

Weekly LOVE-LED™ Breakthrough Coaching & Strategy Session Chat Transcript 8.21.2025

00:01:47 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/01K2PX3SQ2D0AEK562TMA9CZH5?ref=live_chat

00:04:42 Joanne Clement: That will be awesome to continue this rhythm in the fall.

00:05:18 Diane Marie: Tuesday the 26th of August and then Thursday, the 4th of September

00:05:40 Coach Kristy Wharton: Reacted to "That will be awesome..." with 🥰

00:05:41 DeeDee Fitch: Next week is Tuesday? What time?

00:05:46 Coach Kristy Wharton: Reacted to "Tuesday the 26th of ..." with 🥰

00:05:50 Coach Kristy Wharton: Reacted to "Next week is Tuesday..." with 🥰

00:05:55 Kelley: still here!

00:05:57 Denise Rainier: Replying to "Next week is Tuesday..."

3 PM Eastern I believe he said

00:06:09 Coach Kristy Wharton: Reacted to "still here!" with 🥰

00:06:16 Lisa Bomers: Was on vacation and posted when I felt it, was a great feeling

00:06:19 Robin McCabe: Feeling proud – I never thought I'd get through a summer AND do a course like this. Still here. Yes!

00:06:25 Joanne Clement: My why became stronger

00:06:32 Denise Rainier: Have fallen behind but determined to refocus

00:06:37 Jennifer Peterson: Completed my own CORE4 today – didn't panic when I 'only' had 6-8 names on my list to connect with. Dove head first into THEM.

00:06:44 Coach Kristy Wharton: Reacted to "Feeling proud – I ne..." with 🥰

00:06:48 Amy Brown: Digging back into my why for doing this to help keep me pushing forward

00:06:50 Kathryn Aceves: was able to step back to help my daughter after the birth of our 6th grandchild.

00:06:51 Rhonda Dillon: Feeling like I can, I will, I am

00:06:56 Coach Kristy Wharton: Reacted to "My why became strong..." with 🙌

00:06:57 Lori Reetz: I'm feeling more and more confident each week. Very proud of myself for making this shift!

00:06:57 Newelle McDonald she/her: I didn't act on the panic of someone responding with less than enthusiasm. 😊

00:07:09 Coach Kristy Wharton: Replying to "My why became strong..."

This is beautiful

00:07:38 Coach Tammy Asmus: Reacted to "My why became strong..." with ❤️

00:08:07 Susana Garcia Betancourt: This is the first course I've completed and applied of all the courses I've purchased before. In my learning conquest I became an unfinished course collector until now.

00:08:09 Coach Danielle Cole: Love you Joanne! XOXO

00:08:21 Karen Kvidera: Reacted to "This is the first co..." with ❤️

00:08:35 Diane Marie: Staying consistent with the 3 types of post Service, Authentic and Possibility and loving it, feeling I'm gaining my life back.

00:08:40 Coach Kristy Wharton: Replying to "Have fallen behind b..."

You are right where you're supposed to be... it's the only place you can be, after all. Focus and intention though is definitely important to stay aligned and activated! Good for you

00:08:51 Coach Kristy Wharton: Reacted to "Staying consistent w..." with 🙌

00:09:23 DeeDee Fitch: Continuing to grow and learn and shift

00:09:25 Coach Kristy Wharton: Replying to "This is the first co..."

So good to hear... what do you think was the difference for this one?

00:09:33 Coach Kristy Wharton: Reacted to "I didn't act on the ..." with 🙌

00:09:36 Cindy Templeton: Realizing where I needed more space in this season of my life and how this journey is giving me the wisdom and flexibility to pursue it.

00:09:40 Coach Kristy Wharton: Replying to "I didn't act on the ..."

Powerful

00:10:40 Coach Tammy Asmus: Reacted to "Realizing where I ne..." with 🙏

00:10:44 Karen Kvidera: This training and I've had many that I done over the years is the first time I'm here till the end.

00:11:12 Coach Tammy Asmus: Reacted to "This training and I..." with ❤️

00:11:29 Coach Tammy Asmus: Reacted to "This is the first co..." with ❤️

00:12:02 Karen Kvidera: It requires you to think !

00:12:33 Coach Kristy Wharton: Reacted to "Continuing to grow a..." with 🙏

00:12:43 Karen Kvidera: Reacted to "Realizing where I ne..." with 🙏

00:15:09 Coach Kristy Wharton: Sounds like getting intentional is a big part of this, there than randomness! Congrats joann!

00:15:34 Karen Kvidera: Oh yes.

00:15:51 Teresa Snider: Yes, some of both

00:16:01 Coach Kristy Wharton: Reacted to "Realizing where I ne..." with 🙏

00:16:41 Susana Garcia Betancourt: Replying to "This is the first co..."

I think is that I had a mindset shift.

00:17:35 Karen Kvidera: I love this Cindy!!

00:17:39 Coach Kristy Wharton: Reacted to "I love this Cindy!!" with 🙏

00:17:39 Joanne Clement: Reacted to "Love you Joanne! XO..." with ❤️

00:18:41 Joanne Clement: Reacted to "Sounds like getting ..." with ❤️

00:19:46 Cindy Templeton: Reacted to "I love this Cindy!!" with ❤️

00:19:59 Joanne Clement: We have to keep on being students

00:20:06 Robin McCabe: Reacted to "We have to keep on b..." with 🔥

00:21:10 Diane Marie: And we need the support to continue, especially when those around us and on our team are still doing things from fear.

00:21:30 Amy Brown: Fear led wasn't working, and I was so burnt out. I needed to find this new way.

00:21:49 Catherine Heller: Reacted to "Fear led wasn't work..." with ❤️

00:22:30 Karen Kvidera: It's liberating and that is coming from someone who thought busy work was work. Making connections on a new level.

00:22:32 Joanne Clement: We have to continue doing the plan everyday

00:23:15 Kathryn Aceves: I needed to hear this.

00:23:22 Coach Danielle Cole: Reacted to "I needed to hear thi..." with 🔥

00:24:09 Karen Kvidera: Reacted to "I needed to hear thi..." with 🔥

00:25:28 Cindy Templeton: I was getting close to burnout and didn't realize it as I was "checked out" of my joy of serving others through my business. I was going through the motions.

00:25:29 Joanne Clement: Reacted to "Fear led wasn't work..." with ❤️

00:25:34 Joanne Clement: Reacted to "I needed to hear thi..." with ❤️

00:26:58 Coach Kristy Wharton: Reacted to "I was getting close ..." with 🙏

00:27:18 Susana Garcia Betancourt: Is it recommended for us to share SPECIAL OFFERS publicly, not only to the people that we had chatted before. If so, how to?

00:28:57 Coach Kristy Wharton: Reacted to "Is it recommended fo..." with 🙏

00:37:00 Denise Rainier: Ugh - wish I didn't have to leave for a dental appointment. I'll finish watching tonight.

00:37:37 Coach Kristy Wharton: Reacted to "Ugh - wish I didn't ..." with 🙏

00:38:32 Theresa Roy: yes! pressure building

00:38:50 Jennifer Peterson: Reacted to "yes! pressure build..." with 👍

00:39:24 Amy Brown: Usually comes across as trying to "get people". And can diminish value of what we offer normally.

00:39:40 Karen Kvidera: Reacted to "Usually comes across..." with ❤️

00:40:35 Cindy Templeton: Even if it's in our private customer group, do we create specificity? Not just share the promotion..

00:40:57 Coach Danielle Cole: Replying to "Even if it's in our ..."

Yes.

00:43:05 Karen Kvidera: Yes you have.

00:43:14 Amy Brown: Clients I obtained through past promotions were not as committed either.

00:43:17 Lisa Bomers: I under promote products for fear of "selling" mentality and need to work on that....so the transformation posts have been helpful

00:43:23 Kathryn Aceves: Reacted to "Clients I obtained..." with 👍

00:43:37 Teresa Snider: Will have to finish listening to the recording

00:43:37 Jennifer Peterson: Reacted to "I under promote prod..." with ❤️

00:45:42 Team Your Virtual Upline: yourvirtualupline.com/chatgpt
00:45:59 Team Your Virtual Upline:
<https://courses.yourvirtualupline.com/workshop-chatgptcontent/> - registration
00:46:06 Kathryn Aceves: Wow! That's cool!
00:46:07 Amy Brown: That sounds pretty cool!
00:46:11 Robin McCabe: That was SO HELPFUL!! Lots of reflection from that since I did that. Eye opening.
00:46:50 DeeDee Fitch: I did the audit! It was an amazing tool!
00:47:22 Amy Brown: Is the audit available already? Or not until next week?
00:47:31 Theresa Roy: Replying to "I did the audit! It..."

me too.. I wear the Teacher mask!!!

00:47:59 Catherine Heller: How do we find out if we are already registered for the Chatgpt course? Too many offers floating around 😊
00:48:20 Amy Brown: Posting to stay relevant....
00:50:28 Lanette Kuhn: Reacted to "How do we find out i..." with 👍
00:50:46 Theresa Roy: Replying to "Is the audit availab..."

I registered for the Chat GPT course so I received an email last night for the Pre-homework Audit..

00:51:09 Lanette Kuhn: Replying to "Is the audit availab..."

Did you pay for it?

00:51:13 Amy Brown: Replying to "Is the audit availab..."

Oh thanks! I'll have to look for the email and must have missed it.

00:52:52 Susana Garcia Betancourt: Replying to "yourvirtualupline.co..."

Are the bonus materials the same the we got here???

00:53:03 Theresa Roy: Replying to "Is the audit availab..."

@Lanette Kuhn Yes, I upgraded to the Confidence Creation Experience, so maybe that's why I received the email? Not quite sure

00:53:09 Karen Kvidera: I guess I don't understand all the uses of the chat/gpt. Signed up for the workshop.

00:54:03 Susana Garcia Betancourt: Replying to "yourvirtualupline.co..."

I registered but haven't paid the extra because I'm afraid it would be material that we have covered through this program

00:54:19 Lanette Kuhn: Replying to "Is the audit availab..."

Thanks

00:54:49 Amy Brown: Replying to "Is the audit availab..."

@Lanette Kuhn I just found my email on it and I didn't do any upgrades or pay for anything.

00:54:55 Catherine Heller: Replying to "yourvirtualupline.co..."

Is this the same as the Confidence Creation course?

00:55:11 Lanette Kuhn: Replying to "Is the audit availab..."

Thanks Amy. I'll look.

00:55:21 Susana Garcia Betancourt: Replying to "yourvirtualupline.co..."

And I'm definitely registered on what will be announced next week.

00:55:25 Amy Brown: Reacted to "Thanks Amy. I'll loo..." with ❤️

00:55:54 Coach Danielle Cole: Replying to "yourvirtualupline.co..."

@Catherine Heller yes

00:56:02 Coach Danielle Cole: Replying to "yourvirtualupline.co..."

@Susana Garcia Betancourt different bonuses

00:56:17 Lori Reetz: I chose my dream customer to be the person I was when I first started buying my products 25-30 years ago. Most of my clients are my age or older. I'm wondering if my dream customer should be who I was before I started my business which was when I was nearing retirement.

00:56:18 Fireflies.ai Notetaker Tammy: The meeting schedule is about to end.
Action Items for this meeting: - Lisa Bomers needs to complete Lesson 8 with the prompt provided by Bob Heilig to automate her content creation process. @Lisa Bomers

00:56:59 Catherine Heller: Replying to "yourvirtualupline.co..."

@Coach Danielle Cole so if I'm registered for Confidence course I don't need to do the chapgpt one just mentioned, correct?

00:57:35 Coach Kristy Wharton: Replying to "yourvirtualupline.co..."

@Catherine Heller it the same workshop, you signed up for the implementation session as well from with youve written.

00:59:39 Catherine Heller: Replying to "yourvirtualupline.co..."

@Coach Kristy Wharton ok I'll just show up whenever and wherever I'm directed 😊

01:00:02 Coach Kristy Wharton: Replying to "I chose my dream cus..."

25 years is a big difference in who you were, at that time. Generally in this case, wed suggest a more recent version of you bc the resonance factor.

01:01:00 Coach Kristy Wharton: Replying to "yourvirtualupline.co..."

@Catherine Heller you should have (or will) receive a schedule of events via email.

01:01:13 Coach Danielle Cole: Replying to "yourvirtualupline.co..."

@Catherine Heller correct, you are already registered, It starts 8/26 at 12PM EST in our FREE Facebook group

01:01:13 Lori Reetz: Replying to "I chose my dream cus..."

@Coach Kristy Wharton thank you! Would it be best to just change it for next week's content?

01:01:13 Catherine Heller: Reacted to "@Catherine Heller yo..." with ❤️

01:01:26 Catherine Heller: Reacted to "@Catherine Heller co..." with ❤️

01:01:38 Coach Danielle Cole: Reacted to "25 years is a big di..." with 🔥

01:03:05 Coach Kristy Wharton: Replying to "I chose my dream cus..."

@Lori Reetz I would encourage you to, yes.

01:03:09 Joanne Clement: People will join you

01:03:12 Lori Reetz: Reacted to "@Lori Reetz I would ..." with 👍

01:03:22 Lori Reetz: Replying to "I chose my dream cus..."

@Coach Kristy Wharton thanks so much!

01:03:34 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with 🤗

01:03:42 Coach Kristy Wharton: Reacted to "People will join you" with 🤗

01:05:44 Joanne Clement: Great call and training.

01:05:55 Stephanie Sipek: Next week's call is Tuesday, August 26th at 3pm ET

Final Call is Thursday, September 4th at 12pm ET

01:05:58 Susana Garcia Betancourt: Thank you for everything Bob!

01:06:17 Kathryn Aceves: Thanks for sharing everyone

01:06:29 Karen Kvidera: Thank you Bob for you!