



**International** Speaker, Author &  
**Entrepreneur Network**  
www.iSpeakerNetwork.com

## Webinar Replay & Chat Room Contents March 5, 2019

A free benefit of being a member in the now International Speaker, Author & Entrepreneur Network (formerly the Sac Speaker Network) is to be able to attend these monthly webinars - including getting to hear expert speakers from around the world!

**MARCH 2019 we heard from, Don Franceschi on how to Fight the Fear and Reduce Speaker Anxiety**

Watch the replay of this talk plus get to know a few of our members, what they're up to AND... everyone who showed up live got the opportunity to share their free offers, gifts and websites so you might want to take a look and see what goodies you can glean from them!



**Don Franceschi**  
Presents  
"Fighting the Fear:  
Reducing Speaker  
Anxiety"  
Tuesday,  
Mar. 5th, 2019  
5:00pm - 6:00pm PST

**FREE WEBINAR**  
**International** Speaker, Author &  
**Entrepreneur Network**  
www.iSpeakerNetwork.com

Here is the **REPLAY LINK** from this webinar over on  
**YouTube:** <https://youtu.be/OEdFwuvarQM>

But you can also check out 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!**

\*\*\* <https://www.meetup.com/sacramentospeakersnetwork> \*\*\*

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

Chuck Hooper Led this call, Katrina Sawa was absent  
Chuck@speakerpresenter.com  
<http://www.speakerpresenter.com>

00:10:01 Don Franceschi: Hi Folks! I'm Don Franceschi and I'm a Presentation Skills Author—Speaker—and Coach. I welcome you to check out my website at [www.FromAwfulToAwesome.com](http://www.FromAwfulToAwesome.com). You can contact me through the website or directly at [don@FromAwfulToAwesome.com](mailto:don@FromAwfulToAwesome.com). I also have a YouTube Channel called From Awful to Awesome—and lastly, my book is on Amazon and is titled—From Awful to Awesome: 9 Essential Tools for Effective Presentations. Thank you for being in the audience for my presentation today!

00:10:30 John Cozen: John Cozen  
00:10:40 John Cozen: Website and application developer  
00:10:48 John Cozen: (916) 259-6895  
00:22:21 John Cozen: Web developer [johncozen@gmail.com](mailto:johncozen@gmail.com)

00:11:54 Eden Gold: I'm Eden Gold - Body Image and Self Esteem Health Coach. I am a 20 year old aspiring entrepreneur who just became qualified to start taking on clients. I want to take my passion for health and self love and bring it into High Schools and Colleges as a speaker. Website: [Www.TheGoldLife.Net](http://Www.TheGoldLife.Net) but I'm really here to learn as much as I can!

00:23:13 Barb Ingrassia: Barbara Ingrassia [www.managecopyright.com](http://www.managecopyright.com)  
5082770709 [barb@managecopyright.com](mailto:barb@managecopyright.com) Manage Copyright! Don't Let It Manage You! (sm) Guard Your Goldmine(sm)

00:23:25 Bralynn Newby: This Friday in Folsom - the RockStar Marketing Network is meeting. Mastermind | Peer Advisory | Accountability for entrepreneurs. <http://bit.ly/RockStarSac>

00:24:19 Beth Lendrum: Hi Everyone! Beth Lendrum  
[www.4minuteflow.com](http://www.4minuteflow.com)

00:35:38 Ariann Thomas: Ariann. You can visit my website at <https://ancestrallineageclearing.com>.

00:39:38 Eden Gold: i went to school there!

01:01:46 Bralynn Newby: [Activate@BralynnNewby.com](mailto:Activate@BralynnNewby.com)

## **FREE TRAININGS AND RESOURCES OR EVENTS FROM KATRINA:**

17:45:32 From Katrina Sawa : Get your free speaker audio training online at [www.JumpstartSpeakerTraining.com](http://www.JumpstartSpeakerTraining.com)

17:49:22 From Katrina Sawa : here's our FB group for the meetup Speaker, Author group: <https://www.facebook.com/groups/sacspeaker> everyone join if you're not a part of it yet

17:50:37 From Katrina Sawa : Learn more about the meetup group here and RSVP to an upcoming webinar or in person lunch!

\*\*\* <https://www.meetup.com/sacramentospeakersnetwork> \*\*\*

17:54:45 From Katrina Sawa : Learn the business of speaking at Katrina Sawa's Speakers Success Bootcamp, June 27-29 in Sacramento, CA. 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 also what you get when you go VIP! [www.JumpstartSpeakerEvent.com](http://www.JumpstartSpeakerEvent.com)

17:45:18 From Katrina Sawa : I help entrepreneurs make a lot more money doing what you love. This includes a LOT of things from your online presence, website, social media, all other marketing, being a speaker, author, knowing what your business models are, what you're selling, how to package and price yourself, developing your confidence to charge more, reach more, do more and learning everything you need to know to jumpstart your business and profits. You can find out all about me plus get a ton of free trainings, my newsletter and more at [www.JumpstartYourMarketing.com](http://www.JumpstartYourMarketing.com).

# ADDITIONAL RESOURCES I THOUGHT 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!

**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

Your Meetup Organizer,  
Award Winning Speaker,  
Jumpstart Your Biz Coach &  
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PS: Get your Free Jumpstart Your Biz Kit now at [www.JumpstartYourMarketing.com](http://www.JumpstartYourMarketing.com)!