

00:01:44 Megan: My mic is on, is your volume up?  
00:17:06 Chuck Blakeman:<https://www.risingphoenixbusinesscommunity.com/>  
00:24:35 Tom Fanning: Self Care IS essential...thanks Wayne!  
00:32:38 Chuck Blakeman:Early BFO - The happiest people on earth are solving other people's problems.  
00:41:19 apacompl: I must sign off now but want to thank Dr Kerr for his insights. I have been friends with Wayne since we were both 13 years old. He is the real thing. Jerry Miller  
00:48:32 Paul Lufkin: Your Vocation should be a Vacation  
00:48:46 les Simpson: Kris, what is your phone no? 303-579-6881 [lsimpsnn@wellnesstechplus.com](mailto:lsimpsnn@wellnesstechplus.com)  
00:48:47 Chuck Blakeman:I like that, Paul.  
00:49:36 Chuck Blakeman:Work should not be an unwelcome interruption in an otherwise great day. Love what you do and integrate it into your life.  
00:57:28 Sabine Watson: If you nee French Tutoring and Consulting call me at 720 217 6733 [frenchwithsabine.com](http://frenchwithsabine.com) [watsonsabine@yahoo.fr](mailto:watsonsabine@yahoo.fr)  
01:02:40 Chuck Blakeman:[www.3to5Club.com](http://www.3to5Club.com)  
01:02:49 Chuck Blakeman:[Grow@3to5club.com](mailto:Grow@3to5club.com)  
01:02:53 Connie Ellefson: Connie Ellefson- landscape design and land development engineering (erosion control plans, and other exciting plans.) 303-523-3664 - [truewest1@usa.net](mailto:truewest1@usa.net)  
01:03:36 Chuck Blakeman:Aug 3to5 Topic - Revere Hiring Process - how to hire people you'll never have to manage, and get the wrong people to quit before you hire them  
01:03:48 Chuck Blakeman:Freedom Mapping - get off the treadmill  
01:04:09 Megan: <https://freedommapping2020.eventbrite.com>  
01:04:34 Megan: August 13th, 8-10:30am over zoom. Special discounted pricing for this group!  
01:05:48 robbie fast: Is this for anyone to attend this? Or what is the cost?  
01:06:00 les Simpson: Les Simpson [lsimpson@wellnesstechplus.com](mailto:lsimpson@wellnesstechplus.com) 303-579-6881 German Mecical Class 2 device for pain both acute and chrionic and Arthritis Chronic pain through frequency.  
01:06:01 Megan: Yes, anyone can attend! \$59  
01:07:32 Tracy Lufkin: We LOVE the 3 points made and we are sharing with our teenagers today around what a being needs..  
01:07:39 JR: JR Kuo  
[coffeewithjrkuo@gmail.com](mailto:coffeewithjrkuo@gmail.com)  
CoffeeWithJR, professor speaker and trainer that specializes in mental health, cultural competency, and diversity/inclusion  
01:08:11 Wayne Kerr: [wayne@kerrspeak.com](mailto:wayne@kerrspeak.com)  
01:09:31 Tom Fanning: This is the time we have all been practicing for :)  
01:10:09 Connie Ellefson:Good to look at all you have already accomplished, especially when bogged down by current projects.