My expectations of YOU and what you can expect from ME!

1. I am your mentor & I truly want to help every single one of my coaches reach their full potential. I don't pressure my coaches or *hand hold* so that means **you** need to show me that you too want to reach your full potential. You let me know your goals, I'll tell you how to reach them, and then you just execute the plan and you come to me with any questions, concerns, or if you just want to celebrate I'll be here for you, guiding you, answering your questions, and celebrating you along the way. Also know that I don't see everyone's posts or know what everyone is doing. **I cannot read your mind** so if you want some reassurance or for me to check your posts or have a question *PLEASE* reach out to me. Obviously always try to find answers to standard questions on your own by checking the FAQs first but if it's something that only I can assist you with and you just need a pep talk, I'm here! I love hearing from you and it lets me know that you are TRULY IN IT!

2. I have my top priorities written out and I do follow them along with business hours. I recommend (as you learn from my trainings & teachings) that all my coaches do the same. My priorities I share with my close friends & family which you are now a part of so I wanted to share with you.

1. My physical health and mental health
2. My family. Being present with them.
3. My team/career/business . My team (you guys) I truly look at as my family and you are in my top 3 priorities but I do have to follow my business hours and other priorities as well. When it's family time I'm present just like if it's business time I'm present with YOU GUYS! This means, I won't be able to take calls randomly they must be scheduled, I respond to texts & emails within 24-48 hours so don't freak if I don't respond right away.

3. Calls. Speaking of calls my call time is very limited but don't worry because I am obsessed with voice memos. Just shoot me a quick voice text via Facebook messenger and we can connect that way a lot faster than doing a call.

4. You are a CEO... YAY!! The moment you signed up you became a business owner and I want you to know that I am here as your mentor, friend, and as your coach but your success is in **your hands**. How exciting is that? I'll give you a roadmap and answer your questions and guide you and you just execute it and be in charge of IF you achieve your goals, how fast, how slow, etc. But again your success in this business isn't in my hands it's ONLY in yours :)

5. You are expected as a coach to be a product of the product. That means that you walk the walk right? That doesn't mean you have to have all the programs and complete them all. That also doesn't mean you need to have a transformation or be at your goal weight. What it does mean is you choose 1 program & flavor of Shakeology and you just consistently plug away using those products and sharing your journey.

6. I give what you give. I like to match my coaches efforts. If a coach is giving me 10% I give 10% . If a coach is giving me 100% I give 100%. I don't favor coaches just because 1 coach is giving more to their business because I see you as PEOPLE and love you all but business wise I want to make sure I'm not pressuring those who aren't putting in the effort and that I'm not neglecting those who are working hard. Again I love you all no matter what your goals are and rank is.

7. I do take family vacations & have to attend work trips a few times a year but I will let you know when I'm going out of town. I actually still work during those times but I still like to let you know those times there may be more of a delay in my response.

8. Treat everyone with respect because you are not only representing yourself & team but also the Team Beachbody brand. I know all my coaches are so nice but I like to put it out there that I do recommend that my team treats others with respect no matter if it's the janitors or the CEO and also conducts his/her business with honesty & integrity. Again you are presenting YOU, our team, and the Beachbody brand and with social media things can be out there forever!

9. Venting - we have some groups/team pages and whenever something bad happens in your business try to let yourself have time to cool down before venting on social media. Give yourself 24 hours then decide if you should post this for the entire team to get wrapped up in. I'm also here when needed but I also am not a bucket to dump all things that annoy you. The reason why I added this here is because the more you dwell on something negative by talking about it, sharing it, and thinking about it the more you attract to your business & life and I want to protect you from that AND I want to protect others from that as well.

10. I KNOW that every single person can achieve the same success I have and more as long as they're willing to do the work. I want all my coaches to believe in themselves that **THEY CAN & WILL** so I recommend and expect my team to read personal development *daily* to help with their positive attitude and belief.

11. To get you started on the right foot I do expect my coaches to follow the step by step checklist provided in the welcome message. I promise you guys if you go through those small things right away it will help you understand things more and NOT feel overwhelmed (as much). Remember this is your business so you need to make this happen.