




Fill your own cup - no one else will 

APT News & Views T₃

The Power of 10 week Term blocks: Filling My Own Cup and Coming Unstuck

Term 3 prep time ended up being a review of my realities in more ways than one. No one will get a healthy jug of nourishment & refreshing ingredients and pour it into you. YOU need to fill your own cup. Find a way - simple pleasures to BIG break throughs. Not being OK to unstuck.

The ABC News story last week was connecting to my story of a massive 45% increase in Body Corp fees at the end of 2022 that was so badly handled it was a traumatic experience.

Then Ch9 Today Extra saw the story & reference to never being able to retire & living hand to mouth at 62. They invited me to do a live interview the next morning.

In all honesty I really wanted to represent what I call the 'little man' meaning the Small Biz passionate purposeful creators who are doing great work in the community - helping others improve their well-being, but simply cannot keep up with the massive increases in the cost of living. The non wage earners, who receive no extras, such as sick leave, holiday pay or Super.

The story within the story - media portrayal removes passion & purpose when it comes to THEIR story.

Introduction: Working in term blocks has been a fundamental aspect of my own APT business, which I founded 15 years ago. Initially driven by my role as a single Mum, I wanted to prioritize spending quality time with my children during school holidays. This decision established the pattern of organizing my classes and private Sessions into 8-10 week terms, a structure I continue to embrace to this day.

The Benefits of 10-Week Terms: There are several reasons why 10-week terms have proven to be highly beneficial:

- 1. Focused Progression:** By designing innovative and effective programs that progress over the 10-week period, I provide clients with the opportunity to learn, understand challenges, and gradually master their own desired pace of progress. This timeline allows them to envision, plan, and enjoy their journey.
- 2. Cost-Effectiveness:** APT clients sign up for a term program without any joining or membership fees or ongoing direct debit payments. However, this commitment creates accountability, consistency, and dedication. When clients invest in the term and allocate specific sessions in their diaries, they become more motivated and develop a habitual routine.



3. Community: The 10-week term classes and programs bring together a group of like-minded individuals, whether in our spacious and welcoming Richmond Studios or through live online sessions. The #aptcommunity is friendly, supportive, open-hearted, and non-competitive. The sense of community adds to the overall positive experience of mindful movement.

4. Purposeful Breaks: Term breaks serve two vital purposes.

Firstly, they allow me to pause, reflect, and replenish myself both personally and within my business. This time provides an opportunity for program writing with fresh knowledge and inspiration before the next term launches.

Secondly, these breaks allow clients to take a step back from their routine, utilizing class recordings to continue their practice independently. It's a time for self-assessment, reevaluation of their needs, and enjoying independent exploration. Ultimately, it prepares them to return nurtured and supported, ready to experience movement as medicine and the power of moving well to be well.

My Journey of Coming Unstuck:

At the end of Term 2 this year, exhaustion and depletion overwhelmed me. After completing my last block of sessions in the studio, I returned home with the intention of attending to my usual administrative tasks. However, I suddenly felt drained, as if someone had ripped out my battery pack. I had no choice but to lie down and sleep for two hours. This psychological release was significant; it marked the moment when I realized my teaching commitments were complete, and I was no longer responsible for anyone's well-being for the first time in 10 weeks.

The following day, I found myself lacking energy and feeling down. Although relieved not to teach my casual Saturday class, I was also saddened by the closure of the studio. As I sat in my pajamas, attempting to distract myself by reading the newspaper, I felt a heaviness and lack of enthusiasm. Emotionally drained, I resorted to scrolling through Instagram, where I encountered posts of people enjoying sunny holidays overseas. Resentment crept in, signaling an unhealthy emotion that had lingered within me for some time, and I couldn't help but sob uncontrollably.



The story within the story Media Portrayal and Personal Identity:

Feeling hopeless and unnoticed, I eventually realized that no one was coming to cheer me up or magically replenish me. At that moment, I felt stuck. It's important to note that I share this story not to seek sympathy but to shed light on a pivotal moment of newfound clarity.

I asked myself what I needed, and the answer became clear: something beyond my work to look forward to and an escape to a warm, sunny place surrounded by welcoming and interesting people. Coincidentally, an opportunity presented itself—the Ultimate Girls Week Away in Cairns, Queensland. Although initially dismissing it as too expensive, I took a closer look at the dates and the destination. I pondered whether I could make it happen, considering Frequent Flyer points and reached out to the organizer with inquiries. These small actions brought a glimmer of hope and gradually lifted my spirits. I consciously made an effort to stop fixating on my work and focused on taking a break—a much-needed window of time for myself.

Reflecting on My Story and Finding Resilience: During that week, free from the usual 5 am wake-up calls, I caught up on medical appointments and enjoyed a coffee catch-up with a long-standing friend. I also addressed building maintenance issues and insurance claims for my complex. Financial strains had burdened me for the past three years, particularly after long lock-downs and the end of a 17-year relationship in 2020.

On Sunday evening, I received a message from an ABC journalist who had interviewed me previously in my home. The news story was set to go live on the ABC website and air on the 7 pm News the following day. The interview focused on the impact of rising Body Corporate fees and the increasing unmanageable cost of living. It was an emotional interview, tapping into my sense of desperation and struggle. As the story unfolded throughout the day, I received numerous messages of support and kindness. However, **I knew deep down that I was not okay. I realized that I was my own emergency;** it was up to me to take action.

I was NOT OK - I was STUCK. The resentment was an unhealthy sad destructive emotion I had to deal with NOW

The Turning Point: Filling My Own Cup: I decided to book the trip to Cairns in September, even if it meant tapping into my mortgage and managing the financial implications within my next term. The added bonus of attending business workshops and claiming it as a tax expense made the decision even more enticing. I had a conversation with myself, affirming that I deserved this break and emphasizing the need to fill my own cup. With a surge of relief, I booked the trip just before the end of the financial year, securing an incentive discount.

Exhaling and Looking Forward: As I reflected on my decision, I felt a sense of hope and relief. I informed my clients promptly, feeling more grateful and optimistic. Not only did I have something to look forward to, but I also realized that this trip would be my first true escape in five years. Additionally, the day after the ABC News story aired, Channel 9 Today Extra invited me for a live interview with David Campbell and Sylvia Jeffreys to "tell my story." Although the focus was on the challenges of retirement and the rising cost of living, I found myself connected to a larger narrative about the impact of the RBA rate freeze. It became clear to me once again that the story within the story often goes unnoticed, as media outlets prioritize fast, attention-grabbing content.

Navigating Change and Owning My Story: The following days were filled with a mix of emotions, typical of times of change. As I developed new programs and dealt with the discomfort of disrupting my routine, I also grappled with feeling misrepresented by the media. Despite being told that they wanted to tell my story, I couldn't help but second-guess my answers and yearn for more articulate responses.

MY story encompasses more than monthly mortgage increases or rising Body Corporate fees. It's a story of a passionate woman who has experienced a rich and colorful life—professional ballet career in London, transition to stage management, the tragic loss of loved ones from early in my life, running a music charity for 22 years, raising two sons as a single mum, returning to study, and founding her own Health & Well-being Business. It has been a journey driven by purpose and a desire to make a positive difference in people's lives—to help them live a quality life of longevity, moving well to BE well.

Conclusion

We sometimes need to hit a real low to find the clarity to take action and find a way to fill our own cup.

10 Week APT Terms serve as beneficial & life changing opportunities for both clients and APT. To create 'apt' move well to BE well blocks of time – creating commitment, consistency, community, connection and the confidence to create what is needed to nurture and grow you in YOUR life!

Andrea Gaze July 2023

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Ultimate Girls Week Away: <https://www.ultimategirlsweekaway.com/>