

## JFDI with Bon Module 1 Live Zoom Chat 3 April 2020

12:00:38 From David Manship: Welcome Gail  
12:00:55 From David Manship: Welcome Sandy  
12:01:05 From David Manship: New faces  
12:01:05 From Sandy Reynolds: Hello from Hamilton, Ontario....  
12:03:26 From Berry Newkirk: deeper I think  
12:03:44 From David Manship: New  
12:03:47 From Berry Newkirk: your first round idea was great  
12:03:48 From Kathi Carey: New  
12:03:52 From Lenka Silhanova: Not sure yet. I have an idea for another one, but not sure it's a good idea to do it now.  
12:04:46 From Lenka Silhanova: Deb, love your background, haha  
12:05:21 From Bradley Nikoal Williams: not sure. prob my 2nd thing; working on the Vo thing deeper.  
12:07:34 From Bradley Nikoal Williams: in that case, I guess I'll stick with the 1st idea :)  
12:07:49 From Crabby Deb: Thanks Lenka  
12:08:02 From Crabby Deb: I know and would like to say  
12:08:35 From Berry Newkirk: Love that you're crabby deb  
12:09:50 From Amy Rauch: This really is closer to my first round, so definitely interested in sorting out a new project.  
12:09:51 From Berry Newkirk: love the super niche  
12:09:54 From David Manship: Community  
12:10:53 From David Manship: Or Self Producers  
12:11:18 From Sandy Reynolds: I love that idea.  
12:11:23 From Kristen Girard: Follow that love!  
12:11:28 From David Manship: Just Saw amazing short produced by Emmett Walsh  
12:11:31 From Crabby Deb: Hi Remy  
12:11:45 From Remy OBrien: Hi Deb. I miss you  
12:12:03 From Crabby Deb: Thanks Ninjas!  
12:13:01 From Kristen Girard: @ Crabby Deb - Just because your people are up in years, does not mean their dreams are over or that their sense of curiosity has faded. LOVE your idea!  
12:13:26 From Lenka Silhanova: Word!  
12:13:39 From Lenka Silhanova: Never too late to follow your dreams.  
12:13:42 From Crabby Deb: Thanks Kristen. Thank you for that validation!!!  
12:17:48 From Constance Zaytoun: oh sooo going deeper!!  
12:17:53 From Kristen Girard: Do you have those future dates yet so we can block them out?  
12:18:21 From Lenka Silhanova: <https://dojo.bonniegillespie.com/classes/jfdi-welcome>  
12:18:35 From Lenka Silhanova: All of them are here :)  
12:18:44 From Crabby Deb: VOX  
12:18:48 From Constance Zaytoun: smokin' much!?! heehee!  
12:18:58 From Crabby Deb: Straw Therapy

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*Bonnie Gillespie*

- 12:19:00 From Remy OBrien: yes deb
- 12:19:14 From Constance Zaytoun: yaaaassss!
- 12:20:11 From Kathi Carey: How to prepare for your edit session
- 12:20:46 From David Manship: None knows if their reps want titles on the clips or not
- 12:22:21 From David Manship: Demoreelpro
- 12:22:56 From Sandy Reynolds: I will get there! Still at the bottom...
- 12:27:07 From Amy Rauch: Ah, so we don't necessarily have to start by offering at the bottom of the triange.
- 12:27:10 From Amy Rauch: triangle.
- 12:27:32 From Lenka Silhanova: I feel like I'm in a similar place. I need to do the top of the triangle 1:1s in order to create bottom of the triangle topical pdfs. And perhaps then figure out the mid level offer.
- 12:27:53 From Berry Newkirk: AMY
- 12:28:05 From Amy Rauch: I need some guidance on an idea
- 12:30:46 From Constance Zaytoun: oh my god, those suits show up in so many forms!!
- 12:30:54 From Berry Newkirk: definitely
- 12:31:02 From Lenka Silhanova: Kind of like a whackamole game
- 12:31:04 From Kathi Carey: Yep. Suits gonna suit
- 12:31:06 From Berry Newkirk: lol
- 12:31:11 From Constance Zaytoun: yasssss!
- 12:31:31 From David Manship: One of my actor clients graduated from USC and was a great researcher. He wanted to be an actor. His first job was fact checking and researching the science for CSI. He ended up on season 1 being an extra. Continued researching and his part grew to a recurring regular with inclusion in the opening title sequence of CSI. He has a research business for the industry and has worked for man shows. Researching if the writers ideas hold water.
- 12:32:02 From Berry Newkirk: that's amazing David
- 12:32:18 From Charlene Lam: love that story, David!
- 12:32:42 From Lenka Silhanova: Wow, that's amazing, David
- 12:33:10 From Kathi Carey: Yes, but don't forget to tell people that his brother was the head writer on CSI, Dave.
- 12:33:21 From Kathi Carey: That's how he got the job in the first place.
- 12:33:24 From David Manship: But he used his superpower
- 12:34:44 From Berry Newkirk: lol Kathi
- 12:37:00 From Berry Newkirk: That final one helps you Lenka.
- 12:37:48 From Sandy Reynolds: It seems like #5 would align with the top of the triangle.
- 12:37:53 From Lenka Silhanova: True that!
- 12:39:34 From David Manship: I like the research idea AMY
- 12:40:24 From Carolyne Aubin: novelists?
- 12:40:29 From Lenka Silhanova: Or start-ups - to figure out the competition and if their idea is viable
- 12:40:57 From David Manship: Business intelligence!!!
- 12:40:57 From Lenka Silhanova: That's where the money is

- 12:41:04 From Remy OBrien: yeah amy
- 12:41:25 From David Manship: Survey
- 12:41:30 From David Manship: Find your audience
- 12:42:25 From David Manship: You can help them with business decisions and not pay for services they don't need
- 12:43:48 From Crabby Deb: YES!!! True that for many situations... especially tech...
- 12:44:38 From Constance Zaytoun: so freakin' true! it hits my shoulders on the regular
- 12:44:57 From Kathi Carey: Right Connie?
- 12:47:43 From Sandy Reynolds: I don't know quite yet either.
- 12:47:59 From Kathi Carey: That's good!
- 12:48:04 From David Manship: That is a superpower
- 12:48:05 From Crabby Deb: Superpower!
- 12:48:17 From Remy OBrien: wellness whisperer
- 12:48:20 From Amy Rauch: Seniors Wellness Coaching sounds fantastic
- 12:48:22 From Crabby Deb: Yes!!!!
- 12:48:32 From Kristen Girard: Gail - You create safe spaces to be seen and heard. That is an amazing super power!
- 12:48:33 From David Manship: Love Wellness whisperer
- 12:48:33 From Bradley Nikoal Williams: good idea
- 12:48:55 From Charlene Lam: Sounds great! so many seniors are feeling extra isolated right now
- 12:49:18 From Kristen Girard: Right now seniors are so lonely. Especially those whose families are far away or don't have family.
- 12:49:19 From Carolyn Aubin: Coaching senior people struggling with the quarantine?
- 12:49:20 From Crabby Deb: Offer to companies who have people about to retire. Okay that's marketing...
- 12:49:44 From Sandy Reynolds: I have a colleague right now and she works in LTC as a consultant helping improve the patient onboarding experience. Families right now are traumatized dropping off families to LTC and having to leave them at the door. I don't know if it fits but she was saying this week she helps the employee side but someone needs to support the families.
- 12:49:45 From David Manship: I love wellness because it says help and Whisperer because it says quite and calm
- 12:50:12 From Crabby Deb: I agree with David!
- 12:50:22 From David Manship: WellnessWhisperer. Get the domain
- 12:50:34 From Kristen Girard: Gail - people can buy your services as a gift for their loved ones that they know need someone to talk with them, but also know that they themselves cannot help in the way their loved one needs.
- 12:50:45 From David Manship: I love that Kristen
- 12:50:50 From Amy Rauch: Kristen! That's awesome
- 12:51:09 From Crabby Deb: Very cool thinking Kristen!
- 12:51:24 From Kristen Girard: I love helping people brain storm. ;)

- 12:51:24 From Lenka Silhanova: That's great. Many people won't do that for themselves but if it's gift, they try and then learn it's something they need in their life.
- 12:52:14 From David Manship: Absolutely Lenka
- 12:54:38 From Constance Zaytoun: reflections -- transference -- holding up a mirror
- 12:54:53 From Remy OBrien: Nice constance
- 12:55:13 From David Manship: So many people are struggling with no outlet for feelings especially families at a distance and families with loved ones in Long Term Care
- 12:55:36 From Constance Zaytoun: yes -- especially with so much lack of human contact
- 12:55:38 From Kristen Girard: Yes, Dave.
- 12:58:05 From David Manship: So many clergy need this skill at a higher level
- 12:58:09 From Sandy Reynolds: It is like helping people find their footing in a crisis
- 12:58:40 From Sandy Reynolds: I keep thinking of the word 'discernment' while you talk.
- 12:59:02 From Kristen Girard: Gail - Top Tier: 1-1
- 12:59:14 From Kristen Girard: 2nd Tier - How to Listen Workshop
- 12:59:26 From Kristen Girard: Or How to Make Tough Decisions Workshop
- 12:59:59 From Kristen Girard: 3rd Tier towards the bottom - Listening List or Decision List
- 13:00:23 From Kathi Carey: A way to funnel people to the top of the triangle
- 13:00:28 From Kristen Girard: Can be very simple because people often struggle with very simple things.
- 13:00:29 From Crabby Deb: What about a podcast
- 13:00:47 From David Manship: Podcast can be lower level
- 13:01:01 From Kathi Carey: A blog, too
- 13:01:13 From Sandy Reynolds: Maybe guest on a podcast.
- 13:01:32 From Crabby Deb: Also if you brand whisperer knowing your voice is comforting.
- 13:02:08 From Constance Zaytoun: gail was listening to Bonnie!
- 13:02:11 From Sandy Reynolds: I think I do.
- 13:02:14 From Constance Zaytoun: she's on it!
- 13:02:39 From Charlene Lam: Gail, you can even assist via text or messenger if people don't have quiet space to talk
- 13:03:27 From Crabby Deb: Good way to find out. Thanks for the idea, Sandy!
- 13:04:33 From Constance Zaytoun: obligers
- 13:04:55 From Remy OBrien: oh. that's good
- 13:05:06 From Kristen Girard: Sandy that is so deeply needed!!! I want toggle you a HUGE hug!
- 13:05:21 From Kathi Carey: This is HUGE!
- 13:05:48 From Constance Zaytoun: it's a very real habit
- 13:05:56 From Constance Zaytoun: or trait
- 13:05:59 From Crabby Deb: This is a fun topic right now. My fascinate was Rebel with some Obliger... since I had to help move a K-8 school off campus... I took the quiz again during this time and went to an Obliger with Rebel second... NOW IS THE TIME WE NEED YOU!
- 13:06:17 From Kristen Girard: Sandy - you could help sooooo many people.

- 13:07:27 From Amy Rauch: The suits live in my head too, Sandy!
- 13:07:30 From Constance Zaytoun: we get so conditioned no matter what we've brought to consciousness
- 13:07:36 From Crabby Deb: Well so much for imposter... it rang true to me!
- 13:08:09 From Charlene Lam: evict the suits!
- 13:08:17 From Crabby Deb: Out out damn suit!
- 13:08:18 From Kathi Carey: When I spend too much time in "producer brain" the suits live in my head, too
- 13:08:32 From David Manship: 5FIVE5
- 13:08:38 From Lenka Silhanova: Some people just don't get that even a fish stinks after three days :D (Czech saying, sounds weird in English, haha)
- 13:08:39 From Berry Newkirk: that's amazing
- 13:08:43 From Thalma de Freitas: I need that!!
- 13:08:50 From Crabby Deb: Me too Thalma!!!
- 13:08:59 From Constance Zaytoun: suit meeting = Wilma o'clock!
- 13:09:30 From Berry Newkirk: reminds me of "F\*ck You, Pay Me"
- 13:09:38 From Amy Rauch: Yes, Berry
- 13:09:44 From Kristen Girard: Sandy this a link to podcast episode that may give you ideas of people to connect with. <https://unladylike.co/episodes/08/mormon-feminist>
- 13:10:09 From Kristen Girard: And Unladylike would be a great place for you to talk about what you do.
- 13:10:55 From Bonnie Gillespie: <https://www.youtube.com/watch?v=f8CGIGxwZ0> (population of thirds)
- 13:11:28 From Charlene Lam: @Lenka, we have that saying too! "Fish and visitors stink after three days" -Benjamin Franklin
- 13:11:54 From Lenka Silhanova: Haha, I see!
- 13:11:58 From Crabby Deb: Love that Charlene... Just lost it on that one.
- 13:13:13 From Constance Zaytoun: it's so true!
- 13:13:46 From Crabby Deb: Lenka I just saw the first post. CRACK ME UP!
- 13:14:43 From Lenka Silhanova: haha
- 13:16:26 From Constance Zaytoun: it's so true -- and the guilt that we feel -- gotta get over that!
- 13:18:43 From David Manship: You always need to know what to do with your leftovers
- 13:18:52 From Berry Newkirk: love that David
- 13:19:05 From Kathi Carey: Yes, use your leftovers
- 13:19:25 From David Manship: You can feed yourself on just your leftovers.
- 13:21:37 From Constance Zaytoun: audio for all of these hosts is soooo bad!
- 13:21:47 From Constance Zaytoun: they don't know how to set up home studios!
- 13:21:50 From Charlene Lam: love that David, the leftovers comparison. And with all of us eating at home, we're all looking at leftovers differently!
- 13:21:55 From Constance Zaytoun: cuz they never did
- 13:22:07 From Remy OBrien: I love you Deb
- 13:22:29 From David Manship: Tech for creatives

- 13:22:52 From Constance Zaytoun: deb!!!
- 13:22:55 From Constance Zaytoun: do it!!!
- 13:23:24 From Constance Zaytoun: do it together -- he's your secret weapon
- 13:23:49 From David Manship: This is a web series deb
- 13:23:49 From Kristen Girard: Deb, one of your related super powers is that you are approachable.
- 13:24:01 From Sandy Reynolds: My homework is get a pancake behind me.
- 13:24:02 From Charlene Lam: you can be a tech help desk! I'm going to offer a social media help desk
- 13:24:08 From Crabby Deb: Thanks peeps!
- 13:24:10 From David Manship: Deb, Tech talk with Mom
- 13:24:13 From Remy OBrien: Nice Bradley
- 13:24:25 From Remy OBrien: Love that Dave
- 13:24:42 From David Manship: Solve mom's problem (it is creative promo)
- 13:25:12 From Bradley Nikoal Williams: thanks remy
- 13:26:12 From Crabby Deb: Love that David Tech Talk with Mom
- 13:27:50 From Crabby Deb: Love you too Remy!!!!!!
- 13:28:09 From David Manship: Deb. The script is "Hey Mom what did you break today?" Record your zoom call, solve the problem (share your screen, show keystrokes) make sure you promo and post on youtube
- 13:28:38 From Crabby Deb: You're fab David! Cracking me up
- 13:29:10 From Crabby Deb: Love Bonnie!!!!
- 13:30:19 From Kathi Carey: There's always a price
- 13:30:26 From Amy Rauch: For sure
- 13:31:01 From Remy OBrien: Connie I was just talking to my cousing how I'd pay to have someone cook for me
- 13:31:02 From Amy Rauch: Remember that it isn't just people- corporations buy these serveices, too
- 13:31:26 From Charlene Lam: could be a worthy nonprofit that wants a theme for their fundraiser, that could be a top of triangle client!
- 13:31:28 From David Manship: Teach People how to have a great VIRTUAL HAPPY HOUR
- 13:31:31 From Kathi Carey: I would come on as your writer/producer/director of your project for a price. It's a high price
- 13:32:06 From Lenka Silhanova: True, hit the HR in corporations. All the company events or team buildings need some booze fun.
- 13:32:10 From Kristen Girard: Boredom tax. :)
- 13:32:24 From Crabby Deb: Great to meet/see everyone!!!
- 13:32:32 From Constance Zaytoun: david - so working on that! just posted a video on that today!
- 13:32:34 From Sandy Reynolds: Nothing but time
- 13:32:46 From Constance Zaytoun: Feel like Fridays
- 13:32:57 From Constance Zaytoun: check @ConstanceCooks on IG

13:33:01 From Berry Newkirk: loving scrivener  
13:33:02 From David Manship: Awesome Constance. Share the link  
13:33:11 From Bonnie Gillespie: [https://www.paypal.com/cgi-bin/webscr?cmd=\\_s-xclick&hosted\\_button\\_id=CND9PSVKWQ6VG](https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=CND9PSVKWQ6VG) (tomorrow's Plan-a-Thon registration)  
13:33:15 From David Manship: Thank his your freeze.  
13:33:26 From David Manship: That is your freebie  
13:34:05 From Crabby Deb: Bradley your backdrop is awesome!  
13:34:22 From Thalma de Freitas: Aren't you recording tomorrow ?  
13:34:25 From Bradley Nikoal Williams: thanks deb  
13:34:34 From Bradley Nikoal Williams: See you tomorrow ya'll  
13:34:34 From Constance Zaytoun: yes! thank you, David!  
13:34:38 From Kristen Girard: Thank you! Nice to meet everyone!