

Weekly LOVE-LED™ Breakthrough Coaching & Strategy Session 6.6.2025

00:01:58 Fireflies.ai Notetaker Bob: 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/01JWSD3CTPTRR3CHF8H7W95QB1?ref=live_chat

00:02:19 Nicole Sapriken: Hello from Sunfest in Castlegar!!

00:02:33 Coach Kristy Wharton: Reacted to "Hello from Sunfest i..." with 🥰

00:02:33 Marjorie Kauffman: Hello from Pennsylvania

00:02:36 Linda Schymik: Hello from Rochester Hills Mi

00:02:38 Coach Kristy Wharton: Reacted to "Hello from Pennsylv..." with 🥰

00:02:42 Coach Kristy Wharton: Reacted to "Hello from Rochester..." with 🥰

00:03:01 Linda Schymik: Great class earlier BOB

00:03:09 Liza Johnson: Hello from Maine

00:03:19 Coach Kristy Wharton: Reacted to "Great class earlier ..." with 🥰

00:03:27 Kathy Loewen, #CM, #Certified Health Coach: Hi from Vonore, TN

00:03:33 Nicole Sapriken: Awesome so far! Lots of Church Bob

00:03:38 Coach Kristy Wharton: Reacted to "Awesome so far! Lots..." with 😊

00:03:42 Betty Jane's iPad: Clovis, CA — Good afternoon!

00:03:51 Coach Kristy Wharton: Reacted to "Clovis, CA — Good af..." with 🔥

00:03:57 Betty Jane's iPad: Transform is great!

00:04:09 Linda Schymik: Win is I am still here

00:04:14 Coach Kristy Wharton: Reacted to "Win is I am still he..." with 🔥

00:04:31 Linda Schymik: Remember those days

00:04:31 Lesley & Ryan Bogash: Reacted to "Win is I am still he..." with ❤️

00:04:47 Nicki Paulsen: So grateful for Transformed!!! I NEEDED this!

00:04:47 Theresa Torres: I had two conversations with Potential Coaches.

00:04:50 Alicia Raley: Win - I used the core 4 tracker more this week while working AND I actually posted in the Flex Friday today instead of next Monday

00:04:59 Coach Kristy Wharton: Reacted to "I had two conversati..." with 🔥

00:05:00 Marcia Schiavo: 2 new this week, one from engagement post in April and one out of nowhere

00:05:03 Stephanie Helmbold: For the first time on Monday I checked off all 4 CORE 4 activities and signed up a new client.

00:05:07 Lesley & Ryan Bogash: Reacted to "For the first time o..." with ♥

00:05:07 Leigh Ulrich: I got a new client and have a call scheduled after this session.

Also, I shared some personal content that was really vulnerable and it got lots of engagement.

00:05:09 Coach Kristy Wharton: Reacted to "For the first time o..." with ♥

00:05:14 Lesley & Ryan Bogash: Reacted to "2 new this week, one..." with ♥
00:05:15 Taylor Berlin: Lesson from transformed: I need to figure out who I am to narrow
in my content 🤔🤔
00:05:21 Coach Kristy Wharton: Replying to "For the first time o..."

And a NEW client! Yahoo..

00:05:22 Liza Johnson: A very happy customer that I'm still working on a RLS with
00:05:38 Diana Henry: I ranked advanced in my company.
00:05:40 Marjorie Kauffman: Reacted to "For the first time o..." with ♥
00:05:40 Nicole Sapriken: Learning that I need to chill on posting so obsessively,
especially when I am doing as many events that I am doing
00:05:43 Cheryl Mabry: In person on 6/1 - 11 contacts. FU'd w/ 7 of 11. 1 new client this
week
00:05:44 Lesley & Ryan Bogash: Lesson- Need to be more consistent with Core 4.
00:05:45 Rande Ballard: More response in my love led posts.
00:05:47 Coach Kristy Wharton: Reacted to "I got a new client a..." with 🔥
00:05:47 Stephanie Helmbold: Reacted to "And a NEW client! Ya..." with ♥
00:05:50 Theresa Torres: Reacted to "2 new this week, one..." with ♥
00:05:52 Coach Kristy Wharton: Reacted to "Lesson from transfor..." with 🔥
00:05:53 Meghan Lyons King: Had a lot going on with my son having surgery this week
and instead of guilting myself about content creation and thought more about my rhythm. Felt so
good.
00:05:54 Kayla Allen: Bringing love led with my team/ a coach did the guide post for
transformation. Which led to a call with a yes to client and they want to be a coach . Best part
she feels she is moving with love
00:06:05 Coach Kristy Wharton: Reacted to "I ranked advanced in..." with 🔥
00:06:44 Coach Kristy Wharton: Replying to "I ranked advanced in..."

Well yay!!! I must have missed this! Congrats

00:06:59 Coach Kristy Wharton: Reacted to "Lesson- Need to be m..." with 🥰
00:07:11 Cheryl Mabry: Reacted to "I ranked advanced in..." with 🔥
00:07:14 Coach Kristy Wharton: Reacted to "In person on 6/1 - 1..." with 🥰
00:07:14 Stephanie Helmbold: Reacted to "I ranked advanced in..." with 🔥
00:07:20 Coach Kristy Wharton: Reacted to "Learning that I need..." with 🥰
00:07:29 Linda Schymik: Yes
00:07:32 Stephanie Helmbold: Me for sure
00:07:32 Meghan Lyons King: Same
00:07:41 Marcia Schiavo: Reacted to "I had two conversati..." with ♥
00:08:00 Coach Jess Mitchell: Reacted to "I ranked advanced in..." with 🎉
00:08:15 Megan Weisheipl: Reacted to "I ranked advanced in..." with 🔥
00:08:49 Diana Henry: Reacted to "Well yay!!! I must h..." with ♥
00:08:58 Coach Kristy Wharton: Reacted to "More response in my ..." with 🥰
00:09:18 Coach Kristy Wharton: Reacted to "A very happy custome..." with 🥰
00:09:32 Coach Kristy Wharton: Reacted to "Win - I used the cor..." with 🥰

00:10:22 Marjorie Kauffman: @Coach Kristy Wharton this has never happened before. I am on my desktop and had the volume all the way up and could not hear Bob at all. I was hoping it was on his end, but evidently not. So I am watching on my desktop and listening on my phone. (You will see me twice in the participant view) ~~ Do you have any insight about why I could not hear? I was on Core 4 this morning and Transformed a little bit ago. Any suggestions???

00:10:43 Coach Kristy Wharton: Replying to "Win - I used the cor..."

We appreciate you posting in it, either time! Though sounds like you have a win/lesson on time "alignment."

00:12:20 Coach Kristy Wharton: Replying to "@Coach Kristy Wharto..."

There it a setting that has turns off audio... can you locate it and see it its on/off?

00:12:37 Liza Johnson: Performance

00:12:39 Meghan Lyons King: Mmm that is such a good point

00:12:40 Coach Kristy Wharton: Replying to "@Coach Kristy Wharto..."

@Marjorie Kauffman not the microphone... btw

00:12:49 Jennifer Cumbie: Too focused on self

00:12:51 Stephanie Helmbold: Results based

00:14:07 Coach Kristy Wharton: Replying to "@Coach Kristy Wharto..."

Go to "zoom setting at the top right hand corner upper corner"

00:14:46 Sandy Job-Rivera: Replying to "@Coach Kristy Wharto..."

Also make sure there are not bluetooth headphones connected somewhere. That's happened to me.

00:14:59 Danielle Williams's iPhone: If you don't have a team, what is a another way you can connect to the trainings from

The last two weeks?

00:15:21 Vicki Hamdorf: If we are in Love Serve Grow do we have to pay the extra money for the extra sessions?

00:17:01 Coach Kristy Wharton: Replying to "If you don't have a ..."

Make sure youve doing them, personally. You leading you—models this as you bring on a team member.

00:17:31 Coach Kristy Wharton: Replying to "If we are in Love Se..."

Yes.

00:18:18 Julia Brown: In regards to this week's lesson, I'm wondering how much of the materials that Bob shared with us (workbook, scripts, tools, etc) are we allowed to share with our teams as we coach them on the Core 4? I don't want to "steal" his stuff since I know it's available only to paying clients.

00:18:46 Linda Schymik: Reacted to "In regards to this w..." with 😊

00:20:14 Krissy Vick: Replying to "In regards to this w..."

I have the same question.

00:20:54 Marjorie Kauffman: Replying to "@Coach Kristy Wharto..."

YES — BLUETOOTH... I had an earplug not in its case. THANK YOU BOTH!!! I did not want a computer 'issue'. xo

00:21:01 Coach Kristy Wharton: Reacted to "YES — BLUETOOTH... I h..." with 🔥

00:21:02 Stephanie Whittaker: Love this so much!

00:21:16 Karen Forrister: I am struggling with the tracker being another time for me to check a box - how to plan for goals vs being more of a rhythm

00:22:52 Marjorie Kauffman: Reacted to "YES — BLUETOOTH... I h..." with ❤️

00:22:59 Linda Schymik: Thankyou Bob

00:23:02 Julia Brown: Replying to "In regards to this w..."

Perfect. Thank you!

00:23:02 Coach Kristy Wharton: Many of our leaders refer team members to join (for example, Transformed especially) you have referral links to help them join, and you receive credit for, too. That is IDEAL. we also know that you will transfer what you are learning and he finished (this thought)...

00:23:27 Julia Brown: Replying to "In regards to this w..."

My coach is in Transformed. 😊

00:23:36 Karen Forrister: I feel lighter and less stress

00:23:42 Coach Kristy Wharton: Reacted to "My coach is in Trans..." with 🤗

00:24:11 Stephanie Whittaker: Yes big breakthroughs with my team!

00:24:43 Coach Kristy Wharton: Replying to "In regards to this w..."

@Julia Brown fantastic! Creating systems using a shared language is terrific for duplication.

00:24:43 Marjorie Kauffman: Reacted to "Yes big breakthrough..." with ❤️

00:24:46 Julia Brown: Replying to "In regards to this w..."

I've just been introducing Core 4 to her generally, but thought it would be awesome if I could share Bob's specific scripts. Thankful to be able to share the things I've learned.

00:24:59 Linda Schymik: I posted myself this morning sharing my way of how to make my sourdough bread. Making it about how I can help. Has nothing to do with my products

00:25:03 Julia Brown: Reacted to "@Julia Brown fantast..." with ❤️

00:25:04 Cheryl Mabry: Reacted to "Yes big breakthrough..." with ❤️

00:25:08 Stephanie Helmbold: Most valuable thing in my business is ME - my voice, my story, my presence!! 🦋

00:25:23 Linda Schymik: Reacted to "Most valuable thing ..." with 🤗

00:25:29 Sandy Job-Rivera: What was the book?

00:25:33 Nicole Sapriken: I missed it. What book?

00:25:49 Nicole Sapriken: Thanx

00:25:58 Taylor Berlin: Replying to "What was the book?"

I was just going to ask that too. 😊

00:26:09 Annette Aguiar: Name of the book?

00:26:10 Bob Heilig: A Return to Love by Marianne Williamson

00:26:49 Coach Kristy Wharton: Reacted to "A Return to Love by ..." with 🔥

00:26:50 Cheryl Mabry: connected

00:27:10 Linda Schymik: Same for me as well with most of this

00:27:12 Lesley & Ryan Bogash: Woo Hoo, love it.

00:27:26 Stephanie Whittaker: This is EVERYTHING Karen!!!

00:27:26 Liza Johnson: I'm reading that now because Bob mentioned it.

00:27:49 Marjorie Kauffman: FOMO. Me, too!

00:27:54 Coach Jess Mitchell: @Karen Forrister I know exactly how you have felt, and the impact of being soooo focused on trying to grow your business that you lose your life/self.

It's so tough to break out of, but good for you!!! It's the best journey back to life!

00:27:55 Mandy & Wayne Hudson: FOMO!!!!

00:27:57 sue paige: So great Karen!! I hear you and love hearing this!!

00:28:16 Elana Berlin: Karen I feel you! I was you! and thank god I have pushed through to the other side

00:28:27 Vicki Hamdorf: I can so relate to you Karen! My husband is always complaining about how much time I am on zooms and the computer.

00:28:42 Linda Schymik: Reacted to "I can so relate to y..." with ☺

00:28:45 Marjorie Kauffman: FOMO is fear led for sure

00:29:03 Stephanie Whittaker: Yesss breakthrough in transformed is the copy and paste leads to a self worth problem

00:29:22 Stephanie Helmbold: Reacted to "Yesss breakthrough i..." with 🔥

00:31:03 Marjorie Kauffman: Boy, I wish my mentors were in here. ;-)

00:31:11 Elana Berlin: Reacted to "Boy, I wish my mento..." with ❤️

00:31:16 Cheryl Mabry: Reacted to "Boy, I wish my mento..." with ❤️

00:32:21 sue paige: And a great lesson for me too!

00:32:42 Mandy & Wayne Hudson: ❤️

00:32:47 Coach Kristy Wharton: Reacted to "❤️" with 🥰

00:33:01 Liza Johnson: Thanks for asking that question Karen. I've been fighting that same thing.

00:34:03 Sandy Job-Rivera: Reacted to "YES — BLUETOOTH... I h..." with ❤️

00:34:20 Stephanie Helmbold: I feel exactly the same way

00:35:23 Coach Kristy Wharton: Reacted to "I feel exactly the s..." with 🥰

00:35:54 Karen Forrister: Theresa is a rock star!!!

00:35:59 sue paige: Awesome share Theresa!!


00:35:59 Mandy & Wayne Hudson: She's an amazing LEADER!

00:36:00 Cheryl Mabry: WooHoo Teresa!

00:36:02 Stephanie Whittaker: That's AMAZING Theresa!!!!

00:36:02 Kristan Gulati: Reacted to "A Return to Love by ..." with 💕


00:36:21 Liza Johnson: Great job, Theresa

00:36:28 Jennifer Cumbie: Reacted to "FOMO is fear led for..." with 

00:36:53 Liza Johnson: It certainly isn't sustainable @

00:37:01 Jennifer Cumbie: Thanks for sharing Theresa!

00:38:39 Amy Varghese: I finally feel like how I love to post is a good thing and I don't have to be this lone odd duck by myself. My voice is something someone else needs to hear.

00:38:42 Mandy & Wayne Hudson: It's not about what we do, it's about WHO WE ARE!!! 

00:39:04 Sandy Job-Rivera: So how what is being taught to people currently in 30 days to \$1k?

00:39:18 Linda Schymik: Did Bob say that 30D1K A fear lead way?


00:39:28 Alicia Raley: Started 2 years ago with a 6 month break and so thankful I am back!


00:39:29 Marjorie Kauffman: Do we need to take the "new" course over again? Tell us more.


00:39:41 Linda Schymik: Thank you bob

00:40:12 Julia Brown: So grateful to be part of this transformation WITH you!


00:40:18 Mandy & Wayne Hudson: Lifting the LID on LIFE!

00:40:28 Coach Kristy Wharton: Reacted to "Lifting the LID on L..." with 

00:40:52 Julia Brown: Reacted to "Thank you bob" with 

00:40:58 Coach Kristy Wharton: Reacted to "It's not about what ..." with 

00:41:22 sue paige: I proud of you too Theresa! So heartfelt!

00:41:23 Sandy Job-Rivera: Reacted to "It's not about what ..." with 


00:41:32 Coach Kristy Wharton: Replying to "It's not about what ..."

BE-have-do ... versus DO-have-be. 

00:41:45 Bob Heilig: Replying to "Do we need to take t..."

Absolutely not.... if you're here

00:41:59 Alicia Raley: Way to go Steph

00:42:03 Coach Kristy Wharton: Reacted to "Absolutely not.... if ..." with 

00:46:14 Stephanie Whittaker: We are all for the Bob way!!!!


00:46:18 Linda Schymik: I am excited To learn

00:46:49 Nicole Sapriken: I can't wait!

00:46:53 Mandy & Wayne Hudson: On man - can we have it tomorrow, LOL!

00:46:59 Stephanie Helmbold: Bring it!!! NEED it!!


00:47:02 Marjorie Kauffman: Thank you, Bob! Yes, we want you to be consistent.


00:47:07 Sandy Job-Rivera: Reacted to "On man - can we have..." with 

00:47:14 Nicole Sapriken: Replying to "It's not about what ..."

Thank you for all you do for us. I am looking so forward to the switch

00:47:15 Meghan Lyons King: I think Transform has unveiled how much I have been performing in my life... content etc

00:47:18 Coach Kristy Wharton: Reacted to "On man - can we have..." with 

00:47:35 Coach Kristy Wharton: Reacted to "On man - can we have..." with 

00:49:09 Sandy Job-Rivera: How much will the prompts change?
00:49:29 Mandy & Wayne Hudson: Love the way the new names encourage congruence!
00:49:31 Marjorie Kauffman: We got an email that said if we refer someone to course and they take it, they can get \$100 and we can get \$100 credit — What course would we use that \$100 on??? If we refer several, do we earn \$100 for each one?
00:51:25 Cheryl Mabry: LSG is in week 5 ?? and I'm just getting started, now Transformed...and I missed these first 2 sessions...where should I focus?
00:51:29 Alicia Raley: I am excited. I have two new coaches who are engaged and the last 2-3 months I have been guiding them through using what I have learned in 30 days and using some of my homework from LSG. They both are in transformed. I have their feed back and they are loving what they are hearing. It is interesting to me to hear how they have "felt" and how they feel now. I am really leaning in so yes, I continue to grow and learn and lead from love and really exciting on simplifying through what you are teaching to help them. I also know as new coaches they are working through the uncomfortableness of sharing when they have really been consumers of social media etc. so it is going to be beautiful to see their growth. And mine
00:51:30 Elana Berlin: This is incredible!
00:52:22 Stephanie Whittaker: Reacted to "I am excited. I hav..." with ❤️
00:52:49 Coach Kristy Wharton: Replying to "LSG is in week 5 ?? ..."

Id stay focused on LSG. We will update info to match transformed--make sense?

00:53:41 Julia Brown: That's so generous. Any way to connect my team member (for future purchases) if she got into the Your Virtual Upline FB group and signed up for transformed on her own?
00:53:42 Stephanie Whittaker: Yayyy Alicia!!!
00:54:22 Coach Kristy Wharton: Reacted to "That's so generous. ..." with 🤗
00:54:32 Stephanie Sipek: Replying to "That's so generous. ..."

Hi Julia - reach out to support@yourvirtualupline.com

00:54:52 Coach Kristy Wharton: Reacted to "Hi Julia - reach out..." with 🤗
00:55:02 Julia Brown: Reacted to "Hi Julia - reach out..." with ❤️
00:55:03 Coach Kristy Wharton: Reacted to "We got an email that..." with 🤗
00:55:11 Julia Brown: Replying to "That's so generous. ..."

Thank you! 😊

00:58:25 Stephanie Whittaker: That's such a good word on helping them realize it's just the old way and challenging them to something new
01:00:17 Alicia Raley: Reacted to "That's such a good w..." with ❤️
01:00:24 Alicia Raley: Reacted to "Yayyy Alicia!!!" with ❤️
01:00:45 Kelley Whelan: Thank you!