

Weekly LOVE-LED™ Breakthrough

Coaching & Strategy Session Chat

Transcript 5.1.2025

00:01:16 Fireflies.ai Notetaker Tammy: Talk to Fireflies:

• Type: /ff help
to get started.

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

https://app.fireflies.ai/live/01JSMK7YZN46FY7KSSC4ZZ0CC8?ref=live_chat

00:01:49 Tanya: Hi

00:02:31 Katie balyszak: Aloha, Kakahiaka Kakou! Good morning everyone!

00:02:35 Christina Williams: Hey Bob!

00:02:37 Traci Wright Linn: Hi!

00:02:48 Rebecca's I-phone: Good Morning!

00:03:31 Coach Kristy Wharton: Reacted to "Good Morning!" with 🔥

00:03:35 Coach Kristy Wharton: Reacted to "Hi!" with 🔥

00:03:40 Tanya: One question I have is if people have noticed a particular time or date that seems to get the most traction with the value posts?

00:04:38 Chris Wenstrom: I got a \$500 bonus this month!

00:04:51 Katie balyszak: Lesson- Do CORE4 first when I sit down to do my business so it get done

00:04:59 Kayla Nickey: I swept our contest with our company!

00:05:02 Andrea Khashchuk: Replying to "I got a \$500 bonus t..."

woooo go chris!

00:05:05 Kelli Boyles: Win - I have has some people who were planning to cancel their memberships actually decide to start purchasing again.

00:05:13 Tanya: Win: good conversations. Lesson: don't blindly copy and paste upline's scripts when they don't align with my philosophy

00:05:13 Mariah Jackman: I got a new customer but she was under 100pv so she did not count for my business building bonus or toward my contest. However...

my win was that I was completely ok with that because I was serving her needs and not my own

00:05:15 Tina Arnone: I did a post.

00:05:17 Kayla Nickey: "Success doesn't come to those who are comfortable"

00:05:23 Coach Kristy Wharton: Reacted to "'Success doesn't com..." with 🥰

00:05:23 Dana Mays: People responded who had been ignoring me.

00:05:39 Michelle Molendyk: Win: getting a variety of content posted. Lesson: stay on top of the core 4; don't beat myself up when I fall behind.

00:05:39 Coach Kristy Wharton: Replying to "I did a post."

This is BIG especially if you weren't congrats!!!

00:05:41 Monica Freeman: Lesson - get my CORE 4 into my schedule; WIN - I am becoming more and more consistent at working my business and it's becoming FUN again

00:05:52 Coach Kristy Wharton: Reacted to "Win: good conversati..." with 🔥

00:05:55 Tanya: Reacted to I swept our contest ... with 🎉

00:05:56 Coach Tammy Asmus: Reacted to "Lesson - get my CORE..." with ❤️

00:06:01 Coach Tammy Asmus: Reacted to "People responded who..." with ❤️

00:06:03 Andrea Khashchuk: I enjoyed my business and loved on my current customers well! I also had a fun love led booth with my husband our first together!

00:06:05 Coach Tammy Asmus: Reacted to "'Success doesn't com..." with 🔥

00:06:08 Angel Baker: Lesson if I don't block time on my schedule for core 4 it doesn't get done

I had a new addition to my team last week and staying to learn more of my clients problems

00:06:12 Katie balyszak: Reacted to "'Success doesn't com..." with 🎉

00:06:16 Coach Tammy Asmus: Reacted to "I got a new customer..." with ❤️

00:06:23 Karen Hartlaub: Hello - I just ended a conversation where the person I was talking with and she ASKED me for more information about Magnesium. I did not go right into product. I instead ask for the problem. She gave me 3 problems and I asked which she wanted to focus on most.

00:06:24 Michelle Molendyk: Reacted to "Lesson - get my CORE..." with ❤️

00:06:24 Coach Tammy Asmus: Reacted to "I swept our contest ..." with 🔥

00:06:36 Coach Tammy Asmus: Reacted to "Hello - I just ended..." with ❤️
00:06:50 Monica Freeman: Reacted to "Hello - I just ended..." with ❤️
00:07:01 Socorro Dunn: It reignited the love of why i join my business.
00:07:19 Carla Cross: A win: reconnecting authentically with past clients which has been so gratifying. Working with some of them on taking control of their health again.
00:07:19 Mariah Jackman: for sure!!
00:07:20 Kayla Nickey: I also had FIVE prospects tell me they appreciated me being patient with them and not rushing them to order. They all told me that they felt I was putting them first and thanked me for it. AMAZING.
00:07:20 Katie balyszak: Yes!
00:07:22 Chris Wenstrom: I can
00:07:37 Marie Tipton: Reacted to "I also had FIVE pros..." with ❤️
00:07:37 Traci Wright Linn: Yep 👍
00:08:19 Jackie Kannas: 2 weeks ago, I did a party and lead with love-led way. Finding the problem and helping. I followed up with her to see how it was going - she not only loves it, but ordered for her daughter AND she shared with her cousin!

I have been doing this for 7 years and VERY rarely do I have people refer or share.

00:08:28 Sharon: Reacted to "I also had FIVE pros..." with ❤️
00:08:30 Socorro Dunn: I win for me is that put aside my goal of promotion into helping others. ME -> OTHERS
00:08:46 Andrea Khashchuk: Replying to "I enjoyed my busines..."

recognized red light stories that have been in the background and still took action. i have been showing up every day better rather than doing a zillion things to "feel successful"

00:08:54 Patricia Miller: Win- Had an amazing follow up, lesson- follow the Core 4!

00:09:03 Gail: I've been doing Plexus and hit one of the top ranks in the company but hit a wall and I was just struggling to want to message anyone. This is helping me to get back in my business and it feels better by the type of messages I'm having. I am working through the red light stories with ability to rerank.

00:09:16 Mariah Jackman: Reacted to "I've been doing Plex..." with ❤️

00:09:44 7 BLACK: Lesson- During Authentic outreach I saw how many and people I was reaching out to with just specials and sales! Very eye opening

00:09:44 Sharon: Reacted to "I've been doing Plex..." with ❤️

00:09:58 Jackie Kannas: Replying to "Lesson- During Authe..."

SAME!

00:10:03 Coach Tammy Asmus: Replying to "I've been doing Plex..."

Love that!

00:10:15 Coach Tammy Asmus: Reacted to "Lesson- During Authe..." with ❤️

00:10:15 Kelly Chance: I've started seeing things that way... it's not personal.

00:10:20 Coach Kristy Wharton: Reacted to "I've started seeing ..." with 🔥

00:10:20 Coach Tammy Asmus: Reacted to "I've started seeing ..." with ❤️

00:10:21 Kayla Nickey: I had 5 people cancel last month and I'm not going to lie it was PAINFUL. But I know it was because they couldn't afford it and refused to share their referral link to help get it paid for. I tried everything but at least it wasn't because of me that they're canceling.

00:10:43 Sara Lee W: I made a value content post and got 2 people who commented on it. In the past, I would've always posted all the sales at the end of the month. This past month, I didn't mention them at all.

00:11:40 Coach Tammy Asmus: Reacted to "I made a value conte..." with ❤️

00:11:59 Batrice Cordova: With Authentic Outreach I was able to sell 1500 dollars in on hand product. I was able to authentically talk with people and tell them my goal and why I was getting rid on the on hand product. I normally only sell on hand products at vendor events. I was able to tell people I had a goal. My granddaughters prom, she turned 18 today, she graduates in 13 days and we are taking our first Family Vacation to see the ocean. All because I was having authentic relationships with people on messenger. Thank you so much Bob.

00:12:27 Coach Tammy Asmus: Reacted to "With Authentic Outre..." with ❤️

00:12:34 Kayla Nickey: Reacted to "With Authentic Outre..." with ❤️

00:12:38 Mariah Jackman: Reacted to "With Authentic Outre..." with 🎉

00:13:01 Coach Kristy Wharton: Reacted to "With Authentic Outre..." with 🔥

00:13:48 Carla Cross: The lesson for me: follow the scripts. In the past I would have just responded with an "okay, great to connect", but now I'm delving further,

giving them a chance to come forward if there is still a problem and taking the conversation further.

00:14:22 Esther Gibbons: Exactly!!

00:14:45 Coach Tammy Asmus: Reacted to "The lesson for me: f..." with 🔥

00:15:21 Karen Hartlaub: I have a question - once you used the ChatGPT prompts to get the value led content - where do you store that? it gives me 5-6 and I want to see them to use later - use one now and then keep growing.

00:15:43 Coach Kristy Wharton: It stores them if you are logged in, with a free account—it does have a limited capacity but it will let you know that ahead of time.

00:15:54 Mariah Jackman: Replying to "I have a question - ..."

I have told them "I really like these, please save them"

00:15:56 Amber Marsh: Does it take time of implementing this to start getting more engagement? I am getting barely any.

00:16:10 Andrea Khashchuk: is there a specific link to your prompts for us to input the prompts? or is it just general chat gpt and type in the prompts and scripts?

00:16:43 Coach Ashley Prieto: Replying to "Does it take time of..."

It does. You are doing things differently than before and people will recognize that! Give them time to warm up to it again & be proactively engaging with other's content, too! Be a friend.

00:16:49 Tanya: Where does it store? Mine are always erased

00:17:02 Tracey's Phone: Is there a script to follow for a business reachout to someone who isn't using the products, hasn't expressed interest but I want to see if they have a need for it because they could be amazing at it.

00:17:09 Kayla Nickey: What do you do when you have had someone who was supposed to order and then didn't? Like I have 5 of these prospects and I've followed up and tried to offer value and help but they reached out again last month and yesterday I sent them a cart again. And yet again, they didn't check out. Should I just leave them be? Or should I continue to try to pursue them?

00:17:49 Gail: When you talk about the Before you and the Now you, should we be stay in one area when we are thinking about our dream customer.

00:18:08 Sara Lee Whitman: How do I move info from Chat GPT to my Facebook page?

00:18:18 Sigrid: You can also rename the chats on chatGPT to make it easier to find in the future

00:18:22 Coach Ashley Prieto: Replying to "How do I move info f..."
Copy & paste

00:18:30 Coach Kristy Wharton: Reacted to "You can also rename ..." with 🔥

00:18:31 Kelli Boyles: projects have been a game changer for my ADHD brain

00:18:47 Patricia Miller: Replying to "I have a question - ..."

I save the ones I want to use in the future on a Word document.

00:18:50 Kayla Nickey: I have a business builder who is doing attraction marketing and working with her husband. She refuses to let me help her when I see things that she's doing wrong. But she'll go to others for advice and help. Should I just let them do everything the wrong way or do I have a frank conversation with them?

00:18:58 Sara Lee Whitman: Replying to "How do I move info f..."

Yes, but where is that?

00:19:25 Jackie Kannas: With posting - 2 questions:

Where do we post? Personal page? Or VIP page? I have also stopped posting in my VIP over a year ago because I was posting without reward.

LOVE ChatGPT - LOVE the value prompts - BUT ... what image do we put with it? No product, but can we mention our company in an indirect way?

00:19:32 Kayla Nickey: Replying to "Is there a script to..."

Following!

00:20:19 Coach Ashley Prieto: Replying to "How do I move info f..."

Where is what?

00:20:25 Jan Hoffman: I was so pumped to jump into May and committing to going forward for 30 days on one platform (my private fb group), but when I woke up, I got hammered with red light fears: How can I do this? I don't know how to do all this. I just feel like I'm in fight or flight mode. I know that a lot of it has to do with the fact that I haven't been doing much in my FB group. Kristy has helped me so much, but I just started struggling this morning.

00:20:33 Sharon: Replying to "Is there a script to..."

following

00:20:35 Coach Kristy Wharton: Replying to "Is there a script to..."

Are they engaging on anything yet?

00:20:35 Coach Ashley Prieto: Replying to "projects have been a..."

Same!!!

00:20:39 Monica Freeman: If I am saving things that I plan to post – I will use my NOTES doc on my phone to keep the verbiage along with any image I want to share with it.... Then it is ready to post when I want to post....

00:20:49 Dana Mays: Reacted to "With posting – 2 que..." with ❤️

00:20:50 Maxie Gunderson: How do I get into Gpt chat?

00:21:15 Tracey's Phone: Replying to "Is there a script to..."

No. We talk about other things but she hasn't shared interest either due to none or not seeing my stuff

00:21:46 Tracey's Phone: Ok thanks Bob. And yes I was afraid of messing it up so I haven't done it yet haha

00:22:02 Sara Lee Whitman: When I ask a question and get the info, ChatGPT asks if I want more info. I say yes. How do I only copy and paste what I want to move to my Facebook page and not all of the info?

00:22:53 Coach Ashley Prieto: Replying to "When I ask a questio..."

Just highlight it all and then delete the things you don't want to keep after pasting it into a FB post

00:23:06 Katie balyszak: Great question(s) Jackie! I had this same question!

00:23:32 Coach Kristy Wharton: Replying to "Is there a script to..."

He is answering— just keep the rapport going if youre talking already. You can also interact more on their Facebook timeline in an effort optimize the potential for them seeing what you post about your business.

00:24:13 Coach Kristy Wharton: Replying to "How do I get into Gp..."

Its a website chatgpt.com

00:24:35 Socorro Dunn: The same post on staggered weekly?

00:25:17 Marie Tipton: So, do we "share" our post from personal to VIP, or is it best just to redo a new post in the VIP group? Facebook likes to suggest for me to share my post to a group.

00:25:18 Coach Tammy Asmus: Replying to "The same post on sta..."

Yes

00:25:38 Socorro Dunn: Replying to "The same post on sta..."



00:26:11 Gail: I've also used a photo of myself and my cute doodle!

00:26:47 Socorro Dunn: When Do you suggest starting a "VIP" page for yourself and Downline?

00:26:51 Coach Kristy Wharton: Replying to "I was so pumped to j..."

So let reframe this "I dont know how to do this..." what can you tell yourself instead to start taking action?

00:27:20 Marie Tipton: Reacted to "So, do we "share" ou..." with

00:27:44 Coach Tammy Asmus: Reacted to "I've also used a pho..." with

00:27:55 Coach Kristy Wharton: Replying to "When Do you suggest ..."

Do you have an upline group you are currently using and it's effective?

00:27:55 Deborah: Are you saying you'd post a family picture with a value post?

Or keep the picture related to the content?

00:28:02 Coach Kristy Wharton: Reacted to "When Do you suggest ..." with

00:28:17 Gail: Replying to "When you talk about ..."

Can someone give me some feedback on this question?

00:28:47 Christina Williams: <https://www.facebook.com/share/p/15PqSLdYRf/>

00:28:54 Christina Williams: Critique away

00:29:01 Deborah: I have one but it's shared with my upline and sideline ...

00:29:11 Brittney Howard: What if your value content is NOT generating new leads?

00:29:13 Marie Tipton:

<https://www.facebook.com/marieltipton/posts/pfbid0TEk1R2J2335xxam68tz2FLNDVn51REhikammBkqpRcC3xEcyEr7BZAomCa8pH3NUI>

00:29:13 Socorro Dunn: Replying to "When Do you suggest ..."

It is a closed team group.

00:29:16 Katie balyszak: <https://www.facebook.com/share/p/15t2YsYt12/>

00:29:18 Jan Hoffman: Replying to "I was so pumped to j..."

Start reaching out to 5-10 of my members with AO.

00:29:22 Jackie Kannas: Here's a Value Post - I think lol

<https://www.facebook.com/share/p/1Byt7ptFLx/>

00:29:26 Kayla Nickey:

https://www.instagram.com/reel/Dlv2rHjxudN/?utm_source=ig_web_copy_link&igs_h=MzRIODBiNWFIZA==

00:29:51 Karen Hartlaub: I sent a message to a new customer that ordered asking her if her products showed up correctly and if she was liking her product and if she had any questions. I did send a previous message thanking her for the purchase and letting her know her products had shipped and should be arriving soon. — Her response was — At this point, I'm not using the products as I should and don't want to be included with the texts. If at some point I get in the habit of using the products consistency and like the results, I will reach out to you. What would be a Love led response to that? I think it is weird because it sounds like she thinks i sent a group or auto post but it was individual.

00:30:01 Annette Ingersoll: Jan, you have such a beautiful smile

00:30:16 Katie balyszak: Been there Jan! Know the feeling!

00:30:21 Kayla Nickey: I've struggled with value content because I'm trying to show up as me but also offer value that people can share. That's my goal with my content. Maybe that's a wrong goal. I don't know. I have no issues with proof content. Or invitation or connection.

00:30:54 Batrice Cordova: I need help Please.

<https://www.facebook.com/share/p/1BsHefnGCo/>

00:31:04 Tanya: My red light is that since I haven't made any sales with this program, like others have, that it isn't working. That it won't work and it makes me feel so hopeless

00:31:21 Jennifer Leach: <https://www.facebook.com/share/p/1BemWZQVYS/>

00:31:47 Karen Hartlaub: Bob you have said to only post on one platform - my Facebook and Insta are connected automatically. Is that ok?

00:31:50 Coach Kristy Wharton: Reacted to "Jan, you have such a..." with 🍷

00:32:05 Monica Freeman: Replying to "When you talk about ..."

I think it would depend on what your focus is.... Like if I am sharing a post thinking of my Dream customer and its on Energy - I would post about where I was and the outcomes I found with increasing my energy... maybe one post on keeping up with my kids.... Another post the next day about having energy to tackle amusement parks.... Etc.... What my mentor and I have been doing is keeping the Value post to a specific part of our Before/ Now each week... for example one week she focused on water and benefits she's found.... Another week on energy... another on sleep....

00:32:21 Monica Freeman: Replying to "When you talk about ..."

Hope this helps a bit....

00:33:02 Gail: <https://www.facebook.com/share/p/16Ncucc7Bw/>

00:33:30 Batrice Cordova: I think this post is amazing, but no action. Please help Bob <https://www.facebook.com/share/p/1BsHefnGCo/>

00:33:34 Socorro Dunn: Replying to "When Do you suggest ..."

And there is another closed group open to our company partners that is for customers/prospects i can add mine into it (not sure how do I know who I've added or not) it's a shared group. Is that what you wd consider a VIP group?

00:34:37 Sara Lee Whitman: <https://www.facebook.com/share/p/19HtARama6/>

00:34:56 Tracey's Phone: I would love help

<https://www.facebook.com/share/p/1BXDs9mQKA/?mibextid=wwXlfr>

00:34:59 Brittney Howard: My attempt at a value post

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

00:35:15 Dana Mays:

https://www.facebook.com/story.php?story_fbid=pfbid02ecNS5uzbxHs6DFqmoKzYZKS8cQUprRhHBzLMRE7Jq662WWTgA3Aa8zT2bz3KFSHCCI&id=1750353546

00:35:33 Karen Hartlaub: you said value led 3 days a week — what is posted on the other days?

00:36:08 Kristy Miller:

<https://www.facebook.com/share/p/19TEZjtFAc/?mibextid=wwXlfr>

00:36:13 Gail: Replying to "When you talk about ..."

So you talk about one topic and bring it to the now me, the following week new topic.

Do you ever talk from the before you voice

00:36:38 Andrea Khashchuk: my thoughts are i am "behind" on posting love led content this week with learning chat gpt and the reflection paperwork and reaching out my AO and feeling disorganized on tracking my work.. i have it tracked on paper but think i need something virtual. i feel slowed down on the things im learning and comparing myself to past push push and be like everyone else. any coaching? i do notice those are thoughts.

00:36:51 Karen Hartlaub: How do I get the link to a FB post to share?

00:37:09 Coach Kristy Wharton: Replying to "How do I get the lin..."

Three dots or "share" and the link will pop up

00:37:40 Monica Freeman: Replying to "I think this post is..."

Perhaps using just one photo of the product and one photo with YOU using the product or highlighting how you benefited from the product... kinda goes into what Bob was saying earlier in this call about using photos with us in them to highlight

00:38:24 Amber Marsh: I cannot commit to using one platform. I'm having such a hard time with this. Different people are liking it on each platform, giving me more hot leads. My hot leads list is very short so I need as many as I can get.

00:38:27 Kayla Nickey: Replying to "you said value led 3..."

Proof, connection and invitation

00:38:37 Coach Kristy Wharton: Replying to "my thoughts are i am..."

You can only BE exactly where you are, so you are NEVER behind. The tracking is likely NOT the issue... how many conversations are we talking about @Andrea Khashchuk ?

00:39:01 Tina Arnone: I want to send you my post from yesterday, but I don't know how. I didn't get much traction. The pic is blurry.

00:39:19 Andrea Khashchuk: i have 3 AO to do a day but also replying back to my to people who are continued to reply to me when i did reach out.

00:39:21 Monica Freeman: Replying to "When you talk about ..."

Always - I lead with the problem I had and then follow with how I feel/ am today.... I don't mention product (unless it is a product post)... just focusing on the benefits I have found since I was in my Before photo (or if it is a client or another person, how they are now)

00:39:58 Coach Tammy Asmus: Replying to "you said value led 3..."

You will get to the training on product later in the program. For now do the three days a week and then continue posting what you have in the past for connection.

00:40:12 Batrice Cordova: Replying to "I think this post is..."

Ok so more photos of me?

00:40:18 Chris Wenstrom: I have a question on mindset

00:40:24 Coach Kristy Wharton: Reacted to "I have a question on..." with 🤔

00:40:31 Coach Kristy Wharton: Replying to "I have a question on..."

Share it with us..

00:40:40 Mariah Jackman: I am having trouble getting past the first message in the script. The "small talk" begins and then I end there because it feels more inauthentic to me to be asking the next question.

00:40:45 Coach Tammy Asmus: Reacted to "You can only BE exac..." with 🔥

00:40:51 Monica Freeman: Reacted to "Ok so more photos of..." with ❤️

00:41:16 Coach Kristy Wharton: Replying to "I am having trouble ..."

Something as simple as "can I ask you a totally unrelated question?"

00:41:20 Monica Freeman: Replying to "I think this post is..."

I think it could help to have you or someone else in it instead of product alone

00:41:23 Katie balyszak: Thoughts on connecting with 5 people per day from the 4 categories? (Current customer, past customer, etc)

00:41:35 Coach Kristy Wharton: You got this @Jan Hoffman

00:41:39 Mariah Jackman: Reacted to "Something as simple ..." with ❤️

00:41:56 Brittney Howard: Can our value content be business opportunity related? If we wanna lead with the biz? Or does it just have to be product related?

00:42:55 Coach Kristy Wharton: Replying to "I want to send you m..."

The pic on the post?

00:43:53 Batrice Cordova: Replying to "I think this post is..."

I did one with me. It didn't work either.

<https://www.facebook.com/share/p/1FcCAtLVJu/>

00:44:18 Jackie Kannas: What's your thoughts on using the @ everyone or @ highlights when posting on FB?

00:44:38 Coach Kristy Wharton: Replying to "Can our value conten..."

In 30days we suggest only product posts at this point

00:44:39 Christina Williams: Im learning so much from you Bob.

00:44:46 Christina Williams: How to navigate situations!

00:44:58 Christina Williams: Bring her on Bob!!

00:45:02 Christina Williams: She has lots of good questions

00:45:10 Melissa Meader: Value content will be used as value follow up

00:45:13 Coach Kristy Wharton: Replying to "What's your thoughts..."

Most of us should not being using it.. or using it VERY SPARINGLY

00:45:38 Andrea Khashchuk: Replying to "my thoughts are i am..."

ooh this is def a fear mindset of failing and push push which i dont want to follow anymore.

00:45:51 Coach Kristy Wharton: It actually doesn't work on everyone anyway... value and connection posts that work organically is what we want to use.

00:45:55 Sharon Owens: Can you clarify a call to action in a value post?

00:46:01 Karen Hartlaub: People are watching even if they don't show it — i had a person ask about my products but she never likes or comments on content

00:46:25 Jackie Kannas: Replying to "What's your thoughts..."

LOVE it! Thank you!

00:46:26 Coach Kristy Wharton: Replying to "Can you clarify a ca..."

Its simply to have someone raise a hand and say "me too"

00:46:38 Coach Kristy Wharton: Replying to "Can you clarify a ca..."

To start a conversation... starting a conversation

00:46:57 Coach Kristy Wharton: Reacted to "LOVE it! Thank you!" with 🔥

00:46:57 Brittney Howard: But authentic outreach to who? If I don't have hot leads

00:46:58 Kayla Nickey: Replying to "People are watching ..."

So true. People tell me alllll the time thank you for the post but they don't like it lol.
Drives me crazy

00:47:10 Sharon Owens: Replying to "Can you clarify a ca..."

Okay so not reach out if you need help with xyz just a connection ?

00:47:42 Coach Kristy Wharton: Replying to "But authentic outrea..."

Are you posting at all?

00:48:30 Kelly Chance: Same Marie

00:49:10 Mariah Jackman: All uplines ever lol

00:49:17 Jackie Kannas: Replying to "All uplines ever lol"

YES!

00:49:33 Karen Hartlaub: i have used GIF's on some

00:49:42 Jan Hoffman: Reacted to "You got this @Jan Ho..." with 🤗

00:49:47 Coach Ashley Prieto: And how much time are you spending taking the perfect pics and editing?

00:49:52 Melissa Meader: Honestly, these days EVERY post has an image or video so I slow my scroll when there is just text...

00:49:55 Brittney Howard: Replying to "But authentic outrea..."

Yes!! For sure. Get tons of engagement. 99.9% plexus people. I have a huge plexus following because of my trainings and such

00:50:18 Socorro Dunn: How will logorythm works in SM w using our company images? I have used their posts and "share" it in my story and cater it. Will that work?

00:50:38 Kathy Geertsen: I can see the working on facebook but how would you suggest going with the "graphic" struggle on instagram in that is the platform we are focusing on?

00:50:45 Jan Hoffman: Replying to "Jan, you have such a..."

Thanks so much! 🙏

00:50:52 Sharon Owens: I find it helpful to batch photos then I always have a bank to pull from

00:50:57 Jan Hoffman: Reacted to "Been there Jan! Know..." with 🥰

00:51:09 Gail: Can't we reuse photos (personal)?

00:51:45 Tracey's Phone: Replying to "But authentic outrea..."

I have mainly plexus people liking and commenting on my posts too Brittney. So not getting hot leads yet from posts.

00:52:12 Coach Kristy Wharton: Replying to "Can't we reuse photo..."

Within time period?

00:52:29 Coach Kristy Wharton: Reacted to "I find it helpful to..." with 🥰

00:53:14 Brittney Howard: Replying to "But authentic outrea..."

Oh hey Tracey! 🥰

00:53:53 Tracey's Phone: Replying to "But authentic outrea..."



00:53:58 Coach Kristy Wharton: Replying to "I can see the workin..."

It is more important over there but you can created text graphics too. Or a nature photo

00:54:30 Amber Marsh: Replying to "I cannot commit to u..."

Help 😊

00:54:34 Jackie Kannas: At what point are posts TOO long?

00:54:46 Batrice Cordova: Would you check out this reel really quick?
<https://www.facebook.com/share/r/18xwi75esp/>

00:54:56 Sharon: Replying to "But authentic outrea..."

I have the same problem. Only Plexus people are liking & commenting

00:55:14 Coach Kristy Wharton: Replying to "How will logorythm w..."

Company stuff or sharing usually hurts your organic reach pretty dramatically

00:55:24 Coach Kristy Wharton: Reacted to "At what point are po..." with 🔥

00:55:38 Brittney Howard: Replying to "But authentic outrea..."

Well at least we know plexus has a really supportive culture 😊

One plexus haha

00:55:46 Mariah Jackman: Replying to "But authentic outrea..."

lol same

00:55:55 Sharon: Reacted to "Well at least we kno..." with 😊

00:55:59 Tracey's Phone: Reacted to "Well at least we kno..." with 😊

00:56:01 Tracey's Phone: Replying to "But authentic outrea..."

Hahaha exactly

00:56:29 Mariah Jackman: Reacted to "Well at least we kno..." with ❤️

00:56:32 Amber Marsh: Replying to "But authentic outrea..."

^^ this!

00:56:34 Socorro Dunn: Ok. Hmmm. They are producing images for us to use on social media to help us from coming on our own. So it's better my own pics? Can i include some of theirs? Or not at all?

00:56:35 Coach Kristy Wharton: Mix it up. Some long form can be helpful, just dont do ALL long from content.

00:57:53 Coach Kristy Wharton: Replying to "At what point are po..."

Long form text can be okay I just caution to think about readability of the post—meaning not in paragraph form. Bullets, emojis, etc help

00:58:04 Melissa Meader: one problem one benefit

00:59:13 Jackie Kannas: Replying to "At what point are po..."

Thank you – I just know that ChatGPT gives A LOT in the post. But I like the idea of switching it up.

00:59:34 Annette Ingersoll: Coach Kristy, I have a dumb question – when we get the schedule for the week, are all of the core 4 implementation sessions the same thing offered at different time for people's schedules or are they all different? I'm sorry, this is something I should have asked a couple of weeks ago.

01:00:22 Coach Tammy Asmus: Replying to "Coach Kristy, I have..."

@Annette Ingersoll They are all the same working sessions. 😊 Coach Tammy

01:00:47 Coach Kristy Wharton: Thanks for asking! others probably have this question too, there are the same for different schedules @Annette Ingersoll

01:01:03 Annette Ingersoll: Replying to "Coach Kristy, I have..."

That's what I thought. Thank you @Coach Tammy

01:01:30 Tanya: Reacted to I find it helpful to... with "👍"

01:01:45 Socorro Dunn: This will be in our portal to go back and finish?

01:01:48 Annette Ingersoll: Replying to "Coach Kristy, I have..."

Thank you both! I'm glad I wasn't missing a bunch of sessions

01:02:11 Karen Hartlaub: Reacted to "You will get to the ..." with 🙌

01:02:40 Christina Williams: What if we can't figure out what problems we can solve. The prompts are helpful only if we know what problems we can solve

01:02:56 Karen Hartlaub: thank you!!

01:03:05 Jackie Kannas: Thank you! This was super helpful today!

01:03:06 Kelly Chance: Thank you Bob and Team