



## Webinar Replay & Chat Room Contents July 6th, 2021

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 July 6<sup>th</sup> 2021, we heard from Michelle Teague on "Delegating With Ease - Take Back Control of Your Time"

Thanks to Yvonne Jones for hosting this while Katrina is on vacation

This week's ISN call was really insightful, with a great discussion around how to take back control of your time, you want to read the CHAT for this one for sure!!

Thanks for showing up everyone, every call is different, keep showing up to get the most out of these events.

Enjoy the replay and we'll see you on the next ISN Webinar, Friday, July 16, 2021 12:00 PM to 1:00 PM EDT

For upcoming webinar dates and info about the Int'l Speaker Network go to <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! [www.JumpstartYourBizNow.com](http://www.JumpstartYourBizNow.com)

[www.JumpstartPublishing.net](http://www.JumpstartPublishing.net)

The ISN Presents...  
**Michelle Teague**  
Delegating With Ease -  
Take Back Control of  
Your Time  
Tue, July 6, 2021  
4:00-5:00 pm PST  
[www.iSpeakerNetwork.com](http://www.iSpeakerNetwork.com)

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

# 7/6/21 CHAT ROOM CONTENTS:

00:53:49

VeronicaLee.tv:

—

I'm Veronica Lee -

Transformational Visionary, Speaker, Writer, Mystic and Mentor

<https://veronicalee.tv>

[veronica@veronicalee.tv](mailto:veronica@veronicalee.tv)

In addition to being raised with metaphysical teachings, for the past 15+ years, I've been guiding people back to reclaiming their soul truth, owning their inherent power and aligning with their essential joy. I see you, help you remember your soul desire and purpose, and support your expansion to your "next level" life expression.

Twice a month, I offer a group mentoring session called Soul-In-Formation, next scheduled for Saturday, 7/10 at 8:30 am PDT. During this session, you will receive "spot on" insights and guidance, personalized just for you.

<https://veronicalee.as.me/?appointmentType=14285276>

As my first time guest, you can use this Coupon Code to join for \$15 off, which you redeem when you register: 15OFF

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00:53:52

Dr. Michelle Peticolas:

Hi everyone, I'm Dr. Michelle Peticolas, speaker, author, and life transformation coach based in the San Francisco Bay Area. Founder of Secrets of Life and Death and Second Chance Secrets, I help speakers, coaches and healers and change makers to have more time and more money by enabling them to create irresistible high-end coaching packages developed from their own healing journey.

I'm looking to connect with coaches, healers and motivational speakers who would be interested in presenting on my Healers Connection meet-up. Join or apply to speak here: <https://www.healersconnection.com>

If you would like to have me speak at your event, let's chat, schedule a time at <http://www.meetwithdrmichelle.com>

00:54:24

Michelle Teague:

Hi all! I am Michelle Teague from A Teague of Your Own.

I am a speaker, coach, and trainer who works with businesses and individuals on developing leadership skills, communication skills, and team building skills. I help people lead to succeed, communicate to elevate, and build teams to fulfill dreams.

Would love to connect!

<https://calendly.com/teagueofyourown/30min>

[www.ATeagueOfYourOwn.com](http://www.ATeagueOfYourOwn.com)

00:54:44

Dr.Melissa Balizan:

Dr. Melissa Balizan

I am the root cause doctor

Giving you a Voice and a Choice

Eastern/Western/Whole Health Specialist

website— <https://drmelissabalizan.com/>

Facebook- <https://www.facebook.com/drmelissabalizan>

LinkedIn- <https://www.linkedin.com/in/drmelissabalizan/>

Your Health Matters

Let's Connect book your session today

<https://askdrmelissa.net>

Webinar: Deadly Dose

Friday July 9, 2021 @230pm

Register Now

<https://adeadlydose.com>

00:54:49

Yvonne A Jones, Client Relations Specialist:

Info about our Host: Katrina Sawa...is an Award-Winning, Int'l Speaker, 8x Int'l Best-Selling Author with 12 books, Jumpstart Your Biz Coach - helping entrepreneurs make more money FAST, plus she's a Book & Publishing Mentor. She loves motivating, educating and inspiring entrepreneurs on how

to jumpstart their businesses, make more money, tweak and shift what you're doing right now or how to do things differently so you can be more productive, profitable and impactful. She offers 1on1 coaching, a mastermind, live events, virtual trainings, and zoom calls for networking, training and masterminding that you can join.

Main website: <https://www.JumpstartYourBizNow.com>

Publishing website: <https://www.JumpstartPublishing.net>

Go grab some of her free trainings for various aspects of starting, growing and monetizing your business at

<https://www.JumpstartYourBizNow.com/freetrainings>

00:55:04

Chuck Hooper:

Chuck Hooper

email: [Chuck@SpeakerPresenter.com](mailto:Chuck@SpeakerPresenter.com)

Web: <https://www.SpeakerPresenter.com>

Speaker Coach. Speaker. Pretend Author.

Dean of the NSA NorCal Speakers Academy!

I work with organizations sending executives to conferences where they will speak at breakout sessions. I help their presentations not suck!

00:55:28

Dr. Michelle Peticolas:

@Melissa, let

00:56:29

Dr. Michelle Peticolas:

@Melissa, let's connect. If you are a speaker, you might want to come on my Healers Connection Zoom call. Check it out at

<https://www.healersconnection.com>

00:56:52

Anna Felix:

Anna Felix Smart Money Strategist with Mod Financial- Where we help your dreams take flight 209 613 9445 [anna@modfinancial.com](mailto:anna@modfinancial.com)

<https://www.facebook.com/afelixsmartmoney>

00:57:05

Dr. Michelle Peticolas:

Great to see you Anna!

00:57:30

Dr. Melissa Balizan:

@Michelle, would love to connect and check out your healers connection.

00:58:04

Anna Felix:

Great to see you as well Dr. Michelle

00:58:27

Anna Felix:

Awesome to see you Esther

00:58:32

Heather Tucker, PhD:

Aloha Everyone, I'm Dr. Heather Tucker CEO/Life Harmony Coach, Speaker, and Trainer for Another Level Living, Inc, faith-based professional training and coaching company. We support entrepreneurs in achieving success in Business/Life Harmony. We are the only professional training and coaching company that produces powerful transformations for entrepreneurs who want to overcome great challenges and stand fully in their power, unshakable, so that they can master communication and relationships in both business and life with ease and grace. Learn more at <https://www.AnotherLevelLiving.com>

Also, I would love to connect with you and see how we can support each other. Let's chat: <https://calendly.com/anotherlevelliv/connect>

00:59:08

radavie:

Unveiling childhood wounds and revealing the Divine Spark that is our True Nature. [radavie01@gmail.com](mailto:radavie01@gmail.com)

[www.Radavie.net](http://www.Radavie.net)

01:00:32

Toni Gitle:

I mentor people taking care of parents or spouses who need care. I am hosting a full day event this Saturday July 10. This event is designed for Caregivers who are taking care of a parent or spouse or a child with a disability. If you desire to have the best experience possible with your loved one, be prepared for future challenges, and want to take a break from caregiving to have a day of self-care and sanity, this is for you.

Here's the link to learn more about the event and sign up:

<https://www.mycaregiverconsultant.com/heart-of-caregiving>.

01:01:46

Esther Shelley:

A little success breeds a desire for me, right @Kimberly Green

01:01:53

Esther Shelley:

\*for more

01:03:03

Kimberly Green:

@Esther Shelly I agree!

01:03:53

Michelle Teague:

Glad to see you here, @Kimberly Green!

01:03:55

Kimberly Green:

[Kimberly.green.oils@gmail.com](mailto:Kimberly.green.oils@gmail.com)

01:04:55

Kimberly Green:

@Toni Gitles I care for my 95yo mother and 85yo father in law in our home.

01:05:46

Rhonda Liebig:

Hello, I am Rhonda Liebig and have a show called The Fresh Inspiration Show (TFIS). I would love for you to come into our Community and enjoy the Mindset Transformation Entertainment weekly. This is where we invite speakers like you to come into our community such as TFIS Six Week Expert Series and our monthly show, The Fresh Inspiration Show symposium

Link for getting into TFIS community:

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

Link for learning about being on our show where we are featured in podcast and TV Show on ROKU, Firestick and Apple TV and our events:

<https://rhondaliebig.com/freshinspiration>

Want to know more or have questions, connect with me through email

[Rhonda@rhondaliebig.com](mailto:Rhonda@rhondaliebig.com)

01:06:07

Dr. Michelle Peticolas:

@Kimberly, you might be a fit for my Healers Connection zoom series. Check it out a <https://www.healersconnection.com>

01:06:37

Michelle Teague:

Everyone - here's the handout for this evening's presentation.

01:06:51

Kimberly Green:

Thank you, @Dr. Michelle Peticolas

01:06:56

Esther Shelley:

Esther Shelley, Social Content Strategist, CEO and Founder of Max Your Impact!

Most solopreneurs, Coaches & Wellness practitioners don't know what to post on social, get frustrate by the lack of engagement, and don't know how to convert the small engagement they DO get into clients!

Bottom line is, I get your clients to chase YOU. If you or anyone you know, is struggling with their social results, not interested in doing ads, and needs to have the power on their side by having their prospects reach out to YOU

Contact me here and we'll chat!

<https://calendly.com/want2book/esther>

[www.facebook.com/TheEstherShelley](http://www.facebook.com/TheEstherShelley)

[coachwithesther@gmail.com](mailto:coachwithesther@gmail.com)

519-754-8759 (text)

01:07:18

Toni Gitles:

Hi Kimberly, email me at [tonigitles@gmail.com](mailto:tonigitles@gmail.com) or visit

<https://www.mycaregiverconsultant.com/heart-of-caregiving> Love to have you at the conference or set up a call

01:09:45

Toni Gitles:

My time with clients

01:09:58

Toni Gitles:

Speaking engagements

01:10:16

Esther Shelley:

That's my specialty :) :) (developing content for social)

01:16:20

VeronicaLee.tv:

I was too impatient to “teach” my older two how to cook, and they DON’T now really know how to cook. My youngest two, I gave up control and now they are good at cooking AND now make me wonderful meals on a regular basis!

01:17:14

Yvonne A Jones, Client Relations Specialist:

When you delegate, make sure to set people up for success per Michelle Teague.

01:18:08

Yvonne A Jones, Client Relations Specialist:

Start with low-priority tasks when starting to do delegation.

01:20:55

Yvonne A Jones, Client Relations Specialist:

Make sure that everyone is well-aware of deadlines. Have specific check-in dates.

01:23:08

VeronicaLee.tv:

I’ve learned when it comes to visual style (branding, etc) it’s also important to SEE and appreciate THEIR style work.

01:23:13

radavie:

I am in the process of sharing what the Divine Spark has given me in a book. They are desperate to share their love to the world.

I offer 20 min complementary sacred conversation. The invitation is on my website.

01:23:51

Esther Shelley:

radavie, make it easy for people by giving us your links :)

01:24:34

radavie:

[www.Radavie.net](http://www.Radavie.net)

is my website.

01:25:28

Esther Shelley:

Thank you :) :)

01:27:09

Yvonne A Jones, Client Relations Specialist:

Thank you, Michelle Teague. This is a great reminder of the need to delegate so that we can focus on what's most important to move our business forward.

01:27:43

Rhonda Liebig:

Awesome info Michelle Teague. Thank you

01:28:07

Kimberly Green:

[www.greenessentialsolutions.com](http://www.greenessentialsolutions.com)

01:28:29

Heather Tucker, PhD:

Thank you!

01:28:50

VeronicaLee.tv:

—

I'm Veronica Lee -

Transformational Visionary, Speaker, Writer, Mystic and Mentor

<https://veronicalee.tv>

[veronica@veronicalee.tv](mailto:veronica@veronicalee.tv)

In addition to being raised with metaphysical teachings, for the past 15+ years, I've been guiding people back to reclaiming their soul truth, owning their inherent power and aligning with their essential joy. I see you, help you remember your soul desire and purpose, and support your expansion to your "next level" life expression.

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<https://veronicalee.as.me/?appointmentType=14285276>

As my first time guest, you can use this Coupon Code to join for \$15 off, which you redeem when you register: 15OFF

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01:29:15

Esther Shelley:

Yes, not every VA does everything.

01:29:56

Esther Shelley:

I actually feel contracting a VA company is better than a single VA...they can give someone a 2 hr task, rather than themselves take 4 hours to do it and do it poorly.

01:30:01

Yvonne A Jones, Client Relations Specialist:

True @Esther Shelley.

01:31:04

Esther Shelley:

Interested in Networking?

01:31:30

Dr.Melissa Balizan:

Webinar: Deadly Dose

Friday July 9, 2021 @230pm

Register Now

<https://adeadlydose.com>

01:31:32

VeronicaLee.tv:

I've heard that Fiverr.com is a good resource to find "specialists" such as slide creators, graphic designers, etc.

01:31:52

Esther Shelley:

<https://calendly.com/want2book/esther>

Love to network? Let's connect!

01:31:58

Michelle Teague:

Thanks everyone! It was great speaking with you all. Join me for my free webinar: "How to Become a More Effective Listener" on Monday, July 26th at 12:15 PM EDT. Here's the link to register:

<https://teagueofyourown.leadingthebest.com/LWEL0001>

01:34:14

Kimberly Green:

What about a CRM?

01:34:28

VeronicaLee.tv:

I really like ClickUp for the planning, but like an iPhone or Mac, it has way more than what you might need. <https://clickup.com/>

01:34:35

Michelle Teague:

<https://www.websitehostingrating.com/best-fiverr-alternatives/>

01:35:06

Rhonda Liebig:

Grab a ticket to our next The Fresh Inspiration Show, Fresh Steps to “I am good enough” 15 minute motivational empowering talks” from experts at the top of their industry.

FREE tickets for our show

<https://www.eventbrite.co.uk/e/fresh-inspiration-show-virtual-symposium-07292021-tickets-126613521451>

01:35:09

Esther Shelley:

Upwork is ringing a bell with me

01:38:33

Kimberly Green:

Thanks for inviting me, Michelle!!

01:38:53

Michelle Teague:

You are most welcome Kimberly!

01:38:56

Esther Shelley:

Thanks Anna, same to you!

01:39:11

Michelle Teague:

Free CRM: [engagebay.com](https://engagebay.com)

01:39:54

radavie:

I am looking to be a podcast guest.

[radavie01@gmail.com](mailto:radavie01@gmail.com)

[www.Radavie.net](http://www.Radavie.net)

01:41:13

Dr. Michelle Peticolas:

Radavie, take a look at <https://www.healersconnection.com>

it it's a fit, register and fill out the speaker form. Be sure to check the speak box.

01:41:20

Marilla Arguelles:

my website where I post my blogs and freebies is

<http://www.wholenewtake.com>

My email is [m.arguelles@sbcglobal.net](mailto:m.arguelles@sbcglobal.net)

01:41:28

Kimberly Green:

<http://www.greenessentialsolutions.com>

01:41:38

radavie:

<https://www.Radavie.net>

01:43:46

Dr.Melissa Balizan:

thank you Michelle

01:44:12

Dr. Michelle Peticolas:

Thank you for your presentation Michelle Teague.

01:44:18

VeronicaLee.tv:

Thanks, Michelle! Great info!

01:44:26

Anna Felix:

Great presentation Michelle!

01:44:31

Michelle Teague:

Thanks everyone!

01:44:40

Esther Shelley:

Thanks so much, lovely to see soo many new faces!

01:44:41

La Wanna Parker, DTM-Speaker, [www.LaVannasBlog.com](http://www.LaVannasBlog.com)

Please email me for the link to my journal class on July 12th at 6 pm.

[lwrepar@gmail.com](mailto:lwrepar@gmail.com)

916 698 0839

<https://tinyurl.com/788bennf>

# ADDITIONAL RESOURCES YOU MAY WANT OR NEED:

## KAT'S UPCOMING LIVE EVENT SCHEDULE IS HERE:

[www.JumpstartEvents.net](http://www.JumpstartEvents.net)

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!

[www.JumpstartPublishing.net](http://www.JumpstartPublishing.net)

**Want to be an author this year?** I'm looking for authors for the 2021, Jumpstart Your \_\_\_\_, Vol IV 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, Mindfulness - whatever you SELL you write about and then use the book as your marketing tool to get them to go to your website. If you know anyone who wants to become an author right now and find an EASY way to make this happen this year, then this could be a good option! Anyone know anyone who might be interested?

<https://jumpstartyourbiznow.com/jumpstartcompilation/>

## KATRINA'S WEBSITE DESIGN OR TECHY VIRTUAL ASSISTANT SERVICES (with her and her team):

<https://jumpstartyourbiznow.com/techyservices> - 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://jumpstartyourbiznow.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://jumpstartyourbiznow.com/jsycourse/>

**Jumpstart Your Events 3-week training** - 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 have 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 ad you can go through it at your own pace. Come learn a TON of stuff I know about all types of events, calls, etc.

<https://jumpstartyourbiznow.com/jsyevents/>

**Jumpstart Your Sales Training** - Learn how to close more sales in one-on-one conversations as well as on your website, more authentically and with ease. In this 3-week pre-recorded training Katrina reviews all of the most common objections prospects have and how to "dance" with those to have people trust you more and want to do business with you.

[www.JumpstartYourBizNow.com/jsysales](http://www.JumpstartYourBizNow.com/jsysales)

**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.jumpstartyourbiznow.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:

<http://www.jumpstartyourbiznow.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://jumpstartyourbiznow.com/speakertraining/>

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

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

**Jumpstart Your Marketing 30 day Training**.... 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:

bi[www.JumpstartYourbizNow.com/jsymarketing](http://www.JumpstartYourbizNow.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@jumpstartyourbiznow.com](mailto:katrina@jumpstartyourbiznow.com)

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

