## Pancakers' Playhouse Q&A Live Zoom Chat 14 October 2020

| 11:34:32        | From Dana Middleton: I was going to ask that question today!                 |
|-----------------|--|
| 11:35:17        | From Gladys Perez: Who's doing it?   |
| 11:35:19        | From Gladys Perez: The summit  |
| 11:35:40        | From Bonnie Gillespie (she/her): https://rebelbosses.com                     |
| 11:40:28        | From Rhianna Basore: Hello! <3   |
| 11:42:15        | From Gladys Perez: Big ol 6!   |
| 11:42:20        | From Gladys Perez: nah   |
| 11:44:49        | From Lenka Silhanova: How to know the line between seeding and oversharing?  |
| 11:53:18        | From constance zaytoun: too too low!   |
| 11:53:34        | From constance zaytoun: hear hear!   |
| 11:54:20        | From Dana Middleton To Bonnie Gillespie (she/her)(privately): Your volume is |
|                 | e question askers. Just FYI  |
| 11:57:46        | From Gladys Perez: Thanks, Connie!   |
| 12:06:43        | From Rhianna Basore: AMAZING, AMAZING, AMAZING!!!                            |
| 12:06:51        | From Gladys Perez: AWESOME, CONNIE!  |
| 12:06:54        | From Rhianna Basore: Who's a food genius?!?!!?                               |
| 12:06:55        | From Dana Middleton: Write that book!  |
| 12:07:04        | From Remy OBrien: yeah that's awesome.                                       |
| 12:07:04        | From Tamika Simpkins: Congrats Connie!!!!! Can't wait to read it!            |
| 12:07:26        | From Jennii Vo Le: CONGRATULATIONS CONNIE                                    |
| 12:08:35        | From Dana Middleton: If any of you guys know anyone who would be interested  |
| in Tapping Bo   | potcamp, I'd love for you to share this. Thanks!                             |
| 11              | nedartist.com/tapping-bootcamp   |
| 12:11:18        | From Remy OBrien: hey guys this my healing website. would love for you to    |
| check it out as | nd let me know what you think. www.althetesessentials.com                    |
| 12:12:01        | From Jennii Vo Le: thank you for sharing your links, Dana and Remy!! saving  |
| them!           |  |
| 12:12:11        | From Lenka Silhanova: @Remy the site doesn't work                            |
| 12:12:21        | From kathi carey: Remy, I think you misspelled it — it doesn't work.         |
| 12:12:21        | From Lenka Silhanova: @Dana will do! ♥                                       |
| 12:12:33        | From Dana Middleton: Thanks! :-)   |
| 12:12:38        | From Remy OBrien: BC I spelled it wrong. www.athletesessentials.com          |
| 12:13:10        | From Laura Dowling Shea: @Dana I think I'm caught in your spam filter - I'd  |
| love to be on y | your mailing list and will definitely share your bootcamp.                   |
| •               | hea@gmail.com  |
| 12:14:03        | From Dana Middleton: I'll email you Laura and sort it out!                   |
| 12:14:17        | From kathi carey: Remy, at first glance I really like it!!                   |
| 12:14:30        | From Remy OBrien: Thanks Kathi   |
| 12:14:36        | From Dana Middleton: Looks gorgeous, Remy!                                   |
| 12:14:48        | From Remy OBrien: Thanks Dana  |
|                 | •  |



| 12:15:40        | From Jennii Vo Le: I really love how specific your offer is Remy!! it looks so   |
|-----------------|--|
| awesome!        |  |
| 12:15:48        | From Lenka Silhanova: @Remy looks amazing, very clean design, a variety of       |
| *               | ie. I really like it!  |
| 12:16:14        | From Remy OBrien: Thanks Lenka and Jennii  |
| 12:16:54        | From Ayesha Adamo: Website looks great Remy                                      |
| 12:17:05        | From Remy OBrien: Thanks Ayesha  |
| 12:17:17        | From Rhianna Basore: Website so pretty, @Remy!                                   |
| 12:17:31        | From Remy OBrien: Thanks Rhianna.  |
| 12:17:53        | From Tamika Simpkins: Great site Remy!   |
| 12:18:06        | From Remy OBrien: Thanks Tamika.   |
| 12:18:18        | From constance zaytoun: Rem-I can't reach the site. Oy! I typed                  |
| www.althetes    | essentials.com   |
| 12:18:44        | From Rhianna Basore: Love your offer page, @Remy, so clear and attractive        |
| 12:18:47        | From Gladys Perez: @Remy, I love the site! So clean and fresh!                   |
| 12:18:49        | From constance zaytoun: LOVE YOU TANYA!!!  |
| 12:19:09        | From Remy OBrien: Thanks Gladys.   |
| 12:20:00        | From Nicole Rycroft: Your site looks great Remy! Welcoming and professional!     |
| 12:20:02        | From Gladys Perez: I have a site, too, if anyone would like to give feedback.    |
| CreateResum     | esthatWork,com is redirecting to my older site, CoachwithGladys.com. Both work.  |
| 12:21:04        | From Remy OBrien: Thank you Nicole   |
| 12:21:24        | From Laura Dowling Shea: If anyone feels like checking out my etsy store I'd be  |
| very happy to   | have eyes on it. I definitely launched at 80% or well maybe even 50% but here we |
|                 | https://www.etsy.com/shop/HappyHandsatHomeLove                                   |
| 12:22:16        | From Laura Dowling Shea: @Dana I'm IN!!!! oooooo I'm so excited. Can't wait!     |
| 12:22:30        | From constance zaytoun: you are a clown!! awesome!                               |
| 12:22:53        | From Remy OBrien: Laura it looks great. Love the RGB mask                        |
| 12:23:01        | From Rhianna Basore: Those are so fun, @Laura!                                   |
| 12:23:13        | From Lenka Silhanova: @Laura OMG I love the RGB mask! What a great               |
| tribute to her! | <u> </u>   |
| 12:23:14        | From constance zaytoun: here in NYC plays work really well during the holidays,  |
| too!            |  |
| 12:23:25        | From constance zaytoun: it could be a holiday offering                           |
| 12:23:42        | From constance zaytoun: those are some of the best sellers                       |
| 12:24:19        | From Jennii Vo Le: Gladys!! so happy to see you got your website up!! your words |
|                 | ting and it's so clear what you offer. really love the testimonials!             |
| 12:25:54        | From Gladys Perez: Laura, I love the masks! I'm gonna order a couple. We have    |
|                 | ve that you put that pocket in!  |
| 12:26:38        | From Laura Dowling Shea: Thank you guys for the feedback on the masks.           |
|                 | nk you! Once you get them take pictures with them on and I'll feature you in my  |
| 12:26:45        | From Remy OBrien: Great Gladys. Just signed up for my template.                  |
| 12:26:45        | From Gladys Perez: Tanya, sending you a huge hug!                                |
| 12.20.10        | 2  |



| 12:26:50  | From Nicole Rycroft: Laura, love the masks-especially the RGB. So creative!             |  |
|---|---|--|
| 12:27:08  | From kathi carey: It's all good, Tanya!!  |  |
| 12:27:24  | From Gladys Perez: Oh, awesome, Remy. Hope you like it. Let me know how                 |  |
| you like it!                                    |   |  |
| 12:28:30  | From Gladys Perez: @Jennii, thank you! You've reminded me to do your                    |  |
| testimonial, too! Let's catch up after this. <3 |   |  |
| 12:28:51  | From Jennii Vo Le: Laura, the RBG one is soooo goood!! I feel like it could sell        |  |
| out so fast!                                    |   |  |
| 12:29:16  | From Nicole Rycroft: @Gladys Congratulations. Your site looks great!                    |  |
| 12:30:04  | From Laura Dowling Shea: @Jennii Thanks! I want to add that a portion of the            |  |
| -   | ne RGB masks will go to the ACLU in her honor. Once they sell out I can order           |  |
| •   | ust sort of testing the waters on it.   |  |
| 12:30:05  | From constance zaytoun: i love this, Isabelle!  |  |
| 12:30:08  | From Jennii Vo Le: Yess! that sounds awesome, Gladys! and Tanya if you'd like a         |  |
| •   | ry reiki session to alleviate your stress I'm happy to set that up with you to help you |  |
|   | pported! :) email me j8nnii@gmail.com   |  |
| 12:30:39  | From constance zaytoun: WRITE IT!!!   |  |
| 12:30:53  | From constance zaytoun: workbook one page at a time                                     |  |
| 12:31:36  | From kathi carey: Oh yeah, I just had the idea I should go back to school and get       |  |
| my degree. W                                    |   |  |
| 12:31:45  | From Gladys Perez: Thanks, @Nicole!   |  |
| 12:31:53  | From Jennii Vo Le: I love that Laura! I already know people who would love that!        |  |
| _   | are it with them:)  |  |
| 12:32:12  | From constance zaytoun: do it, Isabelle! it's so needed for artists!                    |  |
| 12:32:29  | From Rhianna Basore: Me too! I always want to go back to schoolI know it's              |  |
|   | use what I want to study keeps changing   |  |
| 12:34:19  | From Laura Dowling Shea: @Jennii Yay! Thanks so much!                                   |  |
| 12:34:25  | From Dana Middleton: ha   |  |
| 12:34:52  | From Emily Kindred: hey all! mercury retrograde is alive and well today, lol            |  |
| 12:35:42  | From Gladys Perez: Yes!   |  |
| 12:37:59  | From constance zaytoun: i agree!  |  |
| 12:38:07  | From Remy OBrien: I already did   |  |
| 12:38:14  | From Emily Kindred: vote for every Canadian who can't! hahaha                           |  |
| 12:40:49  | From constance zaytoun: i'm going to ITALY!   |  |
| 12:41:00  | From constance zaytoun: small villa   |  |
| 12:41:01  | From Remy OBrien: New Zealand is calling my name  |  |
| 12:41:11  | From Emily Kindred: 4 years ago I got 4 proposals the night Voledemort won              |  |
| 12:41:13  | From Tanya Perez: I want to go to Scotland if it all goes South                         |  |
| 12:41:18  | From Laura Dowling Shea: My kid wants to go to New Zealand too!                         |  |
| 12:41:26  | From constance zaytoun: I'm so out!   |  |
| 12:41:28  | From Lenka Silhanova: Today I saw a perfect cottage property in Half-moon Bay           |  |
| BC! Must be a sign! :D                          |   |  |
| 12:41:35  | From Laura Dowling Shea: Get out the vote in the meantime!!!                            |  |
|   |   |  |



|                | THE WOLLDING  |
|----------------|---|
| 12:41:57       | From constance zaytoun: YES YOU DID!!!  |
| 12:42:00       | From Jennii Vo Le: CONGRATULATIONS!!!!!   |
| 12:42:17       | From Laura Dowling Shea: LOved your first 100 pages - so good.                        |
| 12:42:22       | From Nicole Rycroft: Yay! Congratulations!  |
| 12:44:39       | From Laura Dowling Shea: 0000 I love that phrasing, I do it but I love the            |
| naming of "I's | m going to use a flow state to do"  |
| 12:45:51       | From constance zaytoun: i love that idea. kinda like how you suggested i feature      |
| an ingredient  | in my blog  |
| 12:45:58       | From Bonnie Gillespie (she/her): Yes!! Love this.                                     |
| 12:45:59       | From constance zaytoun: that's attached to my segment                                 |
| 12:46:05       | From Rhianna Basore: love that @Constance   |
| 12:46:19       | From constance zaytoun: teaser conversation   |
| 12:46:48       | From constance zaytoun: i just saw Oprah do it with her book club for CASTE           |
| 12:47:18       | From constance zaytoun: she read a passage from Isabel's book to tease the            |
| conversation   | 7 1 0   |
| 12:47:43       | From Gladys Perez: OMG  |
| 12:47:49       | From Rhianna Basore: Love that, I should totally pace car Oprah's BC                  |
| @Constance     | , respectively (1997)   |
| 12:48:49       | From Rhianna Basore: Thanks for checking out my first 100 pages video @Laura!         |
| <3             | 8 7 1 8   |
| 12:52:13       | From Rhianna Basore: HELL YES @ Tamika!   |
| 12:52:25       | From constance zaytoun: so who cares about the other stuff! this is                   |
| FANFUCKI       | NGTASTIC!!!   |
| 12:52:27       | From Gladys Perez: Your poor nose!  |
| 12:52:29       | From Remy OBrien: Congrats Tamika   |
| 12:52:39       | From Gladys Perez: That's amazing!!   |
| 12:52:41       | From Jennii Vo Le: CONGRATULATIONS TAMIKAAAA!! that's amazing!!!                      |
|                |   |
| 12:53:02       | From Emily Kindred: wooohooooooo TAMIKA!!!!!!   |
| 12:53:06       | From constance zaytoun: your primary devotion has taken priority!                     |
| 12:53:17       | From Gladys Perez: Love this and totally get those feelings!!                         |
| 12:53:19       | From Laura Dowling Shea: Congratulations!!! That is so wonderful. I have to           |
| keep remindir  | ng myself that the reason I'm doing all the other things is so I can act so when I am |
|                | have to be so upset by not doing the other things!! lol                               |
| 12:53:32       | From Ayesha Adamo: Just had a bit of that happen to me at the start of this call,     |
| like gotta dro | p everything I'm doing and run to get a rapid covid test                              |
| 12:53:33       | From Emily Kindred: well said Laura   |
| 12:53:37       | From constance zaytoun: i love that, Bon!   |
| 12:53:37       | From Nicole Rycroft: Congratulations Tamika! I'm so happy for your success!           |
| 12:56:39       | From Ayesha Adamo: 4 hours = charge more  |
| 12:56:43       | From Tanya Perez: \$200 for that amount of time!!                                     |
| 12:56:43       | From Gladys Perez: No to \$50!  |
| 12:56:51       | From Emily Kindred: I'm feeling a \$97 vibe at least for 4hrs                         |
| 14.50.51       | 1 10111 211111y Islinated, I in recining a w// vibe at least 101 Tills                |



| 12:57:13       | From Emily Kindred: or \$147  |
|----------------|---|
| 12:57:47       | From Emily Kindred: yessss data patterns  |
| 12:58:46       | From Tanya Perez: \$350!  |
| 12:58:55       | From David Manship: NO You gave all the ino                                     |
| 12:59:00       | From Rhianna Basore: How do I hire you Tamika?!?!?!                             |
| 12:59:05       | From Emily Kindred: Dave you're cracking me up!!                                |
| 12:59:39       | From David Manship: Share, Don't over share                                     |
| 12:59:47       | From Tanya Perez: Sharing can be caring when you get that \$\$\$ in your wallet |
| 12:59:51       | From Rhianna Basore: YES  |
| 12:59:53       | From David Manship: No I'M GUILTY   |
| 12:59:54       | From Dana Middleton: Gotta jump off to do my LAST Wednesday Facebook            |
| live. Thanks f | or your great advice, Bonnie. Have a great month everyone. xo                   |
| 13:00:01       | From kathi carey: Dave needs to take those words to heart                       |
| 13:00:04       | From Gladys Perez: I just got anxious with hiding the how behind paywall. Oy    |
| 13:00:11       | From Dana Middleton: Bye!   |
| 13:01:07       | From Tamika Simpkins: Thank you so much Pancake Family!!! Love y'all!!!         |
| 13:02:29       | From Rhianna Basore: THANK YOU!!!! <3   |
| 13:02:36       | From Isabelle Pierre: thank you!  |
| 13:02:54       | From Nicole Rycroft: Thank you everyone!  |
| 13:02:56       | From Ayesha Adamo: thanks you guys :)   |
| 13:03:02       | From Gladys Perez: Thank you, everyone!!  |
| 13:03:05       | From constance zaytoun: love y'all!!!   |
| 13:03:14       | From Rhianna Basore: CONGRATS, BON!   |
| 13:03:17       | From kathi carey: Thank you everyone! This was awesome!                         |
| 13:03:25       | From Ayesha Adamo: That's awesome   |
| 13:03:32       | From Nicole Rycroft: Congratulations Bonnie!                                    |
| 13:03:33       | From Jennii Vo Le:  |
| 13:03:39       | From Tamika Simpkins: Congrats Bon!!!!  |
| 13:03:41       | From Gladys Perez: Love you, Bonnie!  |