group environment. Annie also encouraged members to learn from each other and to collaborate in their personal growth journeys. The session began with an icebreaker activity where members shared one celebration, one fear, and one desire.

Improvisation, Empathy, and Daring Desires

Annie shared her experience of delivering an improvised talk at a wedding, which she considered her best performance, and expressed her fear of not being able to replicate the success in future groups. She emphasized the importance of custom-crafting teaching to meet individual needs and encouraged the group to share their daring desires. Annie also shared her intention to build a world-class school focused on training hearts to love skillfully and triumphantly. Sacha shared her plans to launch her website and increase her public speaking and social media presence to inspire and empower women, while Cathy celebrated hosting her nephew and introducing him to new experiences. The group was encouraged to practice empathy and visualization in response to each other's sharing.

Balancing Personal and Professional Life

Cathy expressed her fear of transitioning from university to entrepreneurship, seeking a balance between income and personal freedom. Sisi shared her recent family visit, her partner's divorce, and her desire to integrate her personal and professional life, with a focus on serving the feminine voice. Annie advised Sisi to identify her passions and align them with her value creation, while Gloria Kim discussed her beliefs in gratitude and joy, and her fears about not fully committing to opportunities. The group offered reassurance and support to Gloria, emphasizing the importance of being present and alive in the moment.

Exploring Relationship Complexities and Self-Care

Annie and Gloria discussed the complexities of their relationship, focusing on Gloria's feelings of unlove and disconnection with her daughter. They explored the possibility that her daughter might be unable and unwilling to meet Gloria's needs due to feelings of safety and fear. Annie suggested adopting a more compassionate and understanding approach, emphasizing the importance of not judging and assuming. Gloria shared her desires, including hosting hat-making parties, speaking about joy and healing on larger stages, and traveling more. Elise celebrated her personal growth and the importance of self-care.

Elise's Expanding Coaching Business and Overcoming Fears

Elise shared her recent success in improving her relationship with her daughter by encouraging her to express her needs. She expressed her desire to expand her business into coaching, with a focus on empowering women and helping couples. Elise also mentioned her fear of working with couples but her determination to overcome it. Annie supported Elise's aspirations and clarified the distinction between coaching and therapy. The group envisioned Elise's future as a recognized brand combining clinical intelligence, research, and coaching technology.

Team Approach and Empowerment Academy

Carla Costa discussed her shift from a solo to a team approach, inspired by her husband, and her desire to create an academy focused on mental hygiene, empowerment, and leadership for university students. Annie encouraged Carla to pursue her vision and emphasized the importance of supporting each other in achieving goals. Lexia shared her career aspirations to become a life coach, while Melissa shared her breakthrough in her husband's health, attributing their success to the tools and techniques learned through Annie's coaching.

Autoimmune Diagnosis and Career Shifts

Melissa shared her recent autoimmune disease diagnosis and plans to prioritize her health and build a new career serving women. Laura introduced herself, expressed openness to suggestions, and shared her desire to take a break from work to pursue her true calling of helping others. Rhea discussed her experiences with women, her fear of being taken advantage of, and her desire for financial comfort. Annie and Cathy acknowledged Melissa's resilience, and the group plans to continue the discussion with Rhea.

Financial Freedom, Coaching, and Workshops

Rhea shared her aspirations for financial freedom and her career. Annie outlined the weekly classes, encouraging utilizing coaching support. Sacha's Thursday class focused on feminine business storytelling, while Annie's Tuesday class was goal-oriented. Both were recorded. One-on-one coaching and the VCA accelerator program were available. An upcoming workshop introduced the new heart coach group and covered courage, confidence, and charisma. The Cool Club sessions run for six months, with a live retreat in late January or early February. The VCA program was also introduced.

Heart Coach Program and Approach

Annie introduced her custom-crafted heart coach program and announced the creation of a WhatsApp group for team communication and support. She offered to share her customized email template with Elise to help her better understand clients' needs during initial intake sessions. Annie also discussed her coaching approach, which focuses on clients' self-awareness and blind spots, and her decision to stop offering free consultations. The group expressed interest in her approach and looked forward to her upcoming workshop.

