

00:19:42 Iris Culp: We've each lived a life that has a unique story with an eye to explain themselves in a way that offers clear and compelling insight. I have a passion to assist each person with crafting that unique blend of elements so you can "get found and understood". I am completely in my element when coaching someone to clarify their past contributions in meaningful ways so the right opportunity can find that person.
Professional Side: Entrepreneur. Writer. Career & Marketing Strategist. Research Nerd.
Personal: Flower Fanatic. Christian. Motorcycle Mama. Single Mom of 2 teens.
Both: I consider myself a lifelong learner; love this quote by John Adams written to his wife: "I read my eyes out and can't read half enough...the more one reads the more one sees we have to read."

00:21:39 Iris Culp: Title: Chief Inspiration Officer

00:21:47 Iris Culp: Marketing Consultant

00:41:42 Avital Spivak – AskAvital.com (GC): Avital Spivak
Tech Confidence Coach

✨ I work with accomplished professionals who know their stuff but can't quite make the online world work for them.

The gap between who you are and how you show up online? That's exactly what I close.

Start here → <https://AskAvital.com/>

Let's connect:

 <https://calendly.com/meetavital/focused-intro>

<https://www.linkedin.com/in/avitalspivak/>

00:42:12 Avital Spivak – AskAvital.com (GC): INVITATION

The Tech Success Space - coworking & Q&A
every 2nd Thursday, 10am-12pm Eastern

Join me next week: <https://vitalweave.kit.com/tech-success>

00:45:33 Iris Culp: Worksheet -

https://docs.google.com/document/d/1RUb9M6nsv60I9yAKWltkZ_RPLJ7edq6BUJhOy2m_rYA/edit?usp=sharing

About template: ate

<https://docs.google.com/document/d/1v9qbtYmlyozUJJea4QELeuMBnP4WsPgclD6xzf3WQU/edit?usp=sharing>

Bonus info on about section

<https://docs.google.com/document/d/1ZBjvaDboCsKnINg2ojIsbxFklvZx88bd/edit?usp=sharing&ouid=100273675556400648581&rtfpo=true&sd=true>

00:51:17 Tamar Genossar -G: safe space

00:51:17 Iris Culp: Safe Space

00:51:19 Antonella Di Franco: Safe space

00:51:21 Poet: Safe space

00:51:33 Raymond: safe space

00:52:59 Kimberley Day | The Book Launch Lab: I lived in North Van for 17 years

00:53:15 Kimberley Day | The Book Launch Lab: You sound very calming

00:54:17 Kimberley Day | The Book Launch Lab: I'm at the lake... spotty wifi... 1st world problems lol

00:54:34 Kimberley Day | The Book Launch Lab: Cool... and cool name!

00:54:37 Raymond: <https://www.linkedin.com/in/raymondwah/>

00:55:14 Iris Culp: Iris L. Culp, M. Ed., SPHR, SHRM- SCP

<https://www.linkedin.com/in/ic-growth/>

<https://www.ic-growth.com/>

Get a 1x week LinkedIn "Pro-Tip" 3 min video

here - <https://bit.ly/tuesdayprotipsform>

00:55:22 Avital Spivak – AskAvital.com (GC): vital Spivak

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00:55:26 Tamar Genossar -G: Tamar Genossar, Clarity and Emotional Wellness Coach

Tapping Into Choice, Vancouver BC Canada

<https://www.tappingintochoice.com/>

Linkedin: <https://www.linkedin.com/in/tgenossar>

Let's chat: <https://www.tappingintochoice.com/lets-connect>

00:55:29 Gregory Winningham | Executive On Demand: Gregory Winningham | Executive On Demand

Entrepreneurs: You already have a great business, but at the same time it's stuck. Not just because you're doing too much administrative work. You need real-world strategic and operational help to run your daily business—someone to bring calm to your chaos.

It's called Executive On Demand.



LinkedIn: <https://www.linkedin.com/in/gregory-w-b85a51213/>



Book a 30-min complimentary conversation.

<https://calendly.com/fractional-leadership-network/executive-on-demand>



Executive On Demand Website: <https://www.executiveondemand.net/>

00:56:34 Poet: Youtube: <https://www.youtube.com/@thewealtharchitectglobal>

00:59:31 Kimberley Day | The Book Launch Lab: Hello! My name is Kim

I help coaches, course creators, and entrepreneurs write a book... and not just any book. A book that turns readers into clients... on autopilot.

If you'd like to turn your message into a client-generating book... in just ONE day... Join me @ the **Write Your Book in a Day w/ AI Workshop**: It's free to attend.
<https://bit.ly/bookinadaywithai>

Connect to chat about collaborating:
<https://bit.ly/collabwithkim>

Connect about your big book idea:
<https://bit.ly/bookpublishingstrategysession>

01:00:28 Antonella Di Franco: Soul-led Business Strategist and Online Business Manager for Neurodivergent & Purpose-Driven Female Entrepreneurs

<https://www.linkedin.com/in/antonelladifrancobusinessstrategist/>

01:06:12 Avital Spivak – AskAvital.com (GC): Avital Spivak
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<https://www.linkedin.com/in/avitalspivak/>

01:12:17 Sophie Lechner: Or, here's the link: <https://protips.ic-growth.com/>

01:13:46 Avital Spivak – AskAvital.com (GC): Subscribe to Iris's Tuesday Protips:
<https://protips.ic-growth.com/>

01:13:55 Avital Spivak – AskAvital.com (GC): Reacted to "Or, here's the link:
<https://protips.ic-growth.com/>" with 🙏

01:14:00 Gregory Winningham | Executive On Demand: Reacted to "Subscribe to
Iris's Tuesday Protips:

<https://protips.ic-growth.com/>" with 🙏

01:14:10 Sylvia Morrison: Reacted to "Subscribe to Iris's Tuesday Protips:

<https://protips.ic-growth.com/>" with 👍

01:14:46 Sophie Lechner: Hear your approach to getting clients from LinkedIn

01:15:08 Sylvia Morrison: How to "optimize my profile" to attract my clients

01:15:45 Tamar Genossar -G: How to get my content shown to new people

01:16:08 Avital Spivak – AskAvital.com (GC): Learn your take on how to create
authenticity

01:16:51 Gregory Winningham | Executive On Demand: Connecting with
purpose-driven owners/entrepreneurs/businesses.

01:17:58 Avital Spivak – AskAvital.com (GC): Worksheet -

https://docs.google.com/document/d/1RUb9M6nsv60I9yAKWLTkZ_RPLJ7edq6BUJhOy2m_rYA/edit?usp=sharing

01:19:19 Avital Spivak – AskAvital.com (GC): Does anyone need help how to copy the
google doc so you can write in it?

01:20:16 Avital Spivak – AskAvital.com (GC): Click the "File" menu
Choose "Make a Copy"

Click OK

Start using it!

01:22:26 Sophie Lechner: OMG we are so aligned Iris!
01:23:56 Avital Spivak – AskAvital.com (GC): "Be yourself, everyone else is already taken!" Iris
01:24:20 Sophie Lechner: Replying to ""Be yourself, everyone else is already taken!" Iris"

Well, it was Oscar Wilde first, but yes, I LOVE that quote!

01:24:41 Avital Spivak – AskAvital.com (GC): Replying to ""Be yourself, everyone else is already taken!" Iris"

LOL -- Thanks for the provenance!

01:29:37 Sophie Lechner: Will we get the slides?
01:29:54 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Very helpful! Thank you!
01:30:04 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Replying to "Will we get the slid..."

Great point. I would love it!

01:30:49 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Thank you @Avital Spivak – AskAvital.com (GC) Yes
01:31:16 Avital Spivak – AskAvital.com (GC): Replying to "Will we get the slides?"

Not the slides, but most of it is in the worksheet

https://docs.google.com/document/d/1RUb9M6nsv60I9yAKWltkZ_RPLJ7edq6BUJhOy2m_rYA/edit?usp=sharing

01:31:27 Kimberley Day | The Book Launch Lab: This is my current headline: I help entrepreneurs get more clients & make more money by publishing a book & using it to grow their business!

01:32:53 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Reacted to "This is my current headline: I help entrepreneurs get more clients & make more money by publishing a book & using it to grow their business!" with 🔥

01:33:07 Sophie Lechner: Replying to "Will we get the slides?"

There are examples in the slides that are not in the worksheet...

01:33:18 Avital Spivak – AskAvital.com (GC): Reacted to "This is my current headline: I help entrepreneurs get more clients & make more money by publishing a book & using it to grow their business!" with 💙

01:33:27 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Replying to "Will we get the slid..."

@Avital Spivak – AskAvital.com (GC) Thank you!

01:34:19 Tamar Genossar -G: Is it possible to show the QR code for the July 7th event please.

01:35:51 Iris Culp:

<https://www.linkedin.com/events/7473044564992487424?viewAsMember=true>

01:36:46 Kimberley Day | The Book Launch Lab: And if you "really" want to know how people would describe you... ask... I did this a couple years back and it was a post that got some of the most engagement and also provided some interesting feedback... You can check it out here.

<https://www.facebook.com/photo.php?fbid=3560174437352841&set=pb.100000809594502.-2207520000&type=3>

01:36:48 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Replying to "https://www.linkedin..."

Registered. Thank you.

01:36:52 Sophie Lechner: But create an event so you can invite a lot of people

01:37:04 Antonella Di Franco: Reacted to "And if you "really..." with ❤️

01:37:18 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Replying to "But create an event ..."

Yes I invite 1K weekly for my weekly event. LOVE it. 💜

01:37:37 Sophie Lechner: Replying to "But create an event so you can invite a lot of people"



01:37:38 Iris Culp: Yes, Sophie, LinkedIn Events CAN BE powerful!

01:37:49 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Replying to "But create an event ..."

I changed the banner for it not the about but the heading;)

01:37:58 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Reacted to "But create an event so you can invite a lot of people" with ♥

01:37:59 Antonella Di Franco: Replying to "And if you "really..."

I did something similar recently and all the feedback matched my personality so it means I am coming across as I am

01:38:06 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Replying to "But create an event ..."

Thank you beautiful!

01:38:22 Iris Culp: Replying to "This is my current..."

Yes, that covers it well

01:38:25 Sophie Lechner: It was for Iris's newsletter

01:40:10 Iris Culp: Reacted to "I did something si..." with 🙌

01:40:16 Gregory Winningham | Executive On Demand: Gregory Winningham | Executive On Demand

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It's called Executive On Demand.

✓ LinkedIn: <https://www.linkedin.com/in/gregory-w-b85a51213/>

 Book a 30-min complimentary conversation.
<https://calendly.com/fractional-leadership-network/executive-on-demand>

 Executive On Demand Website: <https://www.executiveondemand.net/>
01:40:33 Gregory Winningham | Executive On Demand: Excellent event today, thank you Avital and Iris for leading.
01:40:51 Iris Culp: Replying to "And if you "really..."

Solid data there Antonelia, love that!
01:40:55 Sylvia Morrison: Thanks for that tip!
01:41:17 Sophie Lechner: Iris' event:
<https://www.linkedin.com/events/linkedin2026-thenewrecipe7473044564992487424/>
01:41:34 Kimberley Day | The Book Launch Lab: Reacted to "I did something similar recently and all the feedback matched my personality so it means I am coming across as I am" with ❤️
01:42:05 Avital Spivak – AskAvital.com (GC): INVITATION

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Join me next week: <https://vitalweave.kit.com/tech-success>
01:42:22 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Thank you!!!
01:42:38 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Reacted to "INVITATION"

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every 2nd Thursday, 10am-12pm Eastern

Join me next week: <https://vitalweave.kit.com/tech-success> with ♥
01:43:30 Kimberley Day | The Book Launch Lab: Thank you Iris and Avital. Great meeting! 🙌
01:43:31 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Reacted to "And if you "really" want to know how people would describe you... ask... I did this a couple years back and it was a post that got some of the most engagement and also provided some interesting feedback... You can check it out here.
<https://www.facebook.com/photo.php?fbid=3560174437352841&set=pb.100000809594502.-2207520000&type=3> with ❤️
01:44:12 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Replying to "Gregory Winningham |..."

Connected.
01:44:14 Sophie Lechner: I have a co-working too!
<https://themagnetmodel.com/coworking>

01:44:19 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Reacted to "I have a co-working too! <https://themagnetmodel.com/coworking>" with ♥

01:44:36 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Secrets to Being A High Performing Entrepreneur: The Experience
<https://healthspanwithhaleh.com/experience>

01:44:39 Kimberley Day | The Book Launch Lab: Heck ya... The stiff upper shirt vibe is why I moved away from LinkedIn lol

01:44:50 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Reacted to "Heck ya... The stiff upper shirt vibe is why I moved away from LinkedIn lol" with 🙌

01:44:56 Avital Spivak – AskAvital.com (GC): Share your LinkedIn link with us!

01:45:03 Avital Spivak – AskAvital.com (GC): Avital Spivak
 Tech Confidence Coach
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<https://www.linkedin.com/in/avitalspivak/>

01:45:21 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: ♥✈️
 healthspanwithhaleh.com

LINKEDIN: <https://www.linkedin.com/in/healthspanwithhaleh> MASSIVE VALUE EVERYDAY
 on my posts CONSISTENTLY!!!

LETS CONNECT 🤝❤️

01:45:30 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Reacted to "Share your LinkedIn link with us!" with ♥

01:45:36 Iris Culp:
<https://docs.google.com/document/d/1ZBjvaDboCsKnINg2ojIsbxFklvZx88bd/edit?usp=sharing&oid=100273675556400648581&rtpof=true&sd=true>

01:45:48 Kimberley Day | The Book Launch Lab: Join me @ the **Write Your Book in a Day w/ AI Workshop**: It's tomorrow and it's free to attend. <https://bit.ly/bookinadaywithai>

01:45:56 Haleh Houshim ❤️-➡️ healthspanwithhaleh.com: Reacted to "Join me @ the **Write Your Book in a Day w/ AI Workshop**: It's tomorrow and it's free to attend. <https://bit.ly/bookinadaywithai>" with 🎯

01:46:07 Avital Spivak – AskAvital.com (GC): Reacted to "Join me @ the **Write Your Book in a Day w/ AI Workshop**: It's tomorrow and it's free to attend. <https://bit.ly/bookinadaywithai>" with 💙

01:46:36 Antonella Di Franco: Reacted to "Solid data there A..." with ♥

01:47:11 Sophie Lechner: I'd love to connect with all of you!
<https://linkedin.com/in/sophielechner>

01:48:07 Kimberley Day | The Book Launch Lab: Thank You Iris and Avital.

@Haleh Houshim ❤️-➡️ healthspanwithhaleh.com

Someone told me you are crushing it on inviting via LinkedIn events!

01:48:53 Sophie Lechner: Great event Avital!!

01:49:14 Kimberley Day | The Book Launch Lab:
to be on camera... but I could hear it all.

Sorry my internet was too choppy