

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

00:01:48 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/01K2D8D6H8ME82MXWC64JFD1MZ?ref=live\\_chat](https://app.fireflies.ai/live/01K2D8D6H8ME82MXWC64JFD1MZ?ref=live_chat)

00:02:35 laura rogers: Hello everyone from Massachusetts

00:02:44 Coach Danielle Cole: Hello!!!!

00:02:48 Coach Danielle Cole: Reacted to "Hello everyone from ..." with ❤️

00:02:58 Brittany Doran: Hello from Richmond, VA!

00:03:45 Linda Schymik: Hello from Rochester Hills

00:04:07 Linda Schymik: It's going to be good Bob

00:04:13 Karen Hartlaub: family First

00:04:14 Morrigan: time to find a new rthym....

00:04:22 Nicole Sapriken: Just breathe Bob.

00:04:38 Karen Forrister: I think I felt the shift with a call speaking with someone about coaching and program

00:04:40 Coach Jess Mitchell: Love all you students coaching BOB! 😄

00:04:46 Coach Danielle Cole: Reacted to "Love all you student..." with 😊

00:04:50 laura rogers: That I went deeper in myself and pulled out things

00:04:52 Morrigan: show up on social media through service & authenticity post

00:04:55 Liza Johnson:I need to focus more on God and less on Liza

00:04:56 Brittany Doran: Showing up more!

00:05:02 Coach Danielle Cole: Reacted to "time to find a new r..." with ❤️

00:05:04 Coach Danielle Cole: Reacted to "Just breathe Bob." with ❤️

00:05:06 Kelly's iPhone: Biggest takeaway from my company mini conference is just to be me

00:05:11 Coach Danielle Cole: Reacted to "I think I felt the s..." with 🔥  
00:05:18 Coach Danielle Cole: Reacted to "That I went deeper i..." with ❤️  
00:05:23 Sandy Job-Rivera: Reacted to "Love all you student..." with ❤️  
00:05:26 Gut Guru Elizabeth: Asked my gym if I could do a pop up and its happening tomorrow.  
00:05:29 Coach Danielle Cole: Reacted to "show up on social me..." with ❤️  
00:05:33 Coach Danielle Cole: Reacted to "I need to focus more..." with ❤️  
00:05:36 Coach Danielle Cole: Reacted to "Showing up more!" with ❤️  
00:05:40 Linda Schymik: My Ivisable win is I did a reach out and asked a customer a few quesitions and she was open to my request  
00:05:41 Coach Danielle Cole: Reacted to "Asked my gym if I co..." with 🔥  
00:05:48 Coach Danielle Cole: Reacted to "My Ivisable win is I..." with ❤️  
00:05:50 Morrigan: Replying to "Asked my gym if I co..."

WAAY TO GO!!!!

00:05:54 Nicole Sapriken: I have had 4 people recommend me on FB for people looking for a consultant, and they have all given comments that have made me blush.  
00:06:08 Cheryl Mabry: Reacted to "I have had 4 people ..." with 😊  
00:06:09 Raquel Cornelsen: I reached out to my customers, after months of silence. Got out of my head and connected  
00:06:15 Coach Danielle Cole: Reacted to "I have had 4 people ..." with 🔥  
00:06:25 Coach Danielle Cole: Reacted to "I reached out to my ..." with ❤️  
00:06:26 Kelley: I recognized that I can change my rhythm even though it was not my previous rhythm....cause life happens  
00:06:38 Chanel: I have decided to no longer strive for the approval of those who base my worth on my performance.  
00:06:42 Coach Danielle Cole: Reacted to "I recognized that I ..." with ❤️  
00:06:42 Karen Hartlaub: Prioritizing Family and Faith first, working through the red light stories of leading my team  
00:06:51 Coach Danielle Cole: Reacted to "I have decided to no..." with 🔥  
00:06:55 Coach Danielle Cole: Reacted to "Prioritizing Family ..." with 🔥  
00:07:37 laura rodggers: Did a work shop and showed value and they said I gave her inspiration and love

00:07:41 Betty Jane's iPad: I am embracing that it is okay to slow down taking care of myself and my family and granddaughter. I feel better and more peaceful.

00:07:45 Cheryl Mabry: I led several small groups through Yoga, breath and mindset at a HS district wellness event for Stress management....in the old pool 😊

Gave a Raffle prize and received 10 contacts

00:07:48 Coach Danielle Cole: Reacted to "Did a work shop and ..." with ❤️

00:07:53 Coach Danielle Cole: Reacted to "I am embracing that ..." with 🔥

00:08:59 Coach Danielle Cole: Reacted to "I led several small ..." with 🔥

00:09:06 Coach Jess Mitchell: Reacted to "Did a work shop and ..." with 😊

00:09:11 Coach Jess Mitchell: Reacted to "I am embracing that ..." with ❤️

00:09:20 Carol Crosby: Dealing with sickness that came back this week with a vengeance but was proud that I finally listened to Mondays reset lesson yesterday and got the homework sheets printed today so I can work thru them. I'm here, listening with my eyes closed

00:09:21 Coach Jess Mitchell: Reacted to "I led several small ..." with 🔥

00:09:26 Coach Jess Mitchell: Reacted to "Dealing with sicknes..." with ❤️

00:09:45 Coach Jess Mitchell: Replying to "Dealing with sicknes..."

That might be the perfect position for you to receive what you need today! 😊

00:09:53 Susie Wolford: Reacted to "Did a work shop and ..." with ❤️

00:09:56 Susie Wolford: Reacted to "Prioritizing Family ..." with 🔥

00:10:02 Susie Wolford: Reacted to "I have decided to no..." with 🔥

00:10:05 Marcus Ratcliff: Say that again, Content is the "proof" of leadership AND...?

00:10:07 Susie Wolford: Reacted to "I am embracing that ..." with ❤️

00:10:19 Susie Wolford: Reacted to "I led several small ..." with 🔥

00:10:35 Susie Wolford: Reacted to "Dealing with sicknes..." with ❤️

00:10:37 Karen Hartlaub: Replying to "Prioritizing Family ..."

AND prioritizing getting well!!! i have been sick for 2 weeks

00:10:51 Susie Wolford: Reacted to "Asked my gym if I co..." with 🔥

00:10:52 Nicki Paulsen: Drag 'em in means we will Drag 'em around

00:10:55 Liza Johnson: I got nervous speaking to my new chiropractor after I gave him a sample. He said it tasted better than anything else he'd tried. Then he was

coming out to get his next patient. I realized that I was nervous & needed to be bold. So, I texted him & he responded. He asked me to send him something. I asked him what type of information he was actually looking for & I gave him a couple of examples. He said he wasn't sure & gave me a couple of thoughts. So I responded back and asked what was most important to him for he & his family. He responded and now I feel like I can send something appropriate.

00:10:56 Susie Wolford: Reacted to "My Ivisable win is I..." with ❤️

00:11:03 Susie Wolford: Reacted to "I have had 4 people ..." with 🔥

00:11:10 Cheryl Mabry: Replying to "Say that again, Cont..."

Outreach is the practice

00:11:18 Marcus Ratcliff: Reacted to "Outreach is the prac..." with ❤️

00:11:20 Susie Wolford: Reacted to "Showing up more!" with ❤️

00:11:21 Susie Wolford: Reacted to "I need to focus more..." with ❤️

00:11:25 Susie Wolford: Reacted to "show up on social me..." with ❤️

00:11:38 Susie Wolford: Reacted to "That I went deeper i..." with ❤️

00:11:44 Linda Schymik: How can we join that call weekly as well?

00:11:45 Marcus Ratcliff: Reacted to "Drag 'em in means we..." with 🙌

00:11:45 Susie Wolford: Reacted to "Love all you student..." with ❤️

00:11:54 Susie Wolford: Reacted to "I think I felt the s..." with 🔥

00:12:03 Coach Kristy Wharton: Replying to "How can we join that..."

Its for another program @Linda Schymik

00:12:20 Marcus Ratcliff: Reacted to "I got nervous speaki..." with ❤️

00:12:27 Linda Schymik: Bob you talk about this call a lot and was wondering how I can join that? Is it a different paid course?

00:12:43 Coach Danielle Cole: Replying to "Bob you talk about t..."

It is with our Love Led Growth program

00:12:49 Coach Kristy Wharton: Replying to "How can we join that..."

It this type of leadership lab call for our introductory Love-led Growth

00:12:50 Cheryl Mabry: Reacted to "I got nervous speaki..." with ❤️

00:13:38 Zoom user: Recognize that I've been the fear led achiever and was still showing up as "dedication" not love led belief

00:13:50 Marcus Ratcliff: Brilliant insight...

00:13:54 Coach Kristy Wharton: Reacted to "Bob you talk about t..." with 😊

00:17:18 Marcus Ratcliff: Is that basically building relational equity?

00:17:30 Mary Daza: So so good

00:17:45 Coach Danielle Cole: Reacted to "So so good" with 🔥

00:18:25 Coach Danielle Cole: Reacted to "Is that basically bu..." with 🔥

00:18:27 Coach Danielle Cole: Reacted to "Brilliant insight..." with ❤️

00:18:34 Coach Jess Mitchell: Reacted to "Recognize that I've ..." with ❤️

00:18:37 Coach Danielle Cole: Reacted to "Recognize that I've ..." with 🔥

00:18:53 Liza: @Coach Danielle Cole @Coach Kristy Wharton should I leave & come back in, my video won't turn back on.

00:18:56 Karen Hartlaub: Reacted to "Dealing with sicknes..." with 🙏

00:19:12 Coach Kristy Wharton: Replying to "@Coach Danielle Cole..."

Yes..

00:19:26 Coach Kristy Wharton: Replying to "@Coach Danielle Cole..."

Might be a setting didnt get clicked

00:20:26 Marcus Ratcliff: Every time we ADD VALUE we make a deposit in that relational bank account

00:20:45 Coach Danielle Cole: Reacted to "Every time we ADD VA..." with 🔥

00:20:54 Liza: Replying to "@Coach Danielle Co..."

@Coach Kristy Wharton lol, I can't find an X or the leave button

00:21:15 Coach Danielle Cole: Replying to "Bob you talk about t..."

support@yourvirtualupline.com

00:21:16 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with 🤗

00:21:26 Linda Schymik: Thank you I did 30 days to 1 K 2 times

00:21:46 Coach Danielle Cole: Reacted to "Thank you I did 30 d..." with 🤗

00:21:47 Coach Kristy Wharton: Replying to "@Coach Danielle Cole..."

On your phone?

00:22:10 Kelley: So we need to finish 30 days to 1k first right?

00:22:18 Coach Kristy Wharton: Replying to "@Coach Danielle Cole..."

Just push the app and it will take you out ... I tried to send you a message to turn it on and you must have not given access to your camera

00:22:19 Karen Hartlaub: I have a question — I have created an interesting dynamic on my team out of necessity with my health. I have leaned heavily on my upline leader but have recovered from my health and now want to reorganize to get my team going in a love led way. be specific as to which Karen you are asking to talk

00:22:30 Linda Schymik: Yes I did my homework thank you for explaining that 🐱

00:22:48 Coach Danielle Cole: Replying to "So we need to finish..."

30 Days to 1K is now Love Led Growth. You are already here in Love Serve Grow so you are good to go.

00:23:09 Coach Danielle Cole: Reacted to "Yes I did my homework..." with 🤗

00:23:12 Coach Kristy Wharton: Replying to "Say that again, Cont..."

Conversations in general are the practice... @Marcus Ratcliff

00:23:57 Coach Kristy Wharton: Reacted to "Outreach is the prac..." with ❤️

00:24:23 Coach Kristy Wharton: Reacted to "Thank you I did 30 d..." with 🤗

00:24:56 Liza: @Coach Kristy Wharton I'll work on it later. I can't seem to resolve the issue.

00:25:21 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with 🤗

00:26:15 Marcus Ratcliff: That's beautiful...

00:30:16 Cheryl Mabry: the new will be attractional

00:30:51 Mary Daza: You're a rockstar Karen!

00:31:18 Linda Schymik: I need a team that wants to work.

00:31:46 Cheryl Mabry: Reacted to "I need a team that w..." with 100

00:32:09 Cheryl Mabry: chills

00:34:39 Marcus Ratcliff: #Boom

00:35:17 Nicole Sapriken: I used to do it. I have a team of people just personally shopping and not selling

00:36:01 Liza: It's duplicatable for upline to support. I'd love a little more help from my upline when I ask :) I will just keep growing and remember to check-in and see when my downline needs help. I also have some great sideline :)

00:36:19 Marcus Ratcliff: One Carrot after another.... Ugh!

00:36:46 laura rogers: I don't do it anymore

00:36:55 Coach Kristy Wharton: @Linda Schymik If you are open, I'll tag you in a post "coaching corner" about this topic of "needing" or "finding" team/business builders

00:37:48 Liza: Thanks for your honesty & integrity, Bob & team.

00:38:08 laura rogers: Great Advice

00:39:12 Coach Danielle Cole: @Bob Heilig Marcus has his hand up

00:39:22 Marcus Ratcliff: Bob, I have a question on Warm Lead AO

00:39:33 Raquel Cornelsen: I didn't ask before but I have one now, I have been completely offline other than being on stories. I just started reach outs again. Thoughts on starting content again

00:42:39 laura rogers: Would you try to pull out a problems from a personal post

00:43:00 Liza: Me too Marcus...yucky feelig :)

00:44:41 Kayla Allen: Will the new ChatGPT training, overlap with what is being dropped with the rhythm rest weekly training that started this week?

00:45:10 Coach Danielle Cole: Replying to "Will the new ChatGPT..."

You can watch the reset anytime - they drop each Monday

00:45:31 Cheryl Mabry: if its a friend / relationship...perhaps asking for feedback on your page?

00:46:00 Kayla Allen: Replying to "Will the new ChatGPT..."

Yes, but there is a 3 day workshop starting... is that cross content or different

00:46:09 Coach Danielle Cole: Replying to "Will the new ChatGPT..."

Completely different!!!!

00:46:20 Linda Schymik: Where is this in the portal?

00:46:21 Kayla Allen: Replying to "Will the new ChatGPT..."

Thanks

00:46:25 Coach Kristy Wharton: Value Workshop: LSG Training 7 & 8 in Portal

00:46:29 Coach Kristy Wharton: Reacted to "Where is this in the..." with 🤔  
00:46:51 Coach Danielle Cole: Replying to "Will the new ChatGPT..."

You will want to enroll for the workshop – so many things Bob has not taught!

00:46:53 Coach Kristy Wharton: Replying to "Where is this in the..."

Week 7 and 8

00:47:40 Linda Schymik: Is that under the 30days to 1K?

00:47:48 Coach Danielle Cole: Replying to "Is that under the 30..."

No LSG

00:48:10 Coach Danielle Cole: Replying to "Is that under the 30..."

Training 7&8

00:48:22 Jennifer Cumbie: Had 3 referrals today as a result of doing that a couple months ago with a lady. She also said... Keep posting and sharing because I am inspired and know I can count on you to share value.

00:48:40 Cheryl Mabry: Reacted to "Had 3 referrals toda..." with 🔥

00:48:41 Coach Jess Mitchell: Reacted to "Had 3 referrals toda..." with 🔥

00:48:46 Linda Schymik: I need to do this as well Marcus

00:49:46 Cheryl Mabry: Replying to "I need to do this as..."

me too! Perhaps we do a small group!

00:50:09 Karen Hartlaub: i need to rewatch every lesson 5 times to get all the value – because the trainings are SO good

00:50:20 laura rodgers: Basics

00:50:30 Christina Struk: Thank you for saying that. I feel like I should have it on point by now. Still figuring it out

00:51:23 Karen Hartlaub: Will you rename the trainings in LSG so we can find the easier and do that?

00:51:25 laura rodgers: Great

00:51:31 Christina Struk: Meeting us where we are

00:51:56 Coach Kristy Wharton: Replying to "i need to rewatch ev..."



Just had a private client who went back through all of them and she messaged me and said, wow there was so much I missed the first time around

00:52:08 Coach Danielle Cole: Reacted to "Meeting us where we ..." with 🙌

00:52:17 Penny Blake-Womack: Reacted to "Just had a private c..." with !!

00:52:28 Liza: Thanks, this is a great suggestion. Thanks for the question  
Marcus!

00:52:40 Penny Blake-Womack: Reacted to "i need to rewatch ev..." with !!

00:52:59 Karen Hartlaub: Replying to "Thanks, this is a gr..."

i agree!!!

00:53:19 Karen Forrister: So with the workshop/ video- you can "drop" those like you do our trainings?

00:54:15 Marcus Ratcliff: Reacted to "Had 3 referrals toda..." with ❤️

00:54:31 Karen Hartlaub: Replying to "Will you rename the ..."

thank you.

00:55:17 Marcus Ratcliff: Reacted to "Meeting us where we ..." with 🙌

00:56:21 Coach Kristy Wharton: Replying to "So with the workshop..."

The value workshop training is already there, @Karen Forrister (minus the idea of LIVE)

00:58:37 Marcus Ratcliff: You mentioned at one time, that from time to time, do a client support zoom with all of our customers at once, instead of one on one. Would you speak to that again...

00:58:37 Liza: Community

00:58:45 Liza: Connection

00:58:46 Nicole Sapriken: Ai technology is doubling in capacity every 3-4 months.

00:59:29 laura rodgers: 😮 Wow

00:59:43 Coach Danielle Cole: Replying to "You mentioned at one..."

Here you go Marcus!

00:59:50 Alicia Raley: We moved to small groups in July and they are going GREAT.

00:59:56 Coach Danielle Cole: Reacted to "We moved to small gr..." with 🔥  
01:00:06 Karen Hartlaub: Reacted to "We moved to small gr..." with 👍  
01:00:09 Mary Daza: 🤖  
01:00:21 Alicia Raley: Freed up so much time and honestly feels so much better on client support days.  
01:00:34 Liza: Thanks, you convinced me of to move my 1:1 into a small group. I'm actually working on that right now.  
01:00:39 Marcus Ratcliff: PLEASE tell me more... because it seems so inefficient, yet how do I create a Transformational experience w/out one on one?  
01:00:44 Liza: Reacted to "We moved to small ..." with 👍  
01:01:12 Marcus Ratcliff: Reacted to "Here you go Marcus!" with 📺  
01:01:27 Marcus Ratcliff: Reacted to "We moved to small gr..." with 🔥  
01:01:39 Marcus Ratcliff: Reacted to "Freed up so much tim..." with ❤️  
01:01:54 Karen Hartlaub: Replying to "PLEASE tell me more....."

no a Optiavia coach but i would group them in groups with personal goals or like interests in life. Create a community

01:02:02 Coach Danielle Cole: Reacted to "no a Optiavia coach ..." with 🔥  
01:02:04 Felicia Neahr: Replying to "PLEASE tell me more....."

I think it looks a lot like everything Bob and his team does. They coach on common problems, sometimes include specific people with questions...and I think we'd all agree it's pretty impactful for all of us

01:02:21 Cheryl Mabry: Reacted to "no a Optiavia coach ..." with 🔥  
01:02:25 Liza: lol...you are so authentic Bob  
01:02:32 Marcus Ratcliff: Reacted to "I think it looks a l..." with 📺  
01:02:33 Stephanie Sipek: Registration Page for Chat GPT Workshop:  
<https://yourvirtualupline.com/chatgpt>  
01:02:52 Karen Hartlaub: I will be in Italy (and NOT working) for most of that but I am registered!!!  
01:03:07 Cheryl Mabry: We don't need you BOB 🤖  
01:03:08 Stephanie Sipek: Replying to "I will be in Italy (..."

You will get access to the recordings!!

01:03:14 Lauren Cormier: Wow  
01:03:15 Mary Daza: Wowzas  
01:03:32 Liza: Reacted to "I will be in Italy..." with 👍  
01:03:33 laura rodgers: It says I registered and got the receipt but still getting sent to register for it? Should I talk to support  
01:03:41 Liza: They did  
01:03:44 Stephanie Sipek: Registration Page for Chat GPT Workshop:  
<https://yourvirtualupline.com/chatgpt>  
01:03:46 Team Your Virtual Upline: <https://yourvirtualupline.com/chatgpt>  
01:04:01 Team Your Virtual Upline: Replying to "It says I registered..."

[support@yourvirtualupline.com](mailto:support@yourvirtualupline.com) and we'll help out.

01:04:03 Mary Daza: Like for me when Facebook first launched 😊  
01:04:04 Marcus Ratcliff: Time flies....  
01:04:08 Liza: lol