

TRAINING ~ Stacey Turner ~ Wellness Presentation Invite: Cell Phone Texting

Background:

Stacey was calling people, leaving messages and inviting people, emailing people and inviting them and even setting up a Facebook Event inviting them, and, GETTING NO RESPONSE...

Stacey knew that she was going to be preparing her house and that there were other teams and their prospects coming to her home for the wellness presentation. She feels that there is nothing worse than having a wellness presentation for team members and their prospects and not have anyone there of your own. ☹️

She was starting to panic and she really *wanted people to come*, so, she sent out the following text and *got back a great response!*

Text Message:

“Hey there, I am inviting you to join me and some of my friends this Friday night for an informal discussion on what we are all doing to stay healthy and a chance to share ideas and tips we use as health conscience Moms. We are having dinner at 6 and talk at 6:45. I know you are super busy but I thought you might like a night out. Can you come?”

Stacey went through her *Text email address book* on her phone and sent the text invite out to people.

(Stacey got responses from prospects, people came, and she got orders.)

This verbiage + texting them = really made a difference!

Actual Wellness Presentation/Dinner:

- She had everyone go around the table and share what their *biggest struggle was to feed their family healthy.*
- Then they moved into to the living room and she had them share what they are *most proud of that they are doing right with their health.*
- Then she shared what *her 'Greatest Tips' are that she has used for the past 8 years.*
- All of this led to incredible discussion which left little time to do the presentations, so she shared JP+ and did a shortened JP+ presentation, with the book, taking the most time with the JP+ pages and explained the ordering process, while giving them order forms.

- Very informal.
- Great discussion.
- And, everyone stayed afterwards, talking.
- Stacey shared that “it was neat to see them learning from each other”.
- She handed out some handouts that she thought were great too.
- Next time, she will make the time to watch the *Bridging the Gap* DVD.

Stacey’s ‘Greatest Tips’:

1. I only cook one meal. If the kids don’t like what is served, they don’t have to eat it, but I am not fixing them chicken nuggets just because they would eat them!
2. I have a scale in my living room that I stand on everyday. It is a whole lot easier to adjust your eating habits to lose a couple of pounds than work off 50 extra.
3. I don’t buy myself candy or sugar. If it is given to me, like at a party or something like that, I will eat it, but I no longer buy a candy bar in line at the grocery store or a gallon of ice cream because it is on sale.
4. I do my best to continually learn about health and nutrition.
5. I don’t make drastic changes to my family’s diet, but slowly introduce a new concept so we can stick with it.
6. I teach others to be healthy because knowing others are watching me to be an example, keeps me accountable.
7. I am a part of an organic produce co-op in our area.
8. I have learned to decode food labels and avoid harmful ingredients as much as possible.
9. We don’t drink milk and have limited amounts of dairy in the house.
10. Avoidance is easier than overcoming temptation. If the junk food is not in your cart, it won’t get into your house, and it won’t beg to be eaten!

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NOTE: Deana Christofferson shared, that in a recent *Success Magazine* article, that “more and more people are texting...a more personal way that people respond vs. email...more personable.”