

**PowerTalk Power Club**

**TM**

**Offered by PowerTalk Seminars, LLC**

**Agenda for Friday, March 8, 2024**

**Playing basketball has been proven one of the most effective ways to lose weight.**

**Shooting hoops in your driveway can burn up to 350 calories per hour.**

A pile of basketballs

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**Friday Morning 6:30 AM- 9:00 AM**

**Elevate your game and rise above the competition.**

**Developing Leaders, Achieving Dreams,**

**Helping Build Empowered Teams!**

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|  | **Our Mission:** The mission of the PowerTalk Power Club is to educate, entertain, and engage our Power Pal members to participate in fun, alternative yet complementary professional development meetings where every member has the opportunity to prospect, promote, and present their programs, products, and services in order to enhance their own business and professional growth. |
|  | **Our Vision:** The PowerTalk Power Club is designed to empower you. We invite you to participate as a “Power Pal” Speaker and a Powerful Networker. Our interactive professional learning environment will support your development as a VIP Speaker, Entrepreneur, and Small Business Leader. |
|  | **Our Values:** Members of this club seek to support one another through effective feedback in the form of speaker presentation evaluations, networking and referrals, and sharing resources that can help our members achieve their personal and professional development goals. |
|  | **Our Overall Objective:** Our overall objective is to encourage all our Club Members to continue to grow as business professionals and to help foster a supportive and fun social environment for personal enrichment. |

**PowerTalk Power ClubTM Program Meeting Agenda**

**Friday, March 8, 2024**

**OPEN**

6:30am   President’s Welcome & Vitalia Bryn-Pundyk, M.Ed/DTM/DPP

Brief Introductions

6:40am   Meeting Emcee’s Opening  Vitalia Bryn-Pundyk, M.Ed/DTM/DPP

*Meeting theme:* ***March Madness***

*Quote:* ***"Luck is what happens when preparation and opportunity meet."***

**- Roman Philosopher Seneca**

6:45am   Ice Breaker Speech(4-6 min)Lili Korbuly-Johnson, BPP

***“Lili Korbuly-Johnson, Managing My AD/HD!”***

**BODY**

6:52am   Business Commercial #1 (1-2 min) Chris Ciccone, SPP

6:55am   Business Commercial #2 (1-2 min) Roman Pundyk, DTM/DPP

6:58am   Keynote Speech (10-15 min) Roman Pundyk, DTM/DPP

***“Battle With the Devil!”***

7:14am   Share, Show, & Tell (1-2 min)Vitalia Bryn-Pundyk, M.Ed/DTM/DPP

7:17AM “How To” Demo Speech (5-7 min) Jacqueline Fiore

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***“Tech Tips with Jacqueline - Microsoft Teams!”***

7:25am   Stretch Break (5 min)

7:30am   Mini-Workshop Presentation (15-30 min)Steve Compton, DTM

***“Add a Fun New Game to Your Party List!”***

8:01am   Humorist (1-2 min) Dot Cannon

8:04am   Talking Points (3-6 questions)Norm Johnson-Korbuly

8:15am   Tipster (2-4 min)Lili Korbuly-Johnson, BPP

8:20am   Business Commercial #3 (1-2 min)Vitalia Bryn-Pundyk, M.Ed/DTM/DPP

8:23am   Business Commercial #4 (1-2 min)Vitalia Bryn-Pundyk, M.Ed/DTM/DPP

**EVALUATIONS**

8:26am   Ice Breaker *(*2-3 min) Roman Pundyk, DTM/DPP

8:30am   Keynote (2-3 min) Norm Johnson-Korbuly

8:34am   “How-To” Demo (2-3 min) Norm Johnson-Korbuly

8:38am   Mini-Workshop (2-3 min) Vicki Dolphy, DTM

8:42am   Timer’s Report (2-3 min) Julie Nekola

8:45am   General Eval. & Guest Comments Vitalia Bryn-Pundyk, M.Ed/DTM/DPP

**CLOSE**

8:50am   Announcements, Closing Remarks Vitalia Bryn-Pundyk, M.Ed/DTM/DPP

Thank you & Meeting adjourned.

A painting of a person with a face on her head

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*The Scream*

by Edvard Munch



**PowerTalk Power Club Roster**

**Your Power Pals!**

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| **Member** | **Membership** | **Phone** | **E-mail** | **Location** |
| Vitalia Bryn-Pundyk, M.Ed/DTM/DPP | Club President, VIP Full Member | 952-221-1701 | vitalia@powertalkseminars.com | Hutchinson, MN |
| Charlie Kundinger | Fridays | 651-283-0017 | Charlieandmolly@msn.com | St. Louis Park, MN |
| Chris Ciccone, SPP | Dinner | 763-222-6433 | Christineciccone.reliv@yahoo.com | East Bethel, MN |
| Cindy Karnes | Thursdays | 651-274-2248 | cindylkarnes@gmail.com | St. Paul, MN |
| Crystal Anderson | Pizza | 612-387-5329 | 4funhiking@gmail.com | Lino Lakes, MN |
| Diane Windingland, DTM/SPP | Thursdays | 612-306-4214 | diane@virtualspeechcoach.com | Spring, TX |
| Evgeniya Djuranovic | VIP Full Member | 763-496-8604 | Evgeniya.tokareva@gmail.com | Orono, MN |
| Gwen Briesemeister | Dinner, Pizza | 763-221-6136 | gbriesemeister@charter.net | Delano, MN |
| Jacqueline Fiore | Dinner, Pizza, Friday | 772-631-8006 | jacquelinefiore27@gmail.com | Minnetonka, MN |
| Jane Schuette, M.A/DTM/GPP | VIP Full Member | 952-994-6192 | jane@janeschuette.com | Watertown, MN |
| Jayne Miller | Thursdays | 763-458-1034 | jayne3miller@hotmail.com | Tampa, FL |
| Julie Nekola | Virtual Asst, VIP Full Member | 612-310-2802 | Julie.Nekola@gmail.com | Plymouth, MN |
| Kim Windingland, DTM | Lunch | 612-306-4228 | kimwindingland@gmail.com | Spring, TX |
| Kirsten Kinzler | Dinner, Pizza | 320-583-1877 | Kirsten.kinzler@gmail.com | Hutchinson, MN |
| Leah Skurdal | Pizza | 651-472-3995 | Leah.skurdal@gmail.com | Moundsview, MN |
| Lili Korbuly-Johnson, BPP | VIP Full Member | 952-200-9248 | lili@get-lkj.com | St. Louis Park, MN |
| Lori Ziebarth, BPP | Dinner, Pizza | 612-701-9120 | Lori.ziebarth@gmail.com | Maple Grove, MN |
| Lynn Wilson | Dinner | 612-751-8876 | nevilleandlynn@gmail.com | North Branch, MN |
| Michael Carlton, DTM/SPP | Dinner, Pizza | 612-750-0098 | Tm.Michael.carlton@gmail.com | Lino Lakes, MN |
| Michelle Perdue, M.Ed/DTM,SAG | Thursdays | 612-237-0652 | MichelleRPerdue@msn.com | Brooklyn Park, MN |
| Norm Johnson-Korbuly | VIP Full Member | 612-703-3026 | normjohnson62@gmail.com | St. Louis Park, MN |
| Roman Pundyk, DTM/DPP | VIP Full Member | 952-221-2319 | pundyk@earthlink.net | Hutchinson, MN |
| Stephen Shaner, DTM | Thursdays | 931-310-1858 | Stephen@awesomeattitude.net | Red Boiling Springs, TN |
| Steve Compton, DTM | Thursdays | 651-253-6710 | steve.compton@izoom.net | Zimmerman, MN |
| Susan Kaulbars | Dinner, Pizza | 612-558-9532 | Susan@FramingSolutionsmn.com | St. Louis Park, MN |
| Vicki Dolphy, DTM | Pizza | 651-353-8700 | vickidolphy@gmail.com | Stacy, MN |



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”If I had a world of my own, everything would be nonsense. Nothing would be what it is, because everything would be what it isn’t. And contrary wise, what is, it wouldn’t be. And what it wouldn’t be, it would.

You see?”

*-- The Mad Hatter, Alice in Wonderland*

**PowerTalk Power Club 2024!**

**Meeting Dates, Times, & Locations**

**Additional Special Events**

**January 27** PowerTalk Power Day & Club Anniversary Awards & Recognition Celebration

**May 19** PowerTalk Power Club Member Appreciation Annual Paddle Boat Cruise on Lake Minnetonka 11:00am-2:00pm

**June 1** PowerTalk Potluck Picnic Party at the Pundyk's 12:00pm-5:00pm

**September 18-22** PowerTalk Fall Festival Mini-Conference Retreat

**December 14** PowerTalk Holiday Social

For information and registration information on the above events, check out

<https://www.powertalkseminars.com/additional-powertalk-programs-and-powerful-events>

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| **Early Morning Motivation** | | |  |  |
| Rise ‘n Shine! These early AM Zoom meetings  happen on the 2nd Thursday and the 2nd Friday  of each month from 6:30AM – 9:00AM Central  time.  12 Thursday sessions - $120  12 Friday sessions - $120  **Thursdays Fridays**  January 11 January 12  February 8 February 9  March 14 March 8  April 11 April 12  May 9 May 10  June 13 June 14  July 11 July 12  August 8 August 9  September 12 September 13  October 10 October 11  November 14 November 8  December 12 December 13 | | | | |
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| **Power Talk Power Lunches** | |  | **Power Talk Pizza Panels** | |
| Meet on Zoom 11:30AM – 1:00PM on the second Tuesday of each quarter.  4 quarterly sessions - $40 | |  | Meet at Frankie’s Chicago Style Pizza,  3559 Winnetka Ave. N, New Hope, MN, from 6:00PM-9:00PM on the following Tuesdays.  4 quarterly sessions - $60 | |
| **January 9** | |  |  |  |
| **April 9** |  |  | **March 12** |  |
| **July 9** |  |  | **June 11** |  |
| **October 8** | |  | **September 10** |  |
|  |  |  | **December 10** |  |
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| **Power Talk Prime Time Dinners** | |  |  | |
| Meet in the Power Talk Party and Workshop Room at Pundyk’s Private Lakeshore Residence in Hutchinson from 5:00PM-9:00PM on the following Tuesdays.  4 Quarterly sessions - $80 | | |  |  |
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| **February 13** | |  |  |  |
| **May 14** |  |  |  |  |
| **August 6** |  |  |  |  |
| **November 13** | |  |  |  |
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