

The Leadership Mask Series Chat

Transcript 2.6.2026

00:03:48 Bonnie Schnautz, ND: Great, thank you

00:04:05 Margo Ericson: Thank you!

00:04:13 Linda Schymik: I can't download while in class. Is there a place I can grab them after?

00:04:26 Linda Schymik: Thanks

00:04:29 Karen's Iphone 12: Performer

00:04:31 Theresa Torres: Performer

00:04:35 Lanette Kuhn: Teacher

00:04:35 Dale & Jim Hatchell: Both of us are performers/teacher

00:04:36 Linda Schymik: Teacher

00:04:38 Margo Ericson: Teacher

00:04:39 Andrea Khashchuk: performer and pusher

00:04:40 Chris Wenstrom: Teacher

00:04:40 Lindsay Ault: Teacher

00:04:42 Cindy Templeton: Performer

00:04:42 Kari Sue's iPhone: Teacher

00:04:42 Robin McCabe: Performer - but just took again and it said Teacher...

00:04:43 Kelly's iPhone: Teacher and performer

00:04:44 Linda Salzwedel: Teacher, with a side of Performer

00:04:44 andrea simanson: Performer/Teacher

00:04:47 Kayla Allen: performer

00:04:47 Katie Fite: Disconnect

00:04:48 Bonnie Schnautz, ND: Performer - Teacher

00:04:48 Cindy Emmerling: performer

00:04:49 Socorro Dunn: teacher/performer

00:04:49 Mandy & Wayne Hudson: Performer teacher

00:04:50 Steph Wood: Teacher performer

00:04:50 Tammy Schmidt: Teacher

00:04:50 Diane Nix: Teacher/Performer
00:04:51 Emily Titov: Teacher Pusher traits
00:04:54 Chris Wenstrom: I just joined where are the download?
00:04:54 sue Paige: teacher/perrformer
00:05:08 Alicia Raley: Pusher/performer
00:05:09 Terri Temple: Teacher performer
00:06:03 Cheryl Mabry: Teacher, with a side of performer
00:08:22 Chris Wenstrom: Can you put in the downloads again?
00:09:05 Andrea Khashchuk: Replying to "Great, thank you"

@Chris Wenstrom its above this message can you see the downloads

00:10:50 Cheryl Mabry: Belief in the mission/calling
00:12:14 Cheryl Mabry: "Calling leads, business follows"
00:13:29 Dale & Jim Hatchell: Jim - still wanting to teach
00:13:45 Kelly's iPhone: When I am watching what other people are doing in my company

My mask is teacher and performer

00:13:47 Andrea Khashchuk: the writing of the post my mask pops up to perfect it so slows down sharing content

00:13:55 Mandy & Wayne Hudson: When I create content, "will it 'land' with the people I want to serve"

00:14:01 Sue Ruggerio: Teacher - I have to resist the urge to put more information into posts

00:14:11 Dale & Jim Hatchell: Dale - will my post perform well?

00:14:14 Linda Schymik: Still feeling like I need to explain all the ways of why they need my products...

00:14:15 Chris McIntyre: Disconnected.

My posts are genuine - no fluff or performance. But I stop short of asking for genuine engagement. No conversation starter/ closing.

00:14:22 Linda Salzwedel: Teacher / Performer

It's hard to resist not blurting out all the information to educate them. I have to force myself to slow down and go through the process.

00:14:22 Theresa Torres: I am a performer.... I found myself to want to polish my post so it sound and looked perfect

00:14:23 Cindy Templeton: Performer - Not wanting to share my picture unless its perfect.

00:14:25 Chris Wenstrom: Teacher - fear after I post about if people liked my post of not

00:14:27 Lanette Kuhn: Teacher. Questioning what I'm doing v company

00:14:32 sue Paige: my mask used to be teacher-it hss shifted to performer, it shows up when i am creating content because i am still trying to be too perfect- too many edits!l

00:14:37 Robin McCabe: Performer: Wanting the PERFECT content to hit the "right" and "ready" people.

00:14:40 Karen's Iphone 12: Performer and using chat and refining it many times because it has to be perfect

00:14:45 Emily Titov: Mask shows up for me that my content is not the "real" me, I wouldn't create something so smooth and polished, that I am being fake, although my message is being conveyed just not so eloquently as what I would say off the cuff

00:14:46 Bonnie Schnautz, ND: Recent promo, my default mode was to plaster the products everywhere. Also, in VAFU, I jumped right into the business offer without leading from the heart

00:14:47 Tammy Schmidt: Teacher - Over explaining still happens, because I have so much to say. And so many topics to cover.

00:14:47 Lindsay Ault: Teacher mask: being hesitant on service posts because I'm trying to make it not sound like i'm teaching, so I don't feel like they are valued enough. trying to figure out a different way to get the service across

00:14:49 Katie Fite: Disconnect is my mask, so that is what I do. I stop believing and stop posting content. I start thinking I'll never meet my goals.

00:14:54 Socorro Dunn: when i talk to people teacher shows up or on posts

00:14:55 andrea simanson: When I don't have it all together for a post. Content, the right photo or video, etc.

00:14:59 Margo Ericson: Teacher..still trying to give tips

00:14:59 Cindy Emmerling: When I create a list of ideas to post or when I create the post, I hesitate to actually post it.... I spend too much time thinking about it.... Then just don't do it

00:15:10 Cheryl Mabry: Teacher mask: give more info, recipes, how to's

00:15:32 Dale & Jim Hatchell: Also your coaching on massaging the posts in Chat too much got me!

00:16:02 Diane Nix: teacher – still have tendency to share tips

00:16:13 Cheryl Mabry: Reacted to "teacher – still have..." with 👍

00:18:27 Socorro Dunn: teacher performer and disconnected

00:18:33 Cheryl Mabry: The boards app questions have been my anchor

00:19:14 Bonnie Schnautz, ND: Replying to "The boards app quest..."

I need to use this more, thanks for the reminder

00:27:20 Cheryl Mabry: Trying to feel the fine line of rhythm & pressure

00:31:10 Bonnie Schnautz, ND: This makes sense, in the beginning I was enjoying creating posts, now it feels more like pressure. It's showing in the engagement of my posts recently!

00:31:35 Dale & Jim Hatchell: I definitely need to redo my customer portrait because the first time I did it in Shift, I was focused only on life and business not health, which is weird since my vehicle is my wellness business – Dale

00:32:39 Cheryl Mabry: Reacted to "I definitely need to..." with 🙏

00:34:11 Lindsay Ault: no energy

00:34:12 Dale & Jim Hatchell: no energy

00:34:19 Cheryl Mabry: Feeling older that you think

00:34:33 Bonnie Schnautz, ND: pain, low energy, increased weight

00:34:43 Cheryl Mabry: Unable to do the things I used to do easily

00:34:43 Dale & Jim Hatchell: poor sleep

00:35:38 Emily Titov: pusher trait

00:35:45 Bonnie Schnautz, ND: Wavers between performer pusher at times

00:40:52 Socorro Dunn: so on point for me too!!

00:41:31 Chris McIntyre: I call that feeling when I do the product posts "the ick" 😬

00:42:56 Bonnie Schnautz, ND: Reacted to "I call that feeling ..." with 😊

00:44:04 Bonnie Schnautz, ND: yes

00:44:05 Andrea Khashchuk: yes

00:44:06 Emily Titov: yes

00:44:07 Sue Ruggiero: Yes

00:44:07 Linda Salzwedel: yes

00:44:07 Chris McIntyre: Yes

00:44:09 Mandy & Wayne Hudson: yes

00:44:10 Linda Schymik: Yes

00:44:10 Karen's Iphone 12: Yes

00:44:10 Theresa Torres: YES

00:44:11 sue Paige: yes

00:44:12 Lanette Kuhn: Yes

00:44:12 Dale & Jim Hatchell: yes and yes

00:44:12 Tammy Schmidt: yes

00:44:13 Margo Ericson: yes

00:44:13 Cindy Templeton: yes

00:44:14 Karen Hartlaub: Yes with your prompt

00:44:15 Robin McCabe: Yes. Trying to get away from it more and more.

00:44:18 Terri Temple: yes

00:44:18 Diane Nix: yes but not all the time

00:44:18 Katie Fite: I do, but I tweet it to sound like me

00:44:25 Socorro Dunn: some

00:44:50 Chris McIntyre: Reacted to "I do, but I tweet it..." with 👉

00:46:08 Karen Hartlaub: I write my posts then put it into chatGPT to make it more concise

00:46:18 Dale & Jim Hatchell: Jim - asked to give more humor which is more like me and it's definitely much better!

00:46:36 Bonnie Schnautz, ND: Reacted to "Jim - asked to give ..." with ❤️

00:47:19 Chris McIntyre: I tell Chat it's lost sight of me and give it more "this is who I am"

00:47:27 Steph Wood: If you use the AI prompt then it will... it will know to take out your mask.

00:47:44 Dale & Jim Hatchell: Reacted to "If you use the AI pr..." with 👍

00:48:13 Steph Wood: Plus you've got to really have it know you if you are gonna use it.

00:48:24 Bonnie Schnautz, ND: How do we reconnect to our calling if we feel disconnected from it?

00:48:25 Chris McIntyre: I've told chat off.. like "Dude, are you kidding me? Do I look like a giddy, excited school girl? Give me grit and honesty!"

00:48:39 Bonnie Schnautz, ND: Reacted to "I've told chat off....." with 🙏
00:49:21 Andrea Khashchuk: Reacted to "How do we reconnect ..." with ❤️
00:49:35 Robin McCabe: Replying to "I've told chat off....."

I've called chat out too!

00:50:04 Emily Titov: Reacted to "How do we reconnect ..." with ❤️
00:51:20 Socorro Dunn: Amen!! Food be thy Medicine!
00:53:23 Dale & Jim Hatchell: Do you have customers/clients whom you have helped, Bonnie?
00:57:42 Chris McIntyre: @Bonnie Might just be me but I see your calling as being the leader... because most women know they have options. We just NEED a woman walking it with us.... one who wins AND fails.
00:57:53 Mandy & Wayne Hudson: Do we have time to chat about Past customer outreach to people we do not know?
00:58:16 Robin McCabe: Reacted to "Do we have time to c..." with ❤️
00:58:21 Dale & Jim Hatchell: We don't find out how we have helped others unless we reach out and ask and I need to do more of that.
00:58:51 Cindy Emmerling: This was so helpful for me too. Thank you @Bonnie Schnautz, ND
00:59:09 Bonnie Schnautz, ND: Reacted to "@Bonnie Might just b..." with ❤️
00:59:19 Bonnie Schnautz, ND: Replying to "@Bonnie Might just b..."

thank you!

00:59:23 Sue Ruggerio: Which pdfs?
00:59:25 Chris McIntyre: Oh crud... PDFs? Was that shared at the beginning? I was late.
00:59:26 Susie Wolford: Where are the PDFs?
00:59:29 Cindy Emmerling: Reacted to "We don't find out ho..." with ❤️
00:59:35 Cindy Emmerling: Replying to "We don't find out ho..."

SUCH a great point!!!

00:59:39 Karen Hartlaub: I got here late. Will you share the pdf again?
00:59:42 Bonnie Schnautz, ND: Replying to "Do you have customer..."

a few thousand lol

- 00:59:48 Cindy Emmerling: Reacted to "Oh crud... PDFs? Was t..." with 👍
- 00:59:49 Bonnie Schnautz, ND: Reacted to "Amen!! Food be thy M..." with ❤️
- 00:59:57 Cindy Emmerling: Replying to "Oh crud... PDFs? Was t..."

I was late too so I think I missed them

- 01:00:06 Dale & Jim Hatchell: We do this with DISC and I love this assignment for the mask!
- 01:00:09 Cindy Emmerling: Reacted to "a few thousand lol" with ❤️
- 01:00:14 Bonnie Schnautz, ND: Replying to "This was so helpful ..."

Great, glad it was

- 01:00:15 Cindy Emmerling: Reacted to "I got here late. Wil..." with ❤️
- 01:00:24 Dale & Jim Hatchell: Reacted to "a few thousand lol" with ❤️
- 01:00:36 Dale & Jim Hatchell: Replying to "Do you have customer..."

@Bonnie Schnautz, ND reflect on those!!!

- 01:00:38 Chris McIntyre: Thanks, chat history only started when I joined.
- 01:01:05 Socorro Dunn: pressure=mask is on!! good tip! thanks
- 01:01:17 Bonnie Schnautz, ND: Replying to "Do you have customer..."

good reminder!

- 01:01:37 Dale & Jim Hatchell: Reacted to "good reminder!" with ❤️
- 01:02:16 Bonnie Schnautz, ND: I need the conversations help.
- 01:02:24 Bonnie Schnautz, ND: thanks Bob and everyone
- 01:02:26 Karen's Iphone 12: Thanks Bob!
- 01:02:36 Chris Wenstrom: Awesome call!