



## Webinar Replay & Chat Room Contents 11-6-18

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

**November 2018 we heard from myself, Katrina Sawa on the topic of "Get Started Speaking"**

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 gleam from them!



**Here is the REPLAY LINK from this webinar:**

<https://youtu.be/ydDkEKcR1HU>

**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!**

\*\*\* <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

17:05:59 From Veronica Lee : Veronica Lee, [www.VeronicaLee.tv](http://www.VeronicaLee.tv) , I'm an Intuitive and a Spiritual Mentor. :-)

17:06:51 From Michele Mariscal : Michèle Mariscal at [www.energym.org](http://www.energym.org)

17:07:16 From Cindy Sharp : Cindy Sharp Self Love coach, Helping women get in touch with the perfection of who they are through spirit [www.theseiflovedlife.com](http://www.theseiflovedlife.com)

17:08:11 From Kori Abell : Kori Abell [www.koriabell.com](http://www.koriabell.com) wellness advocate with doTERRA Essential Oils. I help people with natural health solutions.

17:08:26 From Jay : Jay Hornbuckle [www.ceospaceinternational.com](http://www.ceospaceinternational.com) working with Entrepreneurs in California with Business Acceleration

17:08:34 From Michele Mariscal : if you have veterans in your life I'm doing a grant funded workshop in the work from the Institute of HeartMath for emotional resilience. you can have them connect with me at [Energymm@yahoo.com](mailto:Energymm@yahoo.com)

17:08:59 From Renee Balcom : Hey Rhonda, good to see you.

17:12:10 From Terri Rose : Terri Rose, Love & Lifestyle Coach with Blissify Your Life <https://Blissifyyourlife.com> . I support men and women in the life transition of separation, divorce and empty nesting to emerge empowered from the life transition creating a life of greater freedom with confidence

17:17:04 From Johnny Lujan : [www.johnnylujan.com](http://www.johnnylujan.com) Workshop coming to Roseville called "Possibilities" (on web site) December 11th... Book: The Book of Norm - Recovery without Relapse / Kick Start Your Life workshop coming January 2019 🇺🇸🇺🇸🇺🇸🇺🇸

17:17:37 From Renee Balcom : Renee Balcom -  
[www.reneecompany.com](http://www.reneecompany.com)

17:17:37 From Whitnie Wiley : Whitnie Wiley, two businesses — Shifting Into Action, website still in development but is shiftingintoaction.com, work with employees on career management and transitions and those moving into new leadership positions, other business is realtor with Intero Real Estate Services, [www.whitniewiley.interorealestate.com](http://www.whitniewiley.interorealestate.com) with an eventual goal of having a team and coaching others into successful careers in the real estate industry.

17:18:59 From Tonya Rios is calling in - health coach focusing on emotional eating, also EFT practitioner (tapping)  
[www.TonyaRiosHealthCoach.com](http://www.TonyaRiosHealthCoach.com)

17:19:50 From Jill Safran calling in - Mindfulness Practitioner -  
[www.MindfulHumor.net](http://www.MindfulHumor.net)

17:21:30 From Rhonda Liebig : The Fresh Inspiration Show is on tour and our next stop is at Time and Space in Roseville, CA, Thursday, November 15th. We will be creating a positive space with speakers and this will be the place to be networking with other entrepreneurs too: Here is the link to get into the show. <https://www.eventbrite.com/e/the-fresh-inspiration-show-at-time-space-roseville-california-tickets-51050931711>

17:21:34 From Jay : Since Katrina mentioned it our next mixer is next week if you are in Sacramento- love to see you there. CEO Space November Mixer Tuesday, November 13th at 5:30 ol' Republic Brewery 11151 Trade Center Drive Rancho Cordova, CA 95670  
<https://bit.ly/2Sdp3Ab>

17:21:55 From Barbara Ellison : Timed Partner Media. I am a SEO Expert offering a Free website audit. I support women in business to increase their impact in their relationships and income.  
[www.TimedPartner.com](http://www.TimedPartner.com)

17:31:09 From Renee Balcom : If you are in Sacramento and if you are a family caregiver or primary caregiver or if you know someone who is our next meeting is 11/15/2018 at 6:30 pm. Check out the Silver Lining Network through Meetup. More information is available at  
[www.reneecompany.com](http://www.reneecompany.com)

17:38:17 From Katrina Sawa : my Dec 13 1 day event is all about honing in on your online marketing, your website, social media, email marketing,

shopping carts and anything technology oriented in your business, we're going to DO it all at this event, it's a workshop format:

<https://jumpstartyourmarketing.com/jumpstartyourbizonline>

- Jumpstart Techy Dec 13 \$197 ticket -

<http://www.mcssl.com/SecureCart/SecureCart.aspx?mid=F7730BD7-C1CA-41EF-A2EF-2525CECB9E91&pid=be991f0568df40079ebc967bebf72ea0>

17:51:08 From Kori Abell : If you or anyone that you know suffers from an ailment and does not want to take OTC meds or is not having results I would love to talk with them. [koriabell@gmail.com](mailto:koriabell@gmail.com) 321-427-5386 This is not a sales pitch! I am interested in helping people feel better.....naturally.

17:59:37 From charles hooper : Got to leave right at 6PM. email any questions for me - [CHooper@BIAnalytics.com](mailto:CHooper@BIAnalytics.com)

18:00:05 From Jay : this was great - I have to leave at 6:00 - thank you for inviting me Jay Hornbuckle

18:00:39 From Katrina Sawa : 1 Day Get Started Speaking Seminar - Friday, February 22, 2019 - \$97 early bird tickets

<https://tinyurl.com/GSSFeb2019>

we're going to work on all these 6 steps live

18:01:56 From Michele Mariscal : I have to run great class!

18:05:00 From Katrina Sawa : tomorrow's business planning webinar - 2 part series starts at 9 am PST... sign up for \$57 here:

<https://jumpstartyourmarketing.com/coaching-bizplanwebinar/>

18:08:30 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> \*\*\*

18:10:24 From Renee Balcom : Do you recommend Zoom over GotoMeeting for these types of events?

18:12:20 From Veronica Lee : Personally, I LOVE Zoom... Have been using it for YEARS and it's very affordable. I do most of my sessions by Zoom.

18:12:42 From Kori Abell : I use Zoom too.

18:12:53 From Kiran Yella : +1 for Zoom!

18:13:53 From Kori Abell : Thank you. Great class. I'll see you at both meetings tomorrow.

18:14:32 From Veronica Lee : What I particularly like is that my clients can DO THEIR OWN RECORDING, so I don't have to send them a file later. But this doesn't work if they are on a phone or iPad, but if I do the recording, it's really easy to just send them to the recording link afterwards.

18:16:08 From Katrina Sawa to Barbara Ellison (Privately) : here's the planning webinar: <https://jumpstartyourmarketing.com/coaching-bizplanwebinar/>

18:18:03 From Whitnie Wiley : Thank you! I have to run to vote. I got a lot of this and look forward to tomorrow.

18:22:36 From Renee Balcom : Katrina, I will be on your meeting tomorrow morning at 9am. Looking forward to it. Bye everyone, great spending this time with you.

18:23:57 From Veronica Lee : I'm still listening but I need to start dinner. :-)

18:25:10 From Veronica Lee : Zoom has a webinar version for about \$40 per month, but you don't see the guests and you can add many more guests.

18:26:04 From Johnny Lujan : great seeing everyone- Gotta Go--- Thanks a Ton Katrina.. ill answer the messenger message in a bit...

18:26:07 From Johnny Lujan : 🖐️

18:02:33 From Katrina Sawa : If anyone isn't on my business email list (not the meetup) and wants some cool free trainings on all sorts of topics, go here: <https://jumpstartyourmarketing.com/freetrainings>

17:32:08 From Katrina Sawa : here's our FB group for the Sac Speaker group: <https://www.facebook.com/groups/sacspeaker> everyone join if you're not a part of it yet

18:02:35 From Katrina Sawa : Get your free speaker audio training online at [www.JumpstartSpeakerTraining.com](http://www.JumpstartSpeakerTraining.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).

From Katrina Sawa : Oh and my Dec 13 1 day event is all about honing in on your online marketing, your website, social media, email marketing, shopping carts and anything technology oriented in your business, we're going to DO it all at this event, it's a workshop format: <https://jumpstartyourmarketing.com/jumpstartyourbizonline>

## **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 &  
Author of the book, *Love Yourself Successful*  
916-872-4000  
katrina@KatrinaSawa.com

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