



## Webinar Replay & Chat Room Contents

**June 17th, 2022**

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 June 17th 2022, we heard from Rachel S, Heslin “3 Ways Podcasts Can Boost Your Business”**

On this week’s ISN call Rachel shared some of best ways to use podcasting to elevate your business.

There were a few newcomers so we had a great Q & A where they got to ask their questions, plus a hot seat, go listen in!

Make sure you plot out the times and dates for the ISN call in your calendar so you can make as many as possible. 1st Tues 4 pm PST and 3rd Fri 9 am PST every month!

The ISN Presents...  
**Rachel S. Heslin**  
3 Ways Podcasts Can Boost Your Business

Fri, June 17 2022  
9:00-10:00 am PST  
www.iSpeakerNetwork.com

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

### **Enjoy the replay and we'll see you on the next ISN Webinar, Tues July 5th, 2022 4PM PST**

For upcoming webinar dates and info about the Int'l Speaker Network go to <http://www.iSpeakerNetwork.com>, the meetup page here: <https://www.meetup.com/internationalspeakersnetwork> or the Facebook group here: <https://www.facebook.com/groups/ispeakernetwork>.

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)

# 6/17/22 CHAT ROOM CONTENTS:

00:13:52 John's Otter.ai:

You can see the live meeting notes here:

[https://otter.ai/u/16E0kSG49nX\\_ehTzGj6j\\_E-76bk](https://otter.ai/u/16E0kSG49nX_ehTzGj6j_E-76bk)

Scroll back to review anything you missed.

00:14:09rusmathewsmacbookair:

Russ Mathews, CEO Mathews Capital Management LLC, A California RIA (Registered Investment Advisor). Podcast host: The Modern Stock & Options Trading Show.

00:14:57 rusmathewsmacbookair:

Russ's Contact details: Phone (916)582-2823; email:

[Russ@MathewsCapitalManagement.com](mailto:Russ@MathewsCapitalManagement.com)

00:15:23 Wendy Taddeucci:

Coach Wendy here - Caregiver Coach 

Let's connect - here's my calendar link to get together for a virtual coffee

<https://coach-wendy.coachesconsole.com/calendar/virtual-coffee>

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

00:15:45 Katrina Sawa, JumpstartYourBizNow.com:

Free Zoom Blurb Template: <https://jumpstartyourbiznow.com/zoomblurbs/>

00:16:31 Katrina Sawa, JumpstartYourBizNow.com:

That Podcast List I Promised You

00:17:50 Tracy Pohlmann:

Tracy Pohlmann [Tracy@tracywithstyle.com](mailto:Tracy@tracywithstyle.com)

<https://tracywithstyle.com/>

Does your image align with your business brand? I love to help professional women create a personal image that helps them attract their ideal clients to generate more income. <https://tracywithstyle.com/simplestyleession/>

Want to appear 10-20 lbs slimmer for your next presentation w/o diet or exercise, check out my tips: <https://tracywithstyle.com/lookslimmer/>

00:19:06 Katrina Sawa, JumpstartYourBizNow.com:

Here is the page to find the Int'l Speaker Network recordings, chat notes, place to apply to be a speaker, schedule of upcoming calls, etc.:

<https://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>

00:20:33 Rachel S. Heslin:

[rachel@thefullnessofyourpower.com](mailto:rachel@thefullnessofyourpower.com)

<https://www.linkedin.com/in/rachelsheslin>

Free walking meditation:

<https://www.thefullnessofyourpower.com/reconnect-with-now/>

00:20:36 Chuck Hooper:

Chuck Hooper

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

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

Speaker Coach. Speaker. Author. BI Consultant.

Recently Launched:

<https://www.SpeakerClubs.com>

And...

<https://www.EDU-Speakers.com>

00:20:37 Katrina Sawa, JumpstartYourBizNow.com:

WEBINAR AGENDA:

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9:00 am - Welcome from Katrina Sawa (host) and reminders on upcoming events, member & group announcements

9:10 am - "Quick" introductions from those on live

9:30 am - 15 min speaker with Q&A

9:50 am - 5 minutes in the spotlight hot seat for one member on the call

9:55 am - Last minute shout out for free gifts, links, events and more

00:22:39 Gary McKinsey:

Gary McKinsey

[Gary@GaryMcKinsey.com](mailto:Gary@GaryMcKinsey.com)

I work with business owners to reach more customers and close more profitable business so they can live your life according to your vision of your life.

00:23:31 Natalie Hankins:

Natalie Hankins – Career Confidence & Mindset Coach; 719-231-8025; [lcoaching.natalie@outlook.com](mailto:lcoaching.natalie@outlook.com); <https://www.limitlesslifecoach.net/>

Let's talk more about how we can serve each other, schedule a 1:1 with me: <https://calendly.com/book-with-natalie/connection-call>

I invite you to join my FB group "Confident Women Thrive": <https://www.facebook.com/groups/confidentwomenthrive1>

Connect with me on Linked-In: <https://www.linkedin.com/in/natalie-hankins-confidence-coach/>

00:24:05 Katrina Sawa, JumpstartYourBizNow.com:

Learn how to become an author in the next Jumpstart Your \_\_\_\_ compilation book here: <https://jumpstartyourbiznow.com/jumpstartcompilation/>

00:24:09 John's Otter.ai:

Does anyone have any questions or action items?

Let's capture them in the meeting notes:

[https://otter.ai/u/16E0kSG49nX\\_ehTzGj6j\\_E-76bk](https://otter.ai/u/16E0kSG49nX_ehTzGj6j_E-76bk)

00:24:59 Whitney Kobrin:

I'm on a noisy ferry, so need to be in listen only mode right now. Looking forward to Rachael's presentation though! I'm Whitney, a Love Coach helping single women to love themselves and attract lasting love. I speak about self-love, dating, and relationships. I am looking to be a guest on podcasts who have a primarily female audience and find guests for mine.

<https://WhitneyLoveCoach.com>

You can book a one-on-one with me using this link:

<https://whitneylovecoach.coachesconsole.com/calendar/virtual-networking-coffee-chat>

00:25:32 John Brandy:

I'm John C. Brandy - Voice Actor, Podcast Host, Sound Designer. I have two pods, one focused on the synthetic "marriage" of financial advice with Positive Mental Attitude practices, and I another in which I deliver great speeches from other people, like MLK's I Have a Dream or JFK's Moon Speech.

00:26:04 Veronica Lee:

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Hi Everyone!

I'm Veronica Lee -

Transformational Visionary, Speaker, Writer, Mystic and Mentor

<https://veronicalee.tv>

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

Find on Social @VeronicaLeeTV

In addition to being a lifetime metaphysician, I've been guiding seekers, empaths and mystics back to their soul truth, inherent power and essential joy for over 15 years.

At this time, many are aligning their soul purpose with their work! So...

TODAY'S ISN-ONLY OFFER at 11:30 am PDT via Zoom:

Join for a FREE "Group Soul-In-Formation Sampler Session" to receive:

- specific insights about your gifts and how they can support your business
- your potential blocks / obstacles
- plus your “next steps” in your path

Today’s complimentary sample session is LIMITED TO 6!

JOIN HERE: <https://veronicalee.as.me/sif-sampler-session>

—  
00:26:53 @EnochLeffingwell:

Welcome John! Glad to have you here!

00:27:21 Kimberly Koste:

You do have a great voice!

00:27:28 Katrina Sawa, JumpstartYourBizNow.com:

yes he does!

00:27:29 Tom Pfeifer, YourConsistentVoice.com:

Tom Pfeifer

[tom@yourconsistentvoice.com](mailto:tom@yourconsistentvoice.com)

540-823-6787

Writing Coach who can help you to put author into your authority.

00:31:46 Chuck Hooper:

Porter is awesome - check him out! <https://www.PorterSpeaks.com>

Sample speaking videos and link to his book are there.

00:32:17 Chuck Hooper:

oops <https://www.PorterSpeaks.com>

00:33:52 Wendy Taddeucci:

Kimberly is super awesome

00:34:03 Kimberly Koste:

Kimberly Koste, speaker, social media attraction marketing specialist & mindset coach. I teach entrepreneurs how to get leads and sales via social media and HAVE FUN doing it!

Let's connect:

<https://www.linktr.ee/kimberlykoste>

(click on Connect)

<https://www.facebook.com/kimberly.koste/>

<https://www.linkedin.com/in/kimberlykostecoaching/>

00:35:08 @EnochLeffingwell:

@EnochLeffingwell - Author, Business Mentor, & International Speaker

I help authors, coaches, speakers, and other high-level entrepreneurs make content that creates connections and conversions using story selling.

Learn the 8 Biggest Mistakes Entrepreneurs Make Keeping Them From a Financial Breakthrough → <http://financialtransformationvideo.com/>

Grab a free copy of my Best Selling Book "I Want a Mentor Now... What Do I Do?"

<http://IWantaMentorBook.com>

00:35:13 Kimberly Koste:

And it all starts with Great Content, so...

Check out my FREE Monthly Content Creation, Feedback & Posting Party - next one on JUNE 14th @ 3p pst:

- Create an amazing piece of content
- Give & get feedback
- Comment on each others' posts ("insta" comments)
- Watch your awesome post get engagement
- HAVE FUN, damn it!

To access the Partay:

<https://www.kimberlykoste.com>

(click on the Events tab for the Partay!)

00:36:08 Kimberly Koste:

How good is your A.I. if it can't introduce itself? 😞

00:36:32 @EnochLeffingwell:

Your funny @Kimberly

00:36:53 John Brandy:

Good Q! I'm working on that! 😊

00:37:03 Katrina Sawa, JumpstartYourBizNow.com:

I love 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. Email me with questions: [katrina@jumpstartyourbiznow.com](mailto:katrina@jumpstartyourbiznow.com) and/or go get access to free trainings at <https://jumpstartyourbiznow.com/freetrainings/>

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Find out how to work with me here:

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

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Join me and a dozen of my clients for a deep dive in person mastermind August 29-31 here: <https://jumpstartyourbiznow.com/mm3day>

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Learn how to become an author in the next Jumpstart Your \_\_\_\_\_ compilation book here: <https://jumpstartyourbiznow.com/jumpstartcompilation/> or get a book publ @ <https://www.JumpstartPublishing.net>

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Schedule a free strategy session here: <http://www.AskKat.biz>

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00:37:13 Whitney Kobrin:

Perfect time to lose my connection, lol

00:37:14 Bethan Mary Thompson Warrior:

Bethan Mary Thompson

[bethanthompson55@gmail.com](mailto:bethanthompson55@gmail.com)

Coach Mentor Writer Dementia Mental Health and Wellness Grief

LinkedIn

Assist Carers

00:38:17 Veronica Lee:

For those who've joined late and/or missed this, I am Veronica Lee and offering a something SPECIAL..

TODAY'S ISN-ONLY OFFER at 11:30 am PDT via Zoom:

Join for a FREE "Group Soul-In-Formation Sampler Session" to receive:

- specific insights about your gifts and how they can support your business
- your potential blocks / obstacles
- plus your "next steps" in your path

Today's complimentary sample session is LIMITED TO 6!

JOIN HERE: <https://veronicalee.as.me/sif-sampler-session>

00:38:19 @EnochLeffingwell:

I'm looking forward to your talk Rachel. (:

00:41:20 Whitney Kobrin:

I'm a Love Coach helping single women love themselves and attract lasting love. I speak about self-love, dating and relationships. I am looking to be a podcast guest and find guests. You can book a one-on-one with me using this link: <https://whitneylovecoach.coachesconsole.com/calendar/virtual-networking-coffee-chat>

00:42:34 Katrina Sawa, JumpstartYourBizNow.com:

Posting this podcast list one more time just in case... and then I have to run - have a great discussion and reach out if you have any questions or want to speak with me! [katrina@jumpstartyourbiznow.com](mailto:katrina@jumpstartyourbiznow.com) 😊

00:49:33 Rachel S. Heslin:

PODCAST LISTING SITES:

<https://www.matchmaker.fm/home>

<https://app.podbooker.com/>

<https://podcastguests.com/>

<https://pitchpodcasts.com/>

<https://podmatch.com/>

<https://listennotes.com/>

00:50:28 Kimberly Koste:

I also have (yet another) FB group

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

in which you can post about your business on Mondays, events coming up, etc.... AND I interview entrepreneurs on Thursdays LIVE who have some value to give that will lead to whatever you have to promote. Let's talk.

[linktr.ee/kimberkoste](http://linktr.ee/kimberkoste)

00:52:00 www.VeronicaLee.tv:

Thanks, Kimberly... joining. 😊

00:54:39 Tracy Pohlmann:

Great presentation Rachel! Thanks for the links!

00:55:28 Kimberly Koste:

Welcome, Veronica!

00:57:17 @EnochLeffingwell:

Teen suicide is the 2nd leading cause of children under the age of 18 years old.

00:57:18 Tracy Pohlmann:

Sorry but I have to leave for another appointment.

00:58:58 Tom Pfeifer, YourConsistentVoice.com:

I have to run. Thanks, Rachel! Good talk!

01:00:43 <https://GaryMcKinsey.Com>:

Good information. I have to signoff to get ready for coaching call.

01:02:10 Natalie Hankins:

Thank you! Great information, Rachel.

01:03:09 Natalie Hankins:

I need to prepare for another appointment. Really enjoyed this meeting. :)

01:04:44 russmathewsmacbookair:

Need to run to a 10:00 meeting. Thanks Rachel!

01:05:40 Wendy Taddeucci:

That was very interesting and helpful Rachel. Thank you.

01:05:48 Bethan Mary Thompson Warrior:

Great talk thanks

01:06:18 Marilla Arguelles:

[maxarguelles68@gmail.com](mailto:maxarguelles68@gmail.com)

01:06:54 Marilla Arguelles:

you can find my Blogs and ebooks at <https://www.wholenewtake.com>

01:07:06 Margaret Andris:

<https://www.facebook.com/Margaret-D-Andris-104359041808714>

01:08:41 Wendy Taddeucci:

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

I'd like to invite you to an incredible and growing community of like-minded people who are ready to end feeling guilty, being frustrated and to stand in their power so that they take excellent care of themselves. Our community is called "Caregivers Collective" and we're on a mission to empower 10,000 individuals that are up to their eyeballs in caring for a loved one to continue being themselves without guilt and stand in their power using coaching and a simple step-by-step path. You can join and access all of our resources for free right here: <https://www.facebook.com/groups/caregiverscollective/>

If you feel our group could be helpful to you - I look forward to seeing you there! We love to welcome new members, so please feel free to introduce yourself and make some new connections.

01:09:46 Marilla Arguelles:

Great tip, John. we're all probably guilty of those habits.

01:09:54 @EnochLeffingwell:

I remember attempting to join toastmasters when I was 17 but they said I was too young. So I waited a few years to join when it came up again in my early 20s.

01:10:12 www.VeronicaLee.tv:

Starting in 90 mins... TODAY'S ISN-ONLY OFFER at 11:30 am PDT via Zoom:

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- your potential blocks / obstacles
- plus your "next steps" on your path

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JOIN HERE: <https://veronicalee.as.me/sif-sampler-session>

01:10:13 Wendy Taddeucci:

lunch time! Good to meet everyone 

01:10:16 John Brandy:

I have a couple clubs in Sacramento and Folsom. If those locations don't work, go to <http://www.toastmasters.com/find-a-club>

01:10:20 Katrina Sawa, JumpstartYourBizNow.com:

Here's a great "get started speaking" training that I did recently:  
<https://jumpstartyourbiznow.com/authenticallyspeaking/>

01:10:36 Kimberly Koste:

So good to "meet" everyone!

01:11:19 Margaret Andris:

<https://www.facebook.com/melforttoastmasters> Come check us out

01:11:23

Katrina Sawa, JumpstartYourBizNow.com:

yes we're going to have a LOT of great speakers this Aug at the  
<http://speakerconference2022.com/> go register!

01:12:05 @EnochLeffingwell:

Thank you for this event!

01:12:14 Margaret Andris:

thks

# 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 2022, 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 and 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:

[biwww.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 16 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)!

