

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

00:00:59 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/01K1ZYN10CH3CBPNX0M08SCEZ4?ref=live_chat

00:07:42 Mary Daza: Nice!

00:08:34 Coach Kristy Wharton: Reacted to "Nice!" with 🙌

00:09:32 Coach Jess Mitchell: Reacted to "Nice!" with 🔥

00:10:31 Cheryl Mabry: This will be so helpful for me!

00:10:47 Mary Daza: Reacted to "This will be so help..." with 💖

00:10:55 Coach Kristy Wharton: Reacted to "This will be so help..." with 🙌

00:11:10 Theresa Torres: THANK YOU

00:11:26 Hilleri Dickey: Mind blown!! ❤️

00:12:03 Jess Richter: I'm ready for the growth and change!! Thank you for guiding us.

00:12:16 Stephanie Whittaker: Reacted to "I'm ready for the gr..." with ❤️

00:12:19 Stephanie Whittaker: Wow love that

00:12:21 Mary Daza: Reacted to "I'm ready for the gr..." with 🙌

00:12:24 Linda Schymik: I just listened to your podcast about chat right before this class this is so wonderful that YOU Bob are such a gift to us!!!

00:12:30 Jess Richter: Reacted to "I just listened to y..." with ❤️

00:12:34 Stephanie Whittaker: Reacted to "I just listened to y..." with ❤️

00:12:39 Coach Jess Mitchell: Reacted to "I just listened to y..." with ❤️

00:12:41 Coach Jess Mitchell: Reacted to "Wow love that" with ❤️

00:12:44 Coach Jess Mitchell: Reacted to "I'm ready for the gr..." with ❤️

00:12:50 Jess Richter: Reacted to "Wow love that" with ❤️

00:13:40 Jessica Owens: Letting go of judging myself as not good enough or not working hard enough.

00:13:56 Hilleri Dickey: The peace that is from how you and the team teach. I don't have to get caught up in all my uplines pushes

00:13:59 Linda Schymik: Did not feel pressured to post this week

00:14:10 Karen Forrister: 100%

00:14:13 Jess Richter: When I heard the "voices" try to creep in instead of freezing up and shutting down I said, "Who can I serve today?" out loud. The voices instantly stopped.

00:14:19 Chris Wenstrom: Being content with doing less, Pressuring myself less

00:14:20 Tammy: Learning to let go of higher up expectations and feel better about myself with my love led posts and just enjoying the outcome even if its not what I hope for

00:14:28 Jessica Brenneman: I'm here re-engaging after a 3 month pause due to crazy life and first baby wild morning sickness.

00:14:28 Molly Waldrup Johnson: Asked more questions of business prospect instead of "convincing." Grateful that she decided not to join but DID become a client.

00:14:28 Susie Welford: I got called a snake oil salesman and didn't take it personally

00:14:30 Lauren Cormier: Being honest and vulnerable with my content this week and not caring about the likes or comments

00:14:30 Karen Hartlaub: My customers at my market are excited, come back just to chat and stop by to say hi! I think they really do feel loved and served!

00:14:45 Coach Kristy Wharton: Reacted to "The peace that is fr..." with 🤗

00:14:57 Coach Kristy Wharton: Replying to "The peace that is fr..."

We see you! 😊

00:15:02 Hilleri Dickey: Reacted to "When I heard the "vo..." with ❤️

00:15:05 Stephanie Guerra: I'm planning an event in my home and I'm not freaking out about who will or won't be there.

00:15:06 Jessica Owens: Reacted to "When I heard the "vo..." with ❤️

00:15:10 Stephanie Whittaker: Reacted to "When I heard the "vo..." with ❤️

00:15:31 Theresa Torres: Made a choice to deviate from writing something that didn't settle right with me. I stopped and reflected to see where it was coming from.

00:15:37 Mary Daza: Created a 6-week, love led curriculum around health for the connect group I was asked to lead!

00:15:38 Liza Johnson: When I reached out to a customer for customer service. I'm still working through doing it with love & not fear.

She texted back later & thanked me

00:15:39 Marcia Schiavo: Serving my clients better, not just the same questions but finding their invisible wins

00:15:42 Coach Jess Mitchell: Replying to "When I heard the "vo..."

POWERFUL!

00:15:47 Mary Daza: Reacted to "When I heard the "vo..." with ❤️

00:15:52 Hilleri Dickey: Reacted to "I'm here re-engaging..." with ❤️

00:15:52 Coach Jess Mitchell: Replying to "Asked more questions..."

beautiful!

00:15:53 Jess Richter: Reacted to "POWERFUL!" with ❤️

00:16:01 Coach Jess Mitchell: Reacted to "Being honest and vul..." with ❤️

00:16:12 Jessica Brenneman: Love that!!! Yes I did...without guilt

00:16:13 Coach Jess Mitchell: Reacted to "My customers at my m..." with 🎉

00:16:14 Coach Kristy Wharton: Replying to "I got called a snake..."

Huge.. this is great after your Wednesday mindset call with Megan. Great job!

00:16:16 Coach Kristy Wharton: Reacted to "I got called a snake..." with 🙌

00:16:20 Coach Jess Mitchell: Reacted to "Made a choice to dev..." with ❤️

00:16:21 Liza Johnson: Love that perspective, Bob

00:16:23 Nicole Sapriken: I have realized this week that I am the person that all of my fellow vendors go to for answers. I apparently, am the one that is open and caring enough that they all want to go to

00:16:24 Hilleri Dickey: Reacted to "We see you! 😊" with ❤️

00:16:28 Coach Jess Mitchell: Replying to "Made a choice to dev..."

This is wonderful! Wise!

00:16:29 Jessica Owens: Reacted to "Made a choice to dev..." with ❤️

00:16:29 Stephanie Whittaker: Im no longer pulling teammates who don't want growth just to help me hit a rank. It feels freeing to actually open up my doors to the teammates who truly want it now, I realized I wasn't seeing them before but now I am seeing ones who actually want my help again

00:16:47 Hilleri Dickey: Reacted to "I have realized this..." with ❤️

00:16:52 Coach Kristy Wharton: Replying to "I got called a snake..."

@Susie Wolford its her filter... not what you did or said or shared.

00:17:09 Jessica Brenneman: Reacted to "I'm here re-engaging..." with ❤️

00:17:14 Liza Johnson: Reacted to I got called a snake... with "💜"

00:17:16 Coach Kristy Wharton: Reacted to "Created a 6-week, lo..." with 🤗

00:17:17 Stephanie Helmbold: Posted a vulnerable authenticity post yesterday after being away for 5 weeks due to an emergency medical situation with my husband.

00:17:26 Hilleri Dickey: Reacted to "Posted a vulnerable ..." with ❤️

00:17:28 Coach Kristy Wharton: Replying to "Created a 6-week, lo..."

Can't wait to hear more about this.

00:17:30 Stephanie Whittaker: Replying to "When I heard the "vo..."

Jess I LOVE this! I feel like the Holy Spirit is with you in this moment

00:17:35 Jessica Owens: Reacted to "Serving my clients b..." with ❤️

00:17:36 Mary Daza: Reacted to "Can't wait to hear m..." with 💕

00:17:37 Coach Kristy Wharton: Reacted to "When I reached out ..." with 🤗

00:17:42 Jess Richter: Replying to "When I heard the "vo..."

@Stephanie Whittaker it felt like it!

00:17:43 Coach Kristy Wharton: Reacted to "Serving my clients b..." with 🤗

00:17:43 Mary Daza: Replying to "Created a 6-week, lo..."

Thank you!

00:17:47 Stephanie Whittaker: Reacted to "@Stephanie Whittaker..." with ❤️

00:17:51 Sandy Job-Rivera: Reacted to "Created a 6-week, lo..." with ❤️
00:17:53 Coach Kristy Wharton: Reacted to "Love that!!! Yes I d..." with 🤗
00:17:56 Coach Kristy Wharton: Reacted to "Love that perspectiv..." with 🤗
00:18:07 Coach Kristy Wharton: Reacted to "I have realized this..." with 🤗
00:18:10 Susie Wolford: Reacted to "Being honest and vul..." with ❤️
00:18:17 Liza Johnson: Reacted to Posted a vulnerable ... with "💜"
00:18:18 Coach Kristy Wharton: Replying to "I have realized this..."

Love-led

00:18:48 Mary Daza: Yay Theresa!
00:18:54 Coach Kristy Wharton: Reacted to "Made a choice to dev..." with 🤗
00:18:58 Jess Richter: Reacted to "Im no longer pulling..." with ❤️
00:19:01 Cheryl Mabry: Planning for 2 in person Health & Wellness events for school employees
/teachers the next 2 weeks!
Sharing health & yoga/stress management for the school year ahead! Planning in how to acknowledge, compliment & ask in how I can serve!
00:19:21 Jess Richter: Reacted to "Made a choice to dev..." with ❤️
00:20:05 Tammy: Reacted to "Im no longer pulling..." with ❤️
00:20:11 Linda Schymik: Congratulations this is wonderful
00:20:17 Coach Kristy Wharton: Reacted to "Im no longer pulling..." with 🤗
00:21:03 Karen Forrister: Say it!!!
00:21:06 Kayla Allen: Coaches are expressing they feel seen, loved and valued for who they are and where they are. They are showing up and haven't in sometime. It makes my heart happy.
00:21:14 Karen Hartlaub: I have a question

My team and teammates are growing quickly (which is great) I want to start coaching my new team (or relaunching) members on the announcement post and then the team on the core 4 – how do you feel about doing that on a zoom call – a working session where I teach and they do– then we coach on each. I have 5 new team members that have joined and 2 with offers.

00:21:23 Stephanie Whittaker: Reacted to "Coaches are expressi..." with ❤️
00:22:24 Coach Jess Mitchell: Reacted to "Coaches are expressi..." with ❤️

00:23:08 Stephanie Whittaker: I had this happen to me Theresa from the post that we were supposed to post from the Edge call last night! I didn't post it and instead put my heart into my own transformation post today. Thank you for speaking to this!


00:23:22 Laura Trimble: Reacted to "I had this happen to..." with 


00:23:26 Stephanie Helmbold: Reacted to "I had this happen to..." with 

00:23:37 Diane Nix: Reacted to I had this happen to... with "

00:23:44 Marcia Schiavo: Replying to "I had this happen to..."


I didn't do that one either! Couldn't

00:24:04 Stephanie Whittaker: Reacted to "I didn't do that one..." with 

00:24:07 Cheryl Mabry: Reacted to "I had this happen to..." with 

00:24:15 Stephanie Guerra: Love this! A few months ago I re-wrote the way I was taught to do party demos. I was done making sure I got all the "plugs" in that people "need" to hear (according to others). I was "me" in the party, sharing facts in a way to serve them, and sharing my story to connect with others. BEST PARTY EVER! It felt so good to throw out all the extra and just get back to serving

00:24:22 Coach Kristy Wharton: I believe we create a vision, culture, and super simple system that allows them to plug in, as they choose to & helps them take action and build belief, in themselves NOT us. Takes us out of the equation... sounds like you are settling into that. Xoxo @Stephanie

00:24:31 Coach Kristy Wharton: Reacted to "Yay Theresa!" with 


00:24:33 Cheryl Mabry: Replying to "I had this happen to..."

I hesitated & paused on this last night too

00:24:34 Coach Kristy Wharton: Reacted to "Posted a vulnerable ..." with 

00:24:41 Stephanie Whittaker: Replying to "I had this happen to..."

@Marcia Schiavo it seemed fear led by giving a timeline of "5 months left" we can still post transformation from our hearts

00:24:44 Stephanie Whittaker: Reacted to "I hesitated & paused..." with 

00:25:12 Marcia Schiavo: Replying to "I had this happen to..."

@Stephanie Whittaker yes! And everyone using the same wording.

00:25:17 Cheryl Mabry: Received this kind message from a friend who is watching me grow:

Girl, I just need you to know—I love watching your growth. You are seriously glowing lately, and I'm so proud of you.

Also, hear me out... consider getting a tripod or even one of those versions that sticks to the wall. You're in your moment, and capturing it right could make it even more powerful. Just something to think about—you deserve to shine in every frame. 🧡

00:25:23 Stephanie Whittaker: Reacted to "@Stephanie Whittaker..." with ❤️

00:25:27 Jess Richter: Reacted to "I had this happen to..." with ❤️

00:25:43 Coach Kristy Wharton: Reacted to "Received this kind m..." with 🧡

00:25:58 Chanel: Replying to "I had this happen to..."

I didn't post it either and now I am seeing it everywhere and it loses its effectiveness.

00:26:03 Coach Kristy Wharton: Reacted to "I had this happen to..." with 🧡

00:26:43 Coach Kristy Wharton: Reacted to "Love this! A few mon..." with 🧡

00:26:56 Stephanie Whittaker: Reacted to "I didn't post it eit..." with ❤️

00:26:57 Coach Kristy Wharton: Replying to "Love this! A few mon..."

Sounds fantastic

00:27:08 Stephanie Guerra: Reacted to "Sounds fantastic" with ❤️

00:27:10 Carol Crosby: I was on a corporate call last night and they wanted everyone to copy and paste the same message with a before and after. I looked at it and wasn't going to do at all but then reflected and realized it had value but switched it to be from me and I felt great about it

00:27:14 Stephanie Whittaker: Reacted to "Received this kind m..." with ❤️

00:27:18 Coach Kristy Wharton: Reacted to "I have a question

M..." with 🧡

00:27:27 Coach Jess Mitchell: Reacted to "Received this kind m..." with 🎉

00:27:35 Liza Johnson: At times, but I see progress. 💜

00:27:40 Stephanie Guerra: Reacted to "I was on a corporate..." with ❤️

00:28:04 Coach Jess Mitchell: Replying to "Received this kind m..."

That's so kind that she wanted to affirm you and also see you continue to grow!

00:28:19 Coach Jess Mitchell: Reacted to "I was on a corporate..." with ❤️

00:28:26 Mary Daza: Reacted to "Received this kind m..." with ❤️

00:28:31 Carol Crosby: Reacted to "Love that perspectiv..." with 🤔

00:28:42 Jess Richter: Powerful!

00:29:24 Karen Hartlaub: I just got good at using the form... but glad to was recent 😊

00:29:57 Coach Jess Mitchell: Replying to "I just got good at u..."

Don't worry, you'll be able to transfer that habit you built to the new one! 😊

00:30:08 Hilleri Dickey: Are service post warm leads or hot leads? Inflammation & Protein helps with perimenopause & perimenopause affects your gut and skin.

https://www.instagram.com/reel/DM7jVEjg2f-/?utm_source=ig_web_copy_link&igs_h=MzRIODBiNWFIZA==

00:30:33 Susie Wolford: Reacted to "Planning for 2 in pe..." with ❤️

00:30:52 Susie Wolford: Reacted to "Im no longer pulling..." with ❤️

00:30:59 Karen Hartlaub: What's a service post

00:31:16 Susie Wolford: Reacted to "Received this kind m..." with ❤️

00:31:28 Coach Kristy Wharton: Replying to "I have a question

M..."

If you were going to do that, that is exactly what I'd recommend—doing the work with them. Watch over-giving information in the beginning, that often creates a need for more information, but opening a “work with me—core four” where they take action and you coach, much like we do would be helpful. One other suggestion: make sure you are inviting them to join us in the chatgpt workshop and introduce them to Bobs podcast so you have a shared operating practice and language

00:31:36 Cheryl Mabry: Reacted to "I was on a corporate..." with ❤️

00:32:01 Coach Kristy Wharton: Replying to "What's a service pos..."

What we used to call “Value” post.. it serves our audience.

00:33:25 Jessica Brenneman: I didn't know this was my hinderance and that it was still the "performing" aspect that wasn't sitting right with the C4 but you explaining this shift feels like a huge sigh of relief!

00:33:40 Jess Richter: Reacted to "What we used to call..." with 👍

00:33:45 Coach Jess Mitchell: Reacted to "I didn't know this w..." with ❤️

00:34:43 Stephanie Whittaker: Reacted to "If you were going to..." with ❤️

00:35:57 Coach Kristy Wharton: Reacted to "I didn't know this w..." with 🙏

00:40:57 Julia Nix, StPete, FL: @Coach Kristy Wharton

<https://www.facebook.com/share/p/1EHjflW2NL/>

I don't think I hit what he was saying about content connecting to the dream client

00:41:18 Mary Daza: Congrats Jessica 🎉

00:42:17 Cheryl Mabry: Service post last week:

<https://www.facebook.com/share/p/1QPYCz9g6X/?mibextid=wwXlfr>

00:45:44 lauren cormier: Will the reset next week be similar to what you are teaching in the chat gbt course?

00:45:49 Karen Forrister: What are your thoughts about : "In a court of law, could your be convicted of being a health coach" by our content.....

00:46:02 Laura Trimble: Reacted to "What are your though..." with 👍

00:46:43 Jessica Brenneman: Reacted to "Congrats Jessica 🎉" with ❤️

00:47:03 Karen Hartlaub: Reacted to "What we used to call..." with 👍

00:47:41 Linda Schymik: Yup that is ME

00:47:45 Stephanie Whittaker: Totally.

00:47:49 Mary Daza: Yes

00:47:49 Jess Richter: YUP

00:47:55 amy hansen:ME!

00:48:09 Marcia Schiavo: So me

00:48:16 Coach Kristy Wharton: Replying to "Will the reset next ..."

May have some overlapping concepts, but this Monday is for LSG students only and it's more about the Core Four Rhythm, specifically.

00:48:17 Stephanie Whittaker: I BELIEVE in this love led way. It truly connects

00:48:32 Jess Richter: Thank you for your vulnerability Bob.

00:48:39 Stephanie Whittaker: Reacted to "Thank you for your v..." with ❤️
00:48:43 Linda Schymik: I believe
00:48:52 Stephanie Whittaker: Replying to "Will the reset next ..."

@Coach Kristy Wharton this will be in the portal, correct?

00:49:03 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with 🙏
00:49:05 Mary Daza: 🌟
00:49:14 Coach Jess Mitchell: Reacted to "Thank you for your v..." with ❤️
00:49:53 Theresa Torres: AMEN
00:49:54 Tenesha @teneshalicious: It's true
00:50:06 Coach Kristy Wharton: Replying to "Will the reset next ..."

Yep @Stephanie it will be part of a four part series.

00:50:16 Stephanie Whittaker: Reacted to "Yep @Stephanie it wi..." with ❤️
00:50:29 Kayla Allen: Reacted to "Yep @Stephanie it wi..." with ❤️
00:50:49 Coach Kristy Wharton: Reacted to "I believe" with 🙏
00:51:25 Karen Hartlaub: Replying to "I have a question

M..."

I invited them the the ChatGPT reset but I want them all to do the announcement post and this is the most efficient way to do. Plus each will have questions that we can build on. Thank for the help Coach Kristy

I plan to just do the announcement and at the end a Lesson on authentic outreach. Sound good???

00:51:28 Tenesha @teneshalicious: 100%
00:51:59 Coach Kristy Wharton: Reacted to "I invited them the t..." with 🙏
00:52:30 Christina Struk: I am so excited too
00:52:34 Karen Hartlaub: Replying to "I have a question

M..."

Could you put a link in here

00:52:40 Linda Schymik: I listened to that before this class and it was great
00:52:47 Nicole Sapriken: Yes it is up btw

00:53:05 Linda Schymik: I listened to the podcast on my walk before this class

00:53:14 Coach Kristy Wharton: Replying to "I have a question

M..."

@Karen Hartlaub I think he was talking to you.. @Bob Heilig

00:53:50 Coach Kristy Wharton: Reacted to "What are your though..." with 🙏

00:54:42 Karen Hartlaub: There are several Karen's on here so... now you need to say last names 😂

00:55:06 Coach Kristy Wharton: Replying to "I have a question

M..."

@Karen Hartlaub link to the podcast you mean? i will send it to you—id also encourage you inviting them to our Your Virtual Upline community fb group, as well.

00:55:49 Karen Hartlaub: Replying to "I have a question

M..."

Me too

00:55:57 Karen Hartlaub: Replying to "I have a question

M..."

I was unmuting

00:56:07 Coach Kristy Wharton: Reacted to "I was unmuting" with 🙏

00:56:30 Coach Kristy Wharton: Replying to "I have a question

M..."

@Karen Hartlaub hopefully ive given you some info that is helpful... maybe hell have time too. 😊

00:57:32 Stephanie Whittaker: SO true!!! Ive seen this before

00:57:52 Mary Daza: 🔥👏

00:58:08 Cheryl Mabry: @Stephanie Whittaker curious how the 90second video prompt to our contacts landed with you?

00:58:21 Karen Hartlaub: Replying to "I have a question

M..."

Yes to the podcast

I am in LSG

00:58:44 Stephanie Whittaker: Replying to "@Stephanie Whittaker..."

Definitely not doing it because it doesn't say their name. They know you are mass sending it

00:58:51 Coach Kristy Wharton: Reacted to "Yes to the podcast

..." with 🤔

00:59:05 Coach Kristy Wharton: Replying to "I have a question

M..."

@Karen Hartlaub what is your name on Facebook?

00:59:22 Cheryl Mabry: Replying to "@Stephanie Whittaker..."

Felt that too and have not took action on it

00:59:32 Jess Richter: Reacted to "Definitely not doing..." with ❤️

00:59:35 Stephanie Whittaker: I think the biggest thing you've said that's stuck with me is that fear led may work for a short time, but it is DAMAGING long term.

I'd rather feel aligned right now and know that im helping people long term

00:59:51 Stephanie Helmbold: Reacted to "I think the biggest ..." with ❤️

00:59:54 Chanel: Reacted to "I think the biggest ..." with ❤️

00:59:58 Laura Trimble: Reacted to "I think the biggest ..." with 💜

00:59:58 Stephanie Helmbold: Replying to "I think the biggest ..."

THIS!

01:00:01 Tenesha @teneshalicious: Reacted to "I think the biggest ..." with ❤️

01:00:09 Cheryl Mabry: Reacted to "I think the biggest ..." with ❤️

01:00:17 Linda Schymik: Reacted to "I think the biggest ..." with 🥰
01:00:26 Jessica Brenneman: Reacted to "I think the biggest ..." with ❤️
01:00:37 Stephanie Whittaker: Replying to "@Stephanie Whittaker..."

I think a video sharing from your heart is great for the specific people on your heart!
They'll know by the subtle things referencing something about them and it will
connect so much deeper

01:00:43 lauren cormier: Yes there is a new sell every week
01:01:14 Karen Hartlaub: Replying to "I have a question

M..."

Karen fons hart

01:01:26 Coach Kristy Wharton: Reacted to "Karen fons hart" with 🥰
01:01:36 Coach Kristy Wharton: Replying to "I have a question

M..."

@Karen Hartlaub ah! i see you..

01:01:44 Chanel: My upline doesn't even mention rest, it's push push push
and then don't back off, you don't want to lose your momentum.

01:01:50 Coach Kristy Wharton: Reacted to "@Coach Kristy Wharto..." with 🥰
01:02:06 Stephanie Whittaker: Reacted to "Felt that too and ha..." with ❤️
01:02:07 Coach Kristy Wharton: Replying to "@Coach Kristy Wharto..."

Just saw this.. will you send the post to me in boxer?

01:02:10 Coach Kristy Wharton: Replying to "@Coach Kristy Wharto..."

Voxer

01:02:10 Tenesha @teneshalicious: 😞😞😞

01:02:47 Nicki Paulsen: I think my upline has built a very successful business
on a fear led program...We think we want what they have, but we want to be
love-led....Doing the right thing for the right reasons!!!