

## Closing the Gap - Live Coaching

August 21, 2026 • 80 mins

### MEETING SUMMARY ✨

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#### *Meeting Purpose:*

Coaching session to define goals and address mindset blocks for Ria and Sheree.

#### *Key Takeaways:*

**Ria's Goal:** Host a September event with a 50% profit margin, directly challenging her "not enoughness" pattern of overspending on materials to compensate for perceived lack of value.

**Sheree's Goal:** Launch a podcast, "More Than Enough," by recording 4 episodes in 6 weeks, breaking a "false busyness" pattern that provides a sense of importance but costs time and energy.

**Strategic Pivot:** Sheree will separate her "Success Apprenticeship School" from her Enagic business, creating a distinct, paid coaching product to avoid devaluing her expertise.

**Actionable Framework:** Both will use a "pause and reflect" anchor to interrupt their patterns, choosing intentional action over default behaviors.

#### *Topics:*

Ria: Overcoming "Not Enoughness" to Host a Profitable Event

Goal: Host a women's circle event by the end of September.

Block: A pattern of "not enoughness" drives overspending on materials (crafts, food) to compensate for a perceived lack of value in her presence and facilitation alone.

This pattern is also evident in her personal life (e.g., buying unnecessary items at Kmart).

Solution: Set a strict 50% profit margin per person.

Rationale: This creates a tangible, controllable metric that forces decisive budgeting and proves her facilitation is valuable on its own.

Secondary Goal: Improve event boundaries.

Context: Past events were disrupted by attendees giving unsolicited feedback, which Ria felt unable to stop.

Action: Develop a clearer boundary-setting mechanism (e.g., stricter use of a "talking stick").

Venue Search: The search continues. Sam will provide leads for spaces in Thornbury and Ivanhoe.

Sheree: Breaking the "False Busyness" Pattern to Launch a Podcast

Goal: Launch a podcast, "More Than Enough," by recording 4 episodes in 6 weeks.

Purpose: Build community and support mums in earning income from home.

Block: A "false busyness" pattern of scattered, disorganized work.

Function: Creates a sense of importance and productivity, but costs time, energy, and peace.

Strategic Pivot: Separate the "Success Apprenticeship School" from the Enagic business.

Rationale: Avoids devaluing her coaching by offering it as a free bonus with a product purchase. The school will be a distinct, paid membership.

### *Actionable Plan:*

Task 1: Complete a 90-minute podcast launch workshop.

Task 2: Book 2 guest interviews by Wednesday.

Anchor: When the "false busyness" pattern appears, pause and reconnect with the core vision.

### *Next Steps:*

#### **Ria:**

*By Wednesday:*

Finalize the September event concept and budget.

Define the 50% profit margin per person.

Develop a boundary-setting mechanism for the event.

*Ongoing:*

Continue venue search; follow up on leads from Sam.

#### **Sheree:**

*By Wednesday:*

Complete the 90-minute podcast launch workshop.

Book 2 guest interviews.

*Ongoing:*

Use the vision statement as an anchor to interrupt the "false busyness" pattern.