

# Chat Transcripts - Weekly LOVE-LED™ Breakthrough Coaching & Strategy Session

00:02:09 Tim and Pam Reffner: Hi!!!!

00:02:25 Dolena Sinclair: We love you Megan!

00:02:34 Jessica Owens: Woo Hoo Megan!

00:02:37 Sally Macklin: That's ok, we love you Megan!

00:02:41 Beverly Spaulding: You are awesome!

00:02:58 Donna Warren: Hi Megan... so happy to have you here

00:03:12 Stephanie Helmbold: Yay!! Megan & Kristy!!

00:03:29 Coach Kristy Wharton: Reacted to "Yay!! Megan & Kristy..." with 🤗

00:03:32 Fireflies.ai Notetaker Tammy: View real-time notes and transcription for this meeting here:  
[https://app.fireflies.ai/live/01JPTEKS2A1XNBCGAS0PGS8EXD?ref=live\\_chat](https://app.fireflies.ai/live/01JPTEKS2A1XNBCGAS0PGS8EXD?ref=live_chat)

00:04:36 Cheryl Fishback: Mine is Ember and energetic and saddy

00:04:39 Sara Renei Anop: Oh thats a good idea!

00:04:57 Mary Daza: Mine is Cici! 😊

00:04:59 Cheryl Fishback: Replying to "Oh thats a good idea..."

or we apologize...

00:05:06 Aspen Tafoya: Mine named itself Sage lol

00:05:09 Coach Kristy Wharton: Reacted to "Mine is Cici! 😊" with 🔥

00:05:20 Beverly Spaulding: I'm having a hard time promoting my business.

00:05:46 Elena Armstrong: What's Sat/Sun?

00:06:05 Beverly Spaulding: Replying to "I'm having a hard ti..."

Product growth is happening, just not the business.

00:06:16 Rachel Randall: So is it: M/W/F Value Post and T/Thurs product post?

00:06:30 Mary Daza: That's good

00:06:34 Coach Kristy Wharton: Replying to "What's Sat/Sun?"

Wild card

- 00:06:37 Cheryl Fishback: Is the proof post grouped into the T/TH?
- 00:06:50 CAROL JANE: can we do more value posts?
- 00:06:51 Coach Kristy Wharton: Reacted to "Is the proof post gr..." with 🥰
- 00:06:54 Katie Nice: Reacted to "So is it: M/W/F Val..." with 👍
- 00:07:06 Sara Renei Anop: If you can keep up with the AO
- 00:07:09 James Riemer: Someone mentioned proof post
- 00:07:14 CAROL JANE: Reacted to "If you can keep up w..." with 👍
- 00:07:15 Marjorie Kauffman: I used to do 3 a day then felt overwhelmed with the likes and thumbs up and everyone I "had to" respond to.... Now I am more focused on follow through
- 00:07:17 Sally Macklin: Megan, question about authentic outreach – Bob's training emphasizes texting to build relationships, but as OPTAVIA coaches, we've always been taught to get on the phone as soon as possible . I'd love to hear your perspective on that – when do you recommend transitioning for text to a call?
- 00:07:34 Rob Davis: In the Chat GPT Prompt for product posts, it mentions pasting your product sales page... Should this be focused on one product or a general overview?
- 00:07:56 Liza Johnson:Cute hair cut Coach Kristy
- 00:08:01 CAROL JANE: very good point – Kristy thank you
- 00:08:15 Cheryl Fishback: Is there a % number?
- 00:08:23 Coach Kristy Wharton: Reacted to "very good point – Kr..." with 🔥
- 00:08:51 Jessica Owens: Could you talk about "stories"? What is the role of stories- what should we be using those posts for?
- 00:09:42 Coach Kristy Wharton: Replying to "Cute hair cut Coach ..."

Its up thank you though

- 00:09:47 Mary Daza: Great question Sally!
- 00:09:58 Coach Kristy Wharton: Reacted to "Could you talk about..." with 🔥
- 00:10:05 Marjorie Kauffman: Reacted to "Great question Sally..." with 👍
- 00:10:08 Jenny Sipe: I think I'm trying to get them on a phone call too soon
- 00:10:13 Jessica Owens: Sally- do you use a jot form? It will help identify their problem before you get on the phone.

00:10:17 Coach Kristy Wharton: Replying to "Could you talk about..."

Its great for connection or in the moment product placement

00:10:41 Sara Renei Anop: Replying to "Sally- do you use a ..."

I have lots fill out the form who also never get on the phone...

00:11:21 Annette Aguiar: It's a generational thing too!

You have to see what they prefer!!

00:11:42 Rachel Randall: I've gotten a little behind in posting. Should I have been posting about a specific type of problem that corresponds with my product before doing a product post.

00:11:58 Cheryl Fishback: How do you ask....when you get the answers and they are ready..."Are you ready to purchase...?"

00:12:04 Marjorie Kauffman: Replying to "It's a generational ..."

Annette - in what way do you think this is generational? What age prefers what, in your opinion?

00:12:06 Elena Armstrong: I forget what training it was but I think Bob also suggested to use the health assessment phone call as the solution to their problem correct?

00:12:21 Sara Renei Anop: Replying to "I forget what traini..."

Yes! Its a value add

00:12:31 Coach Kristy Wharton: Replying to "Is there a % number?"

50-60% value content, 30-40% connection, 10-20% product, 10% invitation . There arent hard and fast % but this is what we suggest

00:12:53 Vicki Hamdorf: What were the two things you should know before you get on a call? Know the problem and ??

00:13:11 Coach Kristy Wharton: Replying to "What were the two th..."

Problem and desired outcome

00:13:15 iPhone: Optavia clients place there 1st Order-just need their credit card info

00:13:17 Mary Daza: Love that💕  
00:13:17 Karen Smith: voice messages work well.  
00:13:25 Kristy Miller: Was there. Apart of her question that wasn't addressed about out promo?  
00:13:38 Vicki Hamdorf: Replying to "What were the two th..."

Thanks!

00:13:56 Rhonda & Craig Lauritzen: I'm a 7 year full time OPTAVIA Coach and I have less engagement now than ever. Please help.

<https://www.facebook.com/share/1H9uvsiAmc/?mibextid=wwXlfr>

00:14:11 Marjorie Kauffman: Why is messaging better than texts?

00:14:14 Stephanie Whittaker: I am a health coach too and I have changed it: text to find problem first and use bobs scripts, then the phone call when you say "ive got to ask would you like some help" - jump on a call and it is SUPER easy and quick at that point because you already have the problem and you can expand on it. The scripts make the phone call possible

00:14:34 Cheryl Fishback: Does video chat work?

00:14:47 Liane M: Or to post on social about the promo ending??

00:15:07 Michelle Gray: Reacted to "I am a health coach ..." with ❤️

00:15:56 Katie Nice: Reacted to "I am a health coach ..." with ❤️

00:16:04 Annette Aguiar: Make sure your post isn't fear based!

00:16:05 Elena Armstrong: Replying to "Or to post on social..."

following

00:16:35 Ginger Gustafson: authentic and direct... I just got off the phone with a potential client and I was honest. "I know cost is a concern, this promotion is ending tomorrow" Can we talk for 5 min. I turned off all my red light stories that I was going to sound salesy and called her

00:16:43 Cheryl Fishback: If we didn't tell them and they find out later that it was there and we didn't tell them....then what?

00:17:05 Liane M: SO something like..... If you could SAVE money and have better health, would you be intrigued?

00:17:13 Coach Kristy Wharton: Reacted to "SO something like....." with 🤔

00:17:30 Ginger Gustafson: how do we best post about our promotion? list promo price?

00:17:30 Cheryl Fishback: Reacted to "SO something like....." with ❤️

00:17:56 Marjorie Kauffman: Talk more about the use of STORIES, please

00:17:56 Vicki Hamdorf: Reacted to "I am a health coach ..." with ❤️

00:18:04 Mary Daza: Reacted to "SO something like....." with ❤️

00:18:11 Kristy Miller: Very conflicted

00:18:27 Kristy Miller: Kristen Glass tells us to share the promo!! And she loves Bob!

00:18:28 Sara Renei Anop: But you can lead with a problem and say how the promo solves it

00:18:53 Elena Armstrong: Replying to "Kristen Glass tells ..."

I was thinking this too

00:19:04 Coach Kristy Wharton: Reacted to "But you can lead wit..." with 🤔

00:19:05 Jenny Sipe: Reacted to "But you can lead wit..." with ❤️

00:19:13 Char: Replying to "Kristen Glass tells ..."

Same.. I think it's a mixture of all the things

00:19:21 Dana Becton: Reacted to "Kristen Glass tells ..." with ❤️

00:19:23 Sara Renei Anop: Replying to "Kristen Glass tells ..."

It works for her people

00:19:35 Jessica Owens: I have gotten very little engagement when I post about "the deal" and the clients I have gotten on those sales are for the most part not high quality clients. They don't fully commit or quit easily.

00:19:43 Zoom user: So if it feels rushed with someone should we look forward to long term wins ???

00:19:48 Jenny Sipe: Reacted to "I have gotten very l..." with ❤️

00:20:02 Katie Nice: Reacted to "I have gotten very l..." with 🎯

00:20:09 Sherry Moore: Replying to "I have gotten very l..."

THIS!

00:20:16 Darla: Reacted to "I have gotten very l..." with ❤️

00:20:19 Julie Westhoff: I have 2 days of free shipping and names from a vendor show- I want to text them and ask the problem but we have free shipping for 3 days. I was going to skip the free shipping and ask about their problem

00:20:44 Karen Smith: Would a post about an in home event count as a product post?

00:20:54 Mary Daza: I think it's important to try different styles until you find what fits and feels right! Like clothing 😊

00:21:14 Michelle Turnipseed: Reacted to "I used to do 3 a day..." with 👍

00:21:31 kristin: Love u Steph

00:21:33 Catherine Heller: Stephanie is amazing!!

00:22:01 Michelle Turnipseed: Reacted to "Kristen Glass tells ..." with 👍

00:22:20 Agnes Bruce: Is this Bob's Thurs noon ❤️ Led coaching Session?- Agnes

00:22:28 Coach Kristy Wharton: Replying to "Is this Bob's Thurs ..."

Yes

00:22:40 Chanel Crowley: I did this product post 2 days ago, I led with the product/problem and just touched on the promo. I had 2 people sign-up after. This is after they said no a month ago after AO.

<https://www.facebook.com/chanel.crowley.5/posts/10236779692014337>

00:22:46 Jessica Owens: ONLY 6???? Girl, that is awesome!

00:22:53 Mandy & Wayne Hudson: Yes! My calls have already begun, before I dial the phone because of what we already know going in!

00:22:54 Mary Daza: Like Bob says an interview process, not all will be a good fit.

00:22:54 Starlet Riviere: Amen Stephanie!

00:22:56 Coach Kristy Wharton: Reacted to "ONLY 6???? Girl, tha..." with 🙏

00:23:01 CAROL JANE: yes I got behind last month but this month, especially last week, it is changing - I agree

00:23:04 Elena Armstrong: Not to mention they likely won't be your ideal client!

00:23:12 Rob Davis: So good Stephanie, Thank you

00:23:16 Mary Daza: Boom!

00:23:19 Michelle Gray: Love this Stephanie

00:23:33 Jenny Sipe: Reacted to "I did this product p..." with ❤️

00:23:37 Vicki Hamdorf: Great suggestions Stephanie!

00:23:40 Sara Renei Anop: And Bob also says you dont even have to mention the promo!!!

00:23:41 Judy Calkins:Thanks Stephanie!

00:24:04 Liza Johnson:Great reminder & and encouragement, Stephanie. Thanks

00:24:25 Marjorie Kauffman: Yikes — I was amazed when I went back through all of my former clients to do AO that my last message to many of them was about a promo!! I am avoiding that now.

00:24:26 Judy Calkins:Kristy, so helpful!

00:24:30 Andrea Ball: I like to remember the value is our product and plans — not our promo. So even if they miss the promo, they still get the value

00:24:39 Sally Macklin: OOh, this is so good but I have to jump off and go teach yoga!

00:24:43 Jennifer Cumbie: And in the past...many promo clients quit too soon because I led w the promo and not their problem.

00:25:07 Paige Wilson:Replying to "And in the past...many..."

so true Jennifer!!

00:25:25 Coach Kristy Wharton: Reacted to "And in the past...many..." with 🔥

00:25:32 Jenny Sipe: Can you help me respond differently? I let them off the hook to quick

00:25:58 Beverly Spaulding: Reacted to "I'm having a hard ti..." with 🙌

00:26:10 Sara Renei Anop: Wow youre making it so hard

00:26:29 Kris DeVries: She's losing the formatting

00:26:44 Rachel Randall: Screenshot it and make it a picture.

00:26:47 Sara Renei Anop: Stories should be the simplest thing you do in a day

00:26:52 Sara Renei Anop: B roll

00:27:32 Vicki Hamdorf: I know what you are saying Cheryl. ChatGPT has it formatted so nicely. I tried copying and pasting and none of the format carried over.

00:28:13 Ginger Gustafson: I do stories mostly from my phone (much easier) but sometimes form computer

00:28:45 Danielle Legg: Google Keep is like notes but works on all platforms.

00:29:14 Cathy Feaster: Same notes or I use pages too. And it just transfers between devices. My fave thing about apple products. :-D

00:29:24 Cathy Feaster: Reacted to "Google Keep is like ..." with ❤️

00:29:27 Ginger Gustafson: so on promos in stories do you suggest listing the sale value? \$205 savings today?

00:29:44 Andrea Metzler: Stories are meant to be quick and in the moment, less planned. I don't think Bob was intending for us to use ChatGPT for stories. Right?

00:29:55 Sara Renei Anop: Reacted to "Stories are meant to..." with ★

00:30:31 Sara Renei Anop: Its a tool.. you dont need a hammer every time

00:30:34 Elena Armstrong: HEADS UP – if you ask ChatGPT for a photo, FB has to list the disclaimer that it is AI generated at the top of your post.

00:30:36 Jennifer Cumbie: Stories should be simple and fun and not a lot of words.. just quick and easy! 💙

00:30:46 Liza Johnson:I tell it what my photo is so it can tailor it

00:30:47 Mary Daza: I want to make a program post that our website doesn't have a link for, to give to GPT. How can I navigate this?

00:30:54 Elena Armstrong: Replying to "HEADS UP – if you as..."

Which then shows its not authentic

00:31:13 Liza Johnson:Also, if it's too long, I make it more than 1 post

00:31:14 Julia Brown: Ask google or YouTube instead

00:31:25 Rhonda Lauritzen: Just screenshot it.

00:31:28 Shannon Bright: ask chat give me step by step how do I insert this on FB

00:32:58 Chris Julian: Help me be clear about a value post contains.. thank you

00:33:02 Cheryl Fishback: Reacted to "Yes! My calls have a..." with ❤️

00:33:10 Coach Kristy Wharton: Reacted to "Ask google or YouTub..." with 🔥

00:33:24 Coach Kristy Wharton: Replying to "Ask google or YouTub..."

Good points — its how to do anything

00:33:29 Sara Renei Anop: Not your person

00:33:43 Michelle Turnipseed: so much baggage in that message from her Liza

00:33:47 Sara Renei Anop: Rotten apple

00:33:49 Cheryl Fishback: Reacted to "I know what you are ..." with ❤️

00:33:51 Michelle Turnipseed: Reacted to "Rotten apple" with 👉

00:33:53 Andrea Metzler: Not the kind of person you want to have to coach...



00:33:57 Mary Daza: Reacted to "Not your person" with ❤️

00:34:00 Karen Helm: Reacted to "I did this product p..." with ❤️

00:34:11 Michelle Turnipseed: Reacted to "Not the kind of pers..." with 👉

00:34:14 Sara Renei Anop: Nice of her not to waste your time

00:34:27 Dana Becton: Reacted to "Nice of her not to w..." with 👍

00:34:30 Tammy Carabelli: We are not in the convincing business

00:34:39 CAROL JANE: Through your value posts you may be able to influence differently

00:34:42 Sara Renei Anop: Just laugh it off

00:35:02 Sara Renei Anop: Its up to you whether or not your offended. You get to choose.

00:35:09 Mary Daza: Reacted to "We are not in the co..." with ❤️

00:35:11 Cheryl Fishback: Reacted to "HEADS UP – if you as..." with ❤️

00:35:14 Kristy Miller: She did disrespect. You with that

00:35:15 CAROL JANE: Reacted to "Its up to you whethe..." with 👍

00:35:18 Liane M: Marry the process. Divorce the results.

00:35:19 Cheryl Fishback: Reacted to "Which then shows its..." with ❤️

00:35:24 Bobbie Williams: Replying to "Its up to you whethe..."

Yes

00:35:28 Cheryl Fishback: Reacted to "Also, if it's too l..." with ❤️

00:35:34 Sara Renei Anop: Feelings are not facts

00:35:42 Jennifer Cumbie: Reacted to "We are not in the co..." with ❤️

00:35:46 Catherine Heller: If you don't believe it's a hoax, then that's what matters. L

00:35:47 Cheryl Fishback: Reacted to "ask chat give me ste..." with ❤️

00:35:47 Kristy Miller: She is allowed to have her opinion – So what if she disrespected you – now you know how she feels

00:35:52 Cheryl Fishback: Reacted to "Ask google or YouTub..." with ❤️

00:35:54 amieb: I am a new Optavia coach and something we are told from the beginning is to schedule 10 Health Assessments as a practice with friends or families. It has a questions in it that seem sales-y. I would like to hear from other Optavia coaches in the 30 day programs, how did they tweak their HA with Bobs strategies.

00:36:18 Kristy Miller: Replying to "I am a new Optavia c..."

My coaches never had me to this

00:36:22 Tammy Carabelli: Reacted to "Nice of her not to w..." with 👍

00:36:35 Rhonda Lauritzen: You're looking for the OPEN MINDED people. She self selected.

00:36:36 Michelle Turnipseed: 100% that person isn't at a point to be coached.

00:36:39 Kristy Miller: Replying to "I am a new Optavia c..."

But I think you should - not as a sales tool, but as a way for you to get comfortable

00:37:03 Mary Daza: Reacted to "You're looking for t..." with ❤️

00:37:11 Sara Renei Anop: Replying to "I am a new Optavia c..."

Its a conversation.. listen to that optavist podcast Bob did with Gina... excellent about the HA

00:37:11 Tammy Carabelli: Reacted to "You're looking for t..." with ❤️

00:37:21 Katie Nice: Reacted to "Its a conversation....." with 👍

00:37:26 Andrea Ball: Replying to "I am a new Optavia c..."

We ask our friends, family, whomever that we value their opinion and can we practice on them. We do this as PRACTICE. If they find value and decide to join program, great. If not, great.

00:37:42 Katie Nice: Reacted to "We ask our friends, ..." with 👍

00:37:45 Kristy Miller: People are okay with video game ads, ads for clothing, soda, cars - but not with MLM's. So interesting

00:38:13 Mary Daza: I'd love to see that!

00:38:38 Kristy Miller: We have very little time - trying to convince is a waste of time

00:38:39 Sara Renei Anop: Replying to "I am a new Optavia c..."

Its only salesy if its your intention to sell.. my intention on a training HA or any HA is to find their problem and give them a little info about how our program can solve that. Im not usually worried about a sale - especially when doing the training ones

00:38:42 Rhonda Lauritzen: Give your energy to something else.

00:38:42      Andrea Metzler:      That interaction gives you ideas for value posting or a hook!

00:38:58      Mary Daza:      @Liza Johnson my best friend was also not supportive of my program or business, it's our emotional attachment

00:40:00      CAROL JANE: move on

00:40:13      Cheryl Fishback:      Reacted to "We have very little ..." with ❤️

00:40:25      Donna Warren:      Let's go

00:40:28      Gina Harbison:      Reacted to "move on" with 👍

00:40:28      Carrie Schlottman: Reacted to "Let's go" with 👍

00:40:29      Stephanie Whittaker:      Reacted to "Give your energy to ..." with ❤️

00:40:34      Cheryl Fishback:      Reacted to "Its a conversation....." with ❤️

00:40:46      Sara Renei Anop:      LET THEM

00:40:54      Cheryl Fishback:      Replying to "I am a new Optavia c..."

@Sara Renei Anop I listened to it yesterday....bonus in there.

00:40:54      Donna Warren:      Reacted to "LET THEM" with 👍

00:41:03      Julia Brown: Reacted to "Its only salesy if i..." with ❤️

00:41:05      Cindi Dail:      Do share Megan!!

00:41:09      Julia Brown: Reacted to "Give your energy to ..." with ❤️

00:41:10      Sara Renei Anop:      Reacted to "@Sara Renei Anop I l..." with ★

00:41:12      Cheryl Fishback:      Reacted to "@Liza Johnson my bes..." with ❤️

00:41:14      Catherine Heller:      Replying to "LET THEM"

Exactly. Great book!

00:41:14      Mary Daza:      Imagine Liza if it were the other way around and she was offering something you didn't like.

00:41:15      Liza Johnson: Thank you.

00:41:28      Sara Renei Anop:      She doesnt see how it is valuable for her

00:41:35      Sara Renei Anop:      You cant make her see that

00:41:37      Cindi Dail:      Reacted to "She doesnt see how i..." with 👍

00:41:39      Cheryl Fishback:      Reacted to "You cant make her se..." with ❤️

00:41:50      Coach Kristy Wharton:      Reacted to "Not the kind of pers..." with 🤔

00:41:59      Coach Kristy Wharton:      Reacted to "LET THEM" with 🔥

00:42:29 Agnes Bruce:Is Megan's 1:00 Unstuck session accessed in zoom or the portal -Agnes

00:42:41 Liza Johnson:Reacted to You cant make her se... with "👍"

00:42:45 Coach Kristy Wharton: Replying to "Is Megan's 1:00 Unst..."

Yes should already be there

00:42:51 Coach Kristy Wharton: Reacted to "She doesnt see how i..." with 🔥

00:43:17 Marjorie Kauffman: Reacted to "Exactly. Great book!" with 👍

00:43:27 Marjorie Kauffman: Reacted to "LET THEM" with 👍

00:43:37 Jennifer Cumbie: @Sara Renei Anop Personally.. I use the HA as a value-add after having several convos.. been coaching 6 years.

With my new coaches, we do set up "complimentary" calls for my coach to learn how to coach. I don't call it a health assessment.

00:44:26 Marjorie Kauffman: Pinning a Post to the Top of the FB Page — do you suggest this? Perhaps one that tells our story in a way ;- ) Bob would approve.

00:44:35 Michelle Turnipseed: Reacted to "@Sara Renei Anop Per..." with 👍

00:44:38 Amelia Damlo: does she want her life simplified?

00:44:51 Michelle Turnipseed: Reacted to "People are okay with..." with 👍

00:44:56 Sara Renei Anop: Replying to "I am a new Optavia c..."

Thats what I do too. Pretty simple

00:45:20 Stephanie Whittaker: Reacted to "Its a conversation....." with ❤️

00:45:29 Stephanie Whittaker: Reacted to "We ask our friends, ..." with ❤️

00:45:35 Stephanie Whittaker: Reacted to "Its only salesy if i..." with ❤️

00:45:49 Liza Johnson:Replying to "Imagine Liza if it w..."

I have. I would have just said thank you for the information. At this time, I don't feel I like it's a solution for me. I care about people and felt like she was unnecessarily critical. I would have defended her if someone had said something unkind about her.

00:45:58 Michelle Turnipseed: Replying to "People are okay with..."

it's a red light story of being taken advantage of by a company from either they went through or their parents. There were lots of schemes in history and it could even be their own parents were negative about network marketing. Yeras ago I watche dmy

neighbors pour so much money into some acai berry farm and it was so sad watching that and it was just 15 years ago. So it's things like that.

00:46:15 Michelle Turnipseed: Reacted to "We have very little ..." with 👉

00:46:52 Kristy Miller: Bob has changed some of that to not ending with a question mark. If they make a response then we respond and end with a question

00:47:23 Jenny Sipe: Replying to "Bob has changed some..."

Also only ask one question!

00:47:51 Elena Armstrong: Just for practice calls when a new coach.

00:47:58 Jennifer Cumbie: Reacted to "Its only salesy if i..." with ❤️

00:48:05 Amelia Damlo: hi amieb!!! we love you!!

00:48:07 Sara Renei Anop: I dont think anyone does the HA word by word... its a convo about them and their health

00:48:26 Kristy Miller: Replying to "People are okay with..."

woah

00:48:41 Kristy Miller: Reacted to "I dont think anyone ..." with ❤️

00:48:47 Marjorie Kauffman: Now I ALWAYS ask what their problem is right off the bat and go from there.

00:48:48 Amelia Damlo: i outlined the bullet points i want to make on paper and then built my story around that

00:49:30 Starlet Riviere: Listen to Optavist podcast ##5

00:49:35 Jenny Sipe: Reacted to "Bob has changed some..." with ❤️

00:49:45 Beverly Spaulding: Replying to "I am a new Optavia c..."

I thought I heard Bob say - use the assessment as a tool for Step 4

00:50:03 Cheryl Fishback: Reacted to "I dont think anyone ..." with ❤️

00:50:05 Marjorie Kauffman: @Coach Kristy Wharton - Is it ok to pin a post to the top of a FB page. What are your thoughts?

00:50:05 Sara Renei Anop: Replying to "I am a new Optavia c..."

Its the biggest value piece he has seen!

00:50:46 Coach Kristy Wharton: Replying to "@Coach Kristy Wharto..."

Your profile you mean about how you help people? Yes

00:51:04 Cheryl Fishback: Reacted to "I thought I heard Bo..." with ❤️

00:51:22 Sara Renei Anop: Optavist podcast

00:51:24 Kris DeVries: The Optavist Podcast

00:51:24 Elena Armstrong: Optavist Podcast

00:51:24 Cindy Becker: Yes it is the Optimist Podcast

00:51:28 Cynthia Gómez Martín: Optimist

00:51:30 Sara Renei Anop: Yes

00:51:34 Dolena Sinclair: Optivist

00:51:35 Marjorie Kauffman: Replying to "@Coach Kristy Wharto..."

My story and how I can help you (It is directed to my ideal client)

00:51:35 Michelle Gray: Optimist Podcast on any platform you listen to podcasts

00:51:37 Donna Prelog: Optavist Podcast

00:51:39 martie: Ask your Optavia coach

00:51:39 Elena Armstrong: On any podcast app

00:51:41 Dolena Sinclair: they are all great!!!

00:51:43 Rhonda Lauritzen: Open your podcast player. Search Opatvist 5

00:51:49 Mandy & Wayne Hudson: Ask your mentorship

00:51:52 Chanel Crowley:

<https://podcasts.apple.com/us/podcast/optavist-podcast/id1785665339>

00:51:53 Sara Renei Anop: Its every where there are podcasts

00:51:56 Dolena Sinclair: its an apple podcast

00:51:57 Lindsay Ault: spotify, apple podcasts

00:52:01 Donna Prelog: You can listen to it on your computer or phone in the podcast app

00:52:01 Alicia Raley: Spotify or apple

00:52:06 Sara Renei Anop:

<https://podcasts.apple.com/us/podcast/optavist-podcast/id1785665339?i=1000698745845>

00:52:06 Michelle Turnipseed: the latest optavist podcast is so good! Can't wait for the next!

00:52:08 Cheryl Fishback: Reacted to "https://podcasts.app..." with ❤️

00:52:14 Marjorie Kauffman: Replying to "@Coach Kristy Wharto..."

It has a before and now picture

00:52:16 Cheryl Fishback: Reacted to "https://podcasts.app..." with ❤️

00:52:16 Beverly Spaulding: Replying to "I am a new Optavia c..."

I thought he also addressed it in one of these calls. I'm not Optivia but I remember him talking about this and it made so much sense.

00:52:42 Marjorie Kauffman: Replying to "@Coach Kristy Wharto..."

(Or it doesn't have to have a picture of then and now, but just now)

00:53:08 Elena Armstrong: Id take the specialty plan for nursing moms description

00:53:10 Sara Renei Anop: There is a blurb on the guide

00:53:10 Julia Brown: Could you use the program guide?

00:53:13 Rhonda Lauritzen: There is a NURSING MOMs guide.

00:53:15 Michelle Gray:

<https://optaviamedia.com/pdf/learn/OPTAVIA-GUI-Nursing-Mothers-Plan.pdf>

00:53:15 Cynthia Gómez Martín: Screenshot the pages

00:53:18 Meghan Lampman: Theres a nursing moms guide

00:53:32 Charlotte Akinkugbe: You can't post about the nursing moms plan.

It's against compliance

00:53:52 Sara Renei Anop: Replying to "You can't post about..."

Truth

00:54:48 Jenny Sipe: Replying to "You can't post about..."

Good to know

00:54:52 Sara Renei Anop: Replying to "You can't post about..."

But you can always ask for forgiveness later if compliance says something

00:54:59 Karen Helm: Google Optavia Nursing Mom's Plan and you can use copy from that for ChatGPT

00:55:12 Charlotte Akinkugbe: Yes, just talk about that

00:55:16 Kelly Mills: Could you not use the guide?

00:55:19 Beverly Spaulding: Do you have any recommendations on how to move someone wanting protein to getting them to do the whole program? I am not Optivia, I'm with Arbonne.

00:55:20 Sara Renei Anop: Boom... that right there

00:55:33 Charlotte Akinkugbe: Reacted to "But you can always a..." with 😂

00:55:54 Shannon Bright: i AGREE

00:56:03 Karen Helm: Replying to "Google Optavia Nursi..."

<https://optaviamedia.com/pdf/learn/OPTAVIA-GUI-Nursing-Mothers-Plan.pdf>

00:56:04 Julia Brown: That way you're also not posting about a program, so it'll be compliant

00:56:14 Marcella Gaughan: Then add a picture of you outraging your baby. That would be so awesome.

00:56:21 Amelia Damlo: Replying to "Do you have any reco..."

they would chat w a coach and ID their health goals and we would build a program around their goals.

00:56:25 Jenny Sipe: Reacted to "Then add a picture o..." with 😂

00:56:30 Fireflies.ai Notetaker Tammy: The meeting schedule is about to end. Action Items for this meeting:

- Create a post about a promo that mentions saving money or free shipping without being product specific. @Coach Kristy Wharton
- Gather information and post it using Chat GPT for captions and graphics. @Cheryl Fishback
- Respond to the friend regarding the conversation and express respect for her opinion, while sharing personal experiences with the company and product. @Liza Johnson
- Follow up with the individual in two weeks when they are more settled. @Jenny Sipe
- Post inside the Facebook group to ask people their opinions on the health assessment process. @Amie B.
- Post inside the Facebook group to ask for opinions on tweaking health assessments to fit into the LOVE-LED™ approach. @Amy B.
- Post in the Facebook group about the nursing mom's plan and include the podcast link. @Megan Weisheipl



00:56:40 Beverly Spaulding: Reacted to "they would chat w a ..." with 👍  
00:56:41 Tammy Carabelli: Reacted to "Do you have any reco..." with 👍  
00:56:55 Sara Renei Anop: I was able to nurse my baby and eat brownies!  
Thats pretty compelling right there  
00:56:59 Cynthia Gómez Martín: You can also take it a different day/post with  
the pinpoint of mamas struggling with milk production & quality of milk  
00:57:06 Sara Renei Anop: Reacted to "You can also take it..." with ★  
00:57:36 Kelly Mills: Reacted to "You can also take it..." with ❤️  
00:57:53 Stephanie Helmbold: Reacted to "You can also take it..." with ❤️  
00:58:09 amieb: I opened my Podcast app and put in Optavist and got  
nothing. what am I missing? do I need to know the category?  
00:58:22 Jennifer Cumbie: Take a picture with the brownie and your baby!!!  
👶🍼  
00:58:39 Carrie C: How to continue a convo after asking "how have you  
been?" And getting a long list of bad things that have been happening in life? It's  
easy to get stuck in discussing what is going on and hard to continue with the script  
00:58:41 Julia Brown: Not the link, the text from the page  
00:58:57 Katie Nice: Reacted to "I was able to nurse ..." with ❤️  
00:59:22 Julia Brown: Replying to "I opened my Podcast ..."

I listen on pocketcasts

00:59:39 Cheryl Fishback: maybe someone has a set of benefits and features  
of that problem that you can add to that prompt in chatGPT.  
00:59:48 Cindy Becker: Replying to "I opened my Podcast ..."

<https://podcasts.apple.com/us/podcast/optavist-podcast/id1785665339>

01:00:08 amieb: Replying to "I opened my Podcast ..."

how do I find the one we were talking about -the Optavist

01:00:42 TerriJo: Replying to "I opened my Podcast ..."

if you have spotify, you can type in Optavist and its there

01:00:55 Carrie Schlottman: Replying to "I opened my Podcast ..."

It's the 5th episode

- 01:01:39 Mary Daza: Reacted to "Id take the specialt..." with 🍷
- 01:01:52 Rhonda Lauritzen: She doesn't know what she doesn't know. Find her problem.
- 01:01:57 Mary Daza: Replying to "There is a blurb on ..."

Oh yes thank you!

- 01:02:29 Julia Brown: She doesn't know you have other options...
- 01:02:32 Andrea Metzler: Educate that the protein is part of a system that works together
- 01:02:59 Mary Daza: Replying to "You can't post about..."

@Charlotte Akinkugbe yea I wouldn't want to do that! Thank you 😊

- 01:03:11 Mary Daza: Reacted to "Google Optavia Nursi..." with 🍷
- 01:03:18 Liza Johnson: Should she ask why she thinks she needs more?
- 01:03:20 Mary Daza: Reacted to "That way you're also..." with 💕
- 01:03:22 Mary Daza: Reacted to "Then add a picture o..." with 😂
- 01:03:22 Kathy Jewell: Wow I'm learning a lot about Optivia in this class. We all have the same objections and issues regardless of Co and that's assuring to me 🥰
- 01:03:35 Mary Daza: Reacted to "You can also take it..." with ❤️
- 01:03:36 Julia Brown: Reacted to "Wow I'm learning a l..." with ❤️
- 01:03:53 Mary Daza: Replying to "You can also take it..."

That was my initial prompt info

- 01:03:56 Cynthia Gómez Martín: Replying to "You can also take it..."

@Mary Daza I was that mama, nursing 2 babies (15 months apart) and it was so hard not being able to produce. What I would have given then to have the nursing mom's program!

- 01:04:01 Mary Daza: Reacted to "Take a picture with ..." with ❤️
- 01:04:16 Mary Daza: Reacted to "@Mary Daza I was tha..." with 💕
- 01:04:30 Mary Daza: Reacted to "I was able to nurse ..." with ❤️
- 01:04:40 Stephanie Whittaker: Thank you!!!

