



THE LIGHTS ON EFFECT

Part 1: Leading With Inspiration Transcript

Imagine a world full of families who are learning to their truest potential. What difference would that make to how this next generation are able to show up and make a positive contribution to the world? Imagine being a mother who knows how to lead her family at the highest level. And in doing so unlocks the key to her own exponential growth in learning to lead her family.

She has to first learn how to lead herself and it is this adventure where she reconnects with her true self, discovers her fullest creative expression and impacts the world around her in ways she always dreamed as a young girl. Imagine being part of that world. Imagine being one of those change-maker mums. Imagine what becomes possible for your family.

Welcome to the Lights On Effect, where we're going to explore how you can lead your family to success in a confident, consistent, and creative way.

The problem of disengagement in the education system for our children, isn't really a problem at all. It's a growth opportunity for you, and it's not an issue of parenting, right?

We're phenomenal mums, we're phenomenal parents. It's not even a problem with education. I want to share with you and really help you see that our children are disengaging on a massive scale all

around the world. And that it's a problem of leadership and that makes it a really, really exciting opportunity.

You can now prioritise your growth. You get to absolutely put that center stage of your educational strategy for your children. Your growth equals your children's growth.

I've been exploring, learning, human potential of peak performance, high performance ever since my daughter started school 14, 15 years ago.

I realised that school on its own was not going to be enough to keep her engaged and interested and it needed a little bit of helping hand from myself, from the parents in our community. As I began to get involved in my children's school, what I discovered about myself, Was really quite incredible and I found what I was really good at.

Wherever you are. However you're meeting me. My invitation is for you to play full out, to prioritise your professional growth. Up levelling as a leader and what this is going to enable you to do. And what's its going to enable us to do together is for us to shift the focus away from there being a problem with your children.

Right. We know why they're disengaging with education. It's out of sync with the real world. We love talking about this, but we don't so much like taking action and this is what I really want to flush up because for the Lights On Effect to work, and we'll go into what that is. You need to acknowledge that you as the adult, whether you're a parent coming to me, or a teacher or a head teacher, you need to acknowledge that you, as the adult, are a gatekeeper of children's exponential growth, absolutely being able to deliver on their human potential. Or if you want to go there, on their soul potential.

I'm calling in those mums who as a child, like I was you were like, "why am I here? What's the bigger purpose. What is it I am meant

to do and explore?" I coach a lot of parents who have put themselves on hold because they became a mother and their own journey, their own adventure suddenly took a back seat.

And I know this story really, really well. That's where I was, my story was that I was here to change the world. I knew I was born to disrupt. I grew up in a family that absolutely empowered me to fail constantly, constantly, constantly. And it was okay to fail, where the culture of learning was absolutely preparing me for what I believe I'm coming up to doing in my life now.

So I knew that I was here for big things. Let me know if that is you.

When I became a mother, I'd just found my thing. I'd found that I loved making films. I loved telling stories in visual form. I loved the unfolding narrative of social documentary. I loved interviewing people, being able to communicate the power of the story through film.

I kind of was like, yes! I found my thing. I must've been in my early thirties at that time. Then I became a mother and all was quite good for a while. So I was juggling both. And then I became a mother to my second child and that's when things for me began to collapse, if you like, all around me.

Because what I was able to do, like juggling the career and motherhood, with a young child, I found I wasn't able to do with a three-year-old and a newborn. And I had to make some decisions and choose the motherhood, right. And being there very present, I had to let go. It makes me feel very emotional. Thinking back to that space, I had to let go of the thing that I've found that I was here to do. And it was really, really challenging for me. I didn't expect to love motherhood as much as I did, but on the flip side of loving motherhood, there were also times where I really, really resented it. I resented being trapped.

I resented losing my sense of self. I kind of resented the fact that my partner could go off and continue his filmmaking career and I was stuck at home, even though it was my choice. And what I found is I began to sort of descend into resentment, anger, sometimes rage, which really, really shocked me.

It was scary, but I'd never experienced that level of being out of control ever. And I was quite an out of control toddler who had lots of tantrums and teenager who had lots of tantrums!

What I began to sort of experience was this feeling of, I don't know anymore who I am and how this relates to the Lights On Effect. I was talking to my son earlier and I asked his permission to be able to share this part of our story, mine and his story. When he was a baby, I found he was very angry and he would do this thing where he would cry, which is what babies do. Right. He'd wake me up and I was breastfeeding on demand, I was becoming really, really tired.

And so when he became 15 months, 18 months, what I found is as I was losing that sense of myself and hanging out much more in those emotions of, moments of depression. My son Seb would cry for me. I would go, okay, and I would go in, but my energy, which I know now, I didn't know any of this at the time, would have been one of like, what is it you want, you know, I don't know what you want. I can't help you. Nothing I do.... I wasn't saying this. Right. But energetically, that was what I was putting out. You know, no matter what I do, I don't know how to make you happy. I don't know how to stop you when you wake up in the middle of the night angry and I come to you and I try and like care for you, and then you push me away.

And we've been talking about it quite a bit recently, as I tune much more into the kind of the energetics and the real impact of the

Lights On Effect and Seb said “I think I was angry mum, because you were angry.”

And I was angry, I was angry that the person I thought I was here to be, that was making an impact, saw that slip away from her. And the more I plummeted, the more I lost sense of myself, the more I stopped doing the thing that I loved, which was tell stories through filmmaking, the more that I was creating this energetic charge around me that really was not a nice place probably to be in for my son.

And I wish I had known what I know now looking back, because I couldn't pick up the phone and just say to my mum, please come and help me. I couldn't ask for help because it felt like admitting...again, I will get really emotional at this cause it's, it's raw for us as mothers.

It felt like I was admitting that I couldn't do this. I didn't have my shit together. And of course I didn't have my shit together. I couldn't do it. And then as I kind of have gone deeper into this work and I've become a master neuro coach, I'm going to kind of jump forward a little bit now... as I began to find my thing and I found my vision and it was okay, it's not filmmaking. It's making a difference for children, millions of children around the world, so that they can learn through their passions and they can shine like I saw in the work I was doing with my children's school.

As I began to hit a glass ceiling and I began to understand how my mind works and that actually what was limiting me, the one belief that was really holding me back was I can't do this. I can't do this, that belief. I can't do this. It's too hard. I'm not going to be able to do it was stopping me ask for help. Because if I asked for help, I had to literally admit, yeah, I can't do it.

And this is the paradox of how our brains work. We will behave in a way that protects us from finding out you can't do it, but what's so wrong for us as mothers to admit that this is hard. Especially those of us, who've been these like passionate change makers that are here to make a difference and we find ourselves wanting to be hands-on. So maybe we're not returning to the career that we had before, but we don't want to fully abandon that side of ourselves either.

Why is it so difficult for us to say I need help? I don't know what I'm doing. I don't even know if I'm coping. I don't even recognize who I am. And right now I believe I can't do it. And I need support to be able to believe that I can. And the reason that we need to cross that bridge from 'I can't to I can' is because of the Lights On Effect.

When I was lights off, when I was angry, full of resentment and frustration, and at times, rage and at times just going, I don't know if I can do this. I can't do this any more. Looking at the pile of washing and just thinking like that just feels too big. It feels too big for me to be able to do. That was the energetic charge that I was putting out within my family. And every single member of my family felt it.

Cause that's what we know, when we are lights off, what is it you feel and what is it you think? So when I was thinking, I can't do this. This is too hard. Why can't you just go to sleep? All of those things...I don't want to have to read another story at bedtime. I'm being really honest here, because I think this is what we need to be as mothers. We need to be honest.

With that thinking and that those feelings, the energy that I was putting out was lights off. And so for someone who was maybe asking for help, a little baby or a toddler or three year old who was asking for help in the only way that they knew, I was showing up not being able to do it.

That's why I want us to kind of really see this, this isn't about parenting. This is about self leadership. It's about becoming an inspiring leader. So even when you feel, you can't, even when it feels really, really hard, you are committed to learning how to take the breath. Right. Listen to the thought.

I don't want to push the thoughts down. This isn't about pushing it down and ignoring it. Open the door and you know, getting through it and then closing the door and letting it all out again. This is about being committed to using the power of the Lights On Effect, the energetic charge that is fueled by our thoughts and our feelings based on what we've got hardwired in our subconscious.

I can look back and think it wasn't a problem that my son wasn't sleeping. It wasn't even really a problem that I was so tired. It wasn't really a problem that I couldn't communicate with anyone around me to say, I need some help. The problem was I didn't know how to use and harness the power of my thinking, the power of my emotions. I didn't even know really back then how to sit with those emotions and be okay with that uncomfortable feeling of I'm failing.

I can't do this what does that mean? And I certainly didn't know how to harness and conjure up the lights on energetic state, that, real state of mind, that state of being that would enable me and empower me to be okay no matter what. To show up really, really empowered and strong and consistent for my children as they were exploring their own emotional landscape.

As they were crafting and wiring in and hard-wiring their own mental landscape. As they were exploring and responding to their own energetics, um, as well in terms of what I was also creating culturally within my home. And that's why I'm excited. I'm excited for the Lights On Effect to come out in a bigger way, because if we can look at this as a leadership opportunity, not a problem, it's not a problem. Cause we all lead ourselves through our lives. Right?

Some of us just take a backseat in doing that. And then we really embed the victim mentality. Like poor me. I've got a child that won't sleep. I remember thinking that, poor me.

And so when we recognize that, okay, this is a leadership opportunity, this is a growth potential. How we can impact the world through who we are. It has nothing to do with what we are doing, what we do becomes a natural byproduct of who we are being, because it's almost like you've just walked up the ladder and now you're on the next platform and you can look down and it feels like it's down there.

It feels like it's a long way away. And you're kind of like, how was I even operating at that lower level? And now you're on this new landscape and you know that all of the work that you've done to get to this point, is accelerating your growth, it is making all of those things that you've been waiting to happen, happen at speed.

This is what we talk about accelerated growth, high performance using the Lights On Effect to fast-track your thinking so that you feel and tune into the emotions that will really be able to create that beautiful lights on energetic field around you that makes an impact in the world. And, you know, I look at my children and I'm really, really proud of who they are as human beings and I know that they've got what it takes to go out into that world and absolutely shine as bright as they are able to, at that moment in time. And that's what I want for all of you, those of you inside my programmes, you know, how committed I am to this, those of you who maybe just finding me and just stumbling across this, we're going to have lots of things that make it really, really clear how to become that inspiring leader of your family, what is the lights on effect? What's the science behind it? How can we accelerate our growth as leaders so that we can get out of seeing it as a problem of parenting or our education system? Because the thing is when

we see it as a parenting problem, or from where we see it as a problem of education, we can go to outside in strategies...

It's what I say to them, it's the conversations I have and things like that. And yes, those do matter. Or it's like, I better get a tutor in, or, you know, or I better change schools or maybe I should home educate which type of home education and I've come to realise it doesn't matter. It doesn't matter if you're doing traditional education, like, you know, really high level knowledge based learning, which is beautiful in its own right. It doesn't matter if you're doing passion-led learning where you're doing self-directed projects and really co-creating beautifully designed learning adventures. If your child's lights are off, then they cannot learn and you do not know how to switch them back on.

That's the problem that I invite you to look at as an opportunity because we can actually with, with all the brain science that we know, with all the ancient wisdom that I'm beginning to tune into and go, that's why we meditate. That's why we tune into gratitude. That's why really giving ourselves silence is really, really important. And again, when we bring into that real peak performance, how do we get into the state of flow? How do we play around with our brainwaves so that we can create at speed? I mean, how exciting is that, if that's our problem.

Our problem is to learn how to be incredible learners. Our problem is to learn how to be incredible leaders of ourselves, of our families. And when we do that, not only do we grow, we shift, we transform but our children do to, our families do to. Our relationships, our mental well-being, our opportunities that come up for us massively open up to infinite possibilities, almost just like I'm just visioning it now, just like a fractal of doors that we could choose to walk through at any given moment.

That's what we're talking about. I truly believe our generation of mothers are going to change the world because we're going to change our legacy. We're not going to pass on that I'm not enough, I can't do this and hide it with shame because we can't ask for help because that will mean that we're failing.

We're strong women. We were meant to have it all. We were sold that story, that we could be a mother and have a career, right? That we could almost be, you know, the masculine and the feminine. But what I've discovered for myself is I let go of my feminine and stepped much more into what I thought was needed.

And so really learning how to bring those two together has been a really beautiful adventure for me and it's a massive part of the Lights On Effect because masculine or feminine at the extremes are not the best space for us to occupy. Bring them into this sort of beautiful blend where we can take action, we can tune into our intuition.

Now, exciting things start to happen for us and for our families. Become that mother that stands for something bigger than yourself, bigger than your family that you want to contribute to that sustainable future. Right that we have to have, the future isn't sustainable carrying on as we are at the moment, whether we're talking about the environment, or politics, or the education system, or our mental wellbeing.

So what we need to do as mothers of impact using the Lights On Effect, that's the invitation to us all, we need to come together and go, yes, we are going to play our part in changing the world. We're going to acknowledge all of our limiting beliefs, the stories that we've carried through from generation to generation, to generation, to generation.

And we're going to look at that narrative and say, is there a different story that I want to tell? Is there a different story that I want to write and craft so that you show your children what real growth, beautiful growth from the inside out looks like? So they feel it, they see it, they believe it.

And they know it to be true because you're so aligned with your integrity to yourself, with your commitment to yourself, with your absolute passion for yourself. And let's bring in the love word, your love for yourself. That's how you show up the Lights On Effect in action.

They see you. They love you. They admire you. They respect you. And then they can go out into the world making that difference. And what we begin to see when mothers truly come in and use the tools is the ripple effect beyond their family. And this is where we change the world, the impact of the Lights On Effect. When we get 10 million mothers rising up as inspirational leaders, committing to be mothers of impact in their home for themselves, for their family, for the world, what that impact looks like when we achieve that mission to empower women, mothers who say,

'I am here to make a difference. I always knew. And I'm going to fulfill on that identity and I'm going to be absolutely fully present as an inspiring leader of my family.'

So thank you. This is part one of the Lights On Effect. Be active, turn on all your notifications if you're on my Lights On Mum page. Come into The Matriarch.

If you are in my programmes then show up and ask those questions. This is the invitation - **who wants to be an inspiring leader of their family and who is prepared to do what it takes?**