

Weekly LOVE-LED™ Breakthrough Coaching & Strategy Session Chat Transcripts 5.29.2025

00:02:12 Fireflies.ai Notetaker Tammy: Talk to Fireflies: (Web-search enabled)

- Say: Hey Fireflies how can you help?

- Type: /ff help

to get started.

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

https://app.fireflies.ai/live/01JVZB3M5H7WF52WD3R27K99G9?ref=live_chat

00:03:39 Karen Hartlaub: Win - easier conversations The core 4 is becoming more habit!

00:05:01 Lynn Summins: My screen time was down 67% after using chat gpt more often.

00:05:03 Esther Gibbons: Win made \$1000 in commissions! 🥳

00:05:08 Lindsay Woolcox: People are responding!!! People are ordering!!! My team is GROWING.

00:05:10 Mariah Jackman: Reacted to "Win made \$1000 in co..." with 🤔

00:05:15 Mariah Jackman: Reacted to "My screen time was d..." with 🤔

00:05:22 Lori Naylor: Creating content that I feel is adding value to those in my world and all about connecting.

00:05:26 Sara Lee W: My posts are intentional, authentic conversations, not concerned about the outcome.

00:05:41 Coach Tammy Asmus: Replying to "Win made \$1000 in co..."

Whoot...Whoot!!!!

00:05:46 Coach Tammy Asmus: Reacted to "People are respondin..." with ❤️

00:05:56 Coach Tammy Asmus: Reacted to "Creating content tha..." with 🔥

00:06:00 Coach Tammy Asmus: Reacted to "My posts are intenti..." with ❤️

00:06:09 Michelle Molendyk: win: didn't oversaturate a free shipping sale we just had. reached out to a few individuals and got 2 sales, which meant more sales than last month, and reaching a threshold I aim for each month without a big order from me.

00:06:16 Coach Tammy Asmus: Reacted to "win: didn't oversatu..." with 🔥

00:06:25 Mariah Jackman: Reacted to "win: didn't oversatu..." with ❤️

00:07:34 Gail: Being aware of my red light stories, when I may not have the same success as some. Also being patient with this process. Also looking at what I am doing or not doing in my business that is giving me the results I am getting.

00:08:06 Carla Cross: My win: I have been doing value posts for health, but making them more intentional for my dream clients, so this week as I started getting my women's retreat out for October 2025 and am building relationships, I am getting interest for my retreat.

00:13:30 iPhone: My lesson is that I have been so fear based for so long and we are in the last month of free car qualification and we are on track but learning the love led way has shown me how lacking my skills are. I got shingles the week this started and the drug I have to take slows my central nervous system because of shingles pain has forced me to stop. Now I'm learning how to manage the side effects and do authentic outreach without putting pressure on myself

00:14:02 Andrea Khashchuk: win: serving and LEADING made 2 effortless sales plus one on the way from a gut health sourdough workshop i did at a senior active living this past weekend--love following up and serving the ladies from a love led instead of fear based!

00:14:04 Coach Tammy Asmus: Reacted to "My lesson is that I ..." with ❤️

00:14:14 Coach Kristy Wharton: Reacted to "win: serving and LEA..." with 🔥

00:14:28 Coach Kristy Wharton: Reacted to "Being aware of my re..." with 🔥

00:14:37 Brittney Howard: My win: got a new customer this week!!! 😊

00:14:38 Coach Kristy Wharton: Reacted to "Win made \$1000 in co..." with 🔥

00:14:43 Mariah Jackman: Reacted to "My win: got a new cu..." with ❤️

00:14:54 Esther Gibbons: Thank you for your help Bob!

00:15:29 Esther Gibbons: Reacted to Win made \$1000 in co... with 😊

00:15:30 Coach Kristy Wharton: Reacted to "My lesson is that I ..." with 🔥

00:18:20 Megan Weisheipl: Reacted to "My win: got a new cu..." with ❤️

00:18:26 Karen Hartlaub: Replying to "My lesson is that I ..."

Kirsten I get the God sitting you down thing! i also get shingles as a tree response and i have developed ways to decrease responses!

00:18:35 Coach Tammy Asmus: You are amazing @Kiersten!!!

00:18:51 Karen Hartlaub: Replying to "win: serving and LEA..."

that's exciting!

00:19:23 Coach Tammy Asmus: Love this @Andrea Khashchuk !!!!

00:19:41 Brenda Lee Kaminsky: Replying to "win: serving and LEA..."

that is awesome !!!

00:19:47 Karen Hartlaub: Replying to "My win: got a new cu..."

congratulations!

00:20:08 Lori Naylor: That's awesome Andrea!

00:20:26 Coach Kristy Wharton: Replying to "win: serving and LEA..."

@Andrea Khashchuk woot woot... congratulations!

00:21:24 Andrea Khashchuk: Reacted to "that's exciting!" with ❤️

00:21:26 Andrea Khashchuk: Reacted to "that is awesome !!!" with ❤️

00:21:30 Andrea Khashchuk: Reacted to "@Andrea Khashchuk wo..." with ❤️

00:21:34 Andrea Khashchuk: Replying to "win: serving and LEA..."

thank you ladies!!!

00:24:21 Annette Aguiar: <https://www.instagram.com/p/DJm287ZykZZ/>

00:27:13 Andrea Khashchuk: Reacted to "Love this @Andrea Kh..." with ❤️

00:28:02 Gail: <https://www.facebook.com/share/p/1SWibVcQAC/>

00:28:57 Andrea Khashchuk: this is current customer, trying to unearth her problem so i can serve or add value follow up. any advice?

00:30:14 Brenda Lee Kaminsky: lack of energy is the result of lack of sleep ...

00:31:12 Karen Hartlaub: Clear is better than clever!!! love it!

00:31:25 Andrea Khashchuk: Reacted to "Clear is better than..." with 🙌

00:33:50 Gail: A quick fix!

00:34:32 Brenda Lee Kaminsky: true !!

00:35:52 Stacey: WOW! This is THE best message of the whole program!

00:36:24 Andrea Khashchuk: romans 12:2 comes to mind "do not conform to the pattern of this world"..so good bob! LEAD is standing and casting vision and building and they will come. rather than running around trying to please everyone and changing with the wind, that isn't leadership.

00:36:24 Angy Daniell: Would TRANSFORMED be appropriate for us? Or are we already getting the training in 30 Days Program?

00:36:35 Mariah Jackman: Reacted to "romans 12:2 comes to..." with ❤️

00:36:42 Karen Hartlaub: Reacted to "romans 12:2 comes to..." with 💕

00:37:01 Karen Hartlaub: How do you deal with UPLINE who is sales driven. That is what makes me stuck – I get annoyed and a little angry honestly.

00:37:28 Mariah Jackman: Replying to "Would TRANSFORMED be..."

Wondering this as well! Someone in my downline signed up and wanted to know if I was doing it too

00:37:36 Gail: Replying to "romans 12:2 comes to..."

Love that reminder of that scripture!

00:38:13 Andrea Khashchuk: Reacted to "Love that reminder o..." with 🥰

00:39:46 Karen Hartlaub: my lesson – it posting my ChatGPT without the lat 10%

00:41:42 Maxie Gunderson: How do I get into G p t chat. Do we have a free one.

00:42:04 Coach Danielle Cole: Replying to "How do I get into G ..."

www.chatgpt.com

00:42:05 Sara Lee W: Replying to "Would TRANSFORMED be..."

I was also wondering if we are getting that info in this container too.

00:42:14 Coach Danielle Cole: Replying to "How do I get into G ..."

You can make a free account

00:42:49 Maxie Gunderson: Reacted to My win: got a new cu... with "❤️"

00:42:57 Jan Hoffman: Replying to "Would TRANSFORMED be..."

I got an email from Bob this morning that said it was free access to past members of Love Serve Grow, but I'm still not sure if we have to pay or not?

00:46:26 Mariah Jackman: Yesterday I used the product post chat gpt framework and replaced the "product" with the business

00:47:00 Kelli Boyles: I missed this grid that she is talking about. Where can I find that?

00:47:09 Brittany Doran: Reacted to "I missed this grid t..." with 👍

00:47:19 Brenda Lee Kaminsky: wow that's great info

00:47:34 Gail: Replying to "I missed this grid t..."

yes me too!

00:48:14 Coach Kristy Wharton: @Maxie Gunderson we've given you this before—have you CLICKED on this link @Coach Danielle Cole added above? Click the link itself... it will open it for you. And message us back here when you do... we want make sure you get it.

00:49:41 Dana Mays, MD: When at an event, should we hide the company name?

00:50:23 Socorro Dunn: Replying to "When at an event, sh..."

Interesting question

00:51:52 Socorro Dunn: And aren't we suppose to connect that for prospects?

00:51:56 Coach Kristy Wharton: Replying to "When at an event, sh..."

No need to... especially in micro content. The old 'hiding' name is rooted in fear (what if they google the name and go order it from someone else). You dont have to splash the name of course—though you dont have to hide it. .

00:52:38 Dana Mays, MD: Replying to "When at an event, sh..."

Thank you. I've been getting hung up on that and have refrained from posting convention content. Thanks

00:52:51 Socorro Dunn: Replying to "When at an event, sh..."

Clear!! Thank you.

00:55:21 Kelli Boyles: yes

00:55:22 Brenda Lee Kaminsky: yes we can

00:55:26 Jan Hoffman: I can see it

00:55:29 Gail: I can see it

00:56:13 Fireflies.ai Notetaker Tammy: The meeting schedule is about to end.

Action Items for this meeting:

- Frame the recognition of team achievements around the personal significance of those accomplishments for the individuals involved. @Karen Hartlaub
 - Frame accomplishments around their meaningful impact to create emotional connections in posts. @Bob Heilig
 - Acknowledge struggles alongside achievements to make accomplishments relatable. @Bob Heilig
 - Reward effort and growth, not just achievement. @Bob Heilig
 - Share your own authentic journey through your content to connect and normalize struggles. @Karen Hartlaub
 - Learn how to utilize ChatGPT more for content creation. @Lynn
 - Kirsten needs to fix her Zoom account settings to display her name correctly. @Kirsten
 - Send the link to the lady who ordered during the gut health and sourdough workshop. @Andrea Khashchuk
 - Set up additional dates for value wellness events at the senior living facility. @Andrea Khashchuk
 - Follow up with the third lady who wanted to order
- 00:56:16 Fireflies.ai Notetaker Tammy: and assist her with the ordering process. @Andrea Khashchuk
- Create at least one product post per week, following the framework and using the provided prompt. @Sara Lee W
 - Clearly define the problem and the person in the post to connect with the target audience. @Annette Aguiar
 - Define the problem of energy shift clearly for marketing purposes, targeting busy moms in their 40s. @Annette Aguiar
 - Shift messaging to position the love-led approach as the only way, not just a better way. @Bob Heilig
 - Increase engagement and registration numbers for the upcoming program called Transformed. @Unassigned

- Feed the post back into ChatGPT and clarify the dream customer, their problem, desired outcome, and the vision or transformation that could happen if they take the product. @Annette Aguiar

- Take the post and feed it back into ChatGPT to clarify the message. @Annette Aguiar

- Conduct a weekly content review of posts to identify areas for improvement. @Annette Aguiar

- Put the coaching

00:56:20 Fireflies.ai Notetaker Tammy: framework on a pin board for daily reference. @Annette Aguiar

- Create invitation posts that frame a problem and speak to a person that the business could potentially help. @Brittney Howard

- Find someone to help stay-at-home moms who need to work to support their families financially. @Bob Heilig

- Create intentional and purposeful feed posts about the event for connecting with potential prospects. @Bob Heilig

- Create connection posts that are geared towards connecting with potential prospects and repurpose content for the team. @Bob Heilig


- Utilize convention content to create engaging posts for the team, encouraging them about future opportunities. @Bob Heilig

- Create a connection post that shares personal life experiences without directly inviting to the business, focusing on building trust and connection. @Brittney Howard

00:57:48 Lindsay Woolcox: Love it!

00:58:14 Brenda Lee Kaminsky: that was excellent !!!

00:58:20 Karen Hartlaub: Reacted to

"{6B6AAB85-73A9-4EDE-8500-980AA74F011A}.png" with 

01:00:27 Socorro Dunn: Very helpful!! Seeing live GPT!!

01:00:29 Karen Hartlaub: FYI - for the second week in a row I just got my reminder text for the call. not sure why it is delayed

01:00:44 Maxie Gunderson: Is stories connection also?

01:00:50 Socorro Dunn: Replying to "FYI - for the second..."

Me too

01:00:52 Socorro Dunn: Replying to "FYI - for the second..."

Thank you

01:01:43 Carla Cross: Thank you Bob!
01:01:43 Brittany Doran: thank you!!!
01:01:54 Socorro Dunn: Do we do the Tranform week?