

Shaklee Requesting ...

To send Roger Barnett our 100 Day Plan starting
with the first day after Global Conference in
Orlando ...

Copy Heather@Shaklee.com



What to Expect at the Shaklee Global Conference in Orlando...

- Expect to make new friends!
- Expect to have fun!
- Expect to be motivated by speakers such as Astronaut Captains Mark Kelly & Captain Scott Kelly!
- Expect to take lots of notes!
- Expect to make new goals!
- Expect to be inspired and in awe of how many people cross the stage for different levels of achievement!





Tips for the Global Conference...

- Try to register on Wednesday once at the convention center – you won't want to miss anything on Thursday morning!
- You will walk A LOT around the convention center – ie. Remember comfortable shoes.
- Carry a tote bag of sorts that can hold your purse, notebook, pens, snack bars...
- You are usually given a tote bag at registration, but I like to bring one from another year so that mine is easy to locate quickly.
- Want to sit with your group? Find a section that you like and try to meet there for each general session. You may not always be sitting right next to each other, but you will be near by.
- Check around for lunch spots that you may want to try during the week. It is ideal if they are close by so you don't miss anything in the next session.
- Be sure to check out the Shaklee Expo – there are lots of Shaklee items – sometimes things that you haven't seen on the website.

Travel Tip...



- [Mears.com](https://www.mears.com) is a shuttle service that can take you from the Orlando Airport (MCO) to various hotels and back on Sunday.
- The Orlando World Center recommends this service.
- This service can be walk up, but I liked that I could go ahead and reserve and pay for the shuttle (round trip).
- Once on the homepage, click on “Book Orlando Shuttle now”
- Then you will be asked to put in your information – Airline, Flight number, number of guests, travel dates...
- Then click next and continue to put in your name and payment information.
- Shuttles from the Airport to the Orlando World Convention Center are \$37/per person – round trip.
- Once your flight has landed, go to the 1st floor of the airport with your receipt and look for the Mears Transportation desk.
- They will scan your receipt to confirm your ride to the hotel. I would keep your receipt for the way back to the airport as well on Sunday.
- Happy Travels!



5 Day Reset Program and Results -- Karen Beckley

- Build to Director with 5-Day Resets
- Prepares Reset Kits .. Containing ..
 - 1 can Life Shake
 - 5 Vitalizer strips
 - Liver DTX for 5 days (3 per day)
 - Alfalfa (10 per day)
 - Herb Lax (2 per night)
- Cost \$65 Member Price
- Offers Life Shake, Vitalizer, free membership package at end of 5 days



Results From 5-Day Reset

- Each reset group is comprised of about 7 to 12 people
- PV generated is usually about 450 PV each time.
- Participants are supported daily on Face Book page with ideas, encouragement and information
- Participants record their measurements ... as well as weight.
- A major source of referrals as participants become walking testimonials for the program.

I oftentimes get husband/wife duos that want to do it together. I would say that after 4 resets, I've acquired about 10 new members and 2 new distributors.

Here are some of the results of one of our groups:

- lost 15.75 inches
- lost 14.25 inches (she became a distributor under me after this detox)
- lost 13.75 inches and 5 lbs
- lost 10.75 inches and 10 lbs (that was me)
- lost 6.75 inches and 6.7 lbs
- lost 10 inches and 7 lbs
- lost 5 lbs

And Karen herself has
lost over 26 #



Five-Day Reset Plan

- This plan was designed to recharge your body, speed up your metabolism, and kill cravings. It includes 3 nutrient dense meals and the best supplements available. Combined with easy to make healthy snacks, cravings will be eliminated, pounds lost, and energy reclaimed.

Your Mini-Reset includes:

- One canister of Shaklee Life Shake (flavor of your choice)
- Shaklee supplement plan: 1. Vita lea multi, B complex and Optiflora 2. Shaklee Vitalizer or Life Strip. (with iron for women, without iron for men)
- Snack list

Instructions:

- Enjoy a delicious Shaklee Life Shake for breakfast, lunch, and dinner.
- Enjoy 2 snacks per day from our recommended snack list below. We recommend a snack mid-morning and another snack mid-afternoon. (Make sure you are getting enough calories, though—see tips sheet)
- Take your Life Strip, Vitalizer strip or Vita Lea, B-Complex and Probiotic daily in the morning with a meal and glass of water

Five-Day Reset With Detox

- All of the above
- Plus add the detoxing herbal products
- 1. Herb Lax: gentle and natural laxative : 2-4 before bed
- 2. Alfalfa: Great green plant that detoxes, natural diuretic and anti inflammatory : 10 per day: 5 in am and 5 in Pm
- 3. Liver DTX: natural herbal liver detox products : 3 per day: 3 in afternoon



Dieting

Fat stored to “enrobe”
impurities/toxins to
protect body



Diet

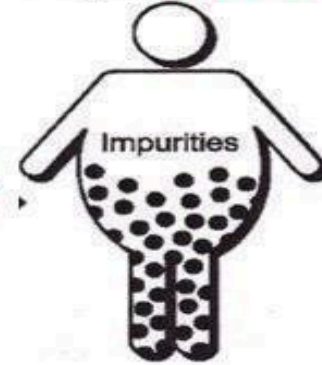
Dieting **stresses**
the body by
limiting
nutrients

Fat burned, but
impurities/toxins
remain - in higher
concentration



Rebound

Body reacts to increased
impurities/toxicity – goes into
emergency fat production to protect
body – **REBOUND!**



Cleansing

Fat stored to “enrobe”
impurities/toxins to
protect body



Cleanse

Cleansing gives
the body the
nutrients it needs
to succeed

Impurities released as
fat burned



Maintenance

Better overall health
Less fat, more muscle,
and **NO REBOUND!**



Shaklee Smoothie Recipes


	Life Shake Protein	Fruit and/or Veggies	Extras	Liquid *add at time of blending
Chocolate PB Cup	2 scoops chocolate		1-2 T. natural or powdered Peanut Butter	2 c. chocolate almond milk
Chocolate Covered Strawberry	2 scoops chocolate	½ cup strawberries		2 c. chocolate almond milk
Chocolate Covered Cherry	2 scoops chocolate	½ cup pitted cherries		2 c. chocolate almond milk
Chocolate Covered Banana	2 scoops chocolate	½ banana		2 c. chocolate almond milk
Chocolate PB Banana	2 scoops chocolate	½ banana	1 T. natural or powdered Peanut Butter	2 c. chocolate almond milk
Mint Chocolate Chip	2 scoops chocolate		½ tsp mint extract (or a pinch of fresh mint)	2 c. chocolate almond milk
Peaches & Cream	2 scoops vanilla	½ cup diced peaches (fresh or canned)	Dash of vanilla extract	2 c. vanilla almond milk
Pumpkin Spice	2 scoops vanilla	½ cup canned pumpkin	¼ tsp pumpkin spice	2 c. vanilla almond milk
Honey Maple	2 scoops vanilla		1 tsp honey Maple extract to taste	2 c. vanilla almond milk
Apple Cinnamon	2 scoops vanilla		½ cup applesauce Cinnamon to taste	2 c. vanilla almond milk
Triple Berry Blend	2 scoops vanilla	¼ cup blueberries ¼ cup blackberries ¼ cup raspberries		2 c. vanilla almond milk
Raspberry Lime Cooler	2 scoops vanilla	1 cup raspberries 2 T. lime juice		2 c. vanilla almond milk
Piña Colada	2 scoops vanilla	½ cup pineapple 2 tsp coconut extract		2 c. vanilla almond milk
Banana Blueberry	2 scoops vanilla	½ banana ½ cup blueberries		2 c. vanilla almond milk
Daily Greens	2 scoops vanilla	1 cup fresh spinach (more if you'd like) 1 medium apple--diced	Ginger to taste	2 c. cold water
Strawberry Banana	2 scoops strawberry <i>or</i> 2 scoops vanilla	½ banana ½ cup strawberries		2 c. vanilla almond milk
Tropical	2 scoops strawberry	¼ cup mango ¼ cup pineapple 2 small carrots		2 c. vanilla almond milk 2 T. orange juice
Strawberry Peach	2 scoops strawberry	½ cup peaches		2 c. vanilla almond milk
Strawberry Cheesecake	2 scoops strawberry	½ cup strawberries	½ tsp cinnamon ½ tsp vanilla extract	2 c. vanilla almond milk
Cappuccino	2 scoops café latte		2 T. instant coffee (or ½ tsp coffee extract)	2 c. vanilla almond milk
Mocha	2 scoops café latte		2 T. dark chocolate chips	2 c. chocolate almond milk

What A Day Looks Like:

- Morning Smoothie With Life Shake, Vitalizer With Glass Of Water
- Healthy mid-morning snack (see approved list)
- Lunch smoothie with Life Shake
- Healthy mid-afternoon snack (see list)
- Dinner smoothie with life shake
- Lots of water: lemon water if possible




Karen's FaceBook posts
each day for 5 days


 **Karen Applehoff Beckley**
January 19 · Sycamore, IL


Good morning everyone! It's hard to believe we made it to DAY 2! Go us! 😊 Complete today's homework assignment to qualify for one of the prizes at the end.
Homework Assignment #2: Post a photo of one of your smoothies sometime today and tell us what's in it! Simple enough, right? Can't wait to see what you're having! Stay strong, friends!!!!

👍 Like 💬 Comment


 Heather Oncken, Katie Odom and Mary Comer ✓ Seen by 9


[View 2 more comments](#)

 **Jennifer Parsons** Fresh pineapple, blueberries, raspberries, 1/2 banana and blackberries



Unlike · Reply · 👍 1 · January 19 at 12:34pm

 **Elisa Stevenson Rubeck** So lame, but I just made my vanilla life shake with almond milk. Simple but good.



Unlike · Reply · 👍 2 · January 23 at 7:52pm

👤 Karen Applehoff Beckley replied · 1 Reply

Face Book Posts

SOMETIME DURING THE WEEK BEFORE THE START OF THE DETOX

Welcome everyone! Even though we aren't officially starting our detox until next Monday, we can use this FB group to get excited, share our fears, and/or post hilarious images!

You can rest assured knowing that this FB group is completely private/secret, so this is a safe place for you to share. I am so excited (and humbled) to go through this with each of you!

I can't wait to celebrate our results at the end of next week! xoxo

NIGHT BEFORE THE START OF THE DETOX

OK, everyone!
Tomorrow morning is GO TIME! Just a reminder that you need to take your measurements and weigh yourself before you go to bed tonight (if you already haven't had a chance to).

I would also encourage you to take a "before" photo. I know this can be intimidating, but by the end of the week you'll be glad you did! Take a selfie in the mirror in your underwear.

If that's too much, then wear tighter clothes to "get the effect." Happy detoxing!!!!

DAY 1 (AM)

Good morning, everyone! Are you excited?!?!?! I know I'm feeling a mixture of emotions, but one thing is certain...I want (and need) a change! As I've spoken with each of you, I know the primary reason for doing this is to assist you in making a lifestyle change (weight loss, improved health, etc.). But who doesn't like a bit of reward? In the photo below, you'll see a photo of some Shaklee products. Throughout the week, I will post some very simple "homework" assignments (see assignment #1 at the end of this post). If you've completed all HW assignments by the end of the week, you get to choose a prize from the photo below.

Prizes:

2 bottles of Vita Lea multivitamin (green pills in your Vitalizer strip)

1 bottle of Optiflora probiotic (pearl in your Vitalizer strip)

6 Vitalizer strips (for women)

Single Serve blender

OR...you can choose to have free shipping on your next Shaklee order

Homework Assignment #1

Watch this short video clip (2-3 minutes) and then answer the follow-up question in the comments below for us to see.

Video Clip: <http://www.shaklee.tv/shaklee-180-dan-and-janeens-story>

Question: What is your "why?" WHY are you participating in this 5-day detox? Be specific! Avoid answers like "to lose weight" or "to be healthy." Instead, share WHY weight loss is your motivation or SHARE a specific health goal you have in your heart. And maybe it's an entirely different reason? Your responses will serve as motivation and encouragement to all of us!

*Dan & Janeen's story refers to Shaklee's complete weight loss products (our 180 program); we are using some of them this week...so be encouraged!

WE CAN DO THIS, TEAM! Love, Karen

Face Book Posts

DAY 1 (PM)

How did day one go? What did you like best? Will you do anything different tomorrow?

Many of you may be thinking.... Help! I am craving sweets.

Does this sound like you? Don't worry. This is normal as your body is detoxing from the 'bad' sugars!

Follow these tips to fight back and win:

1. Sip hot peppermint tea. It helps with sweet cravings.
2. Chew gum. It totally helps!
3. Grab some fruit. A crisp apple or grapes have natural sugar to help with your sweet fix. Just a reminder, though, to limit fruit and load up on veggies.

As your body detoxes, the cravings for 'bad' sugar will just naturally go away. Really! You will find a sweet satisfaction with plain fruit.

DAY ONE DOWN. I am so proud of each of you! Don't forget to complete your "homework" (see the previous post for assignment #1).

DAY 2 (AM)

Good morning everyone! It's hard to believe we made it to DAY 2! Go us! :) Complete today's homework assignment to qualify for one of the prizes at the end.

Homework Assignment #2: Post a photo of one of your smoothies sometime today and tell us what's in it! Simple enough, right? Can't wait to see what you're having! Stay strong, friends!!!!

DAY 3 (AM)

DAY THREE!

Historically, Day 3 is the hardest day of the five-day detox. But, have you stopped to reflect on what you've accomplished so far???? It's really amazing to think about. It can be really easy to dwell on the difficult parts of the detox....especially today... so let's focus on the positive!

Homework Assignment #3:

In the comments below, share with us a celebration. It could be: a difference in the way you're feeling, pounds shed, fit of clothing, inner trait you didn't you think you had, etc.

Share with us so we can celebrate you!

New Strategies for Building a Shaklee Business 5 Week Series



Summer 2016 Session #3 July 14, 2016

Health Chats, Business Chats, Zoom Events

With



Senior Executive
Coordinator
Katie Odom



Senior Coordinator
Becky Choate



Sarah Galbreth
Senior Director



Senior Coordinator
Michelle Parrott



Director



Master
Coordinator
Barb Lagoni

Objectives for Session 3 – Health Chats, Zoom Meetings, FaceBook Events

- To understand the mechanics and effectiveness of several of our most popular activities to develop a customer base of life-long customers and to identify business partners.
- To hear from leaders using these venues, to learn their tips for success and to implement these activities into our businesses to generate new customers, to educate and inform existing customers and to create an infra-structure that our distributors can use to invite their friends and guests. barb



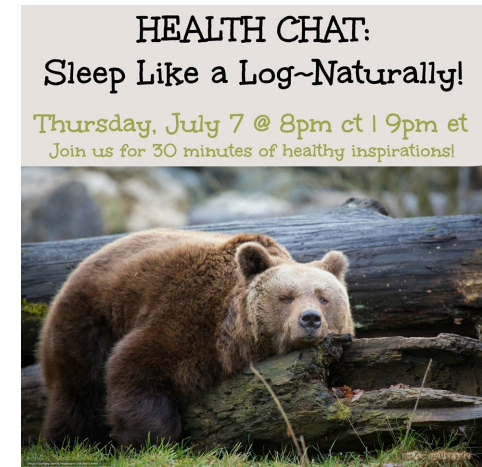
Health Chats – Sarah Galbreth



- Weekly conference calls ...
- 30 minutes
- 2 people share their health story on the topic first 15 minutes
- 2 leaders facilitate .. And review products mentioned in the stories and discuss the “ Shaklee Difference”
- Topics might include natural approaches to ...
 - Hormonal Imbalance
 - Fatigue & Lack of Energy
 - Migraines
 - Stress
 - Children & Family Health
 - Digestive Issues
 - Allergies
 - Eczema
 - Anxiety and Mood Swings

Benefits of Health Chats

- For the Guest ---
 - easy to attend.. Can just listen if they choose.
 - no obligation to speak, to buy anything
- For the Business Leader –
 - simply invite guests . .. Don't have to spend time on presenting
 - set goal to invite 5 people a week X 4 weeks in a month = 20 new people contacted, who are either attending .. Or .. Can schedule an individual appointment around the topic ...
 $20 \times 100 \text{ PV} = 2000 \text{ PV} !$
 - follow up to help guest select product collection
 - Attracts business partners, who get to meet members of our team and get a picture of the power of prevention and natural approaches to wellness .. And best of all .. A caring community
- For the Distributor
 - Learns how to share their story in compelling fashion
 - Learns how to review key benefits of the products
 - Hones inviting skills, presenting skills, closing skills



What is Zoom?

- Another tool to create visual contact between us and others
- You can share your screen with the entire group
- Your participants also have the option to share their screen
- All participants can hear and see each other
- You can do this from a computer or a phone
- You do need a camera and a microphone on your computer or phone, whatever you are using
- If you are sharing your screen, it may be easier to see on a computer

Francine



Zoom Video Conference Meetings & Appointments

- Reasons to use Zoom
 - New Member appointments
 - 3 way calls
 - Team meetings
 - Health Calls by topic
 - Nutrition Assessments
 - Shaklee Event
 - Business Opportunity Presentation...

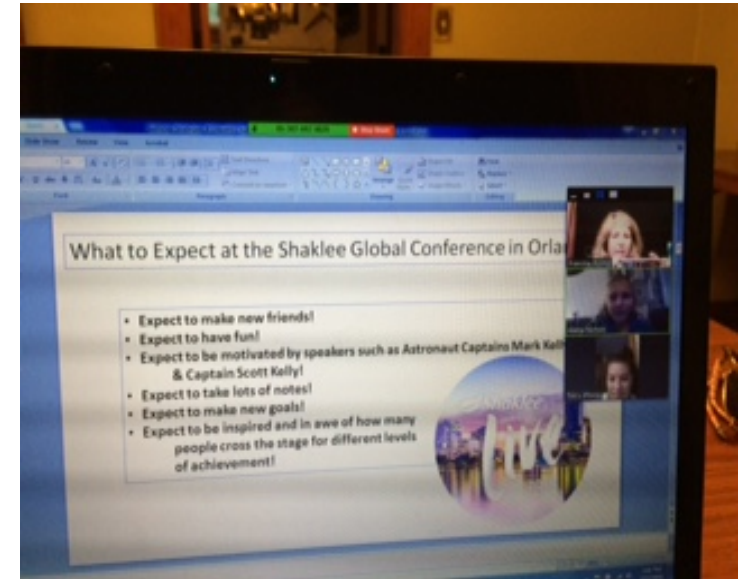
Francine



Getting Started with Zoom

- Choices: free account or purchased account
- Go to website: zoom.us
- Create account
- After account created, you can schedule or start a meeting
- Zoom gives you a unique link that you use each time
- Share link with invitees
- Start meeting (Free account is limited to 40 minutes or less/meeting)
- Free account allows up to 50 participants

Becky

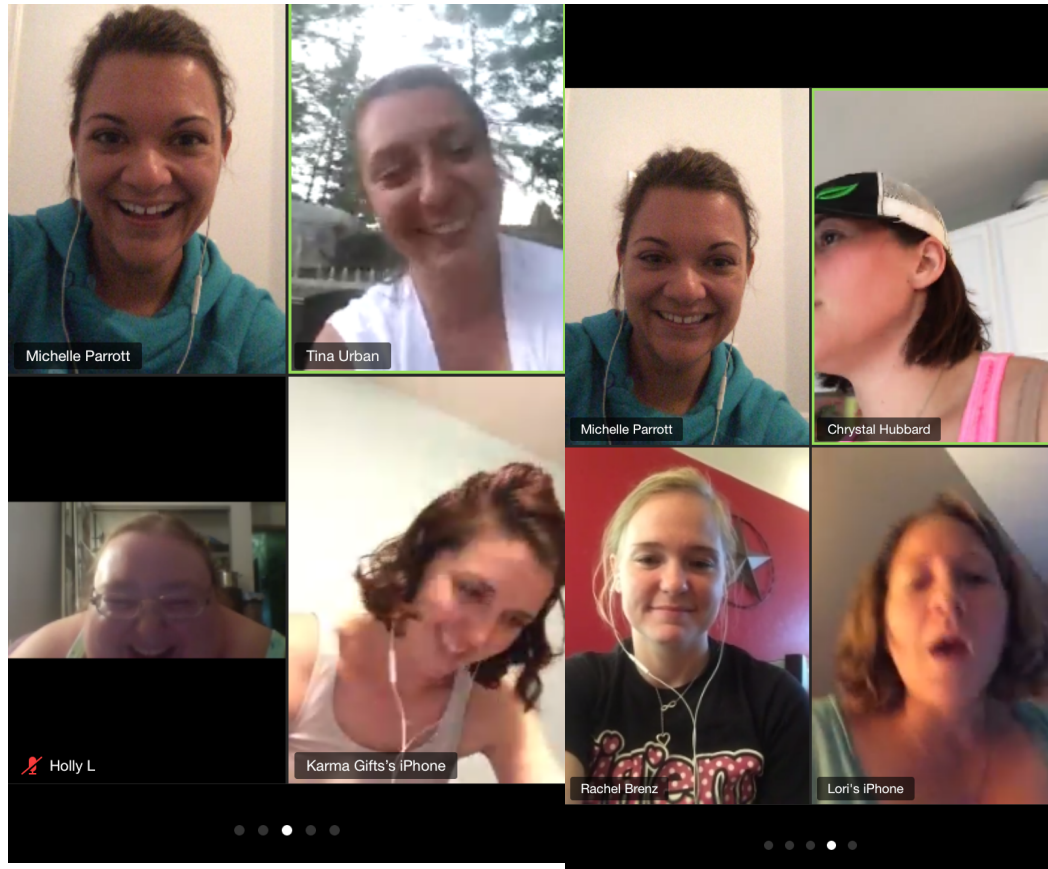


Zoom Video Conference Meetings & Appointments

- Simple Online Meetings
- High quality desktop and application sharing
- Personal meeting ID and URL name
- Instant or scheduled meetings
- [Google Chrome and Outlook plug-ins](#)
- MP4 or M4A recording
- Host controls
- Raise hand
- \$14.99/ month for unlimited duration of meeting and up to 50 participants
- [Http://ZOOM.US](http://ZOOM.US)

Becky

Using ZOOM for team meetings!



- Portable
 - Bi-monthly meetings
 - Strategy & Mini training
 - Great for Connection
 - Team is all over the US
 - Great way to see one another in a 'real' setting
 - Free version
 - Limited # of people
 - Limited time
 - Perfect for small & quick meetings
- Michelle

Face Book Events – Updated

Michelle Parrott

- When inviting to Face Book Events... ask permission to send an invitation first...
 - Only invite a select group .not your entire address book.
 - Personally message or call to invite .
-
- FaceBook events are rapidly becoming over-used.
 - FaceBook events are more compelling and effective when using live or recorded videos
 - Offer incentives for those attending with prizes (free samples)
 - Downside – can be frustrating remembering to constantly refresh and follow sequence
 - Upside ... the event remains available for a week for people to attend later.



Marketing Strategies with Charlene Johnson & Bob Heilig

- 1. Out-teach the competition
 - Invest time and money into learning and then teach it to others... What can you teach others? Examples- how to eat healthy, how to gain more energy
- 2. Be consistent
 - You do not need to be an expert.
- 3. Use videos- people will get to KNOW you then LIKE you and finally TRUST you.
 - What makes you special?
- 4. Develop your personal brand – even if you have products to sell
 - Why would someone Join YOU!?!?
- 5. Be ready for the magnet effect
- 6. Don't be an Infomercial
 - View your personal FB page as your personal TV channel.





Podcast recommended by Katie

The Magnet Effect

- When we begin to brand ourselves, we will want to convey in our posts and messaging our values... ie health, family, etc, then we will tend to attract people with similar values... who are like-minded.
- At the same time, we may repel those whose values may differ ... Don't worry about trying to please everyone .. Be who you are .. And embrace those who resonate with your work and your values.

Michelle/ katie



Sarah Galbreth was live.

June 28 at 10:40 AM

Salon hair!



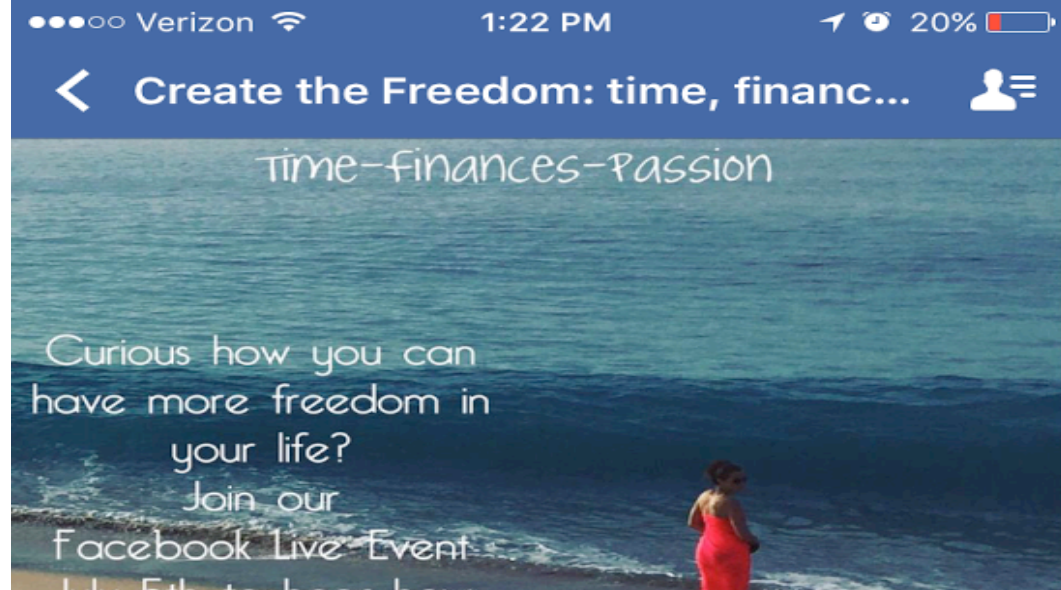
10

7 Comments 74 Views Seen by 81

Like

Comment

Live video in Face Book Event ..
Discussing Shaklee Pro Sante
Hair Care Products



JUL
5

Create the Freedom: time, finances, and passion

Hosted by Katie Odom and 1 other · Private



Edit



Invite



See Album



More



Tuesday, July 5 at 7:30 AM - 9 PM
about 1 week ago



Comfort of your home using your phone or
computer

[See More...](#)



News Feed



Requests



Messenger



Notifications



More

An example of a Face
Book Event on Business
Benefits called ...
Create the Freedom

Create The Freedom

time-finance-passion

Curious how you can
have more freedom in
your life?

Join our
Facebook Live Event
July 5th to hear how
we have found more
freedom and
how you can too!

Made with **PicLab**

Example of Face
Book Event with
Live video showing
your favorite
products, ...
Showing labels,
Demonstrating
etc.



JUN
14

Live: Summer Survival Tips

Hosted by Katie Odom and 1 other · Private



Edit



Invite



See Album



More

Tuesday at 8:15 PM

Next Week

Another example of
Face Book event
using live video for
a business benefits
discussion.



*Do you wish you
could choose the
people that you work with?
As sisters/best friends
we love the
freedom and flexibility
purpose and community
that we have found!*

Join our Facebook Live Event
May 24th at 8:15pm (central)
To learn more!
Ask questions And win prizes!



Action Steps



- Set a goal to select one of the platforms shared today to set up 4 meetings/ events in July.
- One idea is to contact 4 customers and ask if they would like to hear an idea of how they could get free products ... Then ask what are the health concerns of the people they know .. (energy, migraines, allergies, digestive, immune , stress, etc) .. Select one .. And set up a zoom meeting, or Face Book Event or Health Chat.

If the customer invites 5 guests X 50 PV = 250 PV per event

4 events = 1000 PV

- Send your 100 Day Plan to Roger Barnett and Heather @Shaklee.com
(starting first day after conference .. . Ask yourself ..
 - Where do you want your business to be by end of November?
 - What activities do you want to set up now to achieve them?
 - How many events/ activities/ phone calls/ appointments/ FB messaging will you do each week?
barb

Summer Strategies for Building Our Businesses

- Session # 3 -- Face Book Events & Health Chats July 14, 2016
- Session # 4 -- Taking It Off Line – July 21, 2016
Appointments, 3-way Calls, and Coffee Dates
- Session # 5 – Cold Market and Fitness Studio Pack Approaches July 28, 2016

SUMMER

Shaklee Video & Audio Archives



- Includes FIVE dedicated websites personalized to you!
- Best Shaklee Field Training Archive Available Today
- Largest online Shaklee Media Library
- Over 500 Shaklee audio/video recordings and growing weekly
- Automated Learn & Earn Program (included but optional)
- Dedicated Shaklee Business Resource Website
- Dedicated Shaklee Business Presentation Website
- Four Shaklee Podcasts
- Video archive of Training webinars
- And much, much more for only \$16.99/month

A video of this presentation will be on your Better Future website and in the Training Podcast usually uploaded by Saturday night.

[Subscribe Today here:](http://bit.ly/bhsubscribe)
<http://bit.ly/bhsubscribe>



FaceBook group – Learning from the Masters for weekly topics and registration links.