



Webinar Replay & Chat Room Contents

November 18th, 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 November 18th 2022, we heard from Dr. Annika Sorensen "Stage Stress Solutions"

Dr Annika explained how we cannot completely remove stress from our lives and how stress is a tool that our bodies and minds use to function and in more extreme circumstances, for survival.

She shares tips on how to stop stress from taking a toll on not just our mental health but our physical health too.

The ISN Presents...
Dr. Annika Sorensen
Stage Stress Solutions!

Fri, Nov 18 2022
9:00-10:00 am PST
www.iSpeakerNetwork.com

WEBINAR
International Speaker Network
www.iSpeakerNetwork.com

PS - the Zoom link for our ISN calls is ALWAYS the same, so block off your calendar and save it there and you'll never miss an ISN meeting again! 1st Tues 4 pm PST & 3rd Fri 9 am PST (rarely is there a date change)

Enjoy the replay and we'll see you on the next ISN Webinar, Tuesday December 6th, 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

www.JumpstartPublishing.net

11/18/22 CHAT ROOM CONTENTS:

00:15:42 Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

you can put your info in the chat all!

00:18:16 GF Bonnie Chomica - The Content Creation Mentor:

BONNIE CHOMICA
The Content Creation Mentor & Writer

Coaching solopreneurs to get more visibility through content marketing, so they can attract more clients and make more money

**

EMAIL: Bonnie@BonnieChomica.com

WEB: <https://www.BonnieChomica.com/>

**

FREE TRAINING: How to Solve the Social Media Content Mystery

Register here>> <https://bit.ly/solve-social>

00:19:00 Yvonne A Jones:

I'm Yvonne A Jones of 50 and wiser coaching.com and the 50 and wiser community on Facebook, Speaker Best-Selling Author, Customer Relations Specialist, your Trusted Guide and Mentor in Building Memorable Customer Experiences.

. I specialize in working with Mature Female Online Entrepreneurs(50 and Wiser) who want to grow a sustainable, lucrative, and enjoyable business from wherever they are in the world

My Mantra is "Focus on Relationships, the Money will Follow."

<https://50andWiserCoaching.com> <https://calendly.com/Yvonne-6>

<https://Linkedin.com/in/YvonneAJones>

772.237.0596

email: yvonne@50andWiserCoaching.com

00:23:01 Yvonne A Jones:

Dr. Annika - We're going to experience stress so we have to find ways to work around it. Learn to minimize the stressful moments.

00:23:28 Katrina Sawa, JumpstartYourBizNow.com &

JumpstartPublishing.net:

yes not able to AVOID stress, just how to manage it better

00:25:20 DeBorah:

DeBorah Bellonyl teach magnetic, melanin-aware light beacons how to understand their life path and cycles to make better choices & inspire them to remove race, gender and generational blockages to become better conscious co-creators. Who I Am Communications/ www.whoiamcommunications.com/ 678-701-3709 deborah@whoiamcommunications.com <https://whoiamcommunications.com/poc/order-my-ebook>

00:27:38 Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

Katrina Sawa - The Jumpstart Your Biz Coach, Speaker Int'l Best-Selling Author & Publisher

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Take the Jumpstart Your Biz Quiz here and see where you might have some gaps and opportunities to grow and scale your biz:

<http://www.JumpstartYourBizQuiz.com>

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Schedule a connect here: <https://go.oncehub.com/katsquest>

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Register for my Nov Jumpstart & Evolve event in Nov:

<https://jumpstartyourbiznow.com/jumpstartvirtualfall2022/>

00:28:13 Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

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Katrina Sawa

Int'l Speaker Network

2 FREE Calls/month

1st Tues 4 pm PST &

3rd Fri 9 am PST

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- 1) 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>

- 2) Our Int'l Speaker Network Facebook group is here:
<https://www.facebook.com/groups/ispeakernetwork>
- 3) The meetup group for ISN is here (RSVP for events here):
<https://www.meetup.com/internationalspeakersnetwork>
- 4) \$27 Authentically Speaking 90-min video training is here and can help you GET STARTED speaking and monetizing your gigs.
<https://jumpstartyourbiznow.com/authenticallyspeaking/>

00:28:36 Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

Want to submit your talk to speak LIVE IN PERSON at the Int'l Speaker Conference Summer 2023?? It's a hybrid event but all speakers must be in person, probably in Vegas. Speakers must teach something valuable for speakers – new or seasoned. This is a pay to speak opportunity but no payment needed right now, just apply here now and we will be in touch:
<https://internationalspeakerconference.com/call-for-speakers>

00:29:58 Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

Hello Michael and Paula, thanks for joining us.... after Annika is done, we'll have open Q&A where we can hear what you do too.... then we should have time for putting ONE person in the Spotlight where we help you or give you feedback on something you're working on... think about it!

00:30:14

Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

Feel free to put your intro info into the chat

00:32:28 Michael:

Awesome, this is my first time joining in, I'm at work and on a break/while working...

00:35:16 DeBorah:

Good one!

00:35:55 Paula O:

Thanks Katrina, this is my first time joining. Dr Annika is giving some very

good points .

00:36:08 Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

Good Morning Siobhan! Thanks for joining us, feel free to put your info in the chat... when Dr. Annika is done, we'll be opening up for questions THEN we'll be putting someone in the spotlight for feedback!

00:37:14 GF Bonnie Chomica - The Content Creation Mentor:

We are our own worst critics.

00:39:52 Yvonne A Jones:

Love that! I highlighted the point about post-event blues. Very true. After a presentation, thoughts go through y head of what I may have done wrong or what I forgot to say...something no one else noticed. Very true, Bonnie.

00:41:30 Michael:

How many times do you suggest we practice a speech prior to presenting your speech?

00:46:24 Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

beta blockers

00:46:39 AskDrAnnika.com:

<https://askdrannika.com/>

00:47:31 AskDrAnnika.com:

stress management for business leaders

00:51:40 AskDrAnnika.com:

free starter kit to de-stress at the top of the page

00:52:28 Paula Okonneh aka Podcast Paula:

Paula Okonneh aka Podcast Paula

I am a global podcaster , a podcast coach and a podcast manager.

Power Partners : Web designers, Story tellers

CONTACT ME : Podcast Paula

Email - paula@chattingwiththeexperts.com

Website - <https://www.chattingwiththeexperts.com>

IG - Follow me on Instagram @chat_experts_podcast

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

00:52:33 Katrina Sawa, JumpstartYourBizNow.com & JumpstartPublishing.net:

Katrina Sawa - The Jumpstart Your Biz Coach, Speaker Int'l Best-Selling Author & Publisher

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00:52:37 Bonnie Chomica - The Content Creation Mentor:

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00:52:46 Siobhan (Shavon) Cunningham:

Siobhan Cunningham, Founder of Empower Women Veterans

Talk Title: Your Voice Is Power: A 5 Stages of Military Transition Every Woman Must Know Before Attending TAPS

EmpowerWomenVeterans@gmail.com

<https://calendly.com/siobhanpodcast/coffee-chat>

00:53:30 Yvonne A Jones:

I'm Yvonne A Jones of 50 and wiser coaching.com and the 50 and wiser community on Facebook, Speaker Best-Selling Author, Customer Relations Specialist, your Trusted Guide and Mentor in Building Memorable Customer Experiences.

. I specialize in working with Mature Female Online Entrepreneurs(50 and Wiser) who want to grow a sustainable, lucrative, and enjoyable business from wherever they are in the world

My Mantra is "Focus on Relationships, the Money will Follow."

<https://50andWiserCoaching.com> <https://calendly.com/Yvonne-6>

<https://Linkedin.com/in/YvonneAJones>

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email: yvonne@50andWiserCoaching.com

00:55:12 Rosemary Carminati:

Rosemary Carminati - As a speaker and Elite Trainer for the Peter Sage Academy, my transformational programs help Senior-level Executives transition into retirement with reignited Purpose and Vitality.

00:56:13 Michael:

Michael Parks

Michaelparksphotog@gmail.com

I have stuttered most of my childhood up to the age of 27; but I've been listening to public speakers for the last 12 years and have gotten very inspired and have also been reading books as well.

00:57:29 Rosemary Carminati:<https://calendly.com/rosemaryc>

<https://www.linkedin.com/in/rosemary-c>

860-377-5347

00:58:38 Rosemary Carminati:

I apologize for the scattered info. I am pulled over in a parking lot!

00:58:50 AskDrAnnika.com:

lets connect <https://www.linkedin.com/in/annikasorensen/>

00:59:39 Michael:

Katrina, I will be connecting with you soon, hopefully to get more information on how to start public speaking business

ADDITIONAL RESOURCES YOU MAY WANT OR NEED:

KAT'S UPCOMING LIVE EVENT SCHEDULE IS HERE:

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!

The Jumpstart & Evolve Event - December 7, 8 & 9, 2022

This is the ONE Workshop for Entrepreneurs that covers EVERYTHING you need to do to give your business a jumpstart whether you're just starting out OR you need to take it to the next level! Come learn EXACTLY what you need to do to create a SMOOTH-RUNNING, CONSISTENT MONEYSMAKING BUSINESS!

[LEARN MORE](#)

Jumpstart Your Biz 3-Day Mastermind in Sacramento, CA

IN PERSON – January 18, 19 & 20

Attention: FRUSTRATED entrepreneurs who want to finally figure out how to create and enjoy a CONSISTENT MONEYSMAKING BUSINESS!

I'm bringing together 10-15 of my private Live Big Mastermind clients for a 3-Day "IN PERSON" mastermind experience and ***we have room for 10 other entrepreneurs*** or small business owners who want to join us.

[LEARN MORE](#)

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/>

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

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

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

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 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>

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

Katrina Sawa

Your Meetup Organizer, Award Winning Speaker,
Jumpstart Your Biz Coach &
International Best Selling Author with 16 books
916-872-4000

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PS: Get your Free Jumpstart Your Biz Kit now at
www.JumpstartYourBizNow.com!

