

New Coach Open House Daily Posts

- Pre-Open House – Post #1

Welcome to our New Coach Open House! Each of you have expressed interest in how I and other Successful Leaders on our team have created incredibly successful Beachbody Coaching Businesses from home. Whether it is being a Stay at home mom, Fitness Professional, Full Time Employee, Single Parent, this is an incredible opportunity for each of you, but my hope is that this 5 Day Open House gives you more insight as to whether or not Beachbody Coaching and the Opportunity is a good fit for you. I have 7 other of our Top Leaders on this page with us and throughout the week, they will introduce themselves and share their stories. They are incredible individuals and each of them are so unique in their own ways. This is the incredible part of Beachbody is no matter where you are at on your journey, no matter your size, shape, weight, sex or age, this opportunity is for EVERYONE! It is you that has to be ready. It is your mindset that is your only limiting factor and my hope is that you will see that anyone can do this and that what you do with it, is what you will get out of it! Helping others, leading by example and truly wanting to make change in other people's lives is what we do.

Here is what our next 5 Day Agenda will look like:

Day #1: My personal story and how I became a Beachbody Coach. What Beachbody Coaching has done for me and my family and how it has changed our families' lives. Learn more about what Beachbody is and the background on the company.

Day #2: Business and Personal Success Stories from my personal coach, Lisa Hansen Ferris and one of my Top Coaches and Leaders, Brad Bizjack. Along with some Personal and Business Success Stories from our Top Leaders, Brigitte Linford, Nicole L Jones & Millionaire Lindsay Matway.

Day #3: A Day in the Life of Jessica Vandenberghe. How I have created a 6 figure income in less than 3 years, retire my husband after a 1.5 years, pay off \$24,000 in debt in 7 months and have freedom of time and money. Find out what I do in my 2-3 hours a day to build a \$300,000/year business from home, doing what I LOVE TO DO. Learn how you too can do this and create your own destiny and build your own dreams. You are absolutely no different than me or any of our other top leaders. Again it is only your mindset holding you back and this is where personal development plays a HUGE role in each of our Success!

Day #4: Transformation Stories that have transformed in to Business Success from top Leaders Tommy Mygrant, David Ingram & Tarah Carr. Then a chance to hear from Tawnya Landis, Kris Clarke, Laurie Shaw Morris, Dana Lyons and how they got started coaching and have been able to create amazing success as a Beachbody Coach and the lives they have changed. Learn how each one of us comes from a different walk of life and how we each have our own unique story.

Day #5: Now, for the Big Question I am sure you are wondering....How Can I become a Coach? How can I make this a Success like each one of us Leaders that has shared. Learn how you too can create your very own Success.

You will be able to post questions and comments on each one of the daily posts in the comments section, but I have the settings set like this so that way each days posts are easily accessible. Please, post, comment and share in the comments section so we can best help guide you to see if this is the right fit for you.

- **Day 1**

Who is Beachbody and where did they come from?

Beachbody started as an informercial company back in the 90's by a couple guys named Carl and Jon. The company built and built and built until the mid-2000's... but it still wasn't the company that it is today (Approaching 1 BILLION dollar company, completely liquid - no debt and not even out of North America yet). Then in 2007, they came out with a product that they thought would do well, but they didn't think that this product would completely revolutionize at home fitness to where people would see REAL, LIFE CHANGING results from home... that product was P90X! So Beachbody had a choice. All these big box stores like Target, Costco, Walmart, etc were coming at them basically offering a TON of money for this product. They could have made a KILLING right then. But instead, they decided to go with what they believed- what was in their mission statement. "Helping people live happier, healthier, more fulfilling lives." They also thought this would be better long term financially, and what they found was there was something in the SUPPORT that people were giving each other. There was something about sharing a story that was powerful. So instead of going to those stores, they decided to compensate people for what they were already doing- SHARING THEIR STORY with Beachbody programs. And thus, the coach network was born. We're not crazy, ripped, success stories- we're not perfect images of health and fitness. We are people that LOVE the products because they ACTUALLY work and we enjoy sharing that with other people. So that's how the network started and what we do. We are getting healthy ourselves, helping people get healthy, and teaching people how to do the same! Beachbody spends over \$125 Million in advertising a year, so all the marketing is done for us!

Beachbody Coach Opportunity Video:

<http://beachbodycoach.com/esuite/home/BodyByJess?bctid=2688606650001>

- **Day 1 – Post #2**

What is Your Story? (POST YOUR STORY HERE)

- **Day 2**

Welcome to Day #2: I want to be sure that each of you are seeing the content in this page. I will be posting 2-3 times each day, to share as much details as I can over the course of this next 5 days. Today we you will meet my personal upline coach, Lisa Hansen Ferris. Lisa has an incredible transformation in which she will post and share here today along with her story and how she got started coaching and where it has led her today. Another Rockstar Leader you will meet today is Brad Bizjack. Brad was a Free Customer Beachbody had given to me. He had a great product experience and was already sharing and inviting people to try the workouts he had done because he wanted others to have the success he had. He was already doing what we as coaches do and soon he signed up and now is a 2 Star Diamond Full time, working part time Beachbody Coach!

I want to share with you a couple other incredible success stories of other top leaders. Brigitte Linford; my Personal Success Partner Nicole L Jones; and Lindsay Matway have incredible Personal Transformations and Business Success Stories. Each of them signed up while on their own personal journey and just has done an incredible job at sharing this with others and being of great influence along the way. Lindsay Matway has gone from a Bartender that was \$400,000 in debt to a Millionaire in less than 5 years. Check out each one of their stories on their videos below they have shared with us and see how each is so unique and so different.

Brigitte Linford: <http://youtu.be/JHeKPqM0BJU>

Nicole Jones: http://youtu.be/FV7xS_rrwu0

Lindsay Matway: <https://www.youtube.com/watch?v=PNWDaaiew2c>

Then stay tuned throughout the day to hear from Lisa & Brad as they share their journey and how Beachbody Coaching has transformed their health and finances.

- **Day 3 – Post #1**

Here we are heading in to Day #3!!! Today I am going to share with you what my day looks like on a regular basis. I usually spend about 2-3 hours total working throughout the day and I would say a good solid 1.5 hrs is in the morning. I am going to start off sharing with you what my day looks like and then post throughout the day today with other tips that have helped me personally be successful in my business. I choose to wake up early as I want to get my work out of the way and not have it interrupt my family time. I want to be "present" in the time I have with my daughter and husband and try to manage my time as such. So this is what my typical day looks like Monday-Friday.

My alarm clock goes off at 5:15 am.

I make my husband's lunch and we have a cup of coffee together

I usually do a load of laundry and empty the dishwasher and pick up the living room and then open my computer around 6/6:15 am.

I work from my Power Hour To-Do List that I use daily. This to-do list is very similar daily with what we call "vital behaviors" and I strive to have 10 things only on my list that have to get done that day. The last couple of the 10 things changes daily as those are errands, phone calls, etc....that need to be done that day.

Otherwise, my daily to-do list looks like this:

- 1.) Invite to my challenge groups I am hosting that month or to try Shakeology
- 2.) Post on my personal FB page for the morning and schedule my business FB page posts for the day.
- 3.) Check in with my Challengers and clients participating in my groups
- 4.) Post in my group FB pages
- 5.) Personal development 15-20 minutes of audio a day. Usually I personally do more as I listen in the car or on my ear buds while doing laundry
- 6.) Answer emails and answer FB messages
- 7.) Connect with 3-5 new people and just say hi and build relationships
- 8.) Text message and/or email my free customers Beachbody has sent me
- 9.) Workout and drink my shake. Currently I am going to the gym with my sister and drinking Vegan Tropical Shakeology, but I just finished 90 days of P90x3!!
- 10.) This would be usually phone calls that I have later in the day, this is where my other 1-1.5 comes in. As you build a team, you are on the phone with coaches and also customers getting to know them and connecting with them!!

This list is what I do every morning and check it almost all off in my 1.5 hrs from 6:15 am-7:45 am. I workout currently after I drop my daughter off at school at 9. You own your own business remember as a coach, so you have the flexibility to work your business at a time that fits your schedule. Brad Bizjack, that shared yesterday, worked his business when he got home from work at 10 pm while he was working his 80+ hrs a week. 1 hour a day to start and you can crush this business long term. As you build a team you spend a bit more time with them on the phone which only grows your relationships stronger!

This To-Do list I have done from the time I started coaching and this is what I start my coaches with in a nutshell, minus a couple things.

My 1st month I earned:

WE 05/25/11 05/19/2011 05/25/2011 53.44
WE 05/18/11 05/12/2011 05/18/2011 253.18
WE 05/11/11 05/05/2011 05/11/2011 239.98
WE 05/04/11 04/28/2011 05/04/2011 20.00
Total: \$566.60

My 2nd Month I earned:

WE 06/29/11 06/23/2011 06/29/2011 86.63
WE 06/22/11 06/16/2011 06/22/2011 171.55
WE 06/15/11 06/09/2011 06/15/2011 195.39
WE 06/08/11 06/02/2011 06/08/2011 293.42
WE 06/01/11 05/26/2011 06/01/2011 117.36
Total: \$864.35

My 6th Month I earned:

WE 10/26/11 10/20/2011 10/26/2011 328.54
WE 10/19/11 10/13/2011 10/19/2011 127.03
WE 10/12/11 10/06/2011 10/12/2011 328.78
WE 10/05/11 09/29/2011 10/05/2011 275.57
Total: \$1059.89 plus in my husband's business we earned \$619.45 so a total of: \$1679.34

My 1 year I earned:

WE 05/30/12 05/24/2012 05/30/2012 667.58
WE 05/23/12 05/17/2012 05/23/2012 435.23
WE 05/16/12 05/10/2012 05/16/2012 783.91
WE 05/09/12 05/03/2012 05/09/2012 691.65
WE 05/02/12 04/26/2012 05/02/2012 881.12
Total: \$3459.49

To now, finishing up my last month before I hit the 3 year mark at \$22,000 for the month.

Consistency you can see is key in building a strong business. I started off with no clue about Beachbody nor the products, let alone how to build a business. But I love health and fitness, love helping others, love people and have been consistent with my To-Do List and growing myself and this is where it has got me. Sound too good to be true.....I tell myself this every day, but am living it and know it is, as do all of our other coaches on our team and leaders on this page sharing with you! You too can do this very same thing

- **Day 3 – Post #2**

Like I shared earlier my day starts around 6/6:15 am and I get my power hour To Do List almost complete in that time minus my workout and my Personal Development.

I have blocked my schedule out according to me and my family's needs. We have one daughter that is 7 and in the 1st Grade and one on the way. Keep in mind I built my business having a 4 year old around and used good time management as I help my coaches do the same. So once Gracie is home from school that time is blocked out unless I know in advance a coach or customer can't do a call at any other time. I block my evenings out for my family. I unplug. My work day is pretty much over at this point, unless like I mentioned it is pre-scheduled. Respect your time and others will do the same.

My day is open for me to touch base with coaches and do extra things to help my team and or enjoy my family and go grocery shopping and do extra Personal Development, while Gracie is at school.

My evenings are my family time. I turn my phone on silent. I start fresh again in the morning. I do once check after dinner to make sure no urgent message have come in which is hardly ever and go back to my family.

I work my To-Do List 6 days a week and usually always take Sundays off. You work for yourself, so you set YOUR own hours! Most important part is you make time every day to do your To-List as this is what right here builds your momentum and business long term. This is not a get rich quick scheme, but rather a way of life. An opportunity to change your life, your family's life and many others lives around you. You are absolutely NO different than me. We all are unique and all have a story and I am simply only sharing mine and as we get in to the Open House more I will be sharing many other Leaders stories that have different lives, different personalities but have made this business a success as well. Many were shared yesterday and more tomorrow, so stay tuned!

- **Day 4**

Welcome to Day #4! Today I am going to be sharing some amazing Transformation Stories from a couple more of our top leaders that have transformed in to Business Success. First of all I would like to share with you Tommy Mygrant's incredible P90x Transformation. Tommy has gone from a small town, depressed, in debt, pot smoker and drinker in to a healthy happy and fit father earning \$500,000/year. Tommy was also a Top 10 Coach in the Company in 2011 and 2012.

Check out his amazing journey: <https://www.youtube.com/watch?v=rEjw4km3KKE>

David Ingram is a family man, husband & Father that was in school full time, working 40 hrs a week and has 4 kids. He had great success with P90x and was a Top 10 Coach in the company in 2012.

Check out his journey: http://youtu.be/hFgZZE_2WhA

Tarah Carr is a Soldier's wife living in Japan and building her business all via Social Media. She lost 62 lbs with Turbo Fire and Shakeology and her life has changed immensely. Top 10 coach in 2013 and has many more accomplishments in life.

Check her video out and you can see her success: <http://youtu.be/ChgoLNITzCc>

As you can see, some are customers before they become coaches. They fall in love with the programs, Shakeology, products, cleaner eating lifestyles and want to share this with others. Others you will see start off with the products and go right in to coaching, like myself, Lisa Hansen Ferris & Nicole L Jones. There is no right or wrong way.

Later today you will get a chance to hear personal journeys from our Rockstar coaches, Kris Beautyfit Clark, Tawnya Landis, Laurie Shaw Morris and Dana Lyons. Stay tuned throughout the day as you learn more about each one of these coaches, how unique they are and how they got started with Beachbody and how it now has changed their life for not only them but their families!

- **Day 5 – Post #1**

As we come to our Final Day in our New Coach Open House, I want to make sure to clarify with each of you all the questions you might have. I would love to chat with you on the phone or answer any questions you might have if you post below. This is not a get rich quick business. You get out, what you put in but with consistency your business grows. At the beginning it seemed like I put so much more time in and got smaller paychecks then now I feel like I am more organized, work less hours, get more done and get paid much more. I started this business simply wanting to help others live healthier and more fulfilling lives and had no clue how to build and grow a business. However, by leading by example consistently, doing the Beachbody 3 Vital Behaviors Daily and being of good influence you attract like-minded individuals and you start adding Business Builders who too want to help others live healthier and more fulfilling lives. Beachbody offers us an incredible opportunity and it for you to choose if this is a journey you are wanting to take. You investing in your health to improve you physically, mentally and internally, leading by example and influence and sharing and helping others do the same. I work very closely with each one of my coaches to build their business and reach their goals. I can't do this for you though. Self-motivated, go-getters that are determined to have a "Do

What It Takes" Attitude is what I am looking for. Is this you? Now, for the big question I am sure you are wondering....

How Can I become a Coach? How can I make this a Success like each the Leaders that have shared over the course of this last 5 days. Absolutely, you too can create your own destiny and dreams. What are you willing to do to get there? The reason I ask is because in order to see change you have to be willing to make change happen and get out of your comfort zone and have a "Do What it Takes Attitude!" Personal Development is a must. Sharing what the products are doing for you and inviting is a must to grow your business as is leading by example and being vulnerable to share your journey with others. People are inspired by YOU because you are YOU, not because you are someone else. You will attract like-minded people in to your business and myself along with our team will be here the whole way to help you on this journey. As Coaches we have a \$39.95 startup fee to become a coach and that is waived if you sign up with a Challenge Pack, a fitness program of your choice and Shakeology. Those range from \$140-\$205 with \$2 shipping. If you sign up with Shakeology it is \$140 and your coach fee is included in that cost. Shakeology is a HUGE game changer in not only your health but in everyone else's health. Shakeology is not a requirement, but I will be honest when I say, I do not know a coach that doesn't drink Shakeology that is successful. Here is a quick video clip to help you gain more knowledge on Shakeology

<http://beachbodycoach.com/esuite/home/BodyByJess2?bctid=2940901121001>

<http://beachbodycoach.com/esuite/home/BodyByJess2?bctid=637865717001>

- **Day 5 – Post #2**

We focus DAILY on the 3 Vital Behaviors of Beachbody and those are

- 1.) Invite, Invite, Invite
- 2.) Be Proof The Product works and Share
- 3.) Personal Development

Set Goals. Make Your To-Do List. Make time to do your To-Do List each day. Lead by Influence and Example. Share your story. Live a Healthy Full Filling Life

Have a "Do What it Takes Attitude" and don't give up. Consistency is key in this business of helping others. Not everyone is ready right now, but as we lead by influence and good example we will attract people to us because of this and when they are ready we are there to help them. Beachbody gives us a platform to able to help others improve their nutrition, their fitness and their finances. Now what are you going to choose to do with this incredible opportunity? Do you want to have an incredible support system? Do you want to work closely with me as your coach so I can help you get healthy and reach your financial goals? Are you willing to set an hour aside each day to do your To-Do List? Are you willing to be consistent and do what it takes to build your dreams? How would \$1000/a month help your family right now? We just had a coach on our team that signed up 5 weeks ago earn \$1000/in her first month! You get what you put in to this business. Beachbody gives us an incredible opportunity and even gives us free customers weekly. They do their best to help us as coaches succeed in not only our health and fitness goals but financially. In 2.5 years my husband has the opportunity to not work, we have more family time, more time to travel and freedom to do whatever we want. What would you do with \$25,000/month? Yes, in less than 3 years that is on average what I earn from Beachbody working 2-3 hours a day. You are NO different than I am. You have potential to far surpass me and make more money than me and I would love to help you do so!

<http://youtu.be/KePEoiTTw0w>

- **Day 5 – Post #3**

So now I am sure you are asking...."Yes, this sounds AWESOME....but how am I going to do this? How am I going to be successful? But this, but that....." First of all it is all mindset. This is why we focus on Personal Development. This is why 2 of the 3 Daily vital behaviors we have are focused on improving us! We need not only to work on leading by example and influence no matter where we are at on our journey, but also to improve our mindset. We all...ALL of us have some sort of self-doubt or lack of time or excuses...etc. This is

what we focus on Personal Development for. You will not only grow mentally, but you will improve your physical well-being and health, meet tons of amazing fellow coaches who will become your second family.

You are not in this on your own. We are a team and work as a team and that is just one of the ways Beachbody compensates us. They pay us in a bonus for how well our team does. Just another awesome way of compensation. You not only make 25% commission from customers, but as you build a team you get paid in many different bonus structures which are incredible. 90% of my paycheck is from how successful my team is. Even more motivation to work closely with your team to help them reach their goals, right!!

When I first started all I wanted to do was help others and get my Shakeology paid for. I had no clue about building a team or how to sign up business builders. Well, I will help. We have awesome New Coach Training that I will help you do all of this and walk you through step by step and help you the whole way. Does this opportunity sound like a good fit for you? Are you ready to change your life, your circumstances and build your dreams?

<http://beachbodycoach.com/esuite/home/BodyByJess?bctid=2753524119001>

<http://beachbodycoach.com/esuite/home/BodyByJess?bctid=3051435248001>

<http://beachbodycoach.com/esuite/home/BodyByJess?bctid=1892814887001>

Motivational Video: <http://youtu.be/NS95suaHc18>