

Quarterly Mastermind Day 2

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So okay, so it's gonna yay so maybe we won't need dollar until 7, which is fine too.

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Alright.

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Alright, so welcome to day. 2 web are quarterly, mastermind and appealing call.

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So we have. I think it will be 7 people to get through, and realistically, we can do well about 2 per hour with the time in between and stuff.

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Maybe it's a little more than that but so time for per feedback, and all that.

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So. we will go I think that's probably enough that we will take a break part way through.

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But let's let's go through like a couple of hours.

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Get through 4, maybe 5 people, and then we can see where we are. All right.

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So i'm gonna set the timer for 15→tmin for you. and this is for i'll start with Michelle.

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Basic ideas 2→tmin to kind of give us your little setup and what your question is about a minute.

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If we need it for any clarpan questions just to make sure that we're clear what you're looking for and and then the rest of the time to just listen get feedback and again i'll just the coaching for

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all of you and cause I know you guys weren't all here the last time, and it's been a while since we did the last one.

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What you want to do is mostly the like. Once you set it up, you mostly want to just listen to the feedback, right?

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If someone might suggest something that doesn't interest you at all but you don't need to get into Why, just say like, thank you.

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And the next one and for the clarifying questions. you do want to answer those to clarify but you don't necessarily need to engage It's not about a discussion.

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It's about you getting as much input and support as you can

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So just take notes. know that it is going in the recording and the transcript as well.

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And then in terms of giving us all giving feedback if the feedback. If someone else already gave the feedback that you gave, you don't need to give that same same feedback again.

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You might want to say I agree with right. So then they just know like thing.

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But in the interest of getting as much disparate feedback as possible, we don't have to repeat something that's already where the points already been made.

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Okay, Alright, michelle kit okay like I was gonna say I don't know if i'm ready.

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But i'm as ready as I will be right now so this is fresh and new.

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I'm looking at doing a program maybe an ongoing program.

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I'm not sure so i'll get feedback on that and i'm looking at calling it get your happy back.

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Okay, or get some happy back. But I think it's get your happy back.

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So if there's a better name for it Okay, then, i'm open to hear that

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This program will give you better or more more meaningful relationships with others and yourself.

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A less anxiety and more calm. more energy.

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Remove negative thought patterns and install new wonderful thought patterns positive positive beliefs.

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Get you more connected. I think I already said kind of that with yourself.

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You learn tools to ground and connect they'll be, You meditate some tools like meditations.

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To get you centered journal meditations with prompts.

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And clearings, of course. and like I said, expression, you know so great.

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I have a clarifying question. who do you think this is for like, who do you want to market This, too, and have should show up for?

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That's a great question

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For those people that our generally have We're generally happy, and things just are they not feeling that way anymore?

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So I was toying around with Well, important to me is

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I think many of you know that I had severe neck problems. and I had some exciting and whatnot and that's what led me to this work, and so I had neck problems.

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And so I didn't know how to incorporate that.

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And so then, that's where the get your happy back I I want to work with people.

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At first it was like people that were feeling icky and then i'm like No, I don't really want to work with people that are always down in the that have always been the tone of the dumb so that might sound

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horrible. But wanna work with people that are Ha! that were happy, and then kind of slept a lot or slipped, and they want to get it back.

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Okay, if I anyone else, and we can, we can dive into that a bit more about any other clarifying questions.

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Before we start operating dustin anybody alright so who has some some feedback or thoughts, or whether on the name or any the name I like the name.

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Well, okay, i'll i'll start sorry and Then I said, you know, but I think you might want to tie this to coming out of Covid as a lot of people lost their happy.

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And so I think you could, you know, get your happy back in a post-covid world, Not that we're really both covered.

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You gotta be careful about saying that, cause I just one of my best friends real family just got it again, you know. but something, I think that that that could work, and a lot of people would relate to that okay So that just of that sure I

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I I do like the post, Covid, and I think it could even be around

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We're far enough out to stand up didn't be happy even me.

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We kind of know it potentially isn't going anywhere but if that's the case.

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Then we need to get our happy back no matter what yeah like in a in a cause.

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It's still, because put in post covid doesn't Doesn't necessarily imply it's not necessarily that Covid's gone.

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But this is now a world after covid right like it's never going to be the same world right.

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So I think that there's something there yeah what was sort of playing in my head.

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Was working around. Get your joy back and potentially playing in the text.

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It's your mojo because I think think people have kind of certain things.

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They they connect to word wise and so maybe interspersing things in a couple of like feeling like this.

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Get your joy back. Are you all drained out? Time to get your mojo back?

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I mean, and that may be very inappropriate.

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Marketing tactic, but it it works in my head.

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I like it. I I can also see it. if i'm thinking of a sales page right and it's kind of a get your and then it says, happy and then below that joy and below that mojo, and your connection

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and your like it's kind of did to the deda and then back right like as a great kind of graphically something like that could really cool.

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And you could say that happy is like the actual name but then in the marketing. You kind of have all those other things, too, and I love that visual.

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It's kind of like check your check and then maybe if the the bottom. By the way, you get all of them right, right? right?

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Yeah, that would be alright. Sophie. 2 things

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First of all, I think it was a lot of things, so I think you can maybe make more than one program, and the next thing was title No.

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You started talking about Covid, so I have 5 state steps back to your happy you after Covid from something with Covid to your right Happy you or something like that from from this to this.

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If it's 5 steps, so 7 steps or 10 steps or whatever Yeah.

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So very cool. yeah steps like having a number of steps, or date things, or whatever can be really effective at marketing.

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So people feel like it's like are you gonna walk me through it.

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So let's say you have to do it it can be effective.

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Can I ask you a question? Does anybody have Covid?

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Just so negative for me. I mean for me and for some people that just even bringing that word up, so is there a different way to come around that I I think you I think you don't necessarily have to use the word and there's

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ways she could say where people will know what you're talking about right So you know, in the new reality, or you know the emerging from that.

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I I don't know if you want to say lockdown either.

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But I think post pandemic. yeah you could say that which is a little bit less. I don't know it's a little more or whatever.

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So I think I think you could find ways to say it and it could be.

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It's more it's like the tagline like the name could be the Get your happy back right? and then the tagline is, you know, finding your money your new happy and and then it could I I mean I really could be something like

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in the new reality or the new. the you know post shutdown room.

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Maybe it's a little like a little softer than lockdown something like that.

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Oh, awesome. I know again. No. yeah. Now things are kind of fully, you know.

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Fully open it up again

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Or jest. Are you ready to step into the light and get your happy back?

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I mean some people will get that. Oh, man Covid, or whatever or wars or climate.

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Yeah, there is a lot floating around, and we need to be happy.

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We need to hold our energy right Yeah, so yeah I don't think it has to explicitly.

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Say covid but I think there's ways we can tweak the language a little, and you know Rob can help with that where it's people will kind of make that connection, and you might use the word somewhere.

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In there. but it doesn't have to be in the name, it can be in more in the description, like just an acknowledgement like Look, we were all affected by this whether we get sick or not so maybe even the

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world affects us or the yeah right who else that's either what that name or about the program, or just the idea

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I just wanted to say, I like the name yeah okay and Margaret.

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Yeah, you're definitely on to something that sounds simple and expandable like Sophie said, like you could do a lot of things in it.

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Yeah, So it's a good open ended you know and simple like yeah, it's it's colloquial.

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It's like language people actually use. you know so it it takes a lot of the good boxes Marty.

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Oh, thanks! I really like the name, Michelle. and as you were talking I realized that, you know, if I look back a little ways in my life, I can see where some of that happy has like leaked out of my bucket.

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And no, is it true? Also for you know the people I know my family? My, my, a lot of the people that I've been working like That's It's something that everybody is wanting to get back it's

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a great name for a program. Thanks. yeah. What else?

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What other thoughts or questions do you guys have about it? Well, actually, I have a sorry.

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This is more clear. friend question, are you? Do you have a sense of how long you think you want it to be

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I mean I At first I was. I was trying to narrow that down, and I almost felt like it could be an ongoing thing with different theme.

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You know different things where people could join in but I don't know I mean it could be a series.

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I think we I think it'd be a little test cell as an ongoing thing, because you want to know, because other ones it's like, Well, how long is it gonna take me to get my happy do you have dive.

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To it right like there's like do this program You're gonna get your happy back right?

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Okay, I was I was yeah. I when you were talking to.

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I was thinking about when you were talking about like the monthly subscriptions that could be a separate thing right?

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Now it's like to continue that to continue to expand to expand your happiness, your joy, whatever.

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But the program itself needs to have a time fix thing where people feel like I'm gonna get that result in that time.

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Okay, any suggestions on timeframes like, Do you feel like 5 weeks, 8 weeks?

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I I just 3 yeah yeah, like you you have broken record But there's a reason why so many people do 5 big programs they're easy to market.

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And sell it's sort of like there's a there's a thing I don't know if anybody knows why.

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But when it's when the when there's a number in the name of what you're selling, and it's less than 10 odd numbers sell better, and 5 kind of being right there in the middle it's sort of it's

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it's seen. I think I think psychologically. it's that sounds enough to be needy like you know. but it's not enough that it sounds like too much.

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It's gonna take too long right So it seems to just be that kind of sweet spot, right?

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And Then there's other rules about when you're talking bigger numbers, and what kind of numbers work?

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But we don't have to get alright one thing that popped up for me from our sessions on Monday.

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You have a lot of things you're you're timed up.

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Okay, certainly could have joy. one joy, 2 happy. What I mean you could do.

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You could do the 5 weeks several times with a different approach, because different people respond differently.

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I mean you could do one That's entirely about using art and movement, or so you know, like Kate is there's different ways.

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People respond for things some people will. So writing, and in that and other people are gonna go for something else.

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So you definitely could branch off with it, which is great

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Right. We have actually there's like 30-its left to anybody have a last minute thing

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The General. It seems like thumbs up on the name.

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So good job. Thank you. Thanks. Everyone alright cool alright.

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So? what would you like us to work on for you?

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What would you like? Okay, to be? It can be physical. It can be around your business.

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It could be nothing to do with the browser anything.

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So what would you? So the first thing that Well, first I have a request of everyone, ?

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So I've been working on my boundaries and so I I just I have a request that whenever everybody goes to work on me.

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The only the the healing team of love and light through Jesus and So I don't know what everybody's.

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You know beliefs are whatnot, but if for me that would be great, and that's not the belief.

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Then I opt out of that one that's just my boundary that I just realized that that is something that I need.

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So that's great. i'm speaking up for the first time so good for you.

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I think that's great and I think everyone can work with that in whatever way you know it's it's still about like.

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If you could think of it if we're sending it's going through your filter, or you're about right, we can be sourced by that.

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And if the you know. So for each person just do what works for you inside of that Michelle's intention and battery.

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Okay, and so after we were Everyone that was on the call yesterday.

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Marty, and you a few of us. stayed on and

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I had some realizations and was able to clear a bunch.

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I had been having issues with some of those boundaries still getting negative energies, and I've been working on that through the last year.

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But you know I kept coming upon challenges, and I I think I have a new.

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Another new program. So anyways, I just what I ask everybody to do is first, if you'll check my boundaries, and if there's any reasons negative energies would be still attracted to me, I believe if I have gotten rid of all of those reasons

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But if you'll check that first and if there is if there's anything there clear that.

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But if there's not if you will look at procrastination and organization for me.

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Around that anyone have any questions. Alright, 5-4min, Please be good

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Alright, no one can just snap up whatever you're doing how you doing, Michelle?

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Great. Thank you so much. I am working nice and laughing because I don't know who it is, but not in there.

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But it was just like, Yeah.

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There you go alright. How much energy! Thank you so much, guys, so welcome.

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Alright, who's going next erica you said you already right

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Yeah, yeah, Okay, So my question, Okay, So I I was thinking about yeah, clear. So we're going to do clear next, and then No, I said, erica.

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Just because she is the chat i'm not very similar.

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And you're both ready so that's good we'll be clear. i'm, not i'm not ready. I just meant I would be on the camera in 5-4min.

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Oh, got it. i'm essentially yeah so mine is

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I've got this clinic space that i've Now I've been working online for years.

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I could do this clean space before covid just for a few clients that wanted to work in person, and I haven't used it for 2 years, but i've been still paying to have it available.

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It was at this kind of but mainly because i've got really good seo.

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So if you put like body code and stuff in my area i'm on, like the front page.

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And now Let's think of opening up for the swim lasts, and you can actually touch people again, so it's worth kind of going into person.

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I'm wondering about whether I wanna kind of use it gain in some way, So my question is other any tips as if there's anyone doing this if you've got any tips for tracking clients locally should

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I stick with my specialty, or just be more of a generalist.

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And the what is yeah, any of this just into how I could use that space?

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Good I mean clarifying questions

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So is this a space that you're currently that you've already paid for?

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Or is it kind of like a matter of of having to invest in the space?

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Okay, So I just pay 25. quit a month to be one of the people that can use the space.

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And then I pay 28 for 2th when I want to use the space.

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So I only so. I only pay the extra if i've got clients.

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Okay, so it's not like a huge financial investment not got it, and then -£25 a month is been totally worth it for the Seo people assigning you for your virtual business alright.

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Any other clarifying questions. Is there a limit to how much you can use it only in in

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Whether there was a therapy choose in the rooms.

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But actually I find that it's not utilized that much even then they've got maybe 30 therapists on the books.

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So there's a lot of space in the daytime if you could fill it, you'd have a lot of space to choose from.

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Okay, any other clarifying questions from anybody. just to understand the question alright.

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So who has thoughts, ideas about how to use it

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Yes, Sharon. I was actually just kind of thinking about this yesterday, because there are elements of what I do that need to be faced.

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A face, and I I don't know if that's the same for you, but for me right, it's kind of a sad loss right now it's not the end of the world but being able to sit across from somebody and get that

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energy directly very nice, and I can make him put a mask on their face, which is an interesting element of my world.

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But it's just there are certain things that it's really important to do. and it was me I would then also use that as part of the marketing, you know, can I just clarify that you mean it's better to

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me here in person rather than online for these particular Jim work with you.

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But you can always work with people online over whatever time and space.

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Yeah, it's not that you're gonna get that up.

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I? I have a question actually, and Kate is like, What do you do?

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You like the idea of working with people in person like, What is that?

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Is it appealing to you? Are there things that you would like to be able to do that?

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You feel like you could do them better. There was some things I could do better in person.

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So with some of the the okay bounces particularly like relationship balances i'm looking with a person that's like a really nice relationship balance.

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I can't do that online because I can't survey 2 people that want with me.

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I could see a gate for the partner. that wife that husband whatever, and they can be dead and like a missile test then and like, let's see the person. and we can do these nice processes.

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So okay, so I may even have some existing clients.

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Travel and yeah, I do a big block session, .

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And is there other than just the the website? I guess, in the seo all that kind of stuff.

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Is there any other advertising that you could do through this space like?

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Is, they do do some social media marketing as well. So yeah, I think I would probably focus on the the specific things that really would be better in person.

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I think kind of I think getting to this like there I people are, I think, hungry for we're you know they're happy to that.

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There's options for face to face now that there's so I I kinda like I think it would try it great. but I would.

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Probably I know you one of the questions you were asking was should you go after sort of your your niche, or should you be more general?

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Well, i'm kind of thinking I think your your niche is sort of high the the niche of like high performing professionals and stuff.

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I don't know that that makes sense for the in person. They're probably gonna value the it being more convenient online.

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To to be honest, But maybe the couples.

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But like the things that you specifically, really, it really will add something.

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For you to be in person. Maybe you specifically advertise those and see what happens.

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See what kind of interest there is. Hmm! hmm! I see clients both in person and virtually, and a lot of times.

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The client initiates whether they want to be in person. and I work with You know I have like packages where I do an acrostic record reading.

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Healing session and a yoga private, and I met with a client recently where I did the Yoga private.

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And then he he was like he actually likes the virtual.

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Once he came and did the thing he was very important because he could see that he's doing the breath incorrectly.

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So I just think that you could do both. And the other thing I wanted to say is, can you muscle test yourself?

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Is there any way that you could expand what you? What do you think is possible to doing it on online as well?

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Oh, I do online all the time, and I have to Yes, That's absolutely No.

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Testing. Oh, yeah, yeah, no, no, no, I have not.

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Probably it's just about maybe expanding into doing in person as well, and advertising that in a different way.

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But you know networking locally and 20 people with different audience.

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Yeah, I think that people would be open to it you could definitely market it as like.

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I'm back in person. Yeah, i'm claire I do I have a couple of clients that only want to be in person?

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I mean. So so that that is, I think you will have several people that would that wouldn't do online that will do in person.

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Yeah, yeah, and they'd be willing to you know pay a little more.

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Also you could I I mean I don't know what anybody feels about that.

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I you know it. i'm sure they would pay a little bit more to come into person. It probably could it could also, if there's only if there's kind of your highlighting specific things that you really feel like you need to

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be in person to do that as effectively as you want to.

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It could be that at least for at least for advertising that's all You advertise that you do there right, and then you can charge whatever you want for that that's a you have to do that That's an

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option about about doing something. And you know, in person in a local area.

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Is that a lot of times we forget because we live in this digital online world, and because we do what we do remotely.

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And so we can do it over zoom, phone, or whatever which is fabulous.

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We sometimes just completely discount. you know, the whole local scene and the reality is there's tons of business within time.

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There's there for every person, maybe maybe not marty cause marty's like everybody out out in a remote area.

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But for most of the rest of us we're gonna 10 mile radius of where we live are all the clients we could ever ever need right.

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And Marty, it might be more like a 100 and we and we tend not to like for the longest time.

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I had no clients in Rhode Island none. So I like the idea of you also using this as a springboard to maybe give some local talks network with other people locally, with maybe car practice or acupuncturists or nature

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pass or and have it be just growing your your network, and we would call colleagues and stuff.

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So do with this. It could be just kind of a springboard to doing that.

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Yeah, I mean, that was one thing I did when there was 2 other actually just to go for almost in pain locally, which is body code, which I can do online.

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But it's fairly quick, you know, you can get results. fairly quickly. and easily. and it can time, yeah, And you can still give people the option of the in person or the online Yeah.

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And also I was wondering. but But have it I don't know, I remember this: my colleague you have almost like a little Pdf. checklist of things. the might come for one thing, and Then you kind of just get

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the look at this check, and they realize how many more things you could help them.

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Clear an idea. Also, if you want to you know work with somebody in trade, I don't know if you guys have, or if you if you've ever heard of if you have there in that area someone that does 0 balance

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work or cranial state. girl. but there is somebody that does 0 balance if they have clients, and they built up a lot of clients, they're very open they're you'd be more open to our work

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you're balancing and creating a signal are both essentially hands on energy.

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Work is really what they are, and a 0 balance is very cool stuff

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For it, which was not far like 15 miles or something. But any but yeah, like that suggests in terms of people to network.

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With that I I think it could be really cool and could be fun, and it gives you more than just.

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And then i'm supposed to post something on social media like which you may or may not know which can be great.

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But you may. but it's like what if you were going and giving a talk to, you know 40 people about what thing and just getting submit just that way.

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That could be a lot more fun, it would. And you know what I did do.

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1, 2, one online. And it was local news where my thing was, and I had to pull it up.

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And it was March the tenth, 2,025 people turned up because no one wanted to leave the house, and like a week later we have got locked up

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But you know what the people that was there, and it, you know they really cause I did.

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I did like the American and Demos and I was like, Wow, yeah, I really can see you doing great.

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I never think of a good pain, cause like you can't do long programs on pain so easily.

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But but it's good for single sessions and my story works for it.

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Yeah, your story was true. i'm kate Oh, yes, I was just curious.

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And the majority of people that you're working with right now are they with working locally with you, be a possibility, or they mostly remote, like far away, physically, nicely remote. fully enough.

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There was one lady who did live in the local town, and she came to me because I live local, even though we worked online.

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And I and I offer that to do online. But She couldn't do it because she was moving back to America.

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I'll come back to America 4 days ago. so but the and there is a guy lives, and then I a little way 50 miles away, and we have talked about you know booking I have what we've been for a year over a

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year. Okay, Nikka, you know a few hours, and even, you know, kind of implement doing a whole bunch of stuff.

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And then, even having the size to a meal or something afterwards, because we've worked for that long it's like we really should be.

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But that's kind of different. I think this is mostly would be new clients.

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But just keep in mind all of those new clients. can then be referral sources for both local and other people. You know anywhere that they're connected to.

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So and then this will be the last one I don't know if it's helpful.

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But it is harder to do it. physically in real time We're used to being now not, and when I go in I have to drive like an hour to Cambridge.

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Go to the studio and open up, and parking is more expensive.

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Everything is more expensive, so charging for more in-person because it's like special, more like you know more effort real before.

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So I think that it needs a a price point that reflects that.

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Yeah, that might be my one downside, because my price point is very high compared to you know other people in there who are doing like Massachusetts.

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You know my I charge 85 for half an hour and they'll sounds like 60 quid for an hour.

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So the way is that about that particular place.

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But I but I do think that it is, you know, like you do have to pay the rent.

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You have to pay the parking lot to pay all those things.

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It is thankfully 10-min drive from my house, and there is free parking.

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So that helps a lot. and I and I I do think that this is mostly about this isn't about like you don't really want to transition any of the current clients to this.

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This is more about just getting new clients and for that for that reason I think it's probably worth exploring the The good thing about it, too, is that you decide you don't like it.

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You just stop, and you still just keep paying for this for the Sel: Yeah.

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Yeah, Alright, so clear. What would you? Good Question: great feedback, everybody, And what we do like us to work on for you?

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Okay, so my healing was i'm finding I am struggling to sort of take action and produce resources, and it seems to me ages do anything.

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My 2-th. thing it's been like 5-th and it's like halfway just it's just you know things.

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It seems to me so long, and I think part of that might be physically.

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I do feel quite tired. a lot and I don't know how much of that is resistance, and how much but is physical tiders.

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So see which comes up there for you. So I just wanna clarify so, cause I heard struggling to take action like to get things started, and then done as well.

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Right, we and and is it is it that year like when you're working on something, cause sometimes it's just some things just take longer than we think they're going to right because we didn't know everything that was involved so that that can

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be happening. Is it more like you get distracted or like?

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What is the actual? It's a bit focused but a lot of it is like, I'll stop by, and then I will go .

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I just don't have that like Oh, okay this i'm always questioning.

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I'm always i'm not quite the clarity of what is want to do, and how to do it?

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Okay, it's fuzzy my almost like feel freezing in my head like there's some kind of resistance. I don't know if it's resistance or just tied cuz i'm

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on manipul whatever, but they do it feels like there's something just blocking me from just doing Sorry I heard player lack of clarity fuziness.

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So maybe for trouble. Do you like staying focused and keeping going with something?

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Is there a little bit of that sort of brain fog?

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Kind of experience. did that. Do you think I captured it pretty well? alright.

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Anybody else need any more clarity on that rogan.

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Okay, Okay, please begin.

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Right. Just wrap that up. How are you doing, Claire?

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Oh, that was strong, like a phenomenon of what he was shaking which is how pretty cool.

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Thank you.

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Alright, so trying trying to go next

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We've got I just have a recommendation we've heard procrastination other things, I think, through many of us.

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Here's a book called the war of art and it's about resistance, and it's sort of astounding.

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Okay, the same. Alright, check it out. Yeah. alright. So we have Linda.

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You go who isn't here I think she's coming, but we'll we'll see

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But in the proofs here that we still have to go with Linda Penny and Erica.

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So you're all gonna go who's going next

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I still don't know what I want to even present as a thing to mastermind together.

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So i've had i've had a hard time narrowing that down and you're gonna go, and sometimes you get your question from someone Else's question.

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Okay, and you know some general things there could be like one a question that I don't know you can never go wrong with is if you here's something I I either already offered or I want to offer

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It's you know it's for this kind of person here's what it you know, which does not give them if you were that kind of person.

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What would you want to get from that or Why would you sign up, or why wouldn't you sign up like what would be the concerns like the whole like?

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Why, wouldn't you sign up when we ask you ask us all to put ourselves in that situation, we're gonna can you?

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All the objections that you can, that we can then work with right So that's just something like kind of always works right.

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You could also be if there's you know you're thinking about creating a program, or whether it what I want or group for these kind of people for this kind of thing do you think that idea has legs do you think that

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that's something I could create a program out of so does that any of that help.

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I'm. not not yet. I mean i've worked a lot on the program with this group that i'm already have going So I don't have any Yeah, that's not i'm.

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Not feeling inspired to do that again. this time so It's helping to hear other people go, though.

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Yeah. And I would suggest, you know, Ask something, see what comes up, And you can also just do the healing.

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Yeah, that I know what I wanted to i'm kind of with Erica.

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There like i'm offering a program right now i'm not I'm I didn't so I decided my question will be i'm really still an and I named my picked a name a year ago, and

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i've liked it. But I don't totally love it and I I just want, and it's stopping me from doing a couple of other things like I'm in another group. But she said, Hey, if you have a Facebook.

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Page. Then i'll interview you and you can send people your Facebook page as like not having the name has stopped me from doing those other steps.

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And I will ask for healing around that area okay Why, it's stopping me.

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But the the one that I have right now. The name I have is healing heart energy at a gmailcom and and I think you bought the url right you about the you did I bought it.

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And I renewed it, and I think I think because I used to be a midwife and a nurse.

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The word healing. I'm, not sure about if that's like okay with Dr.

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Brad and everything and so i'm just looking for something.

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That I love, and I think you know I think the work we do is transformative, and it creates resilience and joy and path to joy.

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And I I just stuck there. Yeah. So I really there might not be any questions.

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Well, well, so you just wanna see, I mean I I remember in Kima that I I do like it, and I do think it's fine to use feeling in that context. I think that it divide the healing heart energy piece You have energy in

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there you have sort of hard it to me it's more like you're coming from a healing heart as opposed to your healing.

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Someone. Oh, I love that I love that that's how it strikes me

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And which is why one of the reasons I like it and I think it works for you.

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But yeah, i'm not in any way trying to talk you into it, because it needs to work for you.

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So tell me everybody i'll tell you you can you can give you and other other ideas.

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So go ahead, Michelle. I was just gonna say I agree with Anne.

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It I in that context, the healing heart energy I I don't see it as healing and causing a problem.

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There. I think it's I think it's great I like it too.

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I'm thank you it's very a lot of better words when it was available as a url.

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I was surprised I I was now in time and grab this it's really good.

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Maybe we just need to. Maybe we need to work around the reasons why you might feel that healing, Not a good word to you.

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Why i'm stuck and i'll i'll I mean it's I understand that it's bigger than just picking the name, because i'd like have allowed myself to spend my wheels for I don't know maybe 9

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months and you know when i've worked on creative insecurity.

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And those are things, but there's something I haven't found yet that is still blocking.

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So i'm half straight to the healing well let's take a look at time for that, too.

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To anyone else, either feedback or thoughts or questions about it.

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We also might come up in the name that you do like better like that could happen.

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Something that I like about it Is that it doesn't feel too spread out.

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Something about it is very like piercing. and I mean that in a good way like It's very. I feel like a very clear energy when you say those words, and sometimes you know things are just very fuzzy and big but when you say

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healing heart energy. it's like you're describing there's a lot of different ways someone could take it.

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You're describing the type of energy you're using Maybe the type of energy that's coming straight from your heart.

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Maybe that's why it feels so focus to me but it can also people who might take it as feeling their heart.

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And I just really like it. I think it's really good funny it's it says a lot it has a lot of clarity around it to me.

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Yeah, it just loving it's kinda like you're saying like it's like it's just it's, strikes it strikes the right note.

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It's just sort of strikes and note that's like got it?

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Yeah, Well, I was thinking, that it's in the description that you could get more you know define more of what you're doing.

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Because if that you know, and then then you're covering all bases, you've got the name, and then somebody go.

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Oh, this is what this means, you know that type, of thing so Don't you have to put a description in your Facebook page or come up with a tagline, you know.

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Maybe that would help solidify what is it that you're doing

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I don't know if that would work but that's my thoughts Thank you, Rob.

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Just one over tag lines Yesterday

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Yeah, I was just thinking about, you know, using the word healing

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And a little bit discussed today, like how you know we have to be careful what we say in advertising.

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But it's not like you're saying you heal depression, or you hear like half energy isn't a med even if it was healing how energy.

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Hi energy isn't a medical condition you know it's it's, you know.

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People understand It's healing and more of an emotional healing kind of way as opposed to a physical fixing.

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So I think it. It feels that the way that healing would be used there, even if it was obviously looking at healing heart energy, or healing heart energy.

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It doesn't feel like it would It would get you in any trouble, you know.

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Thank you.

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And I think you know. then, when you get into a description, so it would be the about on your page.

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And if you ever wanted to groups same thing, and but also just you know, if you decide to do a website on the thing there that's where you can get into, and I would you would turn I would totally leverage the fact that

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you were that you were midway for many years people that's there's an immediate credibility that you get people.

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I think, are very positive associations with that. and you can, you know, talk about, you know, as a memory, for example, years, and coming from this, and then with that nothing.

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So I think you can I think It's very congruent with your story.

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Hmm as well. Thank you.

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Anyone else that's about the name that we all like but again. you have to.

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It's been really helpful to hear everyone's response because, besides, and no one else, I haven't shared the name with anyone else.

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So to have everyone else's response actually was is very helpful Yeah.

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And I wouldn't get too hung up on the url itself either right like we Sometimes we get it's like it's great that that was available on that you got that.

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But that's just the url and then you you're like you might have.

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You might say that the actual, the sort of name of your business, or like what would low it is.

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You know it could be healing heart energy, you know, energy, healing with penny, or or something like that.

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You know that just or something I I don't know like some other tagline that's kind of the whole thing

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Anyone else. Now there's that

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Or any other question that you have, now that you have some clarity about the name.

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So any other question you have about like you said that there's an opportunity for someone to promote you right?

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Are there any right thoughts or questions you? have about that now that this thing that's been helping you back is maybe handled any any other thoughts about that like what?

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What you what would be next for you to do with them?

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Yeah, I I think I know what I have to do because you and I have talked about it before, and it's just what whatever is caused me to procrastinate and spend my whales we'll get this in

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here, and then some, and you and then I wanna run. Call with me for a while.

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You have some let's do that yes, you get them every month.

01:02:13.000 --> 01:02:24.000

Now that you're in with this thank you so so let's do that. I think I think that that's something that's just like doing some baby steps.

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Like, Okay, let's just little this do this do this.

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Okay, thank you, Alright, It may be done. but I wanted you to look and see.

01:02:38.000 --> 01:02:41.000

Is there any other question you have, or anybody else any feedback?

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And if not willing to. I don't have another question thank you any other feedback, or that from anybody.

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I was just gonna say again when you start talking about the Midwife part, and that it's just all of it.

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Penny just seems the healing heart energy. And then talking about.

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I think it would be important to talk about the midwife.

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It just seems like a lot of love there. Thank you, really is. And I I sort of I think you can leverage the movie.

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I think, not not only just in establishing some credibility and trust, and everything that would be right off the top that you have that experience, that you have the training for, that that you have.

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You know all of that right you have it's you have a medical background, you know.

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But it's also there's something you know it It sometimes occurs to me that a lot of what we do with our clients is a bit of mimicry right company them through a difficult process and whether it's birth. illness

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depression. Exactly so. I think that there. there's a rich vein for you to tap. Now that that's what you know that using that analogy and all of that stuff.

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It will be really great. And here so great match for that like, if you, you'd be like if i'm gonna go through this.

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I need to give birth to myself again. who I want helping me is someone who's got healing hard energy can I say something about that

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So I have been using that analogy with myself, ever since Melva's birth, 3 years ago, not 2 and a half years ago.

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And I told Ben that I felt like there was a reason that God took me on this journey through labor, and to do it so contact, whereas my other 2 were just harder.

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I did them all naturally, but the other 2 are harder in this time, like I really was present to it, and I had no idea about emotion code and body code at that time.

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And then they get I just like there's gonna be a gift at the end.

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There's a reason that I yeah chose to go through this, you know, and I really feel that the gift is

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It's like labor like when someone has an anxiety attack it can be like labor.

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So, anyway. I had I don't know if this is important to Penny or not.

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But I I have been like using that analogy with my clients for a long time, and I feel like there really is a really big opportunity.

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There to even just to speak to women who have gone through labor and delivery, and to just come from a place like you actually are midwife, and to come from that place of like helping people to stay present and go through really

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hard things, and you're you're, the mid-year-old, the the Dola, or the midwife. that's helping them to burn into a new person, and so be the gift that receive the gift on the

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other side. It's just such a beautiful analogy that I use all the time when i'm feeling like anxious or panicky, or something.

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I always tell them like I'm. going to labor and just stay present, do it. It's just a really cool amount, too. so I would totally hook up with you.

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If I knew that that was a thing back then when I was going through stuff.

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But I was like getting ready to birth and stuff like that.

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So I love the energy around that that idea i'm really I also have.

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Yeah, I also have i'm giving a gift certificate to a dulla who is having her 500 birth, and she's packing a packet of special things for that her 500 birth, and i'm

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gonna put you know, a 3 session, so I could get in there, and I was like, Oh, my gosh!

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If I could have had a body code session after getting birth, that would have been so amazing.

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So i'm thinking about that like what can I actually do with that, because I dola, is someone who could refer without having the weird, the weirdness about referring, you know, and getting kickbacks.

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And stuff that medical doctors do Yeah, so that i'm just thinking about what I do with that, because that has been a huge analogy for me.

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It's so important to me to choose to go through something kind of painful like that.

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But do it because you know there's a gift yeah Thank you.

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Yeah.

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That reminds me of one of my favorite quotes from Richard back from illusions, and says, there's no such thing as a problem that doesn't have a gift for you in its hands.

01:07:27.000 --> 01:07:32.000

You seek out the problems because you want their guests.

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I love that all right, excellent so let's do the Helen? so?

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By June, articulate with everything that just that is shifted a little.

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Whatever. What would you like? You might not in it can be more than one thing, too.

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I I just feel like i've just been kind of spinning my wheels, knowing that I want to move forward and kind of standing going.

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Well do I go this way. this and just i'm i'm stopping myself from moving forward, and I just need to release that This was a small barrier that I feel has been released and i'm great to all of you for

01:08:19.000 --> 01:08:36.000

that and I know there's more stopping me from stepping into the place that i'm meant to be Work everyone good clear.

01:08:36.000 --> 01:09:06.000

Alright, please begin.

01:11:57.000 --> 01:12:27.000

Okay, ,

01:13:43.000 --> 01:13:51.000

Alright, everyone. Okay, see what you're doing how are you doing penny good.

01:13:51.000 --> 01:14:02.000

I feel like I just had a big lavender shower

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That's great

01:14:09.000 --> 01:14:15.000

There was an email list that we use to send people their healing or we are we not sending them their healing?

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We just do it, or yeah, I I recommend I mean you don't have to. But I haven't sent anybody those for Monday, because I just been busy, But I will send them all out.

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Yeah, actually, you know what we there is an email list with all that has all of your emails.

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But I don't think i've sent out the updated copy. so I will do that.

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Let me make a note of that. like it's on a Google drive right?

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That's right, I remember let me make sure that that's been updated and sent out to with it, so that everybody has it in terms of his so hold on a second just gonna make a note to do

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that cause otherwise i'll forget so I will request that if you know any, any, any notes that you have when you worked on each person, you'll take a take a little bit to do that.

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But it's really nice to receive them afterwards and kind of get and see what people saw, or were cleared, or whatever for each other.

01:15:13.000 --> 01:15:19.000

So I will i'll send out an email reminding other to do that with a link to the today.

01:15:19.000 --> 01:15:25.000

The contact list of the Google Bracket alright so we are cruising along.

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Let's do Do you guys want to take like a 5-†min, little quick, bio break.

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Yeah, let's take just 5-†min so I would've 3 24.

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So we'll take we'll come back at 3 36-†min, so quick, you know.

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Get a glass of water, take care your body, and then it will come back.

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But you might have it, and i'm really sorry I just noticed that. so here start it now.

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So that was all right. I didn't do it i'm usually really good at that.

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But and any if anyone ever notices again that I didn't really hit it.

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Please remind me So I apologize. I will post the ones that we did earlier.

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And we can. Still, I think I can still save

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It might still save the transcript I just don't know if it'll be from the whole thing beautiful.

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Let me see i'll hip safe transcript events which means I think that the whole transfer will be released, and i'll post that case. there's anything you want to go back to check language my apologies. alright.

01:16:28.000 --> 01:16:35.000

Awesome job, everybody with a great What a great one! This ended up being both Monday and today.

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Any last minute. questions, thoughts, feedback you suddenly remembered.

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Oh, I really forgot to tell you. Go this, or I wanted to do any anything like that.

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Alright all good. So did you set clear did you see Claire's note that the transcript is there. Yes, and i'll i'll hit save right at the end, so to make sure so so at least we will definitely have the

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transcript, which is honestly usually more useful, because then you can just scan it quickly.

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I did put in the chat there's a few resources in there, I put in the 1,000 beliefs you can buy that book with there.

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It's super useful. I don't think anybody any healer should have it.

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They're organized by chakra and like the shocker that they sort of would correspond with and by positive and negative.

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So you can actually search for them just the way you use, like the chart of emotions, is it on, is it, you know?

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Is it on here, this this this this or this scope of blah blah blah

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It's pretty small i'm sure out I just want to thank

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Those of you who brought up the element of being a midwife.

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And how close it is to this sort of healing we do I haven't considered that before.

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But I think that's a really precious consideration way to look at it.

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And thank you. Yep: Yeah, it's a great analogy

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I want to. Oh, actually, there is. I did have one more thing for Erica And that was part probably sparked by the some of the stuff that was shared like that.

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Youtube video and stuff, you know in it just reminded me for all of us in in our in our marketing in general that one thing that can be helpful is using what you should be referred to as like third party experts right?

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So it's like you're talking about the importance of something.

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And then you you can use, like, you know, if Oprah also talked about how important that is. use that right?

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So that right and or other or Joe dispenser or whatever it's good to like. connect these little you know whether it's just a quote or it's a video or it's you know a thing that makes the same

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point, and it's that third party support for guess how important this is, and I just realized, like we hadn't talked about that recently, and I wanted to put that in.

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Go collect those things that support your your point and then the last thing is, I just obviously i'll be checking in more generally.

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But since there's several of you guys here I wanted to get a little check in that, i'm realizing our retreat is only a little over 2 months away, and I know some are definitely coming and some people may and some people are

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definitely not coming. and I wanted to just get a little of those of you who are on this call right now.

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How many of you are planning to come just like, raise your hands, I can see.

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So I just wanna get that. So we've got neat whoops typing typing into the chat instead of onto my word, dot com

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So erica Linda. And sure.

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Okay, and is that are any of you here like I know Sophie, you're definitely not coming because of the that'll travel thing.

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Anyone else. you're definitely not coming and some and it's fine, if you're on the fence that's fine. But I just wanna it seems highly unlikely probably with extra Oh, hey?

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Claudia, we're actually just wrapping up but it's so nice to have you here for the very end.

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Okay, so, and I, Claudia, are you planning to come and put the retreat in October.

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I haven't I haven't so it's.

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It's just over 2 months away so I just wanted to bring it up.

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I'll i'll send out an email and stuff at home.

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I know that just and it'll help me to plan so we're, you know, planning i'm gonna feed you for most of the time.

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So there's even purely logistical things I need to know how many people.

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That i'm feeding and all that so alright Yeah, I just wanted to do a little check in, and I will do further check in later.

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But I think in Pilgrim is gonna come and

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We will go in a jury I think it's coming. So there are some people who aren't on here who, I think, are definitely planning to come, and already like book there.

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But they're fled in but the the hotel the the way we're gonna be doing it is I'm probably gonna be going visiting my friend there.

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His family owns it next week. So do a little Okay, i'm gonna assess out like what should we do? And you know I need to. But even I just like I have any chairs.

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Do we need you know It's basic stuff like that So alright, yay so awesome job. everybody we'll see almost all of you on Monday for our regular Monday.

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Call. and then we also have for those who are doing the 2 day workshop on the group programs Day.

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2 is on Wednesday. and also we have the softer success.

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Mastermind call next week that month the monthly call that's on Tuesdays. that's happening.

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That's this coming Tuesday, because it's sorry It's the second Tuesday very month.

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So 3 average 3 3 opportunities, plus the Thursday calls to be together next week.

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Choose what works for you, and i'll see you guys there, right? so.

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Oh, yeah, Michelle, do you have a good question? What is Monday?

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Monday harbor our regular Monday call. Okay, just to Yeah.

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Are your regular Monday call with me. I think that's let me pull up the calendar.

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I think I think I hit everything that's happening next week.

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Yeah, your regular Monday call with me tuesday is Sopreneur Success Academy. which is at 4 Eastern.

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That's something called Wednesday is the day 2 of transforming it to the group programs from 11 to 5 Eastern. and then you have your I think it's Katya Maggie your call. Do we have to be prepared for anything on Monday.

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Or Tuesday i'm trying to okay no just we're kind. We're kind of getting back to our regularly scheduled programming on the Monday calls.

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We've gone through both of this sort. of intensive that will so it'd be probably more of a marketing focus. but feel free to bring anything if you do have something and Friday is amethyst Yes, I that's

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right. So Friday is the Mfs. call at 3, which is not the normal time that's just when it has to be coordinate for this month.

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Okay, I just ask I didn't go to the first bit of the group.

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So what is it planning? i'm doing a great program?

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And now i'll have an idea for a great part wait some of my existing time cool, and so i'm wondering.

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Would it be okay if I did decide to come to the second day?

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Yeah, it definitely is, and what I have already. done the whole thing.

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So it's not like a completely yeah if you want to review the recording.

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He was already posted for But it is the same material this workshop doesn't really change you know it's what's different is the questions, But the what i'm covering is the same that each time I do it at least so

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far, I mean I might change it at some point. but

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So you you might want to just review your notes from last time, or or go through Re.

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If you wanted to review what we did on last Monday or to last Tuesday.

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Like the whole first part is, is just about the how you do the energy healing.

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And then people in breakoutrooms which doesn't report so it's actually, even though it was like 5th or 4th.

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It's only like a little over 2th of total stuff in the beginning part of recording, because the breakout rooms Aren't included in the beginning part of a group.

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You know you might. you might wanna just watch the second half.

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Essentially where we really talked about you know who's your program for what's it going to do for them That might be good to review it? Wouldn't take it that long, sure so alright anything else.

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Yes, Sophie, I like to the to do that as well.

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I did add this workshop to the Google account the Ssm.

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Google calendar that you've all been invited to So the link is there. or if you can't find it, just you know me that don't email me after it started before on on tuesday someone literally pay signed

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up and paid for it about 20-+min after we started, so I had to tell everybody.

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Give me 2-+min. I need to send her the link so she can join us.

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It's like what's it expecting now so Anyway, Alright, you guys are amazing.