

Creating Safe Spaces: Annie's Insights on Women-Only Groups and Personal Growth

Quick recap

Annie led a group discussion on developing relationship skills, exploring the challenges and possibilities of being in a women-only space, and the influence of one's mother on their worldview. The group shared their personal experiences, struggles, and desires, with a focus on creating a safe and supportive environment for women to share their experiences and grow. The discussion also touched on the complexities of parent-child relationships, the importance of self-reflection, and the concept of 'sistering' in carpentry.

Summary

Women's Group Discussion on Love Skills

Annie facilitated a group discussion where members introduced themselves, shared celebrations and fears, and discussed desires around developing relationship skills. The group, consisting exclusively of women, explored the possibilities and challenges of being in a women-only space, given the imprints from past interactions with the feminine archetype. Annie emphasized the importance of learning to navigate true love and celebrated reaching out to other businesswomen for support in embracing her authentic voice in sales and marketing. She expressed a fear of not having the entrepreneurial skills to succeed without her husband's guidance. Annie's daring desire is to build a world-class school for training hearts to love skillfully.

Family Updates and Coaching Sustainability

Lisa shared her family's recent changes, including her youngest son starting high school early and her oldest son going to college, while expressing her desire to maintain a healthy work-life balance. Linda shared her recent book publication and her ambition to help women over 40 achieve their dreams and heal from heartbreak after 50. Annie supported both Lisa and Linda's aspirations and reassured Linda about the sustainability of coaching. Lastly, Annie reminded everyone about the previous week's session and instructed new members to listen to the introduction from the previous week's session as their homework.

Annie's Journey to Self-Discovery and Empowerment

Annie discussed the relationship between desires, a supportive environment, and the influence of one's mother on their worldview. She emphasized the importance of creating a safe space for dreams to manifest and becoming conscious of and upgrading imprints related to the feminine principle. Annie shared her personal experiences, including growing up with a mother who was emotionally less developed and her time in an incubator as a newborn, which shaped her imprint and perception of women. She highlighted the cost of her arrangement, leading to a misogynistic attitude and a preference for male companionship, but also her eventual shift in perspective and her commitment to ensuring the safety of others, particularly women.