



VIRTUAL MARCH LUNCHEON CHAT TRANSCRIPT

- **Anette Watson:** Welcome to ProWIN's March Virtual Luncheon! We're excited you've joined us! For more information, please go to www.prowin.com.
- **Nahal Golestaneh:** Hello everyone, welcome!
- **Quionna (Kiana) Allen:** Hi Everyone! Glad to be here.
- **Cindy Derso:** Hello.
- **Diana Murphy:** So great to see all these faces!!! Virtual Hugs and Handshakes!!!
- **Linda Collett:** Hi Everyone! Erin are you going to ask anyone who isn't presenting to mute themselves?
- **Linda Collett:** Great!
- **Anette Watson:** For more info on ProWIN's Brainstorming Roundtables, visit <https://prowin.com/get-involved/brainstorming-roundtable/>
- **Anette Watson:** To register for April's Morning Percolator, go to <https://prowin.123signup.com/event/details/rnnhj>
- **Anette Watson:** To find out more about ProWIN's events, go to <https://prowin.com/events/>
- **Anette Watson:** Our Morning Networking Percolators are open to everyone!

- **Diana Murphy:** My free course is designed for the ProWin woman!!
Successful Leaders and Entrepreneurs: How to stay in your Zone of Genius
(confidence, courage and creativity) during a crisis Just email me
Diana@dianamurphycoaching.com.
- **Anette Watson:** To register for ProWIN's April's Percolator, please go to
<https://prowin.123signup.com/event/details/rnnhj>
- **Nahal Golestaneh:** Remotely
- **Anette Watson:** New
- **Kelli Clay:** remotely
- **Diana Murphy:** Already work remotely but VERY active in LIVE networking
so this change is a mix
- **Cindy Derso:** working from office, not home.
- **Jcarlson:** new
- **Quionna (Kiana) Allen:** Working remotely for a couple of years now.
- **Sam McElhaney:** I am
- **Martha McGinnis:** used to it
- **Rachel Donnelly:** Once a week
- **Patricia Stallworth:** remotely
- **Linda Collett:** I work from home office all the time.
- **Lisawrenn:** I can work remotely but usually work from the office. New
challenges
- **Serina Shyu:** Capable of working remotely at my leisure/as schedule permits
- **Joan Borchardt:** Been working remotely for a long time

- **Khealy:** Thankfully, we have had the ability to work remotely. In normal times, we are physically in our office.
- **Lesley Hatfield:** great advise to teach our children during this time of on line learning!
- **Diana Murphy:** Neelam your presentation is so clean and bright, what format did you use?
- **Anette Watson:** Internet Extenders are inexpensive and really help boost the internet in your home. They plug in anywhere and boost your WIFI!
- **Erin Stone:** Great tip to recreate work space to be productive and keep healthy boundaries!
- **Lesley Hatfield:** do laundry only once a week. it will always be there and can become a time sucker :)
- **Erin Stone:** I have a sign on my doorknob that let's my kids know that Mom is working so that they know to keep the noise down.
- **Diana Murphy:** Sometimes those chores are a great mental break for me.
- **Nahal Golestaneh:** I have my schedule posted on the wall front of me to remind me when to take a break and lunch.
- **Anette Watson:** Turn the TV off, as you said beware of time robber. Love the timer idea!
- **Erin Stone:** How do we avoid the temptation to binge our favorite tv show?
- **Diana Murphy:** I have been so app to work SOLID and this tip from Nahal is so important. If you want to be reading a new book, set that in your calendar and give yourself permission to read during that time. (I think I'm self coaching here—I FEEL like I need to stay working at my desk all the time and THAT isn't necessary or productive.

- **Linda Collett:** I find it easy to get engrossed in work and hours will go by and I've never even style up. I now have an app on my computer that shuts down access to my computer at intervals that I schedule. The app is called Take A Break I think. I can postpone or skip the break if I really can't in the moment.
- **Kerryhughesthomas:** Don't take personal calls during work time, unless it's a call that requires immediate attention. Personal call interruptions slow down productivity and are a big distraction from our work.
- **Pamela Grossman:** we work together on zoom
- **Diana Murphy:** Kerry that is a fabulous tip. I forget this all of the time
- **Linda Collett:** not style up but stood up.
- **Erin Stone:** Great tip to stay connected to let your team know your schedule and send updates.
- **Khealy:** Liked Rebecca's comment of measuring productivity by output, not time at desk.
- **Linda Collett:** Rebecca, How do you create that interaction when you're a solopreneur?
- **Diana Murphy:** My coaching school and with my clients we use a Slack Channel (an app (both laptop and devices) that is fabulous for group and team communication.
- **Jarlson:** Rebecca this is great info.....my team is going through this right now. It will be very useful for us.
- **Lesley Hatfield:** continue to network via virtual coffee/happy hours. don't stop networking during this time!
- **Erin Stone:** I'm offering my clients meetings on Zoom so we stay in touch.

- **Erin Stone:** I miss all the networking I usually do. I'm so excited that ProWIN is going to have some more virtual meetings. What are other tips to keep networking?
- **Khealy:** We are using Zoom for regularly scheduled client meetings.
- **Anette Watson:** If your regular networking groups aren't having ZOOM meetings yet, be the instigator and suggest the use of them.
- **Erin Stone:** I love the idea of virtual coffee meetings. I'm hearing that scheduling and accountability are key to staying on track.
- **Diana Murphy:** I'm SO thankful that Zoom is handling THIS GROWTH of popularity!!!!
- **Cathy:** Sharing pertinent articles, training sessions, etc to address specific work issues , also set up reasons to have a conversation virtually.
- **Nahal Golestaneh:** I am in travel industry and I have found it challenging to set up Zoom meeting with them. Any ideas?
- **Diana Murphy:** Nahal maybe just on zoom or FaceTime with them. Are they resisting the technology?
- **Lesley Hatfield:** FaceTime is also an easy way to connect if apple users
- **Diana Murphy:** Nahal, I'm so sorry I meant phone!!!!
- **Martha McGinnis:** I invited my neighbors to virtual happy hour
- **Martha McGinnis:** book club
- **Lesley Hatfield:** short video messages vs email makes it more personal
- **Serina Shyu:** Nahal, is technology the issue or is it something else?
- **Diana Murphy:** There was a travel agent that was on a previous call and said she is getting active planning a lot of things in the future!!! Helping

people to look forward to when we can travel again. Maybe highlighting great places to visit and great hotels and cities that

- **Jcarlson:** My networking group did a Zoom meeting yesterday and scheduled a Zoom happy hour next week. It was great to connect with everyone as we were all working remotely.
- **Jcarlson:** It's a nice time to write personal notes and send through the mail.
- **Lesley Hatfield:** we don't have to stay inside (yet) get out in the sun (via D) and fresh air
- **Rachel Donnelly:** How are people handling client acquisition at this time? My business is very new and I feel conflicted marketing my services given the circumstances. I have a new End-of-Life Concierge and Consulting business
- **Jennifer Hall:** My husband and I have committed to walk for 30 minutes outside each day
- **Erin Stone:** No one knows how long this will last. How do we deal with this big unknown?
- **Jennifer Hall:** Do something for someone else and you will feel great! Food drive, gather items to donate, call an older neighbor to see if they need groceries, etc...
- **Erin Stone:** Also, we miss sports, now that everything is cancelled. What is everyone doing instead?
- **Jcarlson:** yesterday I took a bike ride
- **Diana Murphy:** Erin, OMG I'm with you, I'm more a fall sports person but I know this is depressing for my son. We're starting to do lots of jigsaw puzzles!!!! HA!!!!

- **Jennifer Hall:** You can ask someone to "speak" to your clients on a critical topic so you are adding value and schedule a Zoom seminar
- **Kelli Clay:** Erin, you and my husband can have virtual beers to cry in over this!
- **Jennifer Hall:** Send YSKs to clients and prospects (You Should Know)
- **Lisawrenn:** I am calling older clients to see if I can help them out in any way. Setting up new clients is a challenge because we usually meet in person. I may try zoom with them. As for sports, my athlete is home with me now since his season was cancelled so we are playing a lot of tennis in the family
- **Anette Watson:** Take this opportunity to start and explore something new... learn a new technology, social media channels to make new connections for your business.
- **Linda Collett:** Rachel, sounds like now would be an excellent time to promote your biz because death is in the news. you might consider creating a business FB page and doing boosted posts. you can do it quite inexpensively. online marketing could be great for you.
- **Joan Borchardt:** Practicing good self-care (eating balanced meals, sleeping enough, daily exercise) will keep your immune system robust.
- **Lisawrenn:** I run a hundred miles an hour and get up at 5:00 to work out every day. This time is a gift to me and I am embracing it. Praying my business doesn't get affected too much but I never get this much family time.
- **Lesley Hatfield:** be on the look out for more virtual events from ProWIN
- **Anette Watson:** THANKS SO MUCH for joining ProWIN'S VIRTUAL Luncheon today! We hope you've enjoyed the engagement and connection with other professional women like yourselves. If you'd like to find out more about ProWIN, please go to www.prowin.com. We look forward to seeing you again soon!

- **Diana Murphy:** This was so great. THANKS. Just email me if you want to get info on my mindset course. Diana@dianamurphycoaching.com. Love you all. ProWin is the best!!!
- **Anette Watson:** To join ProWIN, please go to <http://bit.ly/2wg8NYI> or email estone@boviskyle.com
- **Linda Collett:** GREAT JOB ProWIN Board!!
- **Anette Watson:** Save the date for May's Luncheon: The Art of Negotiation, go to <http://bit.ly/2UgRH55>
- **Anette Watson:** To register for June's Luncheon: Stress Less and Thrive, go to <http://bit.ly/2x2TDpU>
- **Jennifer Hall:** Awesome job everyone - very creative and forward thinking
- **Serina Shyu:** Thanks, everyone! Great presentation!
- **Khealy:** Thanks Erin for your awesome leadership!
- **Anette Watson:** Thanks everyone!
- **Cathy:** I so enjoyed our first virtual meeting! Thanks to Erin and the board!