

2.2024 Overcoming Underearning Pop-Up Mini Class Chat

00:11:29 Lisa Miners: Hello all from Cornwall UK

00:11:52 Miriam Burk: Reacted to "Hello all from Cornw..." with 😊

00:12:03 sonya leite: 8pm in the uk

00:12:45 Julia Paley: Thank you so much for this pop-up course, Barbara!

00:14:05 Allison Duck: Reacted to "Thank you so much fo..." with ❤️

00:15:45 Christina Mantel: I loved Barbara's book about this topic.

00:16:21 Christina Mantel: I just joined this group today because I wanted to learn about this topic.

00:16:41 Miriam Burk: Reacted to "I just joined this g..." with ❤️

00:17:14 Carmen Smith: Reacted to "I just joined this g..." with ❤️

00:18:17 Christina Mantel: I am currently working with Karen McCall

00:19:59 Allison Duck: Reacted to "I am currently worki..." with 😊

00:23:52 Ines: I'd love to make more money but it will cost me my well being.

00:24:06 Maryanne Roujie Co: I think I am incompetent

00:24:18 Claire Weber: I feel scared to ask for it

00:25:05 Ines: 3 essential keys to up your earnings:
1. You have to really want to make more money. A profit motive.

00:27:17 Carmen Smith: Love THAT!

00:28:30 Allison Duck: Reacted to "3 essential keys to ..." with ❤️

00:31:24 Ines: 2. You have to do what you think you think you can't do, don't want to do or you are terrified to do.

00:31:32 Allison Duck: Reacted to "2. You have to do wh..." with ❤️

00:31:54 Ines: The stretch, going beyond what seems possible. Success lies just outside your comfort zone.

00:32:23 Ines: High-earner slogan: whenever an opportunity comes, if it's not illegal or immoral, I say "Yes"

00:32:42 Ines: Think of a stretch, something you are scared of doing and see how it makes you feel.

00:35:03 Lisa Miners: Love this

00:35:27 Lisa Miners: being financially competent is my stretch.

00:35:36 Ines: 3. Be very careful who you hang around with.

00:35:55 Allison Duck: Reacted to "being financially co..." with 🗲

00:36:01 Lisa Miners: it's time to get real and get confident Lisa. Money is energy it's important but not everything!

00:36:15 Lisa Miners: so many blocks that need unblocking!

00:37:03 Ines: Underearners tend to stay in isolation. High-earners surround themselves with people who cheer them on.

00:38:05 Ines: Take a piece of paper, divide in 5 columns:
1. True believers (your cheerleaders, they will encourage you, celebrate your tiniest successes)

00:38:45 Ines: 2. Confidant (your sounding boards, you can talk about money, what you want to change)

00:39:39 Ines: 3. Wayshowers (your role models, provide you with a map, say "you can do this, let me show you how")

00:39:44 Lisa Miners: you are my roel model Barbara

00:40:39 Ines: 4. Messengers (they have valuable information for you, they say "I can help")

00:41:18 Sheryl Turner (she/her): I love that at this point I have ZERO naysayers in my life.

00:41:43 Lisa Miners: my oon to be ex husband and his family is my nay sayers

00:41:48 Ines: 5. Naysayers (they rain on your parade. Avoid them. Minimize the time you spend with them.)

00:41:50 Lora Cheadle, Esq, Cht: Wow, insightful! My parents are fabulous and supportive but they truly don't think this will "happen for me."

00:42:56 Ines: Homework: while you are looking for coincidences, expect them. Spend more time with your true believers, confidants, way showers and messengers. Minimize or eliminate time with naysayers.
00:43:39 Ines: Financial success if a rite of passage into our power. And it's not about the money. It's about the process.
00:43:59 Carmen Smith: Ooffff that was powerful, right of passage
00:43:59 Sheryl Turner (she/her): Interesting point, Lora. I have a couple of those close to me. Wondering @Barbara Huson if they would be considered Naysayers?
00:44:47 Ines: The high earners epiphany: If I knew earlier how much power I have, I wonder how different my life would have been.
00:45:19 Carmen Smith: so powerful Barbara thank youuuuuu
00:45:27 Lisa Miners: Thank you so much
00:45:44 Carmen Smith: May I also just say there is a beautiful love heart of light behind you this whole time Barbara
00:46:27 Melanie Hoffman: Thank you, Barbara, Your presentation is off the chart!!
00:46:57 Sheryl Turner (she/her): Claire, that's so great! Just the asking is a big step.
00:47:10 Julia Paley: Claire, thank you so much for sharing.
00:48:15 Sheryl Turner (she/her): @Claire, creating a value proposition for yourself might be useful here.
00:48:30 Lisa Miners: I refuse to be small any more. I now stand in my own power and take control over my finances and life.
00:48:44 Marcy: Reacted to "I refuse to be small..." with 🖤
00:50:14 Ines: Never assume the bosses know.
00:51:28 Ines: "This is why I deserve it."
00:52:52 Ines: "No" just means "not now".
00:53:28 Maryanne Roujie Co: I am curious Claire if you have clarity in where the value is in what you provide?
00:53:46 Ines: "People respond more to energy than they do to words."
00:53:49 Carmen Smith: thats the stretch
00:55:12 Ines: The Corner Office: Indispensable and Unexpected Lessons from CEOs on How to Lead and Succeed by Adam Bryant

<https://a.co/d/ikwi9rj>

00:55:58 Allison Duck: <https://www.amazon.com/Nice-Girls-Dont-Corner-Office/dp/0446693316>
00:55:59 Melanie Hoffman: Thank you, Ines!!
00:56:12 Katie Adler: It's like updating your resume!!!!
00:56:14 Allison Duck: Replying to "https://www.amazon.c..."

was it this one, @Katie Adler

00:56:37 Allison Duck: Reacted to "Claire, that's so gr..." with ❤️
00:57:00 Lisa Miners: YOU GOT THIS!!
00:57:03 Carmen Smith: Yes! We be our own biggest cheer leader
00:58:06 Carmen Smith: yesssss!! Tell them!!!
00:58:23 Ines: @Claire , Brag, babe!
00:58:47 Heather Mack: Reacted to "It's like updatin..." with 🗨️
00:58:54 Sue: Claire - you go girl!!!
00:59:14 Maryanne Roujie Co: Claire I would be happy to be a sounding board for you to share all that you list and pull out the tangible value for you
01:00:02 Allison Duck: Reacted to "I love that at this ..." with 🍌
01:01:15 Carmen Smith: Hahaha love you calling it out
01:01:16 Ines: @Christina Mantel , welcome!
01:01:31 Julia Paley: welcome to the community, Christina
01:02:18 Julia Paley: Thank you for being so open and vulnerable
01:04:18 Ines: It's an inside job. It's about the words you say to yourself. whatever seeds you plant in your brain, that's what you will grow.
01:05:02 Ines: "If it feels awkward, know you are on the right track. If it feels comfortable, know you are on the undearners track."

01:05:16 Ines: "Do what you fear and that's how you will succeed."
01:05:54 Ines: "How much energy are you putting into other people that you are not putting into yourself."
01:06:15 Ines: "Start bragging. Start being your own best cheerleader."
01:07:12 Carmen Smith: its the year of the dragon this year too!
01:07:43 Ines: "When are you doing this?"
01:07:55 Lisa Miners: right now
01:08:56 Carmen Smith: You're very good Barbara!
01:08:57 Sheryl Turner (she/her): welcome, Christina!
01:09:16 Miriam Burk: Great session today!!! Thank you, @Barbara Huson and everyone!!! We can Overcome!!!
01:09:17 Ines: @Christina Mantel , by Friday Feb 16, 2024, will post on Mighty Networks that got she started on the paperwork.
01:11:06 Christina Mantel: Reacted to "@Christina Mantel , ..." with 👍
01:11:09 Christina Mantel: Reacted to "@Christina Mantel , ..." with ❤️👍
01:11:52 Carmen Smith: yeah for playing bigger
01:11:57 Ines: "I want to play bigger."
01:13:13 Ines: "Focus on the receiving end of it. Shift how you see yourself and the value you bring."
01:13:21 Ines: "Make a lot of money, then you can do pro bono. "
01:13:38 Ines: "Money is controlling you and you are not controlling your money."
01:15:11 Ines: "Let those roller skates be the metaphor for you to play bigger. Charge more, set aside the difference, save up and use it to buy those roller skates."
01:15:25 Ines: "She was giving away her power"
01:15:36 Carmen Smith: Beautiful ladies
01:15:37 Miriam Burk: @Alida You are so worth going bigger! Keep your power! Build yourself up and get those rollerskates!!
01:16:02 Ines: "My little girl wants that red pair of roller skates."
01:16:11 Ines: "Do it for your little girl."
01:17:11 Alida: Reacted to "@Alida You are so wo..." with ❤️
01:17:19 Alida: Reacted to ""My little girl want..." with ❤️
01:18:09 Ines: @Carole Aloha Hope Lockard , "you are so relatable."
01:18:48 Ines: "Do your video with so much confidence, this place of the powerful woman that you are, inspire others to be as powerful as you."
01:19:02 Carmen Smith: amen sista
01:19:33 Christina Mantel: 2mm shifts
01:19:36 Ines: "You cannot let go of this fear stuff. Everybody is afraid. Just don't let it stop you. You're gonna be terrified. And you just do it again.."
01:20:09 Ines: @Carole Aloha Hope Lockard "You can do this beautifully. Let us know how it goes. "
01:22:12 Sheryl Turner (she/her): wonderful book: Patriarchy Stress Disorder. we have been so conditioned to keep ourselves small in so many ways, some so subtle that we don't even recognize it. Here's a quote from the intro:
"The greatest barriers for women now and ahead are internal. Especially as the gender equality movement adds more responsibility to women's plates--we need a new movement that gives women the tools to manage and optimize their mental health so they can rise in leadership with greater ease and joy."
01:22:48 Sheryl Turner (she/her): Author Valerie Rein, PHD
01:23:01 Ines: 6.2023 welcome to TWC and Orientation to MN
Recording Link 6.2023 welcome & Orientation

https://content.streamhoster.com/preview/bsadmin/TWC%202023/6.2023_TWC_Orientation_welcome.mp4?width=640&height=360

01:23:21 Ines: Other recordings:

<https://www.barbara-huson.com/the-wealth-connection/office-hours-call-recordings/>

01:23:59 Ines: "You are making that to mean something about you."

01:24:35 Ines: "It's never about you. It's always about them."

01:25:26 Ines: "This is what you happen when you overgive, engage in co-dependency... eventually you resent."
01:25:42 Carmen Smith: Love languages
01:25:42 Christina Mantel: Expectations are premeditated resentments
01:25:59 Ines: "You can look with the eyes of love or you can look with the eyes of ego."
01:26:01 Christina Mantel: Replying to "Expectations are pre..."

I have learned this myself

01:26:20 Tran Nguyen: I m new here. will I get a recorded one to reply later for this session? I m from Vietnam and it is 4.15am. I half listened half asleep
01:26:31 Ines: "Look at your motives when you are giving."
01:27:34 Ines: Replying to "I m new here. Will I..."

All recordings are shared in Mighty Networks:

<https://women-wealth-and-power.mn.co/spaces/10841258/page>

01:27:36 Sheryl Turner (she/her): welcome Tran! So glad you're here. Yes, there will be replay in MN
01:27:53 Ines: Replying to "I m new here. Will I..."

Sleep well 😊

01:28:12 Maryanne Roujie Co: Such wisdom Lisa ❤️ I agree with this
01:28:15 Tran Nguyen: Thank you
01:29:07 Ines: "You are making it transactional."
01:29:37 Carmen Smith: 5 love languages I feel is helpful here, buying gifts is one type of love language and sometimes expecting same from others who might be a different love language, like time or touch
01:29:57 Ines: "what am I making transactional that is not really transactional that is keeping me from making transactional what has to be transactional so I can actually make more money?"
01:30:06 Allison Duck: Reacted to ""what am I making tr..." with ❤️
01:30:25 Allison Duck: Thanks, @Barbara Huson, @Lisa, and @Katie Adler
01:30:58 Allison Duck: Replying to ""what am I making tr..."

That's really powerful, @Katie Adler

01:31:22 Allison Duck: Replying to "5 love languages I f..."

I think it's the time spent thinking about the gift vs the gift itself, if that makes sense

01:31:28 Alida: Replying to "I m new here. Will I..."

WELCOME! ☐

01:32:12 Ines: "Don't worry about the industry. Put yourself first."
01:32:14 Allison Duck: Reacted to "Wonderful book: Patr..." with 😊
01:32:49 Ines: "Is that your job to teach them?"
01:33:08 Ines: "Lead by example."
01:33:31 Ines: "I'm getting windfalls of money coming in."
01:34:00 Ines: "They are not my problem."
01:34:13 Marcy: Thanks all, this has been great! I will listen to then end again when posted. So appreciate what all have shared.
01:34:29 Ines: "Those who have a scarcity mindset will try to drag yourself down."
01:36:39 Ines: "A role model is someone who is playing at the level you want to play at."
01:38:05 Sheryl Turner (she/her): thank you for another amazing call!