



# **Wellness Home Network ABC WebCast/Call**





# Wellness Home Network ABC WebCast/Call

## Hosting a WELLNESS NETWORK Web Cast with WebEx:

Thank you for volunteering to be a part of the wonderful online support network! The more people involved, the better for everyone following the Wellness Trak!

There are 2 things you need to know:

1. How to Operate WebEx as the host of an ABC Call; and
2. What to say & do as the host of an ABC Call

So lets get started! Its pretty simple ~ after your first couple of calls, you will have the operation under control! Just follow these instructions, and the scripts for each call. Duplication is key – we will all inject variety with our different styles and personalities, so the best thing is to follow the script, so that the system is duplicatable, regardless of who is hosting the calls each day.

### 1. How to operate WebEx as the host of an ABC Call ...

Simply follow these steps!

1. Get ready to start the call 10 mins before the scheduled start time (for your first couple of calls, you might like to make that 15mins, until you get the hang of it).
2. Make sure your Web Camera is attached to your PC / laptop before you begin, but do not open any programs using the Web Camera. Just have it plugged in, and the WebCam in position (you can adjust its settings within the WebEx window).
3. Launch the WebEx site from [www.thewellnessnetwork.com](http://www.thewellnessnetwork.com)
  - a. From the home page click on **ON-STAR Schedule**

**Welcome to The Wellness Network**

Committed to helping you grow your Wellness Business!

**ON-STAR Schedule**

**Welcome to the Wellness Network Community**

The Wellness Network (WN) is a global organization of Wellness Consultants who share the common goal of building successful Wellness Home businesses around the world.

A unique training and support program called The WellnessTrak System (WTS) provides a complete 'operating system' for all aspects of the business. The WTS materials have been developed by Nikken Leaders and business and healthcare experts to provide WN members with professional tools and structures to build their businesses.

How can you join the Wellness Network Community? It's simple ... and it's FREE!

By joining the Wellness Network, you will receive exciting weekly and monthly emails to keep you connected to the Wellness Network education and support structure.

[CLICK HERE TO GO TO THE SIGN-UP PAGE](#)

**FREE BONUS FOR JOINING THE WELLNESS NETWORK COMMUNITY**

Register now with the Wellness Network and receive 100 FREE tokens for the Vision for Wellness website (a \$13.95 value) ... a valuable gift for all new and existing Consultants. This bonus provides every new WN member with a great opportunity to explore Nikken's premiere prospecting and training website.


[Click here to download a brochure on the VFW site.](#)



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b. Click on **“Click Here to Enter the Wellness Network Web Meeting Room”**

### The Wellness Network - Calls



**Committed to helping you grow your Wellness Business!**

[Back to Main Page](#) WELLNESS NETWORK 'On-Star' Support

The Wellness Network hosts monthly training calls to support all aspects of The WellnessTrak System. These calls provide focused instruction on all of the core competencies necessary to build a successful business. Every step in the system is explained, along with training on how to use the tools available for each step.

Each call is recorded and posted on the MyVisionForWellness.com site in the Conference Call section. You must be a registered user of Vision for Wellness to access this section of the site.

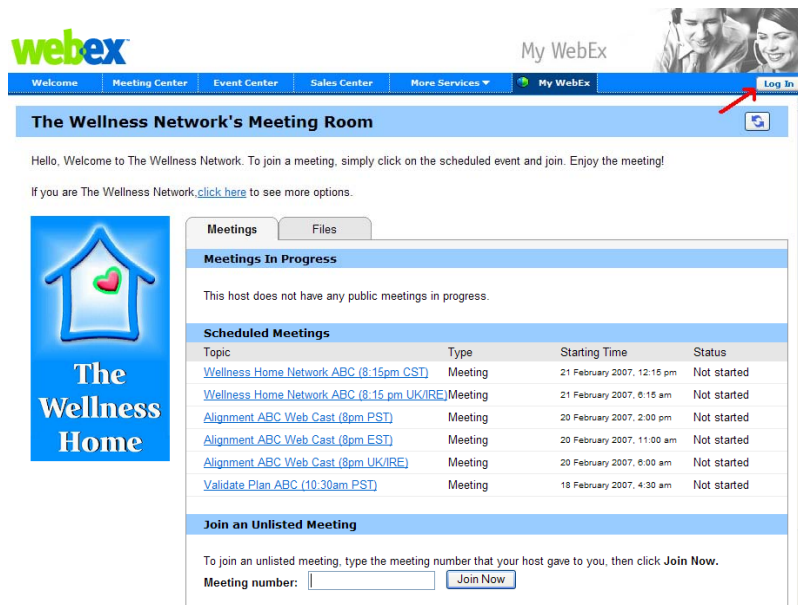
All training calls will be simultaneously broadcast on both a conference line and over the internet through a Web Cast Presenter. Consultants using the Web Cast will be able to visually watch the speaker and any presentation notes that may be used during the training call. You will need access to the Phone and the Internet to participate in a Web Cast. You do not have to be on the Web Cast to gain value however we highly recommend it.

[Click here to download a pdf of the current call schedule.](#)

[Click Here to Enter the Wellness Network Web Meeting Room](#) to review the schedule, or join an upcoming ON STAR Web Cast. Please note, "wellness" is the password to all Public ON STAR Web Casts.

[Go to the Meeting Center](#) for additional Public Web Casts hosted by Members of the Wellness Network.

c. On the menu bar in the top right corner, click on the **Log In** button




**webex** My WebEx

Welcome Meeting Center Event Center Sales Center More Services My WebEx **Log In**

### The Wellness Network's Meeting Room

Hello, Welcome to The Wellness Network. To join a meeting, simply click on the scheduled event and join. Enjoy the meeting!

If you are The Wellness Network, [click here](#) to see more options.



**The Wellness Home**

Meetings		Files	
<b>Meetings In Progress</b>			
This host does not have any public meetings in progress.			
<b>Scheduled Meetings</b>			
Topic	Type	Starting Time	Status
<a href="#">Wellness Home Network ABC (8-15pm CST)</a>	Meeting	21 February 2007, 12:15 pm	Not started
<a href="#">Wellness Home Network ABC (8-15 pm UK/IRE)</a>	Meeting	21 February 2007, 6:15 am	Not started
<a href="#">Alignment ABC Web Cast (8pm PST)</a>	Meeting	20 February 2007, 2:00 pm	Not started
<a href="#">Alignment ABC Web Cast (8pm EST)</a>	Meeting	20 February 2007, 11:00 am	Not started
<a href="#">Alignment ABC Web Cast (8pm UK/IRE)</a>	Meeting	20 February 2007, 6:00 am	Not started
<a href="#">Validate Plan ABC (10:30am PST)</a>	Meeting	18 February 2007, 4:30 am	Not started

**Join an Unlisted Meeting**

To join an unlisted meeting, type the meeting number that your host gave to you, then click **Join Now**.

Meeting number:



# Wellness Home Network ABC WebCast/Call

d. Type in username **thewellnessnetwork** (if not already there), password (?????) and click on **Log In** (*contact IDS at info@idsolutions.ca to obtain password*)

webex My WebEx

Welcome Meeting Center Event Center Sales Center More Services My WebEx Log In

**Log In**

User name:

Password:

Save my user information for automatic login

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e. Click on **Meeting Centre** in the top menu bar

webex My WebEx

Welcome Meeting Center **Event Center** Sales Center More Services My WebEx Log In

**My WebEx Meetings** Welcome, The Wellness Network Australasia

Personal Meeting Room URL: <https://thewellnessnetwork.webex.com/meet/wnaa>

Scheduled Invited One-Click Meeting

Topic	Type	Status	Starting Time	Status
GWN Team Meeting	Meeting	One-Click Meeting		Start
<input type="checkbox"/> Alignment ABC Call (New Zealand)	Meeting	N/A	19 February 2007, 5:00 pm	Start
<input type="checkbox"/> Alignment ABC Call (NSW/VIC)	Meeting	N/A	19 February 2007, 7:00 pm	Start
<input type="checkbox"/> Alignment ABC Call (QLD)	Meeting	N/A	19 February 2007, 8:00 pm	Start
<input type="checkbox"/> Alignment ABC Call (WA)	Meeting	N/A	19 February 2007, 9:00 pm	Start
<input type="checkbox"/> Alignment ABC Call (Singapore)	Meeting	N/A	19 February 2007, 10:00 pm	Start
<input type="checkbox"/> Wellness Home Network ABC Call (New Zealand)	Meeting	N/A	20 February 2007, 5:15 pm	Start
<input type="checkbox"/> Wellness Home Network ABC Call (NSW/VIC)	Meeting	N/A	20 February 2007, 7:15 pm	Start
<input type="checkbox"/> Wellness Home Network ABC Call (QLD)	Meeting	N/A	20 February 2007, 8:15 pm	Start
<input type="checkbox"/> Wellness Home Network ABC Call (WA)	Meeting	N/A	20 February 2007, 9:15 pm	Start
<input type="checkbox"/> Validate Plan ABC Call (New Zealand)	Meeting	N/A	24 February 2007, 7:30 am	Start
<input type="checkbox"/> Validate Plan ABC Call (NSW/VIC)	Meeting	N/A	24 February 2007, 9:30 am	Start
<input type="checkbox"/> Validate Plan ABC Call (QLD)	Meeting	N/A	24 February 2007, 10:30 am	Start
<input type="checkbox"/> Validate Plan ABC Call (WA)	Meeting	N/A	24 February 2007, 11:30 am	Start
<input type="checkbox"/> Validate Plan ABC Call (Singapore)	Meeting	N/A	24 February 2007, 12:30 pm	Start

Requests Pending Requests Approved Requests Rejected



# Wellness Home Network ABC WebCast/Call

f. The WebEx calls scheduled for today will be listed on the screen. They will of course vary depending on which day it is, and which call you are hosting. Simply click on the **Topic Name** of the call you want to host.

**webex** Meeting Center

Welcome Meeting Center Event Center Sales Center More Services My WebEx Log Out

**Browse Meetings**

Search for:  (Go) All meeting times in: [Australia Eastern ST](#)  
(Type host name, meeting topic, or any text in agenda)

Today Daily Weekly Monthly

Monday, 19 February 2007

Time	Topic	Host	Duration	Status
5:00 pm	<a href="#">Alignment ABC Call (New Zealand)</a>	The Wellness Network Australasia	30 minutes	Not started
6:00 pm				
7:00 pm	<a href="#">Alignment ABC Call (NSW/VIC)</a>	The Wellness Network Australasia	30 minutes	Not started
8:00 pm	<a href="#">Alignment ABC Call (QLD)</a>	The Wellness Network Australasia	30 minutes	Not started
9:00 pm	<a href="#">Alignment ABC Call (WA)</a>	The Wellness Network Australasia	30 minutes	Not started
10:00 pm	<a href="#">Alignment ABC Call (Singapore)</a>	The Wellness Network Australasia	30 minutes	Not started

POWERED BY **webex**

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g. All of the Call details will be shown on the following screen. Just click on the **Start Now** button.

**webex** Meeting Center

Welcome Meeting Center Event Center Sales Center More Services My WebEx Log Out

**Meeting Information: Alignment ABC Call (New Zealand)**

Status: Not started  
Date: Monday, 19 February 2007  
Starting time: 8:00 pm, New Zealand Daylight Time (GMT +13:00, Wellington)  
Duration: 30 minutes  
Meeting number: 715 361 618  
Meeting password: wellnesshome  
Host key: 215042  
Teleconference: Teleconference: 1-712-432-6060  
Conference ID: 9703985#  
Host: The Wellness Network Australasia  
Host's email address: k@globalwellness.net.au

**Verify Rich Media Players**

The host requires that you check your system for compatibility with the Universal Communications Format (UCF) before you join the meeting. UCF allows you to view multimedia during the meeting. To check your system now, click the following link:

Flash Player 5.0 or above [Check Now.](#)

Windows Media Player 6.4 or above [Check Now.](#)



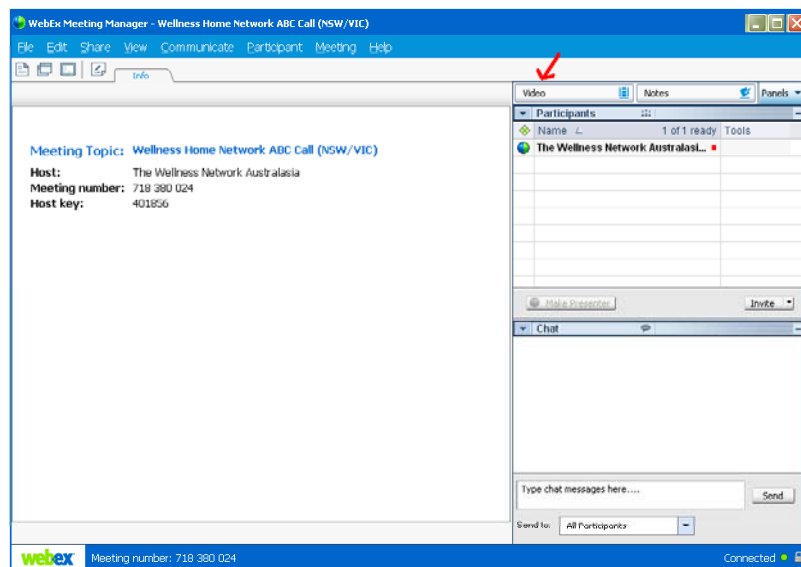


# Wellness Home Network ABC WebCast/Call

h. This will startup the WebEx session. You will now see the familiar WebEx web conferencing screen. There are a few things to do now before you start the call.

i. Click on the **OK** button in the popup window that details the phone number to call for the conference call.

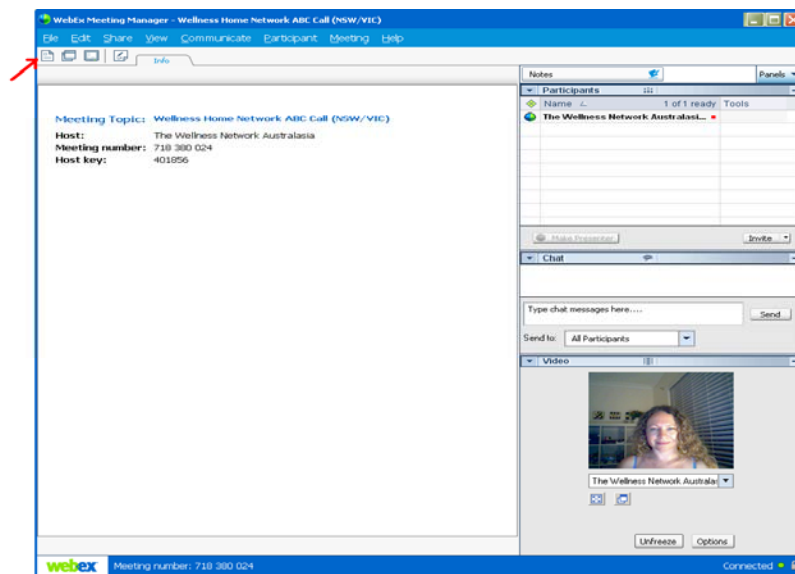
ii. Click on the Video button at the top of the right hand column to open the Video Window. Your WebCam light will go on, and you will then be able to see yourself in the Video Window – you can now test the room lighting and angle of your camera. Make sure your face is centred and light enough to see clearly. NOTE: click on **Options** under **Video**, be sure to set your Frames Rate Speed to 15. Click save/apply – this will help your camera work better.





# Wellness Home Network ABC WebCast/Call

iii. Upload the presentation you are using for the call from your computer. Click on **the first icon in the symbols menu bar** which will bring up your local file directory. Locate the presentation and click on **Open**. It will take a few seconds to load in the WebEx screen.



iv. In the right hand panel, you will see the Participants Panel – you are The Wellness Network (Host), and the Chat window will be visible.

v. Dial up the phone number on a land line, best if you have a speaker phone.

Phone number for all calls is:

**Conference Number:**                      **Int'l Code +1 – 641 – 594 – 7001**  
**Conference PIN:**                              **3880# (host) 6570# (guest code)**

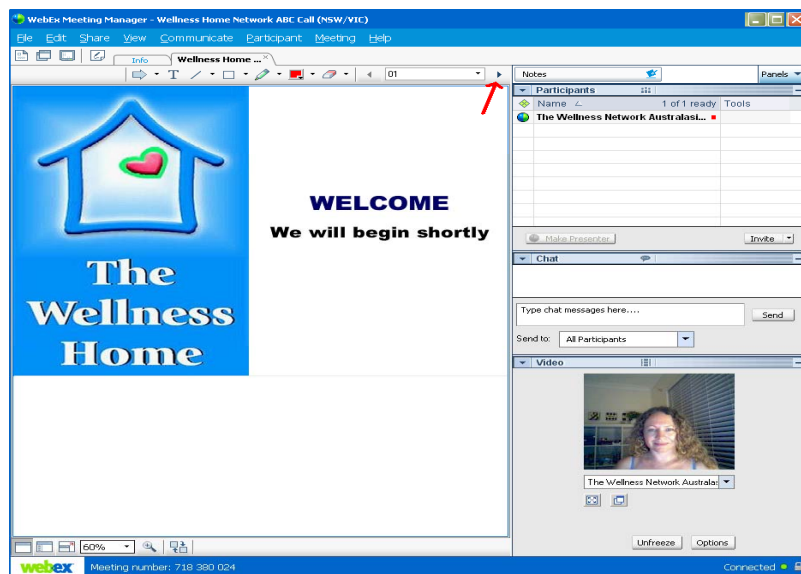
You want to login to the call as the host (moderator), in case you need to mute all callers on the line due to background noise.

vi. You are ready to start the call!



# Wellness Home Network ABC WebCast/Call

vii. To transition between slides as you progress through the presentation, simply click on the **Right Arrow** next to the Slide Number.



viii. To view which participants have a web camera hooked up, simply click on the drop down box under your picture in the video window. The participants with cameras are listed.

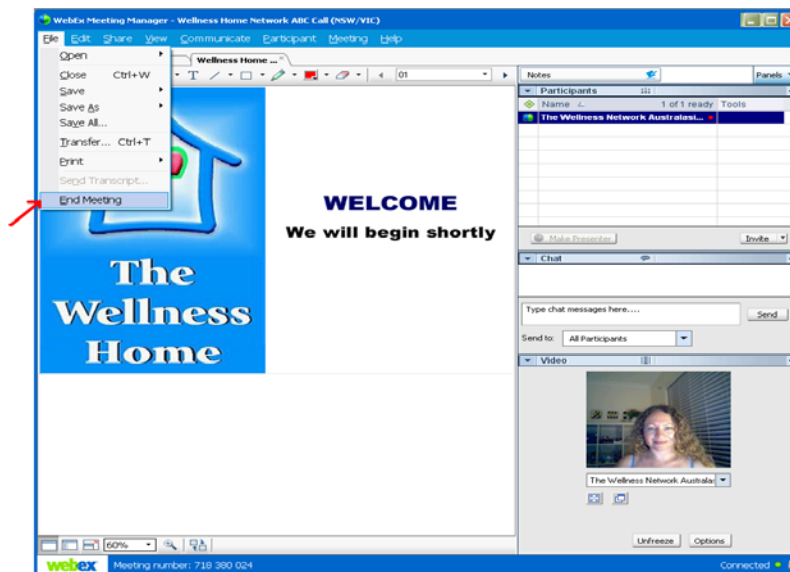
ix. Check first to make sure they are decent! Then select their name from the list and the camera will automatically flick to them. To bring the camera back to yourself as the host, click on The Wellness Network, which is you, in the list.





# Wellness Home Network ABC WebCast/Call

x. When you are ready to leave the meeting, simply click on **File** in the Main Menu and select **End Meeting**. A couple more windows will pop up, answer **Yes** and then **No**. You will return to the WebEx administration site and the call you just ended will no longer be listed in the call schedule.



## 2. What to say & do as the host of an ABC Call ...

1. The most important thing is to be ready to start the call on time, and stick to the allotted time frame for the call.
2. For the Tuesday/Wednesday/Thursday Nikken Wellness Home Briefing ABC call, if you stick to the script (see Sample Script) for each slide, you can complete the call in 10 mins. The calls always start 1 to 2 mins late as you wait for people who are in the WebEx to dial up the phone line, and vice versa. That leaves a couple of minutes at the end for any questions.
3. Be conscious not to move around too much while on the call, as it is distracting to those people watching you.
4. Check with each consultant as they come on to the phone call if they have guests with them viewing the call and presentation. But be conscious that some people cannot chat easily, as they may be using skype to call in.
5. For people to mute their own lines, it is \*6 and \*6 again to unmute.
6. As the moderator, you can mute all lines, if you are getting any feedback or background noise during the call. To do this it is \*5, and to unmute at the end it is \*5 again.
7. Test your camera for where you need to look on your screen to appear as though you are looking into the camera for those people watching you. You can test this by freezing the frame – under your video there is a button called Freeze. Click on this, and it freezes the shot. Also good to use if you need to do something off camera, or while you are waiting for people to come on the call, you can freeze frame a picture, and then when participants join the WebEx, unfreeze so they can see a live person is there.



# Wellness Home Network ABC WebCast/Call *Sample Script*

## **For Guests to Connect:**

Call in number 1-641-594-7001

Guest Code 6570#

Guest Joins Web Cast: On Star schedule at [www.thewellnessnetwork.com/calls](http://www.thewellnessnetwork.com/calls)

Web Cast Password: wellness

**Call Begins** - Preamble of welcoming callers as they join the call. (5 minutes)

## ***Sample Script***

### ***Slide 1***

Hello everyone, my name is ..... And I'm happy to be your host for this short Web Cast. Before we get started – I am going to place the call into conference call mode to ensure you all can hear very well without any background noise.

For those on the web cast, if you or your guests have any questions, please send me a question via the CHAT tool on the side panel of your screen – you can send it privately to me as the host, or send it to everyone on the call. I will take a moment at the end of the Web Cast to answer a few questions. So .... Let's get started...!

### ***Slide 2***

Right now, along this time zone, people are meeting together just like you may be, in someone's home to Discover Nikken, to Discover the importance of shifting their attention to Wellness by discovering the Nikken Wellness Home.

And at a set time, a senior consultant like myself comes into living rooms across Australia, New Zealand, Europe and North America to share their personal success story and experience to help you understand our partnership offering.

We do this to assist Nikken Consultants around the world help their friends and guests Discover Nikken and the value of what we're doing through the Wellness Home Business. And doing this helps us achieve OUR goal, which is to help people achieve balance in their lives through Nikken's fundamental life principles philosophy known as The Five Pillars of Health.



# Wellness Home Network

## ABC WebCast/Call

### *Sample Script*

As you may have already discovered, the shift of lifestyle choices to wellness is becoming a worldwide priority. Industry experts such as Paul Zane Pilzar and Mike Flaherty have been shouting loudly for a while about the crisis in our current health care system around the world. They say we're heading towards the Perfect Storm due to the increased cost of health care and our inability to pay for those costs. We can no longer afford to do what we've been doing. Things must change, otherwise what they call a tsunami effect is going to have a huge impact on the health care industry. You may have already seen this happening to a certain degree in your area... in fact it's happening in health care systems in most countries around the world.

It's fast becoming a national crisis. It's critical therefore that we start making changes in the areas we can affect most readily. The emerging wellness industry is built on a new paradigm, one of prevention. It's about being proactive in our choices versus reactive. And the obvious solution is to begin where you can do this most easily - your home; through a Nikken Wellness Home.

And in these days of rapid change, wouldn't it also make sense to adopt a similar strategy for your economic life. And so we're finding that many more people today are attracted to our wellness community, people whose values resonate with the company's philosophy of obtaining & maintaining balance in life.

### **Slide 3**

*\*\*\*This is where you tell your story (and interview\*\* 2-3 other hosts doing in-homes) on how you were introduced and what attracted you to not only live IT but share IT with the world by building a Nikken Wellness Business. (do not go long – this whole presentation HAS to be finished in less than 15 minutes)*

*\*\*especially if you see someone on the call with credibility, you could also ask them to share in a minute or so their story*

### **Slide 4**

And that leads me to tonight's meeting. In being invited tonight to Discover Nikken you have also been invited to partner with us in helping us achieve what we consider is a goal worthy of your time and commitment. It's a goal that impacts our communities globally with improved health and wellbeing through the creation of a Million Wellness Homes by the year 2010.



# Wellness Home Network ABC WebCast/Call *Sample Script*

Not only will this goal have a tremendous impact on the health of those million households... but that effect will snowball into helping create a shift towards better health and wellness for millions more!

It's a big job, it's an exciting mission to be involved with, and we cannot do it alone... And that's why we're looking for like minded people – perhaps you? - to join us. People who share our vision, people who wish to become the difference makers, who are looking to serve a noble cause.

I can assure you the benefits of partnering with us and building your very own Nikken Wellness Business can be enormous not just financially but emotionally as well.

## ***Slide 5***

To help you evaluate our Partnership Offering we'd like you tonight to properly review the company, the industry of wellness and our core product - the Nikken Wellness Home. Get informed, get enough information to determine how this could fit into your life and at what level of participation.

However, that's not the end of it.... if you are looking to invest in your own business, you would also want to Evaluate our Business Plan to determine exactly what it would take for you to build a Nikken wellness business.

For example, the Franchise industry is a popular choice of business investment – not just because of the company, the industry it's in and the products it sells - but because people know they will be shown a Proven Operating System with a track record of success that has clearly been designed to support them in building successful, profitable businesses.

Well the same is true for Nikken. We have a professional, easy to understand business system already in place with proven success tracks to run on. It's virtually a turn key business and an entire community has been set up to support you. There's even an on-going Coaching and Mentoring Plan to help you succeed - this web cast is just an example of how we all work together within a support structure that's been put in place to help everyone around the globe share the Vision of Nikken with ease, successfully.



# Wellness Home Network ABC WebCast/Call *Sample Script*

## **Slide 5**

To help you evaluate our Partnership Offering we'd like you tonight to properly review the company, the industry of wellness and our core product - the Nikken Wellness Home. Get informed, get enough information to determine how this could fit into your life and at what level of participation.

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## **Click (to Slide 6)**

So, I highly recommend taking the next step to Validate the Plan – find out when the next Validate Plan meeting is scheduled in your area or meet with the person who invited you to tonight's Wellness Home Briefing. **If circumstances prevent you from looking at this as a business right now be sure to enquire about our preferred customer program and find out how you can save from 10 – 20% off retail pricing.**

And right now, after this call, if you're in someone's home and if you've not already done so – be sure to try our Wellness Home Products! They have changed *my* life and so many other people's that I can promise you, turning your Home into a Wellness Home will have a profound impact on you and enormously benefit your family and friends.

I thank you for taking the time and really hope you considering joining this incredible team.

\*\*\*\*feel free to answer a question or two from the CHAT section, if any\*\*\*\*\*

