

# Weekly LOVE-LED™ Breakthrough Coaching & Strategy Session 4.10.2025

00:04:43 Fireflies.ai Notetaker Ashley: Talk to Fireflies:

• Type: /ff help

to get started.

View real-time notes and transcription for this meeting here:

[https://app.fireflies.ai/live/01JR3P00X4C62FM0AG1EAM6NHF?ref=live\\_chat](https://app.fireflies.ai/live/01JR3P00X4C62FM0AG1EAM6NHF?ref=live_chat)

00:05:38 Brittany Simque: Love this song!

00:06:00 Leigh Ulrich: What is the other meeting Bob is doing right now about content?  
Am I in the right place? 😊

00:06:20 Coach Ashley Prieto: Welcome!! Tell us where you are joining from!!

00:06:28 Cynthia Gómez Martín: Naples, Florida

00:06:33 Coach Kristy Wharton: Reacted to "Welcome!! Tell us wh..." with 🍷

00:06:33 Kayla: ND

00:06:35 Liza Johnson: SLC, Ut

00:06:40 Leigh Ulrich: North Carolina

00:06:42 Sara Renei Anop: Replying to "What is the other me..."

Its the same call lol

00:06:43 Marcella Gaughan: New York

00:06:43 Claudie Yamada: Aloha from Hawaii!

00:06:44 Stephanie Helmbold: Hello from Brentwood CA!!!

00:07:03 Coach Kristy Wharton: Reacted to "Aloha from Hawaii!" with 🔥

00:07:04 Cheryl Fishback: Wetumpka, AL

00:07:05 Sharon Kleinecke: Ruidoso, NM

00:07:06 Laura: Northern Colorado

00:07:06 Cristain Harris: Alabama

00:07:06 Brittany Simque: Gillette, WY

00:07:07 Katie Nice: MN

00:07:07 Beverly Spaulding: houston

00:07:08 Theresa Torres: FL

00:07:08 Michelle Turnipseed: Texas

00:07:08 Elena Armstrong: Pittsburgh

00:07:08 Alyssa Boyles: WYOMING

00:07:08 Laura Trimble: Atlanta, GA

00:07:09 Sally Macklin: oregon

00:07:09 Rande Ballard: NC  
 00:07:09 Christa Plettl: tallahassee  
 00:07:09 Amber Hansen: TN  
 00:07:10 Tammy Carabelli: Michigan  
 00:07:10 Jolene Taylor: Ohio  
 00:07:10 Marcia Schiavo: Southeast FL  
 00:07:10 Zoom user: Texas  
 00:07:11 iPhone (7): Massachusetts  
 00:07:11 Dr. Lynn Johnson Dr. Ron Geiger: Granite Bay, CA  
 00:07:11 Mary Daza: Los Angeles 🌴  
 00:07:12 Susan Stearns: Albany Oregon  
 00:07:12 Sandy Job-Rivera: Cincinnati  
 00:07:13 Conchita Pulido: Colorado  
 00:07:13 Heather Belt: Indiana  
 00:07:14 Donna Prelog's iPhone: Tennessee  
 00:07:14 Kim Switzer: ky  
 00:07:14 veronicasucic: Magnolia Texas  
 00:07:14 Christina Struk: New york  
 00:07:14 Lauren Tudor: FT. Bragg, NC  
 00:07:14 Karen Easby: Ontario canada  
 00:07:15 Laura & Bob Gaffney: PA  
 00:07:15 Angela Swinney: Cincinnati  
 00:07:17 Denise Rusk: Hello from New Smyrna Beach FL  
 00:07:18 Vicki Hamdorf: Iowa  
 00:07:20 Miranda Kelly: Spring, tx  
 00:07:22 Christina maxwell: Missouri  
 00:07:24 Jessica's iPhone 13 pro: Utah  
 00:07:24 Amy Dodson: Dallas, Tx  
 00:07:33 Beverly Spaulding: If I am having a group gathering, specifically for showcasing our new makeup products, how would you suggest I approach acquaintances to attend? Some are current clients, some would not be. Is there a particular session that has notes / scripts for me to use?  
 00:07:38 Theresa's iPhone: Hello from MA  
 00:07:48 Leigh Ulrich: Replying to "What is the other me..."

Thank you

00:07:55 Sara Renei Anop: Replying to "What is the other me..."

Actually it is different but the one he's doing now is the same one we did at the beginning

00:08:07 Robin Knorr: Ohio  
 00:08:11 Leigh Ulrich: Reacted to "Actually it is diffe..." with 👍  
 00:08:29 Theresa's iPhone: I am struggling to drive my conversations to find the problem. Need help!  
 00:08:52 Danielle Williams's iPhone: Where's Bob today? Love to the coaches.

00:09:36 Jessica's iPhone 13 pro: Sorry where is the bob training he said he was doing today on specific formula for content creation and training ✨💖🙏  
00:09:43 Marcella Gaughan: Is this the zoom for 30days to 1. K?  
00:09:52 Danielle Williams's iPhone: Reacted to "Sorry where is the b..." with ❤️  
00:10:03 Beverly Spaulding: "You time"  
00:10:17 Beverly Spaulding: thank you!  
00:10:20 Sara Renei Anop: Replying to "Sorry where is the b..."

The link for that one is in the email sent out yestday

00:10:23 Cheryl Fishback: Get ready for summer!!!  
00:10:25 Coach Ashley Prieto: Replying to "Sorry where is the b..."

He's coaching in the Free FB Group on content. You've already seen it.

00:10:28 Liza Johnson: I'm curious: How often would you continue to reach out to folks that you know their problem but they're not interested in your solutions yet  
00:10:30 Michelle Turnipseed: I'm an optavia coach. I am getting all shades of confused between vafu and solution. I totally understand vafu. That part is easy. The part where I start wondering "is this vafu or is this offering the solution?" So for example, I have a wellness survey and a health assessment survey. The wellness is one not for someone asking about program but I'm offering to give them some basic tips/advice based on the info they give me. That seems to be a vafu but THEN it also kinda seems like the solution because I as the coach is part of the solution I offer. My solution is nutrition, coaching, education, and community. SO.....if I actually have a convo on a video chat eventually and get to offer one of my 6+ systems I coach on nutrition, that seems clearly offering my solution.  
00:10:34 Michelle Turnipseed: But here's another idea. What if I want to send them a recording of one of our community calls that are for clients? Or I want to invite to be a guest and just listen in and get a taste of our community. What are those? are those offering solution?  
00:10:44 Danette McOmber: Struggling with making content in only the 15-minute block. As part of that, I don't know what to post as the visual. I'm posting on IG, so can you give ideas on what to post visually? I've tried posting some slides with a bright background with just words spread across 10 different slides, Hook on the first, and CTA on the last. I struggle with making a video/reel for each piece of content and doing it in only 15 minutes. I'm comfortable being on video or in a picture, but can you give a list of ideas on what to post for the visual on posts?  
00:10:47 Coach Kristy Wharton: Reacted to "If I am having a gro..." with 🔥  
00:11:34 Coach Kristy Wharton: Replying to "If I am having a gro..."

Ill find the coaching session and see if its available for you

00:11:49 Katie Nice: Reacted to "Ill find the coachin..." with 👍  
00:12:02 Coach Kristy Wharton: Replying to "What is the other me..."

Its a bonus recent workshop lesson

00:12:25 Coach Kristy Wharton: Replying to "Where's Bob today? L..."

Bonus workshop session

00:13:28 Coach Kristy Wharton: In our sales tracker there is a timeline have you checked it out?

00:14:42 Alyssa Boyles: I have to toss out Ashley I love your hair! Beautiful!

00:14:53 Michelle Turnipseed: Discovered today that Chad GPT can even make graphics for me!!! I did it today!

00:15:38 Heather Belt: I was against chat GPT as well but have found I put my heart and thought into it and it gives me a framework which makes it so much easier and so much. More fun again

00:15:42 Mary Daza: Me too!

00:16:55 Robin Knorr: Reacted to "I was against chat G..." with ❤️

00:17:16 Coach Kristy Wharton: Reacted to "I have to toss out A..." with 🔥

00:17:34 Coach Kristy Wharton: Replying to "Discovered today tha..."

Yep worked with a private client on this specifically

00:19:30 Mary Daza: I can relate 100 Theresa

00:19:42 Marcella Gaughan: I am an optavia coach. A few years ago I had a Male client/friend and he did the program for 4 days and stopped. He is still so unhealthy and so on my heart. I don't want him to have a heart attack and want to reach out again. Where and how do I start to not offend him??? I am a better coach now and feel I could really help him.

00:20:10 Kayla Allen: Curious, have you found a good place to store content? So its easy to go and grab, for VAFU? So it doesn't slow your flow, less time, etc

00:20:52 Sara Renei Anop: Red light story — questions = pushy

00:21:26 Sara Renei Anop: Maybe a value post about gut health and you could share it

00:21:27 Marcella Gaughan: Replying to "Curious, have you fo..."

I agree,,, how to organize to speed process up? I waste so much time searching for stuff.

00:21:57 Michelle Turnipseed: I think if you can picture yourself talking to them in person your eyes would be compassionate and you'd likely ask caring questions and not even question yourself.

00:22:57 Kayla Allen: Ashley - can you talk about how you work your post daily? The likes, loves, comments? Something about the family can put 100's, compared to value post... in a power session, do you tend to write their names, then f/u in another block of time? Just curious your structure of working posts daily on FB. Would you be open to talk to this today? Not looking for a secret sauce, of doing int right. Just curious how you as a coach do it, to stay best organized, etc

00:23:18 Michelle Turnipseed: I think it's normal for our business to slow a bit because we're not doing fear-driven type intensity, it's slower, and I'm having to allow that process and be okay because it MEANS im going to attract quality clients and coaches more often now but slower at first

00:23:26 Christy Tebow: Have you figured out what food or situation triggers your diverticulitis?

00:23:50 Michelle Turnipseed: Reacted to "Have you figured out..." with 👉

00:23:52 Kayla Allen: Reacted to "I agree,,, how to o..." with 👍

00:24:01 Sara Renei Anop: Identifying people who dont need help is valuable too

00:24:02 Elena Armstrong: Don't forget to nudge them! Sometimes the msg gets buried or they get sidetracked! I have been finding the nudge works!

00:24:47 Donna Prelog's iPhone: Reacted to "Don't forget to nudg..." with 😊

00:24:51 Marcella Gaughan: Coach Ashley - question....alot of my posts are getting creepers responding since I started this program and I can't peg what and why this is happening.. Any suggestions?

00:26:02 Marcella Gaughan: Reacted to "I agree,,, how to o..." with 👍

00:28:26 Trish Koppendrayer: Bob;s latest podcast was amazing on connecting after connection posts.

00:28:36 Sandy Job-Rivera: Reacted to "I agree,,, how to o..." with 👍

00:28:43 Sandy Job-Rivera: Reacted to "Curious, have you fo..." with ❤️

00:28:47 Sara Renei Anop: Bob sent an email the other day talking about AO with ALL posts even personal ones! GOLD! If youre not checking your email youre missing out

00:29:14 Sara Renei Anop: Personal content is CONNECTION content

00:29:31 Michelle Turnipseed: Ive not seen that either. I've only thought we were to be doing hot leads that are engaging on our content related to our purpose and mission. So while I personally think we should talk to any and all I was under the ipresson we were focusing on hot leads So this is news LOL

00:29:42 Sara Renei Anop: We got it in an email the other day

00:29:50 Cheryl Fishback: Reacted to "We got it in an emai..." with ❤️

00:29:55 Cynthia Gómez Martín: Replying to "We got it in an emai..."

Which one Sara?

00:30:04 Allisen Levin: Replying to "Ive not seen that ei..."

This is new to me too. Lol

00:30:06 Danielle Williams's iPhone: Why don't you have a Facebook group?

00:30:12 Sara Renei Anop: From Mondays email

00:30:16 Sara Renei Anop: Replying to "We got it in an emai..."

Tuesday

00:30:30 Sara Renei Anop: Replying to "We got it in an emai..."

Oh wait..]

00:30:47 Sara Renei Anop: Replying to "We got it in an emai..."

It was. Monday

00:31:04 Coach Kristy Wharton: Reacted to "Bob;s latest podcast..." with 🤗

00:31:16 Coach Kristy Wharton: Reacted to "Identifying people w..." with 🤗

00:31:21 Coach Kristy Wharton: Reacted to "Have you figured out..." with 🤗

00:31:27 Coach Kristy Wharton: Reacted to "I think it's normal ..." with 🤗

00:32:11 Sara Renei Anop: LOVE-LED™ Mindset Shift:

Engagement doesn't come from shouting louder—it's about creating real connection. The algorithm isn't hiding you; it's waiting for you to go deeper with your people.

## LOVE-LED™ Coaching:

If you're posting daily about your business and products but getting crickets—no likes, no comments—it's not that your content isn't valuable. It's that people aren't seeing it.

Getting more engagement on these posts is actually pretty easy. With the RIGHT PLAN.

Here's a simple 2-step LOVE-LED™ strategy to implement this week:

00:32:14 Amy Brown: How often do you side message to thank your "superfans" who support you.

00:32:19 Coach Kristy Wharton: Replying to "Coach Ashley - quest..."

Just ignore

00:32:30 Sara Renei Anop: Replying to "LOVE-LED™ Mindset Sh..."

## Step 1: Post intentional Connection Content

This is one of our LOVE-LED™ content types: Connection Posts. These are the posts where you share your values, beliefs, or meaningful parts of your life—anything that helps people connect with you.

Think about what always gets the most engagement: photos of your family or pet, your hobbies, your faith, or a personal story. That's connection content—and it works because it's authentic content that builds trust, and invites real interaction.

Many of you are already doing this part, but you're missing this next step.

00:32:33 Coach Kristy Wharton: Replying to "Coach Ashley - quest..."

Do not engage or hide it

00:32:36 Elena Armstrong: Love the structure question - I'd love to hear how you structure your day using all we have learned

00:32:39 Coach Kristy Wharton: Reacted to "Don't forget to nudg..." with 🤗

00:32:57 Amy Brown: How are you tracking all this Ashley?

00:33:05 Sara Renei Anop: Replying to "LOVE-LED™ Mindset Sh..."

## Step 2: Start a Conversation With Everyone That Engages

We teach a strategy called Authentic Outreach™. It's the most important part of a successful content strategy today. Every time someone likes or comments, send a message. Keep it simple: "Thanks for the (like, comment) on my post! How have you been?"

That's it.... No pitch. Just connection. This is important for two reasons.

First, you'll be surprised how many people message you asking about your products—without you even bringing them up. These are Hot Leads: people who've been watching and thinking about buying, and all it took was starting a conversation.

But here's the real power of this strategy:

00:33:08 Sara Renei Anop: Replying to "LOVE-LED™ Mindset Sh..."

The algorithm prioritizes relationships. When you start a private convo, the platform sees you as connected—so your posts are more likely to show up in their feed.

So next time you post—especially about your products or business—that person is way more likely to see it in their feed. It's not just visibility. You become front of mind. And people engage with who's in the front of their mind. This is how your "invisible" content starts getting seen. It's the combination of the RIGHT kind of content with the RIGHT kind of outreach. Do these two things consistently and it's IMPOSSIBLE not to see better results!

00:33:12 Stephanie Whittaker: This is GOLD Ashley!

00:33:22 Coach Kristy Wharton: Replying to "How are you tracking..."

Just daily doing it and scrolling your own content

00:33:28 Alyssa Boyles: Reacted to "The algorithm priori..." with ❤️

00:34:03 Coach Kristy Wharton: Replying to "How often do you sid..."

As often as you can.

00:34:32 Sara Renei Anop: Replying to "LOVE-LED™ Mindset Sh..."

The email is called LOVE-LED™ Coaching: Guaranteed way to increase engagement

00:34:47 Heather Belt: Reacted to "LOVE-LED™ Mindset Sh..." with ❤️

00:35:42 Cheryl Fishback: Reacted to "The email is called ..." with ❤️

00:35:46 Coach Kristy Wharton: Replying to "Why don't you have a..."

Help me—clarify

00:36:10 Michelle Turnipseed: I've always told my girls "If you want to have a friend you've gotta be a friend."

00:36:37 Michelle Turnipseed: Reacted to "This is new to me to..." with 😊

00:36:42 Michelle Turnipseed: Replying to "I've not seen that ei..."

@Allisen Levin we slept that day! LOL

00:36:44 Sandy Job-Rivera: Replying to "Coach Ashley - quest..."

Oh I always delete and block.

00:36:54 Michelle Turnipseed: Reacted to "Just ignore" with 👉

00:37:08 Brittany Simque: Coach Ashley and I are like the same person! Everything is definitely calculated for me too! I get so much engagement by doing it this way

00:37:20 Misti Hard: Reacted to "Coach Ashley and I a..." with ❤️

00:37:42 Allisen Levin: Replying to "I've not seen that ei..."

😂😂

00:37:59 Beverly Spaulding: @Coach Ashley Prieto so do you comment / message the people that like / love your comment? Would this go back to the AO scripts?

00:38:03 Mary Daza: I think it would be super helpful to see your work flow!!

00:38:10 Mary Daza: Like a tutorial

00:38:11 Elena Armstrong: Collections?

00:38:21 Marcella Gaughan: Reacted to "Just ignore" with 👉

00:38:33 Elena Armstrong: FB Collections separated by problems?

00:38:56 Julie Westhoff: hope this is recorded

00:39:19 Beverly Spaulding: Reacted to "hope this is recorded..." with ❤️



00:39:28 Beverly Spaulding: Replying to "hope this is recorde..."

me too! :)

00:39:36 Theresa's iPhone: Reacted to "I can relate <sup>100</sup> Ther..." with ❤️

00:39:50 Theresa's iPhone: Reacted to "Maybe a value post a..." with 🔥

00:39:54 Danette McOmber: Is there ever a point where we can post to multiple platforms? I know for this program we were told to stick to one. Can one piece of content serve for multiple platforms - so we get the most bang for our buck as far as time and effort creating a post?

00:39:54 Jennifer Cumbie: I keep a lot of my content in Boards

00:39:58 Coach Kristy Wharton: Reacted to "I keep a lot of my c..." with 🙌

00:40:00 Allisen Levin: Best app to edit videos quickly because editing out the breathing pause is time consuming

00:40:53 Danette McOmber: Replying to "I keep a lot of my c..."

Do you pay for Boards? I know we have the content given to us in this program, and we don't pay for Boards to use that. But do we have to pay if we create more content beyond what we were given?

00:40:57 Kayla Allen: Awesome! Thank you! So helpful!!! Appreciate this, hope it served others!!

00:41:06 Theresa's iPhone: Replying to "Bob;s latest podcast..."

Where can I find this?

00:41:36 Jennifer Cumbie: Replying to "I keep a lot of my c..."

Yes I do..

00:42:02 Coach Ashley Prieto: Reacted to "Coach Ashley and I a..." with ❤️

00:42:23 Jennifer Cumbie: Replying to "I keep a lot of my c..."

I already had Boards before 30-1K

00:42:24 Kathy Lalonde: This is great!!

00:42:30 Danette McOmber: Reacted to "Yes I do.." with 👍

00:42:34 Coach Kristy Wharton: Replying to "Bob;s latest podcast..."

You can go to our website or any podcast platform

00:42:38 Sara Renei Anop: Replying to "Bob;s latest podcast..."

All podcast platforms have it

00:43:14 Sara Renei Anop: If you friend request and message at the same time they often will see the message

00:43:28 Jennifer Cumbie: Replying to "I keep a lot of my c..."

Yes, you have to pay for additional boards beyond the free one from 30-1K

00:44:03 Sheryl Sandberg: Reacted to "Bob sent an email th..." with ❤️

00:44:35 Coach Ashley Prieto: Replying to "hope this is recorde..."

Yes!



00:45:03 Martie DuBois: I believe you can message people you aren't friends with, it goes to them and they can decide whether or not to look at.

00:45:04 Trish Koppendrayar: Replying to "I keep a lot of my c..."  
I have started using Trello

00:45:29 Amy Brown: I message people that I don't know to thank them for supporting my client. They may or may not see it, and they may or may not respond

00:45:35 Coach Ashley Prieto: Replying to "Is there ever a poin..."

If you feel like you have a handle on one platform, yes you can branch out. I'm not a big fan of creating content once and posting it everywhere. You have to respect the platform & use the tools they like & give you.

00:45:47 Coach Ashley Prieto: Replying to "Best app to edit vid..."

I love CapCut

00:47:40 Allisen Levin: Replying to "Is there ever a poin..."

@Coach Ashley Prieto What do you think when it's shared into a different platform like IG shares into FB? I realized my reels automatically get shared into FB too

00:47:42 Colleen's iPhone: You can send a message in messenger even if you aren't friends.

00:48:04 Theresa's iPhone: Replying to "Is there ever a poin..."

What do you mean by this? When I create in Facebook/Instagram, it shares to both, is that okay? My main platform is Facebook.

00:48:15 Allisen Levin: Replying to "Best app to edit vid..."

Awesome. Thank you! Editing in IG was getting time consuming

00:48:40 Elena Armstrong: Curious - what is the "Quick Start Board" in Boards? Is this workshop related? Or just from Boards?

00:49:11 Coach Kristy Wharton: Reacted to "Curious - what is th..." with 🔥

00:50:32 Coach Kristy Wharton: Reacted to "I've always told my ..." with 🔥

00:50:51 Michelle Baker-Herring: The little thought bubble above your profile pic is a new way to engage with folks on messenger...I posted "Work out at home or workout at the gym? And a few people answered and we started a convo in messenger...

00:51:17 Allisen Levin: Good to know thanks for the heads up! Because my favorite platform is IG

00:51:20 Coach Kristy Wharton: Replying to "The little thought b..."

Yep good point and it pulls you up in the messenger feed too

00:51:20 Trish Koppendrayar: When I put videos into my stories, I like to do captions. About 1/3 of the time, FB won't give me the captions option. Frustrating. So then I go over to IG and do it and then post it in FB with the captions ... would it be better to not use captions than to take it from IG?

00:51:22 Allisen Levin: Thank you!

00:51:29 Coach Kristy Wharton: Replying to "The little thought b..."

To first when they open faceboook

00:52:01 Michelle Turnipseed: I barely have time to keep up with FB and all the engagement etc to manage another platform !

00:52:08 Coach Kristy Wharton: Reacted to "I barely have time t..." with 🍷

00:52:32 Theresa's iPhone: Replying to "Is there ever a poin..."

@Coach Ashley Prieto Okay, So should I disconnect the auto cross posting? My most engagement is Facebook but I have a little engagement on Instagram...

00:52:34 Stephanie Helmbold: Replying to "I barely have time t..."

This

00:52:56 Jennifer Cumbie: I use IG as a place holder mainly for stories. I stopped cross posting too!

00:52:59 Allisen Levin: Thanks so helpful!

00:53:14 Allisen Levin: I'll find the settings in my IG to stop cross posting

00:53:36 Theresa's iPhone: Replying to "The little thought b..."

@Michelle Baker-Herring I don't know how to do this 😬

00:53:37 Michelle Turnipseed: Replying to "But here's another i..."

hoping I can bump this in the chat again

00:54:14 Katie Nice: GREAT tip!

00:54:14 Michelle Turnipseed: Putting my question out again

00:54:16 Coach Ashley Prieto: Replying to "I barely have time t..."

Just stay in your lane!

00:54:19 Allisen Levin: Great tip!

00:54:20 Alyssa Boyles: had no idea

00:54:32 Amy Brown: Can you repeat that tip please? About the bubble?

00:54:35 Cynthia Gómez Martín: Thanks for that tip! Didn't know

00:54:58 Julie Westhoff: what kind o questions would you post for the messagbe==nger

00:55:18 Coach Kristy Wharton: Replying to "Can you repeat that ..."

It pulls you to the top of their messenger feed

00:55:33 Amy Brown: Replying to "Can you repeat that ..."

Yes but I didn't catch HOW you do this.

00:55:47 amieb: where is the thought bubble you were talking about. i am in FB and have not seen it

00:56:08 Coach Kristy Wharton: Replying to "Can you repeat that ..."

@Amy Brown open messenger and you'll see it and can edit it (top of the feed)

00:56:15 Coach Kristy Wharton: Reacted to "Thanks for that tip!..." with 🔥

00:56:40 Coach Kristy Wharton: Replying to "what kind o question..."

How do you help people? Lets brainstorm

00:56:43 Sara Renei Anop: Replying to "where is the thought..."

Next to your profile pic on your page... not everyone has the option

00:56:59 Coach Kristy Wharton: Replying to "where is the thought..."

In messenger

00:59:06 amieb: Replying to "where is the thought..."

thanks

00:59:54 Kristy Miller: Kristy, that's brilliant

00:59:58 Elena Armstrong: If they don't want help but are still engaged, you just keep doing VAFU? 2. If they don't want help and you notice they are less engaged, take them off the list? 3. If they want help, send a tip not related to your product? I get stuck on when to do the VA & when to offer a product recommendation 🧑

01:00:40 amieb: Replying to "where is the thought..."

i have it, yay! now i forgot what people were saying how to use it?

01:00:41 Coach Ashley Prieto: Replying to "But here's another i..."

Inviting them to a group is 3rd party tool. So that is a VAFU

01:02:04 Elena Armstrong: Not much room in the bubble 😞

01:02:13 Michelle Baker-Herring: I put this in ChatGPT: Creat 10 or more "this or that" format or a versus format. I got great ones

01:02:25 Elena Armstrong: 60

01:02:39 Michelle Baker-Herring: It only last 24 hours

01:03:01 Karen May Steffens: Reacted to "60" with 👍

01:03:05 Allisen Levin: Reacted to "I put this in ChatGP..." with ❤️

01:03:29 Jennifer Cumbie: Ask ChatGPT for a list of 10 fun question to ask in the Messenger bubble about what you help people with

01:03:50 Michelle Baker-Herring: I put this first...Come up with 10 engaging questions 60 characters or less for health and wellness.

01:03:52 Jennifer Cumbie: I have a list of 30 questions that I rotate

01:04:03 Allisen Levin: I love stories! It's where my warm hot leads are at too

01:04:41 Allisen Levin: Great engagement idea. Thank you

01:05:14 Jordan: Ok I jumped in late. What is the new Facebook feature?

01:05:55 Coach Kristy Wharton: Reacted to "Great engagement ide..." with 🙌

01:05:59 Coach Kristy Wharton: Reacted to "I have a list of 30 ..." with 🙌

01:06:19 Coach Kristy Wharton: Replying to "I have a list of 30 ..."

Ill have to go check yours out

01:06:26 Coach Kristy Wharton: Reacted to "I put this first...Com..." with 🙌

01:06:30 Coach Kristy Wharton: Reacted to "Ask ChatGPT for a li..." with 🔥

01:06:38 Coach Kristy Wharton: Reacted to "Not much room in the..." with 😞

01:06:41 Michelle Turnipseed: Reacted to "Just stay in your la..." with 👉

01:06:51 Trish Koppendrayer: Reacted to "I have a list of 30 ..." with ❤️

01:07:03 Michelle Turnipseed: Reacted to "Inviting them to a g..." with ❤️  
01:07:48 Coach Kristy Wharton: Replying to "Not much room in the..."

Gotta be succinct

01:08:09 Beverly Spaulding: @Coach Kristy Wharton - dumb question, but where is the circle?  
01:08:15 Kristy Miller: Thank you  
01:08:17 Coach Kristy Wharton: Replying to "@Coach Kristy Wharto..."

Messenger