

Weekly LOVE-LED™ Breakthrough Coaching & Strategy Session Chat Transcript

00:02:21 Fireflies.ai Notetaker Kristy: 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/01K23FWS7AQ6RW41J3WAVG3MPM?ref=live_chat

00:02:34 Coach Danielle Cole: Hi Everyone!!!

00:02:40 Coach Tammy Asmus: Reacted to "Hi Everyone!!!" with ❤️

00:03:05 Coach Kristy Wharton: Reacted to "Hi Everyone!!!" with ❤️

00:03:35 Coach Jess Mitchell: Good morning/midday! :)

00:03:42 Megan Weisheipl: Hello friends!! 😊

00:04:05 Coach Tammy Asmus: Happy Thankful Thursday!!! Xoxo, Coach T

00:04:11 Pam Reece: Reacted to "Happy Thankful Thurs..." with ❤️

00:04:17 Pam Reece: Reacted to "Good morning/midday!..." with ❤️

00:04:21 Pam Reece: Reacted to "Hi Everyone!!!" with ❤️

00:04:26 Pam Reece: Reacted to "Hello friends!! 😊" with ❤️

00:04:35 Toni Frere: Happy Thursday!!

00:04:54 Coach Kristy Wharton: Reacted to "Happy Thursday!!" with 🤗

00:05:47 Newelle McDonald she/her: Had an amazing response from a Possibility post!! 38 responses and 2 new contacts in process!!! 🦋

00:05:59 Coach Danielle Cole: Reacted to "Had an amazing respo..." with 🔥

00:06:04 Coach Danielle Cole: Replying to "Had an amazing respo..."

AMAZING!

00:06:49 Coach Kristy Wharton: Replying to "Had an amazing respo..."

Wow... congrats! So much potential.

00:06:50 Newelle McDonald she/her: Replying to "Had an amazing respo..."

Yes! I'm so DELIGHTED!!!

00:07:02 Coach Kristy Wharton: Reacted to "Yes! I'm so DELIGHTE..." with 🥰

00:08:13 Linda Salzwedel: 3:00 Eastern time?

00:08:14 Amy Brown: Is that 3pm ET?

00:08:17 Coach Danielle Cole: Replying to "Is that 3pm ET?"

YES

00:08:17 Robin McCabe: Is that on the calendar?

00:08:25 Coach Danielle Cole: Replying to "3:00 Eastern time?"

YES

00:08:35 Coach Jess Mitchell: Reacted to "Had an amazing respo..." with 🔥

00:08:40 Robin McCabe: Thank you!

00:08:55 Linda Salzwedel: Reacted to "YES" with 👍

00:09:36 Louise Edwards: Not feeling guilty for not posting as much as I used to

00:09:38 Newelle McDonald she/her: More excited about my business in every way!

00:09:45 Sally Anderson: got back on track after being out of town

00:09:45 Joanne Clement: I feel in control and enjoy the process. I choose my time wisely now.

00:09:50 Amy Brown: Had a nice convo yesterday after slowing down and letting ChatGPT. Help me through it. I was initially making an assumption she wouldn't be interested but pushed past it

00:09:51 Penny Blake-Womack: belief in myself

00:09:52 Karen Kvidera: Finally have identified exactly why I have been stuck.

00:09:54 Team Goyette (Jim & Kate): Working on consistently keeping positivity in the forefront, even if not seeing results.

00:10:04 Toni Frere: Finding this to be FUN!

00:10:04 Coach Danielle Cole: Reacted to "I feel in control an..." with ❤️

00:10:08 Team Goyette (Jim & Kate): Reacted to "Had a nice convo yes..." with ❤️

00:10:13 Coach Ashley Prieto: Replying to "Finding this to be F..."

Love that

00:10:16 DeeDee Fitch: I feel like this is me now.. I love my rhythm. I believe in ME now.

00:10:23 Team Goyette (Jim & Kate): Reacted to "I feel like this is ..." with ❤️

00:10:28 Megan Weisheipl: Reacted to "I feel like this is ..." with ❤️

00:10:44 Robin McCabe: Realizing I need to pause more to see where I'm really at - rather than how it used to be. What "success" really is when looking with the lens of love rather than fear.

00:10:56 Coach Jess Mitchell: Reacted to "I feel like this is ..." with ❤️

00:10:59 Team Goyette (Jim & Kate): Reacted to "Realizing I need to ..." with ❤️

00:11:02 Catherine Heller: Reacted to "Realizing I need to ..." with ❤️

00:11:04 Coach Jess Mitchell: Reacted to "Realizing I need to ..." with 🔥

00:11:08 Diane Eskey: Love my posting strategy, and feeling ready to share with my team. and I'm not gonna let them effect me if they still want to remain in fear led posting.

00:11:15 Coach Jess Mitchell: Reacted to "Finally have identif..." with ❤️

00:11:16 Nancy Earl-Stanley: Although this process has been a little messier for me than I had hoped, I feel really good about what I've learned and how this is going to transform my business

00:11:17 Denise Rainier: I've had to recognize that I've needed to extend grace to myself for honoring numerous other commitments outside of my business - and not feeling guilty about not having a good rhythm last week.

00:11:19 Coach Jess Mitchell: Reacted to "belief in myself" with 🔥

00:11:25 Terri Temple: This feels more authentic to who i am.

00:11:28 Coach Jess Mitchell: Reacted to "Had a nice convo yes..." with 🤗

00:11:30 Caryl Pawlusiak: Reacted to "Although this proces..." with ❤️

00:11:35 Karen Kvidera: In the midst of growth days I do.

00:11:36 Caryl Pawlusiak: Replying to "Although this proces..."

Love this Nancy!!!

00:11:53 Louise Edwards: Yes Amy!!!!

00:11:54 Nancy Earl-Stanley: Replying to "Although this proces..."

Hi friend!

00:12:08	Coach Ashley Prieto:	Reacted to "Although this proces..." with ❤️
00:12:10	Coach Danielle Cole:	Reacted to "Finding this to be F..." with 🔥
00:12:22	Coach Jess Mitchell:	Reacted to "This feels more auth..." with 🔥
00:12:28	Coach Jess Mitchell:	Reacted to "I've had to recogniz..." with ❤️
00:13:11	Coach Danielle Cole:	Reacted to "Although this proces..." with ❤️
00:13:19	Megan Weisheipl:	Red Light Story
00:13:25	Coach Danielle Cole:	Reacted to "I've had to recogniz..." with ❤️
00:13:29	Coach Danielle Cole:	Reacted to "Love my posting stra..." with 🔥
00:13:32	Coach Danielle Cole:	Reacted to "Realizing I need to ..." with ❤️
00:13:35	Coach Danielle Cole:	Reacted to "I feel like this is ..." with ❤️
00:13:41	Coach Danielle Cole:	Reacted to "Working on consisten..." with ❤️
00:13:53	Coach Danielle Cole:	Replying to "Finally have identif..."

Would you like to share?

00:13:59	Coach Danielle Cole:	Reacted to "Had a nice convo yes..." with ❤️
00:14:11	Cindy Templeton:	More awareness in other areas of my life where the fear-led model of leadership was present not just business.
00:14:24	Coach Danielle Cole:	Reacted to "More awareness in ot..." with 🔥
00:14:31	Coach Danielle Cole:	Replying to "More awareness in ot..."

So powerful!

00:14:34	Coach Kristy Wharton:	Replying to "Realizing I need to ..."
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Kudos for you in defining YOUR criteria for success!

00:14:43	Terri Temple:	Reacted to "Realizing I need to ..." with 🔥
00:14:49	Coach Kristy Wharton:	Reacted to "More awareness in ot..." with 🙏
00:15:26	Robin McCabe:	Reacted to "Kudos for you in def..." with ❤️
00:15:30	Coach Kristy Wharton:	It all touches... to create a business that serves our life, instead of a life that serves our business. Xoxo
00:15:34	Karen Kvidera:	Reacted to "More awareness in ot..." with 🔥
00:15:48	Karen Kvidera:	Reacted to "Realizing I need to ..." with 🔥
00:16:40	Karen Kvidera:	Wow Amy.

00:17:25 Cindy Templeton: Reacted to "It all touches... to ..." with ❤️
00:17:39 Cindy Templeton: Replying to "More awareness in ot..."

@Coach Kristy Wharton Amen!

00:17:42 Cindy Templeton: Reacted to "So powerful!" with ❤️
00:18:00 Team Goyette (Jim & Kate): YES - the internal shift - proud of you Amy!!
00:18:14 DeeDee Fitch: Reacted to "I feel like this is ..." with ❤️
00:19:45 Karen Kvidera: Leading through an obstacle.
00:23:40 Karen Kvidera: So good Amy.
00:23:53 Louise Edwards: Amy - you are doing so good! You inspire me!!!
00:23:55 Team Goyette (Jim & Kate): OOH great insight - she expected a salesy approach and put up resistance before even knowing what you have to offer
00:24:04 Nancy Earl-Stanley: Nice job Amy!
00:24:14 Karen Kvidera: Mic Drop!!
00:24:18 Catherine Heller: Great job Amy! We are learning a new way
00:24:49 Karen Helm: Love this shift!
00:24:50 Jade Schlemmer: So very proud of you Amy!
00:25:05 Team Goyette (Jim & Kate): Right ON Amy!!!!
00:26:25 Pam Reece: ❤️
00:27:07 Teresa Snider: So impactful!!
00:29:51 Jade Schlemmer: Yes Bob!!!!
00:31:25 Joanne Clement: I believe that if we do things that are not in line with our values don't show up the way we want in our results....it's contradictory.
00:32:16 Joanne Clement: We all did
00:32:42 Caryl Pawlusiak: Reacted to "Hi friend!" with ❤️
00:37:08 Cindy Templeton: Commitment - same with coaching with our team.
So good!
00:37:30 Dawn's iPhone: Don't work harder than your clients do for their success?
00:37:43 Denise Rainier: Reacted to "Don't work harder th..." with 👍
00:37:49 Diane Eskey: Reacted to "Don't work harder th..." with 👍
00:38:56 Team Goyette (Jim & Kate): Reacted to "Don't work harder th..." with

00:39:19 Karen Kvidera: Such a great share.

00:41:07 Newelle McDonald she/her: When they're digging a foundation for a sky scrapper, it takes a loooooong time. Then the building goes up lickety-split. Give ourselves time to build that foundation

00:41:16 Team Goyette (Jim & Kate): Reacted to "When they're digging..." with ❤️

00:41:19 Karen Kvidera: Reacted to "When they're digging..." with ❤️

00:41:26 Pam Reece: Reacted to "When they're digging..." with ❤️

00:41:28 Terri Temple: Reacted to "When they're digging..." with ❤️

00:42:44 Joanne Clement: Re launching our business in an other way

00:43:29 Teresa Snider: The word "try" means an act of incompleton. So we need to get rid of the word "try".

00:43:32 Karen Kvidera: You are speaking to us all Bob.

00:44:15 Team Goyette (Jim & Kate): It's about belief

00:44:31 Karen Kvidera: So good.

00:44:58 Dawn's iPhone: I love that - you are not your thoughts. you are the thinker of your thoughts

00:45:30 DeeDee Fitch: My head just exploded on me again!!

00:45:34 Nancy Earl-Stanley: So good...I'm not my thoughts...I'm just the thinker of my thoughts

00:45:36 Diane Eskey: @Coach Danielle Cole thanks for you reach out yesterday, this right here is so helpful to what I shared with you yesterday.

00:45:44 Coach Danielle Cole: Reacted to "@Coach Danielle Cole..." with 🔥

00:46:09 Coach Jess Mitchell: Reacted to "@Coach Danielle Cole..." with 🔥

00:46:13 Coach Jess Mitchell: Reacted to "My head just explode..." with ❤️

00:46:17 Coach Jess Mitchell: Reacted to "I love that - you ar..." with ❤️

00:46:17 Team Goyette (Jim & Kate): Dang - I am doing that too!

00:46:20 Hilleri Dickey: So good

00:46:51 Coach Jess Mitchell: That's beautiful!

00:47:19 Joanne Clement: This call is powerful and inspiring. Thank you Amy....that s great training for all of us.

00:47:38 Karen Kvidera: Reacted to "This call is powerfu..." with ❤️

00:47:41 Coach Jess Mitchell: Reacted to "This call is powerfu..." with ❤️

00:47:50 Coach Danielle Cole: Reacted to "So good" with ❤️

00:47:55 Coach Danielle Cole: Reacted to "This call is powerfu..." with 🔥
00:48:17 Dawn's iPhone: Thank you! I am so grateful that my work schedule changed at the last minute and I am able to tune in to this.
00:48:27 Coach Jess Mitchell: Replying to "Thank you! I am so g..."

You were meant to be right here!

00:48:55 Karen Kvidera: thank you Bob. This is speaking so loudly to us all.
00:48:57 Dawn's iPhone: Replying to "Thank you! I am so g..."



00:49:04 Coach Kristy Wharton: Empowered thinking... we all have been given a spirit of POWER, LOVE and a SOUND MIND!

00:49:06 Karen Kvidera: Aha!

00:49:14 Team Goyette (Jim & Kate): Reacted to "Empowered thinking... ..." with ❤️

00:49:25 Coach Tammy Asmus: Reacted to "Empowered thinking... ..." with ❤️

00:49:30 Teresa Snider: Grateful that I was able to listen to this live!!

00:49:32 Hilleri Dickey: Reacted to "Empowered thinking... ..." with ❤️

00:49:33 Joanne Clement: Reacted to "Empowered thinking... ..." with ❤️

00:49:33 Joanne Clement: Reacted to "Empowered thinking... ..." with ❤️

00:49:42 Coach Danielle Cole: Reacted to "Grateful that I was ..." with 🔥

00:49:45 Caryl Pawlusiak: Reacted to "@Coach Danielle Cole..." with 🔥

00:50:02 Coach Kristy Wharton: Reacted to "Grateful that I was ..." with 🙏

00:50:05 Coach Kristy Wharton: Reacted to "Aha!" with 🙏

00:50:08 Coach Kristy Wharton: Reacted to "thank you Bob. Thi..." with 🙏

00:50:15 Coach Kristy Wharton: Reacted to "Thank you! I am so g..." with 🙏

00:50:21 Coach Tammy Asmus: Replying to "Empowered thinking... ..."

Love it! 2 Timothy 1:7:

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

00:50:27 Coach Kristy Wharton: Reacted to "You were meant to be..." with 🙏

00:50:27 Coach Tammy Asmus: Reacted to "Grateful that I was ..." with ❤️

00:50:30 Caryl Pawlusiak: Reacted to "So good...I'm not my t..." with ❤️

00:50:35 Coach Jess Mitchell: It's the long-term game!

00:50:49 Joanne Clement: We have to stick long enough Amy so it can become a beautiful addiction.

00:51:16 Coach Ashley Prieto: Reacted to "Love it! 2 Timothy 1..." with ❤️

00:51:23 Coach Danielle Cole: Reacted to "We have to stick lon..." with 🤝

00:51:31 Catherine Heller: Great reminder Bob

00:51:41 Coach Kristy Wharton: Reacted to "Love it! 2 Timothy 1..." with ❤️

00:52:06 Dawn's iPhone: I will be listening to this replay, too ❤️

00:52:21 Karen Helm: So good today!!

00:52:26 Cindy Templeton: Reacted to "It's the long-term g..." with 🙌

00:52:29 Megan Weisheipl: GREAT coaching session!

00:52:35 Coach Danielle Cole: SO GOOD!!!!

00:52:37 Denise Rainier: Replying to "I will be listening ..."

Me too. I've been a bit derailed lately and feel like I have to start all over again.

00:52:41 Hilleri Dickey: Reacted to "SO GOOD!!!!!" with 🙌

00:52:43 Team Goyette (Jim & Kate): Amazing Amy!!!

00:52:44 Hilleri Dickey: Reacted to "GREAT coaching sessi..." with 🙌

00:53:07 Denise Rainier: So good!

00:53:14 Coach Kristy Wharton: Spot on. Love without power is anemic and sentimental and power without love is wreckless and abusive. #truth

00:53:17 Dawn's iPhone: Replying to "I will be listening ..."

Me, too

00:53:26 Catherine Heller: Bob we can use your coaching every week!!

00:53:32 Coach Danielle Cole: Reacted to "Bob we can use your ..." with 🙌

00:53:36 Coach Kristy Wharton: Reacted to "Bob we can use your ..." with 🤝

00:53:41 Charlene Sandford: Reacted to "Love it! 2 Timothy 1..." with ❤️

00:53:46 Coach Kristy Wharton: Reacted to "Amazing Amy!!!" with 🔥

00:53:50 Coach Kristy Wharton: Reacted to "GREAT coaching sessi..." with 🔥

00:53:54 Coach Tammy Asmus: Reacted to "Spot on. Love with p..." with 🔥

00:54:01 Dawn's iPhone: Reacted to "Bob we can use your ..." with ❤️

00:54:03 Karen Kvidera: Reacted to "Spot on. Love with p..." with 🔥

00:54:04 Karen Kvidera: Replying to "Empowered thinking... ..."

Starting to feel the pendulum swing the other way. So grateful. Starting each day with intention.

00:54:12 Terri Temple: So good amazing Amy thank you Bob
00:54:41 Coach Kristy Wharton: Reacted to "Starting to feel the..." with 🔥
00:54:50 Coach Jess Mitchell: Reacted to "Bob we can use your ..." with 🔥
00:54:53 Dawn's iPhone: Thank you both
00:55:29 Coach Kristy Wharton: Replying to "Empowered thinking... ..."

@Karen Kvidera that pendulum thing, yes watch that..

00:56:03 Caryl Pawlusiak: Reacted to "Starting to feel the..." with ❤️
00:56:55 Megan Weisheipl: Makes you human
00:57:23 Dawn's iPhone: Reacted to "Makes you human" with ❤️
00:57:29 Catherine Heller: Replying to "Makes you human"

your session yesterday was soooo good!

00:58:30 Megan Weisheipl: The Selfish Hour
00:58:51 Hilleri Dickey: Replying to "The Selfish Hour"

Heck yes!!! Already bought it and it was amazing

00:58:55 Amy Brown: I have the book but need to read. No more setting it aside!
00:58:58 Coach Kristy Wharton: Reacted to "The Selfish Hour" with 🔥
00:59:03 Dawn's iPhone: Replying to "Makes you human"

I need to watch the replay

00:59:34 Megan Weisheipl: Replying to "I have the book but ..."

I created it with short chapters and big font to make it easy to read! ;) It's like having a conversation with friend about real stuff!

00:59:40 Karen Lovegrove: Replying to "The Selfish Hour"

@Hilleri Dickey same

00:59:40 Megan Weisheipl: Reacted to "Heck yes!!! Already ..." with ❤️
00:59:56 Coach Danielle Cole: Reacted to "Heck yes!!! Already ..." with 🔥
00:59:58 Amy Brown: Reacted to "I created it with sh..." with ❤️
01:00:43 Terri Temple: Reacted to "I created it with sh..." with ❤️

01:00:48 Coach Kristy Wharton: Reacted to "I created it with sh..." with ❤️

01:01:55 Team Goyette (Jim & Kate): Reacted to "The Selfish Hour" with 100

01:03:44 Joanne Clement: Love it

01:06:50 Joanne Clement: No

01:08:43 Hilleri Dickey: 100%

01:08:49 Charlene Sandford: Yes

01:08:50 Karen Lovegrove: Definately

01:09:00 Caryl Pawlusiak: 100%

01:09:00 Amy Brown: The perfectionist in me....

01:09:00 Karen Helm: Yes

01:09:04 Teresa Snider: Yes

01:09:05 Hilleri Dickey: Yes

01:09:05 Toni Frere: yes

01:09:07 Sally Anderson: yes a thought in the beginning

01:09:07 Nancy Earl-Stanley: yes

01:09:09 Joni's phone: Yes

01:09:10 Judy Fisher: yes

01:09:16 Diane Eskey: nope

01:09:19 Terri Temple: yes

01:09:20 Jo O'Brien: I feel awkward at times about sheets and data but it grew on me

01:10:56 Dawn's iPhone: Yikes. Avoiding doing the real work. That hit home

01:11:03 Amy Brown: Thank you again Bob!

01:11:05 Karen Kvidera: Reacted to "Thank you again Bob!" with ❤️

01:11:21 Teresa Snider: Thanks everyone!!