



roxannereflects.com

Roxanne Hughes

PODCAST HOST &
MOTIVATIONAL SPEAKER

MEDIA KIT

Hi. I'm Roxanne!

PODCAST HOST & MOTIVATIONAL SPEAKER

Roxanne Hughes is a speaker, certified Christian life coach, and the host of Mama, sit down! A Roxanne Reflects Podcast. She helps women—especially mothers of adult children—release over-responsibility, reclaim peace, and trust God in their next season. Drawing from her own journey of trauma, faith, and healing, Roxanne speaks with warmth, honesty, and humor. Her work empowers women to set healthy boundaries, stop carrying what was never theirs, and step confidently into a life rooted in freedom rather than fear.



HELPING WOMEN RELEASE GUILT, TRUST GOD, AND STEP INTO THE SEASON WHERE IT'S THEIR TIME NOW.



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SPEAKING TOPICS



✓ **From Over-Responsible to At Peace: Breaking the Guilt Cycle**

Over-responsibility often begins in childhood trauma and quietly follows women into adulthood. Roxanne shares how to recognize these patterns and replace guilt with truth.

Audience takeaway:

Awareness of unhealthy patterns and practical steps toward emotional and spiritual freedom.



✓ **Who Am I Now? Redefining Identity After Raising Kids**

When motherhood has been your whole world, the empty space can feel terrifying. Roxanne helps women explore who they are beyond caregiving and rediscover purpose, joy, and identity in this next season.

Audience takeaway:

Permission to explore life beyond “mom” without shame or selfishness.



✓ **Letting Go Isn't Giving Up: The Faith-Based Truth About Boundaries**

Many women believe stepping back means they've failed as mothers. This talk reframes letting go as a biblical act of trust—not abandonment—and helps audiences understand how boundaries can strengthen relationships rather than damage them.

Audience takeaway:

Confidence to set boundaries without guilt and trust God with outcomes they cannot control.

“I walked in feeling like the world's worst mom for wanting space from my adult daughter's constant crisis calls. I walked out realizing I'd been confusing love with enabling. Roxanne's message on boundaries wasn't just theory—it was permission I didn't know I desperately needed. For the first time in years, I feel like I can breathe without guilt. This talk changed everything.”
— Sarah M.



“When Roxanne said, 'You're not abandoning them, you're trusting God more than you're trusting your anxiety,' I actually cried. I've been so afraid that if I stop managing every detail of my son's life, something terrible will happen. Her talk gave me practical steps to let go AND biblical truth to stand on when the guilt creeps back in.”
— Jennifer

The Podcast

A Roxanne Reflects Production



Mama, sit down! A Roxanne Reflects Podcast is for moms of adult children who need permission to stop fixing everything.

Hosted by Roxanne Hughes, each episode tackles the questions you're almost afraid to ask out loud: Am I a bad mom if I don't jump in? What if I let go and something breaks? Who even am I anymore?

Through biblical truth, real stories, and a little humor (because sometimes you have to laugh or you'll cry), Roxanne helps you release the guilt, set actual boundaries, and trust that God's capable of handling your kids without your constant supervision.

This is your space to exhale, get clarity, and remember: loving your family well doesn't mean managing their entire lives. Pull up a chair—you've earned the rest.

MOST DOWNLOADED EPISODES

SAMPLE PODCAST QUESTIONS

Ep1: When Helping Becomes Hurting: The Hidden Cost of Over-Responsibility

Ep7: The Night I Realized I was Carrying Too Much

Ep9: It's Not My Job to Fix This Anymore

with guest Serena Floyd

Ep11: Letting Go of Holiday Expectations

What led you to focus your work on over-responsibility, especially for mothers of adult children?

You often say over-responsibility is guilt in disguise. What does that look like in everyday life?

Why is letting go so emotionally difficult for women, even when they know it's time?

Is it actually biblical to step back from our adult children and trust God with them?

How can women set boundaries without damaging their relationship with their adult children?

What would you say to the woman who believes, "If I stop helping, something bad will happen"?

If a listener takes away just one truth from this conversation, what should it be?



WHO ROXANNE WORKS WITH

Roxanne works with mothers of adult children who are tired of feeling like they're always "on", the one everyone calls first, the problem-solver, the safety net. Many of these are faith-centered women who love their kids deeply but are starting to realize that constant availability isn't the same as good parenting. They're ready to figure out what boundaries actually look like, to release the guilt that comes with saying "I can't," and to trust that God is big enough to handle their children's lives. If you've spent years being the strong one and are finally asking "what about me?"—Roxanne's work is for you.

WHAT YOU CAN EXPECT

Roxanne brings encouragement rooted in biblical truth, honest conversations, and just enough humor to keep things real. You'll walk away feeling lighter—like someone finally gave you permission to put down what you were never meant to carry. Expect clarity, confidence, and a renewed trust that God's got this (and them).



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GET IN TOUCH

I'm so glad you're here. If you're thinking about having me speak at your event, join you on your podcast, or explore working together in some way, I'd genuinely love to hear from you. I work with a wide range of organizations, from faith-centered communities and women's groups to podcasts and events that value honest conversation, gentle encouragement, and meaningful transformation. Go ahead and fill out the form below with a few details about what you have in mind—I'll get back to you soon. Think of this as a simple hello, not a commitment. I'm just excited to see where this conversation might lead.

Roxanne