



Webinar Replay & Chat Room Contents AUG 4th, 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 Aug 4th 2020, we heard from Carlee Myers on “Using Your Stress to Your Advantage”

Today’s call was with Carlee, an experienced coach who has helped hundreds of professionals across the country take action to reduce stress. We had a very intense discussion about the topic of stress and how to avoid it and manage it in many creative ways.

Enjoy the replay and we’ll see you on the next ISN Webinar Fri, Aug 21st!

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

The ISN Presents...
Carlee Myers
Using Your Stress
to Your Advantage
on Stage
Tue, Aug 4, 2020
5:00-6:00 pm PST

WEBINAR
**International
Speaker Network**
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 ***

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

00:13:00 Kimberly Hobscheid: Hi folks! I'm Kimberly with Entrepreneurs Rocket Fuel. I'm looking for people who want to speak on virtual summits and podcasts! You are welcome to message me Kimberly@entrepreneursrocketfuel.com. Cheers!

00:13:36 Kimberly Hobscheid: .

00:13:38 Kimberly Hobscheid: OMG!!! I love how Katrina made that sound so easy!!

00:14:15 Barbara Ingrassia: BARBARA INGRASSIA

<https://www.managecopyright.com>

barb@managecopyright.com

508-277-0709

Speaker, Workshop Facilitator, Digital Content Licensor

YOU have a Goldmine!

Grab my free guide: 5 Steps to GUARD YOUR GOLDMINE

<https://GuardYourGoldmine.com/5steps>

LinkedIn: <https://www.linkedin.com/in/BarbaraIngrassia>

Facebook: <https://www.facebook.com/BarbaraCopyrightServices/>

00:14:21 Mila Johansen: <https://www.amazon.com/Cowgirl-Congress-Journey-Suffragist-Front/dp/1952508002>

I'm available to speak in your group or on your Podcast. From Cowgirl to Congress. Celebrate the 100th this August with the best women's book of the year. An eyewitness account of my grandmother, Jessie Haver Butler, a suffragist on the front lines of the women's movement in 1920—with Alice Paul and Carrie Chapman Catt. During her long life devoted to women's rights, Jessie lectured alongside several times with George Bernard Shaw, Eleanor Roosevelt, Gloria Steinem and Marlo Thomas. She was there and you get to be a fly on the wall.

00:15:12 Tony Hunt: Tony Hunt Owner of: <http://TonysArtificialIntelligence.now>.

00:15:21 Gary McKinsey: Gary McKinsey. Professional Speaker and Coach Working with you to polish you Public Speaking and Marketing presentations. So that you can connect with your prospects and increase your sales.
<https://GaryMcKinsey.com>
Email : Gary@GaryMcKinsey.com

00:15:32 Tony Hunt: email: Tony@SuperSmartMarketing.Biz

00:16:44 Carlee Myers: Carlee Myers Founder, The Stress Less Company
carlee@stresslessco.com
@thestresslessco

00:17:28 Dara Connolly: Hi I'm Dara!
Speaker | Author | Coach *****
I've been leading a women's movement since 2004– I help women crush imposter syndrome, set effective boundaries, and confidently make more money thru speaking & coaching. Contact me to get my FREE 52 Badass Tips or for a complimentary link to visit my "Make More Money" Mastermind:
510-847-2400; <https://www.dara@daraconnolly.com>

00:19:24 Kimberly Hobscheid: Hi! I'm Kimberly! I help entrepreneurs, coaches and speakers, get seen and heard in a bigger way by perfecting their message and get that message seen and heard by getting on virtual stages like podcasts, radio shows, web summits and TV. And I have a webinar coming up on this Thursday on How to Create Your OWN Web Summit! - Here's the link!
<https://us02web.zoom.us/meeting/register/tZEtcequqzsiGdzCGH5x3ZkzJ1yCSk1k2>

[h-Z](#)

00:19:57 Catherine Gabriel: Catherine Gabriel - best-selling author and speaker, personal freedom facilitator for people overcoming toxic relationships or workplaces. I am also a business consultant for project and program manager. 602-781-3117

00:20:56 Katrina Sawa: =====
WEBINAR AGENDA:
=====

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 - Carlee Myers will be speaking on the topic of "Using Your Stress to Your Advantage on Stage" - In this presentation, Carlee will teach you exactly how the Pros use stress to their advantage so they can shine on stage.

During our 'Using Your Stress to Your Advantage on Stage' your audience will:

- Learn how your stress response might be sabotaging your speaking career
- Learn how to manage your stress like a professional speaker so you can shine on stage

5:50 pm - 5 minutes in the spotlight hot seat for one member on the call

00:20:58 Katrina Sawa: 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.

00:21:38 Kimberly Hobscheid: Dara - I have two web summits you should be on. You can email me at Kimberly@entrepreneursrocketfuel.com with your calendar link, and I can have my admin set up a call.

00:22:01 Barbara Ellison: hi I'm Barbara Ellison. I work with widows who are ready to move on. . my course is 5 steps to get their

00:22:05 Catherine Gabriel: GO Katrina!!

00:23:24 Tony Hunt: Whomever would like to Zoom "one-to-one, here is my availability: www.Calendly.com/Tony-333

00:24:09 Barbara Ellison: Barbara Ellison 5 steps to Get Your Sass Back 815-345-2555.

00:26:02 Barbara Ingrassia: BARBARA INGRASSIA

<https://www.managecopyright.com>

barb@managecopyright.com

508-277-0709

Speaker, Workshop Facilitator, Digital Content Licensor

YOU have a Goldmine!

Grab my free guide: 5 Steps to GUARD YOUR GOLDMINE

<https://GuardYourGoldmine.com/5steps>

LinkedIn: <https://www.linkedin.com/in/BarbaraIngrassia>

Facebook: <https://www.facebook.com/BarbaraCopyrightServices/>

00:27:39 Kimberly Hobscheid: Also - practice and experience!!!!!!

00:27:39 Haim O: Haim Holistic Alternative Psychology Master
haim@inmotioncoach.com 516-424-6289

00:29:25 Marilla Arguelles: Greetings, everybody. I'm Marilla Arguelles. For the past 40 years I've been designing and conducting educational programs. Now I'm finally getting serious: I'm agitating for a complete overhaul of Public Education. We're criminally underestimating and underutilizing our teens - what they're taught and tested on has no application to everyday life. My Blogs at www.WholeNewTake.com explore how we can help them implement alternative systems for housing, sustainable agriculture, healthcare, and so much more. You can sign up there for my Free Strategy Report for Teachers. And please let me know about Podcasters who welcome guests like me.

00:31:14 Marilla Arguelles: Thanks, Catherine. My email is m.arguelles@sbcglobal.net and my Blogs are on my Blog page at www.WholeNewTake.com. You can also find out more about my speaker topics on my About Me page.

00:32:13 Catherine Gabriel: beavictornow@gmail.com

00:32:15 Barbara Ingrassia: barb@managecopyright.com

00:32:32 Kimberly Hobscheid: Kimberly@entrepreneursrocketfuel.com

00:32:41 Krista Giannak: krista@wisewordsthatmatter.com
www.facebook.com/wisewordsthatmatter for my weekly Facebook Live, inspiring you and offering tips and tricks to help you get noticed.

00:34:47 Katrina Sawa: Hey all, here is the webpage to go to watch previous webinars, apply to speak and get into the Facebook group for the Int'l Speaker Network <http://www.iSpeakerNetwork.com>

00:36:10 Katrina Sawa: wow that is an amazing recovery for your mom Carlee

00:36:22 Barbara Ellison: yes

00:42:47 Krista Giannak: Forgetting something I wanted to say

00:42:53 Katrina Sawa: preparation of my talk, not a fan of prepping

00:43:04 Catherine Gabriel: That I may forget my main message or that it isn't what they want/need

00:43:09 Katrina Sawa: when very influential people are in the audience

00:43:11 Krista Giannak: Flubbing up and having to recover

00:43:19 Krista Giannak: technical glitches during a presentation

00:44:01 Krista Giannak: It helps me to be alert and energized but too much

stress is bad.

00:47:00 Mila Johansen: I have to walk everyday. Totally reduces my general stress.

00:48:30 Carlee Myers: stresslessco.as.me/claritysession

00:49:30 Tony Hunt: Tony@SuperSmartMarketing.Biz

00:50:19 Carlee Myers: Congrats Tony!

00:55:38 Tony Hunt: YAY, for me winning the raffle and YAY for an awesome Zoom !

00:57:48 Katrina Sawa: our ISN FB group:
<https://www.facebook.com/groups/ispeakernetwork> (come join us and connect further)

01:04:20 Katrina Sawa: Upcoming Program: Are you ready to HOST YOUR OWN EVENT!? ;-) I would love to help you get that going - live or virtually... I'm really good at doing them AND monetizing them!!! I'm hosting a 4-week training all about "Jumpstarting Your Events – In Person or Virtual – How to Build Your Community, Grow Your Influence and Rock Your Profits!" It's just \$197 through today, come learn a TON of stuff I know about all types of events, calls, etc.
<https://jumpstartyourmarketing.com/jsyevents/>

01:04:49 Carlee Myers: www.stresslessco.com/virtualstresslesspace

01:04:59 Carlee Myers: Self-care accountability group^^

01:05:03 Kimberly Hobscheid: Register to speak (or learn to speak) on stages..... <https://www.entrepreneursrocketfuel.com/speakonstage>

01:05:14 Katrina Sawa: Carlee put the whole url so it's clickable

01:05:17 Barbara Ellison: I have a few tickets available for \$1 activation to use all the New tech tools to 2. Text me at 815-345-2555 if you want a ticket. join Codebreaker's Free Masterclass starting on 8/6 @4pm PDT. This 4 week series (value \$997) will impact your 2020 in a positive way.

01:05:36 Carlee Myers: <http://stresslessco.com/virtualstresslesspace>

01:05:46 Carlee Myers: ^^Self-care accountability group

01:06:05 Carlee Myers: For that complimentary session:
<http://stresslessco.as.me/claritysession> :)

01:06:25 Kimberly Hobscheid: How to Host a Virtual Summit

Thursday, August 6 at 1 pm PST (3 pm CST) - Register Here.

<https://us02web.zoom.us/meeting/register/tZEtcequqzsiGdzCGH5x3ZkzJ1yCSk1k2h-Z>

01:06:53 Mila Johansen: 2chicks@thathelpfulchick.com meet to ask tech question

01:06:59 Katrina Sawa: <https://thctrainings.com/technologytraining/>

01:07:13 Katrina Sawa: \$20/mo for tech training

01:07:22 Krista Giannak: Free guide: 7 Marketing and PR mistakes to Avoid. Join me email list at <http://www.wisewordsthatmatter.com> or call (631) 505-4011.

01:08:18 Carlee Myers: Thanks so much!

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 - 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

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 - 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

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](https://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

Learn the business of speaking with Katrina Sawa's Jumpstart Yourself as a Speaker 6-Week Training. Learn how to design your talk, create your marketing materials and back of the room set up so you LOOK like an expert and professional. Learn how to make offers, what to sell, when to make offers and when not to plus so much more in preparing yourself to become a more sought after speaker AND one who monetizes what you're doing too! Find out more here and get 50%OFF when you use coupon code 500OFF!

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

OR... go get access to the \$27 Get Booked! Speaker eBook, Audio and Speaker Sheet Checklist to get started somewhere:

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

Jumpstart Your Marketing 30 day Course.... 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 to get more marketing in place today:
www.JumpstartYourMarketing.com/jsymarketing



Katrina Sawa

Your Meetup
Organizer, Award
Winning Speaker,
Jumpstart Your Biz
Coach &
International Best Selling Author
with 8 books 916-872-4000
katrina@jumpstartyourmarketing.com

PS: Get your Free Jumpstart Your
Biz Kit now at
[www.JumpstartYourMarketing.com!](http://www.JumpstartYourMarketing.com)

Katrina Sawa & **JUMPSTART YOUR MARKETING** PRESENTS

Live B.I.G. Events

JumpStart Your Biz
In a Weekend.com

Katrina Sawa's
Speaker
Success Bootcamp

Love & MONEY
Live!

www.LiveBigEvents.com

JUST \$7/MONTH!

Join today!

INTERNATIONAL ENTREPRENEUR NETWORK

WHERE YOUR BRIGHT IDEAS
GET IMPLEMENTED & VALUED

iEntrepreneurNetwork.com