



## Webinar Replay & Chat Room Contents May 5, 2020

A free benefit of being a member in the International Speaker Network is to be able to attend these monthly webinars - including getting to hear expert speakers from around the world!

**On our first call for May 2020, we heard from Michelle Peticolas on Being a Leader, Not a Hero**

On this webinar, Michelle, a Transformational Life Coach, addressed how, in these turbulent times, we can no longer afford to wait for a hero and that the solution to the world's problems is within each of us. Michelle explained why playing hero leads to burn out, the dangers of old patterns, and the #1 secret to enrolling your tribe!

The ISN Presents...  
**Michelle Peticolas**  
Be a Leader Not a Hero  
Tue, May 5, 2020  
5:00-6:00 pm PST

**WEBINAR**  
**International Speaker Network**  
www.iSpeakerNetwork.com

On this call we also did a hot seat for a new speaker to the online speaking world. We also shared some times for where to get started! Go listen back to this one if you're a speaker, author, or entrepreneur of any kind! For upcoming webinar dates and info about the Int'l Speaker Network go to <http://www.iSpeakerNetwork.com>.

**You can also watch all the webinars from this group on this page:** <https://jumpstartyourmarketing.com/sacspeakerwebinars/>

Join the next live webinar yourself and get YOUR MESSAGE out to thousands on the replay too!

**Learn more about the meetup group here and RSVP to an upcoming webinar or in person lunch or mixer!**

\*\*\* [www.iSpeakerNetwork.com](http://www.iSpeakerNetwork.com) \*\*\*

See you all on the next one!! ~ Katrina Sawa, The Jumpstart Your Biz Coach, Speaker and International Best-Selling Author of *Jumpstart Your New Business Now* and author of *Love Yourself Successful* PLUS your meetup organizer! <http://www.JumpstartYourMarketing.com>

## Chat Room Contents

01:07:55 Gary McKinsey: GaryMcKinsey.com: Gary McKinsey  
Executive Speech and Sales Presentation Coach  
Gary@GryMcKinsey.com  
<https://GaryMcKinsey.com>  
Text: 209-345-4230

01:08:13 Chuck Hooper: Chuck Hooper  
email: [Chuck@SpeakerPresenter.com](mailto:Chuck@SpeakerPresenter.com)  
Web: <http://www.SpeakerPresenter.com>  
Speaker. Author: Speaker Coach.

01:09:34 Rasana Atreya: Rasana Atreya. I'm a technical content writer and also a novelist. I'm reworking my website so I'm not sharing the link here.  
[rasana.atreya@gmail.com](mailto:rasana.atreya@gmail.com).

01:11:05 Michelle Althiser: Michelle and Roger help couples exhilarate their relationship through exploration of playful sexuality. Their program leads couples through 4 easy, 3 titillating, and 4 not-for-the-timid steps.

01:11:10 Katrina Sawa:

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WEBINAR AGENDA:

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5:00 pm - Welcome from Katrina Sawa (host) and "quick" introductions from those on live

5:20 pm - Reminders from Katrina on upcoming events, member & group announcements



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I would love to connect with you and learn more about you and what you do and how we can support each other in business. Here's a link to my calendar to schedule a Zoom. <https://my.timetrade.com/book/7LF8L>

01:21:33 Mila Johansen: Internet went down. Darn. Back up now.

01:24:20 Katrina Sawa: Hi everyone, I'm Katrina Sawa, speaker, author and 18 year business coach... I live in the greater Sacramento CA area - I love motivating, educating and inspiring entrepreneurs on how to jumpstart their businesses, make more money, tweak and shift what they're doing right now or how to do things differently so they can be more productive, profitable and impactful. I do coaching, have masterminds, live events, virtual trainings, we build websites, have techy resources and Virtual Assistants and a bunch of FREE trainings for entrepreneurs here: [www.JumpstartYourMarketing.com/freetrainings](http://www.JumpstartYourMarketing.com/freetrainings)  
Contact me at [katrina@jumpstartyourmarketing.com](mailto:katrina@jumpstartyourmarketing.com) or 916-872-4000

01:25:22 Mila Johansen: From Cowgirl to Congress is now available on Amazon. My grandmother, Jessie Butler was there on the frontline when women won the vote and you get to be a fly on the wall.

01:25:33 Katrina Sawa:  
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WEBINAR AGENDA:  
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5:00 pm - Welcome from Katrina Sawa (host) and "quick" introductions from those on live

5:20 pm - Reminders from Katrina on upcoming events, member & group announcements

5:30 pm - 15 min speaker with Q&A - Michelle Peticolas will be speaking on the topic of "Be a Leader Not a Hero" - In these turbulent times, we can no longer afford to wait for a hero to riding in on a white charger to save us. The solution to the world's problems is within each of us. During our 'Be a Leader Not a Hero'

your audience will:

- Why playing hero leads to burn out
- How old patterns can hold you back from sharing your brilliance
- The number 1 secret to enrolling your tribe

01:26:13 Katrina Sawa: 5:50 pm - 5 minutes in the spotlight hot seat for one member on the call

5:55 pm - Last minute shout out for free gifts, links, events and more (to be placed in chat room for easy access for all) Note: Katrina will copy the chat room contents at the end of each webinar and include in a follow up email along with the recording of that month's webinar.

01:29:32 Katrina Sawa: wow, that is amazing... and so glad you took charge of your purpose!

01:32:18 Katrina Sawa: for the person who just joined... we're in the speaker portion of the meeting and will be able to hear you in about 12 min when she's done.

01:32:37 Katrina Sawa:

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ABOUT THE SPEAKER:  
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Michelle is a Transformational Life Coach specializing in social change, empowerment and leadership. She has a Ph.D. in Sociology and Psychology and 18 years of coaching people through major life challenges. She gives workshops and presentation throughout Northern California including the Commonwealth Club of San Francisco. Her work combines new findings in neuropsychology, evolutionary biology and psychosomatics with 35 years of spiritual study with a Sufi master.

She is a co-author in the best selling anthology Breaking Barriers, the #1 international best seller Step Into Your Brilliance and the international best seller Animal Legacies.

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01:39:10 Katrina Sawa: If you're not already in our ISN Facebook group, join us and share your info here: <https://www.facebook.com/groups/ispeakernetwork>

01:40:58 Katrina Sawa: I have a great guy now but the first one was definitely my "starter husband". ;-)

01:41:30 Rasana Atreya: 😊

01:42:23 Sonia Thomas: As a newbie I am making a list of everything I need to do to get ready to launch my business online. I am fine with speaking to groups and individuals. What more do I need besides a business name, domain host, LMS, my bio, business photo, home page, courses converted from face-to-face to asynchronous and synchronous versions.

01:43:20 Rasana Atreya: 🙌🙌🙌

01:43:38 Barbara Ingrassia: THANK YOU!!

01:44:45 Dr. Michelle Peticolas: [www.secondchancesecrets.com](http://www.secondchancesecrets.com)

01:45:31 Katrina Sawa: The replay of tonight's call and all other webinars we do are all on this page to view anytime... just give us a day or so to post <https://jumpstartyourmarketing.com/isnwebinars>

01:45:32 Rasana Atreya: Great speech, Michelle! I'm going to have to leave now.

01:45:34 Sonia Thomas: Mine is red

01:45:54 Barbara Ingrassia: Barbara Ingrassia

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[barb@managecopyright.com](mailto:barb@managecopyright.com)

5082770709

Grab my ebook: The 10 Biggest Copyright Mistakes That Anyone Can Make: That Could Land You in Court

01:52:03 Katrina Sawa: We're in the middle of a hot seat Rhonda FYI - Hi!

01:57:49 Don Franceschi:

<https://www.youtube.com/playlist?list=PLe0CwN2FzX41ugqGtzeWcGnWmAFSJw23s>

01:58:26 Don Franceschi: My 2 Minute Speaking Tips videos on my YouTube Channel--From Awful To Awesome

01:58:36 Katrina Sawa: I just gave a Free Jumpstart Your Marketing Webinar last night and its up on replay right now... we talked a lot about how to maximize zoom calls, engage more on social media, get more visibility and more... go here to get access for free:

<https://jumpstartyourmarketing.com/events-webinar-jsymarketing/>

I am teaching a 30-day course on how to jumpstart your marketing starting first week in May.... teaching how to effectively use SOCIAL MEDIA for lead generation and sales, DEVELOPING CONTENT and REPURPOSING it too, Email marketing and database marketing to your followers, list, clients, even things like doing direct mail, making phone calls, doing videos via FB live or on YouTube, mastering sales conversations and copywriting too for your website, emails, webpages. Sign up right away if you want to attend the calls live at [www.JumpstartYourMarketing.com/jsymarketing](http://www.JumpstartYourMarketing.com/jsymarketing)

go get access to the \$27 Get Booked! Speaker eBook, Audio and Speaker Sheet Checklist to get started somewhere: <http://www.jumpstartspeakertraining.com/>

Anyone want to write a chapter in my compilation book in the next couple months? OR... know someone who wants to become a published author?? I'm looking for authors for the 2020, Jumpstart Your \_\_\_\_, Vol III compilation book ... it's a collaboration of stories and chapters where each author writes about the topic and expertise that YOU have, so JSY Sales, Mindset, Health, Fitness, Gratitude, Social Media - whatever you SELL you write about and then use the book as your marketing tool to get them to go to your website. info here -> <https://jumpstartyourmarketing.com/jumpstartcompilation/>

02:02:04 Rhonda Liebig: Tje Fresh Inspiration Show  
The Fresh Inspiration Show May 21st Free tickets  
<https://www.eventbrite.com/e/95273253867>

02:02:44 Dr. Michelle Peticolas: Leading From the Heart:  
Reclaim Your Power in Love and Work  
After a Significant Loss  
Saturday, May 16, 2020  
7am-1pm PDT (10am-4pm EDT)  
One Woman Fearless World Summit  
Suggested Price \$10  
Register  
[https://onewoman.ca/product/one-woman-fearless-world-summit-may-16th/?mc\\_cid=ea04612a86&mc\\_eid=68ee1d4ec6](https://onewoman.ca/product/one-woman-fearless-world-summit-may-16th/?mc_cid=ea04612a86&mc_eid=68ee1d4ec6)

02:03:33 Rhonda Liebig: The Fresh Inspiration Show is now interviewing speakers for the show you can contact me [rhonda@rhondaliebig.com](mailto:rhonda@rhondaliebig.com)

# ADDITIONAL RESOURCES YOU MAY WANT OR NEED:

**RESOURCES FOR TECHNOLOGY & OTHER BUSINESS BUILDING FREE GIFTS AND TRAININGS ON KAT'S SITE** like for example, how to get started speaking, love yourself successful, living a big life, marketing basics, jumpstarting your biz! <https://jumpstartyourmarketing.com/RESOURCES/>

**KAT'S UPCOMING LIVE EVENT SCHEDULE IS HERE:** [www.LiveBigEvents.com](http://www.LiveBigEvents.com)  
They are all designed specifically to help speakers and entrepreneurs with your business, marketing, program development, pricing, mindset, systems, delegating, online marketing, networking, speaking and so much more!

## **PUBLISHING AND BOOK WRITING RESOURCES:**

For those interested in writing a book, becoming an author in any way or just to learn what it would take and what they COULD do now to get the ball running, here's a free info call I did all about all of this, go get access! <https://jumpstartyourmarketing.com/webinar-publishingcall/>

**KATRINA'S WEBSITE DESIGN OR TECHY VIRTUAL ASSISTANT SERVICES** (with her and her team): [www.JumpstartYourTechyServices.com](http://www.JumpstartYourTechyServices.com) - we can update your site, hook up to a shopping cart or pay pal, design a new site to showcase you as the expert you are plus we can help you manage your social media, email marketing and anything technology related. Come to a call with Katrina to discuss: [www.AskKat.biz](http://www.AskKat.biz)



## Katrina Sawa

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