

The Podcast

A Roxanne Reflects Production

MAMA, SIT DOWN!



WHO IS ROXANNE?

Roxanne Hughes is a certified Christian life coach and host of Mama, sit down! A Roxanne Reflects Podcast. She helps mothers of adult children release over-responsibility, set boundaries without guilt, and trust God in their next season. Her message resonates with women who've spent decades caring for everyone else and are finally ready to ask, "What about me?"

WHY BOOK ROXANNE?

- ✓ Relatable expertise – Speaks from personal experience with trauma, faith, and healing
- ✓ Underserved audience – Addresses the unique struggles of moms navigating adult children
- ✓ Faith-centered perspective – Biblical truth without being preachy
- ✓ Engaging delivery – Warm, honest, and uses humor to tackle heavy topics

CORE TOPICS ROXANNE CAN DISCUSS:

- Breaking the guilt cycle of over-responsibility
- Setting boundaries with adult children without damaging the relationship
- Redefining identity beyond motherhood
- Trusting God when you can't control outcomes
- Healing from childhood trauma that fuels people-pleasing patterns

SAMPLE PODCAST QUESTIONS:

- What led you to focus on over-responsibility for mothers of adult children?
- You say over-responsibility is "guilt in disguise." What does that look like?
- Why is letting go so emotionally difficult, even when women know it's time?
- Is it actually biblical to step back and trust God with our adult kids?
- What would you say to the woman who thinks, "If I stop helping, something bad will happen"?

HER PODCAST:

Mama, sit down! A Roxanne Reflects Podcast

For moms of adult children who need permission to stop fixing everything. Episodes blend biblical truth, real stories, and humor.

Top Episodes:

- Ep1: When Helping Becomes Hurting
- Ep7: The Night I Realized I Was Carrying Too Much
- Ep11: Letting Go of Holiday Expectations

CONTACT:

 booking@roxannereflects.com

 www.roxannereflects.com

 [@roxannereflects](https://www.instagram.com/roxannereflects)



Roxanne