

The LOVE-LED™ Leadership Lab Chat

Transcript 1.29.2026

00:03:18 Sarah Horrell: getting a better rhythm this week

00:03:29 iPad: I am more aware of my mask and how I am posting.

00:03:51 Coach Shannon: getting more and more self aware and mask is less present and less anxiety

00:04:49 Jennifer Polk: Finished listening to all the program for me! I stopped myself when I wanted to jump in and help someone and asked even more questions to really understand...

00:04:54 Janae Stephens: Bob, your volume is very low.

00:05:30 gwyneth: Feeling successful when connecting instead of only when I get a sale

00:09:17 Janae Stephens: I am learning how to reach out without making it transactional. Still trying to set a rhythm and flow and include reaching out every day.

00:25:32 Candice Cuevas: Wow

00:29:02 Annette Aguiar: I love helping women find solutions

00:29:12 Candice Cuevas: This is so good!

00:34:08 gwyneth: Thank you!

00:35:47 Coach Shannon: Janae post more if yourself living with vitality and it will attract people

00:36:44 iPad: Thank you, everyone. I have to run to an appointment.

00:42:12 Jennifer Polk: Love this!!! Thanks!!! So helpful!

00:42:53 Janae Stephens: Replying to "Janae post more if y..."

thanks, I do - those posts are easy

00:42:54 Martina (Mj): It's not about you.....

00:43:05 Jennifer Polk: It's all about the other person always!

00:43:20 Coach Shannon: pressure = the mask

00:43:21 Sarah Horrell: Seeing when my mask is on, feeling the pressure.

00:43:23 Candice Cuevas: You can not rebuild with fear

00:43:24 Annette Aguiar: Physical evidence in me when mask comes back on

00:43:30 Tracy Donald: Feeling the mask in your body!

00:44:04 Martina (Mj): Janae & Bob, I loved this, so empowering and powerful!

00:45:45 Janae Stephens: Reacted to "Janae & Bob, I loved..." with ❤️

00:45:50 Janae Stephens: Reacted to "Feeling the mask in ..." with ❤️

00:45:54 Janae Stephens: Reacted to "Physical evidence in..." with ❤️

00:45:57 Janae Stephens: Reacted to "You can not rebuild ..." with ❤️

00:46:01 Janae Stephens: Reacted to "Seeing when my mask ..." with ❤️

00:46:04 Janae Stephens: Reacted to "pressure = the mask" with ❤️

00:46:09 Janae Stephens: Reacted to "It's all about the o..." with ❤️

00:46:16 Janae Stephens: Reacted to "It's not about you....." with ❤️

00:47:37 Candice Cuevas: Yes 5 years ago

00:48:15 Coach Shannon: yes

00:48:22 Janae Stephens: Yes - 13 years ago

00:48:22 Jennifer Polk: Yes, oct 2024

00:48:23 Sarah Horrell: yes, 2 years ago

00:48:31 Candice Cuevas: This breaks my heart

00:48:52 Jennifer Polk: Worked 14 years to get there

00:49:11 Coach Shannon: or when a leader on your team surpasses you

00:51:02 Coach Shannon: I appreciate so much how this aligns with what God is showing me

00:51:58 Coach Shannon: WOW now I actually appreciate how Ive stuck it out when you put it that way

00:52:39 Coach Shannon: 'growth

00:52:49 Tracy Donald: Their belief in themselves

00:52:59 Sarah Horrell: fear

00:53:48 Coach Shannon: appreciate your transparency

00:54:10 Jennifer Polk: Thank you!!! I soooo needed to hear this!!!! Tears in my eyes

00:54:30 Tracy Donald: That should have felt obvious for me!! This is so true and why I'm here after 30 years and many companies letting me down!!

00:54:42 Candice Cuevas: Same here. Tears
00:55:32 Tracy Donald: Mic Drop!!!
00:55:36 Janae Stephens: Thank you so much Bob! <3
00:56:18 Candice Cuevas: Peaceful
00:56:58 Candice Cuevas: Thank you!