

# LUNCH BUNCH 3/7/19

<http://leads3.org/>

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Tuscany Tavern 3/7/19 @ 11:30 am

## MEMBERS (attendees first names are in bold and underlined)

1. **Sheree Teller** - Story Teller at Work
2. **Charles Holman** - Acupuncturist, Bear Creek Healing Arts
3. **Holly Worley** - Realtor, **Windemere** - Find A Home With Holly
4. **Bob Campbell** - President, **Incognito Solutions**
5. **Ryan Holtmann**, Architect & Licensed Contractor, **Design Studio Architects**
6. **Cindy Alvarez** - Senior Wealth Management Advisor, **Wambolt & Associates**
7. **Lisa Marie Schwartz** - Mortgage Broker, **Fox Valley Mutual**
8. **Tara Cox** - Owner/Massage Therapist, **Evergreen Massage**
9. **Suzanne Levy** - Positive Psychology Coach, **Evergreen Life & Wellness**
10. **Casey Claunch** - Business Banking Specialist, **US Bank Evergreen**
11. **Arlene Burgess** - Health and Wellness & Skin Care, **Arbonne**
12. **Russell Hammond** - Manager, **Big O Tires Evergreen**
13. **Rosa Julian** - Team Leader - **State Farm** - Nancy Staub's office
14. **Pam Pagliai** - Tax Advisor, **H&R Block Tax Advisors**
15. **Jena Fullmer for Tracy Jones** - Attorney, **Jones Law Office**
16. **Will Traylor** - Sales Management, **Action Axiom**
17. **Janice Kaup** - Professional Organizer, **Clutterbug of Colorado**
18. **Tricia Bass** - Professional Home Stager, **Tricia Bass Beautiful Spaces**
19. **Lori Milhollan** - Relocation Specialist, **Armstrong Relocation & Companies**

## NOTES

- SWOT/Business Idea of the Day:
  - Feb 21 - Cindy Alvarez.
  - Mar 7 - Suzanne Levy
  - Mar 21 - Holly Worley
  - See list on [Lunch Bunch website](#) for the full list

- **Networking groups to know about:**
  - [Fri Afternoon Club meetup](#)
  - [Serenity schmoozer](#) next one will be April??
  - If you're looking to expand your business contacts DTH (down the hill), here's an invitation to join Network After Work for a year for a 65% discount, only \$35. Joylyn and Schaunon have joined and look forward to learning more about what and how this group functions.  
[https://www.getdrip.com/deliveries/uzipmvriqqczisbwisxy?\\_s=j88m4znguwu987vktmze](https://www.getdrip.com/deliveries/uzipmvriqqczisbwisxy?_s=j88m4znguwu987vktmze)

## MEMBER UPDATES

**1. Sheree Teller-Hedin** - Every business has a story worth telling. Focusing on Google My Business reviews, Instagram, Facebook email marketing campaigns

**2. Charles Holman** - People are still getting sick and a lesser invasive way of dealing with health care should be the first thing you do instead of doing the most invasive thing

**3. Holly Worley** -

**4. Bob Campbell** - He's working on non profits that are holding events that need registration. Experimenting with a call center (isn't a robo-call situation)

**5. Ryan Holtmann** - This is his llast meeting - isn't Chamber member anymore

**6. Cindy Alvarez** -

**7. Lisa Marie Schwartz** -

**8. Tara Cox** -

**9. Suzanne Levy** - Positive psychology and health and wellness, program is going well and women are getting a lot out of it and want to go longer. Maryland Univ of Integrative Health hired her for a remote adjunct mentor position health and wellness certificate students. YAY Suzanne!!!

**10. Casey Claunch** -

**11. Arlene Burgess** -

**12.. Russell Hammond** -

**13. Rosa Julian** -

**14. Pam Pagliai** -

**15. Jena Fullmer/Tracy Jones** -

**16. Will Traylor** -

17. *Janice Kaup* - Working more part-time and taking on 2 classrooms at Evergreen Middle School

18. *Tricia Bass* - Does home staging as well as fine artist: [artist website](#)

19. *Lori Milhollan* - Busy season is mid-May til mid-Sept, long distance specialty, packing/unpacking

PRESENTATION BY: **Suzanne Levy**

- She is one of the first Board Certified Health and Wellness coaches which is a new designation and has been an exploding industry.
- Suzanne will give a complimentary 30 minute evaluation of your results if you want to take [this survey](#).
- Workplaces are seeing that the healthier they are and the happier employees are, it impacts their bottom line. People who are happy and healthy are more productive, less distracted, likely to be optimistic.
- Health = well-being, secure, work well together or alone, meaning in what they do, fulfilled by work
- Positive Psychology is the science that support well-being. Martin Seligman studies what's right with people and how to use their strengths to move forward.
- Barbara Frederickson how thinking and feelings impact physiology - she has a lab at a university
- Value and actions survey developed by researchers in the 90's - studies cultures all over the world - 7 areas appreciated and valued across all cultures and the strengths that are valued under each 7 categories
  - See handout
- See Amy Cuddy's [Ted Talk](#) about body language

Lunch Bunch business:

- Treasurer's Report - \$40 for year dues. Make checks payable to: Lunch Bunch Leads Group of Evergreen.
- Chamber business:
  - Upcoming Chamber [events](#) with **sponsorship opportunities**:
    - [Let's Do Lunch!](#) - every Fri @ 1:00 pm - Lunch with Betsy to talk about how EACC can better serve you. No agenda. You pay for your own lunch. Don't need to RSVP, just show up.
    - [Monthly Breakfast](#) - April 3 @7:30 am - 9:00 am at El Rancho
    - [Honoree Celebration](#) - **TONIGHT!!** 5:30 pm - 8:30 pm - EACC and Leadership Evergreen partner in this annual event

- [Mixer](#) - **Mar 14** 5:00 pm-7:30 pm @ Mountain Hearth & Patio
- Sheree gave handout of 15 Chamber Marketing Opportunities and here is the website to see [all benefits](#) through EACC
- [Policy](#) for Lunch Bunch membership (click on link)
  - In order to be a member, you have to pay dues!!
  - Trackers -
    - Giving qualified leads is the goal - see tracking sheet
    - 4th quarter - Sheree won!! Lunch Bunch & Morning Edition combined - Myra Purkey won with 176 points for the year
    - quarterly and yearly winners for the most leads, meeting with Lunch Bunch members, attending Chamber events, and business transactions.
    - Quarters are Jan-Feb-Mar, Apr-May-Jun, Jul-Aug-Sep, Oct-Nov-Dec.
    - You get points for referrals, bringing guests, etc. At the end of the quarter, the person who has the most points, gets a \$25 gift certificate to a Chamber restaurant and at the end of the year, a \$100 gift certificate to a Chamber restaurant.

## ACTION ITEMS

Everyone's name that is in **red** has their action item listed above.

## NEXT WEEK'S MEETING:

Thursday, March 21, 2019 @ 11:30 @ Tuscany Tavern