

## Webinar Replay & Chat Room Contents

### Oct 16th, 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 call for Oct 16th 2020, we heard from Heather Tucker – “Peace Under Pressure”**

We had an awesome discussion and speaker today about the topic of Peace Under Pressure... Heather Tucker really sparked some hot buttons for a lot of members, make sure you go watch this recording!



The ISN Presents...  
**Heather Tucker**

Peace Under Pressure -  
5 Secrets to Balancing  
Business/Life Harmony

Fri, Oct 16, 2020  
9:00-10:00 am PST

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

## TYPES OF STRESS



<u>Biz Stress</u>	<u>Life Stress</u>
<ul style="list-style-type: none"> <li>• Having a heavy workload or too much responsibility</li> <li>• Working long hours</li> <li>• Doubt about your ability to succeed</li> <li>• Difficulty managing time &amp; multiple projects</li> <li>• Increase in financial obligations</li> </ul>	<ul style="list-style-type: none"> <li>• The death of a loved one</li> <li>• Getting married or divorced</li> <li>• Chronic illness or injury</li> <li>• Emotional problems (depression, anxiety, anger, grief)</li> <li>• Caregiving for elderly or sick family member</li> <li>• Traumatic event impacting you or a loved one</li> </ul>



5

## ENHANCING YOUR PEACE



- P – Patient Perseverance on the path
- E – Energy, Emotions, and Environment are One
- A – Awareness of Avoidance and Aloha
- C – Courage for Self and Others
- E – Expand Your Supportive Environments



9

Go to:

<http://www.iSpeakerNetwork.com> for all replays, getting to the meetup page, scheduling in the dates and events, applying to speak for 2021 - taking applications now!

Enjoy the replay and we'll see you on the next ISN Webinar on the next ISN on Nov 4th from 5-6 pm PDT!

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

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**

00:08:23 Chuck Hooper: Chuck Hooper  
email: [Chuck@SpeakerPresenter.com](mailto:Chuck@SpeakerPresenter.com)  
Web: <http://www.SpeakerPresenter.com>  
Speaker. Author. Speaker Coach.

00:15:17 Nadene Joy: Nadene Joy  
<http://linkedin.com/in/nadene-joy-227026138>

00:16:43 Haim: Haim Holistic Alternative Psychology Master 516-  
424-6289 [haim@inmotioncoach.com](mailto:haim@inmotioncoach.com)

00:17:38 Frances W Greenspan: Frances W Greenspan, Animal  
Communicator  
[FrancesWGreenspan@gmail.com](mailto:FrancesWGreenspan@gmail.com)  
[www.FrancesWGreenspan.com](http://www.FrancesWGreenspan.com)

My favorite clients are rescues assuring them they are in their forever home  
- this helps them to relieve anxieties and fears of being left, hungry or  
unloved.

I also love speaking with those pets that have crossed over – helping the  
client left behind who may be questioning if they are ok or if they did the  
right thing for them.

How to Sell on eBay Virtual Q & A Demo Oct 18 at 2pm PDT

Animal Communication Demo - Virtual Oct 25 at 2pm PDT

All my sessions are via phone and zoom - I am located in Orange County,  
California

00:18:49 Colleen: Colleen Feaster, Theta & Quantum Divine Energy

Healer and Ayurveda Practitioner, owner The Sacred Wellness Center.

00:19:06 Katrina Sawa: Dr. Heather Tucker will be speaking on the topic of "Peace Under Pressure - 5 Secrets to Balancing Business/Life Harmony". She will show you how to achieve peace, even with pressure at work, by creating life harmony so that you manifest supportive environments rather than ones that produce friction.

During our 'Peace Under Pressure - 5 Secrets to Balancing Business/Life Harmony' your audience will learn about:

- Feeling totally secure, supported, and successful, both inside and out.
- Letting go and moving forward in your destiny with more ease and love
- Eradicating painful challenges, so that there is more confidence, clarity, and consistency.

00:19:19 Heather Tucker, PhD: Aloha Everyone, Dr. Heather Tucker here. I'm your speaker for today. I teach and certify life coaches and communication (mind) expert. [www.AnotherLevelLiving.com](http://www.AnotherLevelLiving.com) Contact me at [heather@anotherlevelliving.com](mailto:heather@anotherlevelliving.com), 407-988-7222

Connect with me via Facebook

<https://www.Facebook.com/AnotherLevelLiv>

and via linkedin [https:// www.linkedin.com/in/drheathertucker](https://www.linkedin.com/in/drheathertucker)

00:19:28 Colleen: [Http://www.thesacredwellnesscenter.com](http://www.thesacredwellnesscenter.com)  
(916)224-8118

00:19:39 Nancy Abramson - Success Coach: Nancy Abramson, Success Coach [Nancy@EmpoweredWithNancy.com](mailto:Nancy@EmpoweredWithNancy.com)  
[www.EmpoweredWithNancy.com](http://www.EmpoweredWithNancy.com)  
(407)984-6655 My new mini class is Productivity to Profitability on 10/22 on zoom 7pm EDT. Would love to connect with you

00:20:02 Heather Tucker, PhD: LinkedIn:  
<https://www.linkedin.com/in/drheathertucker/>

00:20:04 Nadene Joy: Nadene Joy Nadene Joy Consulting Inc.  
<http://linkedin.com/in/nadene-joy-227026138>  
[www.lead2impactsummit.com](http://www.lead2impactsummit.com)

[Nadene@NadeneJoy.com](mailto:Nadene@NadeneJoy.com) 306-530-8306 Looking for speakers/sponsors/mental health trainers Next Lead 2 Impact Summit May 5-6th, 2021 Early bird special on now for a limited time for \$10  
<https://www.lead2impactsummit.com/register>

00:21:54 Heather Tucker, PhD: Check out my Peace Under Pressure Challenge for Women starting this Monday!

<https://www.AnotherLevelLiving.com/Peace>

00:24:49 Katrina Sawa: Hi, I'm Katrina Sawa... speaker, author and biz coach... 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. You can grab some free trainings on my website at <https://www.JumpstartYourBizNow.com/freetrainings>

I offer coaching, have a mastermind, live events, virtual trainings, plus I run two groups that have monthly zoom calls for networking, training and masterminding that you can join here. It's soooo important to say in the conversation like this OFTEN with other highly motivated, amazing entrepreneurs like you to push you, lift you up, hold you accountable and also to find people to collaborate with and even find clients too!

00:24:58 Katrina Sawa: 1) The Int'l Entrepreneur Network has 3 zoom mastermind calls for just \$7/mo, info at

<http://www.iEntrepreneurNetwork.com> - all laser coaching and hot seats for an hour 3+x/mo. All topics and all levels of business owners are welcome, we cover new and advanced topics on all calls. I also bring on experts into the FB lives and/or to host calls periodically but they need to be members.

2) The Int'l Speaker Network has 2 monthly zoom calls for networking, masterminding and training, for free, including a facebook group, webinar replays, and opportunities to be a speaker too. Sign up and get the calls on your calendar now, membership is free, plus get a free audio on how to get started speaking and/or apply to speak yourself!

<http://www.iSpeakerNetwork.com>.

00:25:08 Nadene Joy: yes

00:25:14 Nadene Joy: absolutely

00:25:35 Kevin Chow: Hi- I'm Kevin Chow. Thank you for having me.

00:26:21 Katrina Sawa: Here is the page to find the Int'l Speaker Network recordings, chat notes, place to apply to be a speaker, Facebook group link, etc.: <http://www.iSpeakerNetwork.com>

Our Int'l Speaker Network Facebook group is here:

<https://www.facebook.com/groups/ispeakernetwork>

The meetup group for ISN is here (RSVP for events here):

<https://www.meetup.com/internationalspeakersnetwork>

00:27:29 Katrina Sawa: oh good to know!

00:29:40 Kevin Chow: My contact info - KChow@triple-s.com Cell 916 770-0369 <https://linkedin.com/in/kevin-chow-457a717>

00:33:34 Katrina Sawa: FEAR: Forget everything and run OR False Evidence appearing real OR.... what?

00:33:44 Katrina Sawa: repeat that?

00:33:46 Nancy Abramson - Success Coach: I love that! Facing Everything And Rising for FEAR

00:33:52 Katrina Sawa: ah ok

00:34:09 Katrina Sawa: how to become the EYE of the hurricane!

00:34:42 Colleen: Yes, be the calm around all the chaos!

00:35:12 Nadene Joy: I love love that acronym for FEAR Heather and how you turned it positive!

00:37:18 Katrina Sawa: The ISN meetings are the 1st Tues of every month from 5-6 pm PDT AND the 3rd Friday from 9-10 am PDT. ;- ) Mark your calendar now to attend as many as you can!

00:37:49 Katrina Sawa: <http://www.iSpeakerNetwork.com> is the ONE page to remember... you can get to all from there.

00:42:36 Frances W Greenspan: I love this exercise!!!

00:45:18 Katrina Sawa: yes, that is good... we avoid things that are uncomfortable

00:48:12 Frances W Greenspan: Such good reminders

00:48:34 Katrina Sawa: we have to fill our own cups first then serve from our saucers... not serving from our own cup. - Lisa Nichols love that quote

00:49:07 Katrina Sawa: I keep telling people, including my hubby that we have to take care of ourselves first, then family, then others

00:49:37 Frances W Greenspan: Yes taking care of self is not being selfish!!!

00:50:12 Nadene Joy: This is all phenomenal Heather, wow thank you!! 🙏😊🙌

00:50:28 Nancy Abramson - Success Coach: Great job! Thank you Heather

00:50:38 Colleen: Awesome Heather!

00:53:02 Heather Tucker, PhD: Thank you all...Hope to see you on the challenge.. <https://www.AnotherLevelLiving.com/Peace>

00:56:53 Nancy Abramson - Success Coach: Love that! Trust and Allow and let go of the How so you can enjoy the Wow NOW!!

00:57:45 Frances W Greenspan: Unlimit your spiritual self

00:58:28 Nadene Joy: I apologize I need to jump off, Looking forward to connecting with you all again soon

00:58:33 Nadene Joy: 🙏❤️

00:58:49 Nancy Abramson - Success Coach: It was great meeting you and look forward to connecting!

01:01:36 Frances W Greenspan: Whole self awareness

01:02:11 Frances W Greenspan: embrace sacred wellness

01:02:40 Frances W Greenspan: Aura self care

01:02:42 Nancy Abramson - Success Coach: Whole self wellness

01:03:15 Frances W Greenspan: Inner self awareness

01:06:21 Frances W Greenspan: Nov 3

## ADDITIONAL RESOURCES YOU MAY WANT OR NEED:

The Int'l Entrepreneur Network has 3-4 zoom mastermind calls for just

\$7/mo, info at [www.iEntrepreneurNetwork.com](http://www.iEntrepreneurNetwork.com) - all laser coaching and hot seats for an hour each mo. All topics and all levels of business owners are welcome, we cover new and advanced topics on all calls.

**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)

## **Jumpstart Yourself as an AUTHOR TRAINING 5-Week DIY program -**

This course is all about how to become an author and publish a book yourself or where to get options and how it all works. You'll learn what you need to know before, during and after you finish writing the book, how to find affordable editors, cover designers, and how to plan for an Amazon best-seller launch. You'll learn what you need to do to get a publisher, what to do about publicity, book signings, marketing and selling your book and more!

<https://jumpstartyourmarketing.com/jsyauthor/> - Get access for just \$297 when you use this coupon code at checkout: 200OFF

**Jumpstart Your ONLINE COURSE 3-Week DIY program** - This course will help you change up your business and develop, market, sell and run an online course, membership program, online virtual workshop, mastermind or any type of online/virtual training or calls you can SELL to continue working and making money doing what you love during this quarantine (and beyond). Check out the video and webpage about this asap - you guys can use coupon code 50OFF to get \$50 OFF, it's only \$147 then, come and get something in place THIS WEEK that you can sell and promote right now.

<https://jumpstartyourmarketing.com/jsycourse/>

**Facebook Groups 90-min tutorial on how to start, run and manage**

**your own groups.** Developing groups and communities to grow your business is critical right now so come learn how to get started doing this, what to do, post, how to engage and get members, plus some other FB tips and tricks (like how to stay out of FB jail!) It's just \$25 to get access here now: <http://www.jumpstartyourmarketing.com/facebook>

**Create Images & More on Canva 90-min Tutorial!** [Canva.com](http://www.canva.com) is such a great resource for us at this time, whether you're graphically creative or inclined or not, it has hundreds of templates anyone can use and most are all free. Many of my clients though still needed a short tutorial or training on how to utilize this tool quickly and easily to create their images, flyers, postcards, and presentations.

This tutorial has been recorded via zoom with screensharing what to do, using real client examples too and is just \$25. You will get instant access to it when you sign up here: [www.JumpstartYourMarketing.com/canva](http://www.JumpstartYourMarketing.com/canva)

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<https://jumpstartyourmarketing.com/speakertraining/>

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<http://www.jumpstartspeakertraining.com/>

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[www.JumpstartYourMarketing.com/jsymarketing](http://www.JumpstartYourMarketing.com/jsymarketing)



## Katrina Sawa

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