

Weekly LOVE-LED™ Breakthrough

Coaching & Strategy Session 3 LSG

5.22.2025

00:02:41 Nicole Sapriken (she/her): Hello all!!

00:02:42 Fireflies.ai Notetaker Bob: Talk to Fireflies:

- 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/01JVPIV6XMV7VEYCCBSP94XE57?ref=live_chat

00:02:55 Liza Johnson: Hello from Maine.

00:03:04 Krissy Vick: Hey from Los Angeles

00:03:20 Kathy's iPhone: Hello from Northern Ontario Canada 🇨🇦

00:03:31 Nicole Sapriken (she/her): Hey Bob, try turning you sound to "original sound for musicians"

00:03:39 Coach Kristy Wharton: Reacted to "Hey Bob, try turning..." with 🔥

00:04:01 Nicole Sapriken (she/her): Next time LOL

00:04:14 Laura Rodgers: Hey Bob

00:04:28 Stephanie Helmbold: No problem Bob!!!

00:05:18 Chris Wenstrom: I am using it and loving it!!!

2 great comcersations

00:05:23 Stephanie Whittaker: WIN: Sponsoring is simple and FUN now: 1 new coach, 1 signing on tomorrow, my team is sponsoring from being equipped with your ACA method! Loving this!!

00:05:50 Coach Kristy Wharton: Reacted to "WIN: Sponsoring is s..." with 🔥

00:06:12 Theresa Torres: I had my first potential client respond from my Product post.

00:06:15 Nicole Sapriken (she/her): Win: I have surpassed \$1000 this month so the rest of the month is gravy for me ... so now, my goal is to \$5000

00:06:21 Stephanie Guerra: I had a great event after our conversation last week. Even a possible new team member. It was great helping her find her problem and reason for wanting to join. I was AMAZING!

00:06:22 Stacey Reeves Owens: New customer using love led approach

00:06:26 Susan Restad: Lesson, don't spend the first 15 of core 4 posting content, instead focus on purely creating content. The posting can be done earlier and I don't get sidetracked!

00:06:29 Coach Tammy Asmus: Reacted to "Win: I have surpasses..." with 🔥

00:06:33 Kayla Allen: WIN: New Coach! Changed my onboarding emails for myself and team. Simple and a few days they get content. Shared with team and they are loving it

00:06:39 Kathy's iPhone: I signed up 2 New Clients and scheduling one on ones for a business builder

00:06:53 Coach Tammy Asmus: Reacted to "I had a great event ..." with 🔥

00:07:05 Coach Tammy Asmus: Reacted to "New customer using I..." with 🔥

00:07:07 Alicia Raley: 3 new clients yesterday and helping 2 coaches that have started the last 8 weeks and offering coaching more boldly. Today is client support day and was able to talk openly and confidently that the 5n1 is not serving her right now and asked if she was open to exploring other plans to help her move forward.

00:07:31 Coach Tammy Asmus: Reacted to "WIN: New Coach! Chan..." with 🔥

00:07:35 Coach Tammy Asmus: Reacted to "I signed up 2 New Cl..." with 🔥

00:07:50 Stephanie Guerra: Replying to "I had a great event ..."

I cut out all the things that felt fake in my event. SO MUCH BETTER!!

00:08:09 Stephanie Whittaker: LOVE this Chris!! I feel your passion for people!

00:08:09 Laura Rodgers: Win was sending out messages for the business / List of 25

People engaging more with their problems

00:08:11 Molly Waldrup Johnson: WIN! Have had 2 in person events!!

QUESTION- I'm finding people are reluctant to talk about their issues & problems in group setting. How do I make this happen?

00:08:53 Stephanie Whittaker: Reacted to "3 new clients yester..." with 🔥

00:09:42 Laura Rodgers: Outreach are going up

00:09:51 andrea simanson: Replying to "I had a great event ..."

It's hard to only focus on one client this week, but I can see how it's good to focus on one at a time.

00:09:54 Coach Danielle Cole: Reacted to "Win: I have surpasses..." with 🔥

00:09:55 Coach Kristy Wharton: Reacted to "Win: I have surpasses..." with 🔥

00:09:58 Coach Danielle Cole: Reacted to "I had my first poten..." with 🔥

00:10:00 Coach Danielle Cole: Reacted to "WIN: Sponsoring is s..." with 🔥

00:10:03 Coach Danielle Cole: Reacted to "I am using it and lo..." with 🔥

00:10:06 Coach Danielle Cole: Reacted to "New customer using l..." with 🔥

00:10:14 Coach Danielle Cole: Reacted to "Lesson, don't spend ..." with ❤️

00:10:17 Coach Danielle Cole: Reacted to "WIN: New Coach! Chan..." with 🔥

00:10:18 Coach Danielle Cole: Reacted to "I signed up 2 New Cl..." with 🔥

00:10:21 Coach Danielle Cole: Reacted to "3 new clients yester..." with 🔥

00:10:22 Marjorie Kauffman: Doing more in the Core 4 — not just focusing on Connection and Value.

00:10:27 Coach Danielle Cole: Reacted to "Win was sending out..." with 🔥

00:10:32 andrea simanson: Replying to "I had a great event ..."

Started a new client from a referral!

00:10:36 Coach Kristy Wharton: Reacted to "Doing more in the Co..." with 🔥

00:11:55 Coach Danielle Cole: Reacted to "Doing more in the Co..." with 🔥

00:12:46 Mary Daza: I have 2 new clients that transferred to me! They are also coaching. I have some RLS that they don't count as new clients and that I will not be able to coach them successfully. What would you say to that?

00:13:39 Marjorie Kauffman: I need to do more in Proof and Invitation posts — I was way overbalanced in Value and Connection. Today I did a FB Live giving an Invitation. (Yay! ~ Very direct) Then I did a Proof post mentioning the product... could I have done it better????? (Most recent post)

00:14:07 Krista Tavares: For those events I like client profile sheet and then connect later

00:14:25 Coach Kristy Wharton: Reacted to "For those events I l..." with 🔥

00:14:48 Coach Tammy Asmus: Reacted to "For those events I l..." with 🔥

00:15:11 Coach Danielle Cole: Reacted to "For those events I l..." with 🔥

00:16:39 Krista Tavares: I have a question about invites

00:17:39 Liza Johnson: When I do in home events, I ask them to fill out a wellness form. It's just a few questions. It's so helpful !!

00:17:43 Alicia Raley: Love that. And I am married to a LE and you are 100% on how hard it is for them

00:18:03 Kayla Allen: The tool you provided this week on customers is working well. Curious, would you use this tool to also help coaches? Seems it would be powerful. Would love to hear your thoughts, when bringing people in as partners.

00:18:53 Mandy & Wayne Hudson: Replying to "The tool you provide..."

Love this!

00:19:10 Rande Ballard: Win: did an in person event, also seem to have had breakthrough with better posts, including connection posts. 2 new clients so far this mo

00:19:26 Nicole Sapriken (she/her): I would love some tips and tricks for in person connecting and ways to get people's info. I have been trying a few, but I am always open to trying others

00:19:54 Stephanie Guerra: In an event I have everyone fill out their name and number along with answering a couple of questions including "what is your biggest cleaning challenge?" This gives me a little insight and their number so I can follow up. They want to do it because it's their entry to a PRIZE

00:20:42 Liza Johnson: I give a sample & at the end do a small drawing.

00:21:22 Nicole Sapriken (she/her): Replying to "I would love some ti..."

Meaning like a sheet for us to refer to kind of thing

00:22:23 Cheryl Mabry: Reacted to "Love that. And I am ..." with 🙏

00:22:52 Cheryl Mabry: Reacted to "For those events I l..." with 🔥

00:24:13 Cheryl Mabry: Awareness! Do I want to shift?

00:25:01 Rachel Davis: serve

00:26:21 Laura Rodgers: Yes

00:28:04 Stephanie Whittaker: WOW this is powerful thank you for calling all of us higher Bob

00:28:10 Liza Johnson: With me

00:28:23 Cheryl Mabry: Connected! Remember this from my corporate finance days-

00:29:29 Stephanie Whittaker: Yessss Mary SO good!

00:29:44 Stephanie Whittaker: Yes I am

00:29:49 Laura Trimble: I so relate to this!

00:30:21 Alicia Raley: Thank you for sharing Mary!

00:30:47 Mary Daza: Reacted to "Thank you for sharin..." with ❤️

00:30:51 Stephanie Whittaker: Reacted to "Thank you for sharin..." with ❤️

00:31:00 Laura Rodgers: Reacted to Thank you for sharin... with "❤️"

00:31:19 Laura Rodgers: Thank you Mary

00:31:30 Marjorie Kauffman: @ Stephanie Whittaker — YES! I'm with you. Can't wait to hear the podcast. Thanks.

00:31:31 Stephanie Whittaker: Yesssss thank you for helping us frame this to a true place of serving and helping again. Peace.

00:31:38 Stephanie Whittaker: Reacted to "@ Stephanie Whittake..." with ❤️

00:32:00 Alicia Raley: Yes and it takes over! It creeps in. LSG has been a game changer

00:32:10 Stephanie Whittaker: Reacted to "Yes and it takes ove..." with ❤️

00:32:13 Tammy: Yes>> I'm there right now now

00:32:19 Stephanie Helmbold: Reacted to "Yesssss thank you fo..." with ❤️

00:32:22 Marjorie Kauffman: Reacted to "Yesssss thank you fo..." with ❤️

00:32:41 Stephanie Whittaker: This is so good. We're all leaders here because we're truly leading others with LOVE

00:32:51 Marjorie Kauffman: Reacted to "This is so good. We'..." with 👍

00:32:52 Stephanie Helmbold: Reacted to "This is so good. We'..." with ❤️

00:33:16 Nicki Paulsen: Replying to "Yesssss thank you fo..."

"connected"

00:33:17 Kayla Allen: Thanks for being vulnerable today Mary!

00:33:31 Vicki Hamdorf: Thanks Mary & Stephanie for sharing your experiences.

00:33:41 Stephanie Whittaker: Our worth is not our results

00:33:54 Laura Rodgers: Hugs💖

00:33:57 Karen Forrister: This is powerful!! Just resonates with me too!

00:34:05 Stephanie Whittaker: Reacted to "Thanks Mary & Stephe..." with ❤️

00:34:14 Alicia Raley: I would love to take you for a coffee walk! Hugs. you are an amazing leader and the growth through this will be so powerful!!!!

00:34:49 Karen Forrister: Mic Drop

00:34:49 Vicki Hamdorf: I have recognized that I have lots of fear about bringing on coaches because I might fail them.

00:34:50 Stephanie Helmbold: Reacted to "Thanks Mary & Stepha..." with ❤️

00:34:55 Stephanie Helmbold: Reacted to "Our worth is not our..." with ❤️

00:34:57 Laura Trimble: Appreciate your vulnerability

00:35:03 Marjorie Kauffman: Reacted to "I have recognized th..." with 👍

00:35:09 Stephanie Helmbold: Replying to "Our worth is not our..."
I needed to hear this!

00:35:21 Charity Smith: Amen

00:35:50 Nicole Sapriken (she/her): 💜💜

00:36:05 Kayla Allen: You are making generational change by investing in this program! In years ahead, your choices to slow down and be love led with be extraordinary. We are all in this together!! Love this space!

00:36:25 Betty Jane's iPad: 💕

00:36:25 Stephanie Whittaker: Mary love watching you grow here! Your authenticity served us all today. We're so proud of you for doing the inner healing work and building with love!

00:36:35 Nicki Paulsen: Reacted to "Our worth is not our..." with ❤️

00:36:39 Stephanie Helmbold: Reacted to "Mary love watching y..." with ❤️

00:37:03 Stephanie Whittaker: Reacted to "I needed to hear thi..." with ❤️

00:37:09 Nicki Paulsen: Reacted to "Mary love watching y..." with 👍

00:37:36 Stephanie Helmbold: @Mary Daza I'm right there with you, trying to unlearn what we were taught. You've got this!

00:37:37 Laura Rodgers: Yes but its worth it but slower and will get there with learning

00:37:40 Alicia Raley: Reacted to "@Mary Daza I'm right..." with ❤️

00:37:44 Carol Crosby: This is sooo true! I want easy and get so hung up with my own inconsistencies so am scared to be a leader

00:37:45 Liza Johnson: It helps me to write my wins daily.

00:37:47 Mary Daza: Reacted to "@Mary Daza I'm right..." with ❤️

00:37:48 Alicia Raley: Reacted to "Mary love watching y..." with ❤️

00:38:20 Kathy's iPhone: I so feel your passion Mary.. hugs

00:38:24 Stephanie Helmbold: Yesssss! Me too!!

00:38:36 Krissy Vick: feeding my kids

00:38:44 Mandy & Wayne Hudson: Reacted to "feeding my kids" with 😊

00:38:52 Alicia Raley: Wow! Huge eye opener for me

00:39:23 Liza Johnson: When I went back to doing my quiet time 1st, the rest falls into place 💜🙏💜

00:39:23 Lindsay Ault: gosh this is so good. needed this. Thank you

00:39:50 Mary Daza: Ouch

00:39:54 Annette Aguiar: I have felt so much less stress about content lately

00:40:14 Jenny Sipe: Upline is telling us to post 3xs a day

00:40:33 Alicia Raley: I needed to hear this. Leaving on a mom daughter trip next week and the relief I just felt feels so good.

00:40:45 Stephanie Helmbold: THANK YOU!!!

00:40:46 Tammy Carabelli: I really needed to hear this today. Thank you!

00:40:59 Mary Daza: Thank you!!!

00:41:00 Amanda & Marcus Williams: Amen amen amen!

00:41:07 Stephanie Whittaker: Mmmmm such a good word. This is so deeply ingrained in me and I am so open and growing in letting this go. I believe this Bob!

00:41:09 Kristan Gulati: 🙏

00:41:23 Mary Daza: Reacted to "When I went back to ..." with ❤️

00:41:25 Kelley Whelan: That's GOOD!!

00:41:28 Mary Daza: Reacted to "I so feel your passi..." with ❤️

00:41:32 Alicia Raley: Reacted to "Mmmmm such a good wo..." with ❤️

00:41:37 Mary Daza: Reacted to "Mary love watching y..." with ❤️

00:41:43 Nicole Sapriken (she/her): 🙌

00:41:47 Kelley Whelan: That's what I do

00:41:53 Susie Wolford: I'm posting less because of my broken arm and I'm getting more engagement on what I do post

00:41:55 Mary Daza: Reacted to "I needed to hear thi..." with ❤️

00:41:59 Mary Daza: Reacted to "Thanks Mary & Stepha..." with ❤️

00:42:00 Vicki Hamdorf: Yes, I feel the guilt when I am not posting everyday. Especially when I have been on vacation.

00:42:04 Karen Forrister: I think Facebook might think I died

00:42:04 Mary Daza: Reacted to "Thanks for being vul..." with ❤️

00:42:07 Mary Daza: Reacted to "This is so good. We'..." with ❤️

00:42:09 Molly Waldrup Johnson: My word for the year is rhythm!! 😊😊😊

00:42:13 Mary Daza: Reacted to "Yesssss thank you fo..." with ❤️

00:42:14 Stephanie Guerra: Reacted to "I think Facebook my ..." with 😂

00:42:23 Nicole Sapriken (she/her): Reacted to "I think Facebook mig..." with 😂

00:42:25 Krissy Vick: Reacted to "I think Facebook mig..." with 🤔

00:42:27 andrea simanson: I've experienced freedom because of this thinking right here! Only one post per day and some days I don't even post and I'm okay with that. No guilt.

00:42:29 Stephanie Whittaker: WOW WOW WOW this feels like freedom!

00:42:30 Laura Rodgers: Good

00:42:32 Rande Ballard: like heaven

00:42:35 Laura Trimble: Reacted to "I think Facebook mig..." with 😂

00:42:37 Stephanie Whittaker: QUALITY POSTS

00:42:38 Tammy: mindblown

00:42:49 Gail Ramesh: Can anyone sign up for Transformed? Do they have to have done anything with Bob?

00:43:05 Laura Rodgers: Ive post less now

00:43:12 Mandy & Wayne Hudson: I am really struggling with posting less per day. This is going to be very interesting, LOL!!!

00:43:14 Stephanie Whittaker: How do stories play into this?

00:43:28 Nicole Sapriken (she/her): I find that layout from the company to be a red flag personally.

00:43:28 Laura Trimble: Reacted to "I am really struggli..." with !!

00:43:29 Vicki Hamdorf: Good question Stephanie!

00:43:42 Mary Daza: Reacted to "I am really struggli..." with ❤️

00:43:55 Coach Kristy Wharton: Anyone can.. we are suggesting those in 30days (active clients) do not, but anyone else yes.

00:44:02 Stephanie Whittaker: RIGHT!!!!

00:44:05 Kayla Allen: AMEN!! Lets go LSG!!!

00:44:08 Jenny Sipe: thank you this is what my gut has been telling me

00:44:23 andrea simanson: We choose the rhythm ❤️ Love it.

00:44:24 Brenna: It's so true - thanks for sharing this!

00:44:31 Gail Ramesh: Replying to "Can anyone sign up f..."

@Coach Kristy Wharton THANKS!!! I have a friend that I would love to sign up for Transformed!!

00:44:32 Kathy's iPhone: Yes!!!

00:44:38 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with 🔥

00:45:02 Alicia Raley: Replying to "How do stories play ..."

Great question. Was wondering that too

00:45:07 Coach Kristy Wharton: Replying to "Can anyone sign up f..."

@Gail Ramesh definitely share with your other coaches.

00:45:21 Gail Ramesh: Replying to "Can anyone sign up f..."

@Coach Kristy Wharton OH I SHALL!!!!!!!

00:45:41 Vicki Hamdorf: Replying to "How do stories play ..."

Me too!

00:46:41 Stephanie Whittaker: My mind is blown. This is the COOLEST!!!!

It's SPOT ON!

00:46:48 Jenny Sipe: Preach it Bob! Thank you!!! Grateful to have your passion!

00:46:50 Marjorie Kauffman: Reacted to "Preach it Bob! Than..." with 👍

00:46:54 Coach Kristy Wharton: Replying to "My word for the year..."

Rhythm is natural...there is a rhythm to everything in life. Seasonally, especially like he is discussing with Mary

00:46:58 Laura Rodgers: Love Led Amen

00:46:59 Tammy Carabelli: Reacted to "Preach it Bob! Than..." with ❤️

00:47:09 Nicki Paulsen: That's Why I am HERE!!!! I am IN!!!

00:47:16 Marjorie Kauffman: Reacted to "That's Why I am HERE..." with 👍

00:47:18 Chris Wenstrom: How refreshing!




00:47:36 Vicki Hamdorf: Thanks Mary for asking the tough questions!


00:47:58 Mary Daza: Reacted to "Thanks Mary for aski..." with ❤️





00:48:00 Nicki Paulsen: Reacted to "Rhythm is natural...th..." with 👍

00:48:16 Stephanie Helmbold: Thank you Mary!!!!

00:48:17 Kathy's iPhone: Thank you Mary!!!!❤️❤️

00:48:20 Stephanie Whittaker: THAT WAS GOLD
00:48:25 Mandy & Wayne Hudson: 
00:48:28 Mary Daza: 
00:48:33 Stephanie Whittaker: Registered!!!
00:48:40 Laura Trimble: Reacted to "👉" with 
00:48:47 Taylor Berlin: Registered!
00:48:47 Stephanie Helmbold: Registered!!!
00:48:50 Team Your Virtual Upline: <http://yourvirtualupline.com/transformed>
00:48:59 andrea simanson: This right here today has been GOLD!
00:49:00 Taylor Berlin: Curious, do we have to pay for the deep dive/upgrade?
00:49:07 Nicki Paulsen: Registered!
00:49:14 Marjorie Kauffman: I'm registered and can't wait to bring my coaches on, too.
00:49:31 Linda Schymik: Can't wait to get this class and asked my team to join me as well
00:49:35 Stephanie Guerra: I had what would have been a scary conversation yesterday, but instead I felt excited and challenged to show up as a leader. It made be realize how much I've grown.
00:49:41 Nicole Sapriken (she/her): Transformed last year was the reason I signed up to LSG last June
00:49:44 Liza Johnson:Replying to "We choose the rhythm..."

My upline has been teaching rhythm 

00:49:49 Nicole Sapriken (she/her): This year is going to be better
00:49:51 Stephanie Guerra: Reacted to "Transformed last yea..." with 
00:49:57 Vicki Hamdorf: Reacted to "I'm registered and c..." with 
00:49:59 Kathy's iPhone: What are the dates again
00:49:59 Laura Rodgers: Cant wait
00:50:29 Stephanie Guerra: Reacted to "My upline has been t..." with 
00:50:34 Coach Kristy Wharton: Reacted to "Curious, do we have ..." with 
00:51:07 Jenny Sipe: how do we get the extra coaching?
00:51:21 Coach Kristy Wharton: In the deep dive-implementation he means
00:51:37 andrea simanson: Just invited my team. Thanks for providing the link here!

00:51:39 Jodi Korsten: Registered
00:51:59 Krista Tavares: I have a question
00:52:55 Coach Kristy Wharton: Replying to "how do we get the ex..."

We do have private coaching available should you have an interest in learning more about that.

00:53:18 Coach Kristy Wharton: Reacted to "This year is going t..." with 🔥
00:54:17 Stephanie Whittaker: SO good! Thank you Bob!! I can't wait for this
00:56:17 Amy Varghese: Love this!
00:56:21 Karen Forrister: Do we still need to reach out to hot leads
00:56:36 Laura Rodgers: This is great!!
00:56:36 Annette Aguiar: Your shifts are giving me extra hope
00:56:44 Tammy Carabelli: Reacted to "Your shifts are givi..." with 👍
00:57:00 Stephanie Helmbold: I have SO much more hope right now!!
00:57:01 Amy Varghese: I'm so excited about this!
01:00:31 Rande Ballard: Transformed start date?
01:00:48 Liza Johnson:Replying to "Transformed start da..."

June 4

01:00:50 Alicia Raley: Can't wait for Monday! Working with two new coaches.
01:01:53 Liza Johnson:Great reminder: dig deeper
01:02:34 Alicia Raley: Thank you
01:02:34 Stephanie Whittaker: This was SO great thank you Bob!!!
01:02:42 Lindsay Ault: thank you!
01:02:43 Kayla Allen: Thanks Bob!
01:02:45 Nicki Paulsen: Thank you!
01:02:46 Kristan Gulati: Ty!!