

7 Ways to Stay Influential on Facebook

📅 Posted on July 31, 2015 👤 by [jpinner](#)



How to Win (Facebook) Friends and Influence Others

One of the most well-known and celebrated personal development books of all time is arguably [Dale Carnegie's 1936 classic "How to Win Friends and Influence People."](#) And, you may believe the principles of this impressive book are best applied in person.

Not so, my friend.

Today, more than 968 million people on average have active Facebook accounts. Of those, 844 million access the social media site via their mobile phone, [according to Facebook](#).

The point? You are interacting with hundreds of people every day, multiple times a day, whether directly or indirectly, and your actions influence how they feel about you.

So, how can you win Facebook friends and influence others?

HERE ARE 7 WAYS TO STAY INFLUENTIAL ON FACEBOOK:

1. Become genuinely interested in other people. This may seem straightforward, but it's easy to get caught up in what's going on in our own selfie-filled lives and forget to check in with our friends on Facebook. Be sure to comment and "like" victories, challenges and personal status updates from your friends! Cheer them on and ask encouraging questions when they land that promotion or become engaged to the love of their life. Invest in people.

2. Stay positive and use encouragement. No one likes to invite negativity into their home and they certainly don't want to sift through your daily/hourly complaints either. Be the person who uplifts, encourages and makes someone laugh and really think about what you post. It's okay to be real and share a status update about the tough things going on in your life, but it shouldn't be every day or frequently.

3. Be real. You had interests before Vemma and focused on more than health and business before you encountered the company and that shouldn't change once you join the company. Keep an eye on how much you're posting about Vemma versus what's going on in your life. Too much Vemma and you could find yourself unfriended—people want to know YOU and not just one pursuit in your life.

4. Show respect for the other person's opinions. Okay, so that dude griped about your favorite politician/celebrity/magazine/company again. Resist the urge to fire back! First take a moment to reflect on what you have to offer to further the conversation. If it will only bring about more negativity, just let it go and move on. If their posts really annoy you, consider [hiding their content from your Facebook News Feed](#).

5. Talk about your own mistakes before criticizing the other person. Be real! It's easy to point out someone else's flaws, but be sure to take a look at where you may have come up short, too. You may have an opportunity to share insight on your past mistakes and share with the person that 1) you've been there, and 2) you can help them. We all make mistakes.

6. Be the person to make the first move. Put yourself out there! Invite people to fun events (that have nothing to do with Vemma!) and get together for true connection.

7. If you're wrong, admit it quickly and emphatically. Make a mistake and say something wrong or hurtful? Be quick to correct the faux pas and apologize. Misunderstandings and conflicts create tension and distrust in relationships. Don't let this come between you and the other person.

Stay tuned to VemmaNews.com for more on the latest trends in social media, training and more! Be sure to "like" us on [Facebook](#), follow us on [Twitter \(@vemmma\)](#) and [Instagram \(@vemmma\)](#).

TED Talk: 5 Ways to Kill Your Dreams

Posted on July 27, 2015 by [jpinner](#)



How you may be limiting your own success

Really want to tank your dreams for good? [Tech Entrepreneur Bel Pesce](#) has experienced astronomical success as an author, entrepreneur, MIT graduate and TED fellow.

She's noticed five very common beliefs and attitudes that are often the reasons people have not achieved their goals and dreams.

Watch this TED Talk below and see if you're guilty of any of these five dream-killing beliefs or attitudes (timestamps and the five key dream killers below).



5 WAYS TO KILL YOUR DREAMS

1. Believe in overnight success. (Timestamp 0:38)
2. Believe someone else has the answers for you. (Timestamp 1:42)
3. Decide to settle when growth is guaranteed. (Timestamp 2:17)
4. Believe the fault is someone else's. (Timestamp 3:20) If you have dreams it's YOUR responsibility to make them happen.
5. Believe that the only things that matter are your dreams themselves. (Timestamp 4:14) Life is never about the goals themselves; it's about the journey.

3 TED Talks That'll Make You More Successful in Life

📅 Posted on July 13, 2015 👤 by [jpinner](#)



Quick TED talks for your daily personal development

Belief. Connection. Collaboration.

All three of these are critical for success in life, but it's easy to neglect these areas as we focus on executing and just "getting things done."

Watch these [quick TED Talks](#) today to get challenged, inspired and excited about your own personal growth. How can you take a different step today?

MINDSET

TED Talk #1: The power of believing you can improve

"The power of 'not yet' gives you a learning curve; it gives you a path into the future." – Carol Dweck

Having a "growth mindset" is critical when you're presented with a challenge bigger than you think you can solve. How you can let go of the "tyranny of now" so you can overcome the perception of failure and become more resilient to succeed during challenge instead of running away from it.



BELIEF

TED Talk #2 How to be an opportunity maker

"...become opportunity makers that use best talents together more often for the greater good to accomplish things we couldn't do on our own. That lifts us both up." – Kare Anderson

Being a person who connects others with similar passions can create opportunities that would never exist. Discover how you can put your own ambitions aside to bring out other people's best sides by connecting with people unlike yourself



COLLABORATION

[TED Talk #3: Why it's time to forget the pecking order in business](#)

"Outstanding collaborators outlast the superstars...because bringing out the best in others is how they found the best in themselves." – Margaret Heffernan

Suppressing others so you can be successful won't lead to ultimate success. Discover why the most successful individuals focus getting to know each other rather than just working on achieving by themselves, according to Margaret Heffernan's quick TED Talk, and why women are a critical element as well.



10 Things Successful Entrepreneurs Do

Posted on July 6, 2015 by jpinner



When you think of successful entrepreneurs, you may think of people with bigger-than-life personalities or people who are mavericks in their industry. They're the people who are undaunted by challenges and thrive in situations that involve flying by the seat of their pants.

But, that's just one type of successful entrepreneur and odds are, even if your personality doesn't sound like that, you have the other key character traits that are critical for success.

Here are 10 things successful entrepreneurs do

1. THEY DON'T APOLOGIZE FOR BEING THEMSELVES.

Every successful entrepreneur knows who they are...and who they aren't. It doesn't matter if someone questions who you are or where you're going; you know it and it's unshakeable.

2.THEY OVERCOME REJECTION...AND QUICKLY.

Former Shark Tank TV Star and Entrepreneur [Barbara Corcoran](#) shared in [one interview with Entrepreneur Magazine](#) that the true distinction between a successful entrepreneur and a not-so-successful entrepreneur is how they handle rejection.

"The only difference between the super stars making millions a year...it's how long they feel sorry for themselves when they take the (rejection) hit," shares Barbara. "Great salespeople take the hit...but they work right through it. If you have that skill as an entrepreneur, you'll be paid well for it.

3. THEY GET ORGANIZED.

True, some of the most brilliant entrepreneurs and scientists of all time weren't known for their cleaning skills. Successful entrepreneurs know that being organized is more than just shifting important emails into carefully-labeled inbox files. No, it has more to do with your time. Are you scheduled and know where and when you need to accomplish high-priority tasks? Are you managing your time and efforts and achieving high-yield results? If your time is being eaten up by menial tasks that don't produce strong results, it's time to get organized.

4. THEY'RE NOT AFRAID TO TAKE RISKS.

Sometimes, you have to let it ride. Let's be real here; you don't have to bet the farm on something that may not pan out. But, successful entrepreneurs know that sometimes it takes sacrifice now to reap significant rewards later. Taking risks can mean investing a good chunk of your profits back into your business while you nosh on macaroni and cheese rather than spending it on lavish trips and treating clients to an open bar.

5.THEY GET FOCUSED.

Successful entrepreneurs know how to zero in on their target goal. You'll often hear that they haven't watched a movie in forever; they don't know what's going on in the celebrity gossip world and they may even seem oblivious to the top headlines capturing the front page of most news sites. Is it because they don't care? Nope! They're just so focused on their goal that nothing else is coming into their line of sight.

6. THEY HAVE A VISION.

Forget about just knowing what's going to happen tomorrow. Successful entrepreneurs already know what will happen in their business and life months, even years from now. Heck, it's mapped out on a vision board in their room and every conversation is focused on the future. They're working hard today knowing their efforts contribute to their success tomorrow.

7. THEY GO AFTER MORE.

Contentment and sitting still are two concepts that just don't square with a successful entrepreneur. Once one goal is accomplished, it's on to the next. This may be perceived by some as a negative, but for a successful entrepreneur, the hunt is as exciting as the victory. Don't be surprised when this person achieves the goal and spends minimal time celebrating; they're already thinking about what needs to be conquered next.

8. THEY CAREFULLY CHOOSE THEIR FRIENDS.

As the adage goes, "you are the sum of the five people you spend the most time with." What goes into your ears influences your thoughts and your passion. Successful entrepreneurs know who should be in their close sphere of influence and who doesn't square with where they're going. It doesn't mean the successful entrepreneur leaves those less influential friends behind, but it does mean they likely spend less connected time with them.

9. THEY KNOW WHEN TO SAY "NO."

Successful entrepreneurs may be notorious for dreaming big and getting the "yes" in the most unlikely of circumstances, but they also know when it's time to say "no." Specifically, successful entrepreneurs know when to say "no" if it guards their time and their vision, the two most precious commodities in their life.

10. THEY LISTEN ACTIVELY.

Connection is the key element that all successful entrepreneurs value. They know personal connection trumps a well-rehearsed sales pitch every time. Listening and helping the prospective client feel heard. That same laser-focus they have on their goals is applied to every conversation. You'll never see them trying aimlessly scrolling through their phone if they're truly trying to connect with their prospect. They'll repeat back what the prospective client has said, laugh, joke and find common ground to establish an influential relationship.

Visit VemmaNews.com for more entrepreneurial stories and advice!

Check Out This New Way to Manage Your Facebook News Feed Like a Boss

📅 Posted on July 14, 2015 👤 by [jpinner](#)



Part I: How to use the new Facebook “News Feed Preferences” Function

Believe it or not, your Facebook posts may be invisible to many of your “friends” on Facebook and vice versa.

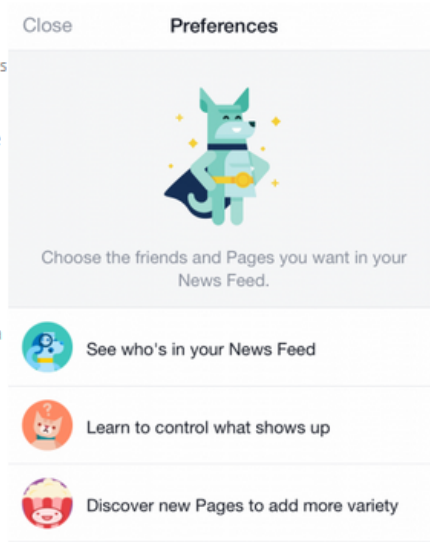
In fact, that may become more true in the coming weeks as Facebook implements its latest algorithm change, which puts YOU in the driver’s seat in determining whose content should always show up on your News Feed.

FACEBOOK’S CHANGING NEWS FEED RULES

For anyone following the mechanics of social media, it's no secret that, like Google and its constant search engine optimization (SEO) shifts, Facebook is almost as frequently changing the rules that apply to what you see (and don't see!) in your News Feed. Typically, Facebook makes its changes based on what their audience reports it likes to see or doesn't like to see. Videos, quote images and content shared from popular websites (especially when a topic is "trending"), may show up in your feed of stories more often, while some status updates and images from your "liked" Pages and friends may not.

Recently, Facebook announced that it beta tested a new "News Feed Preferences" area with users in Spain. The new function was a hit and it's now rolling out in Facebook apps across the U.S. This new update means you can choose the people and brands you want to (or no longer want to) see.

In our opinion, it's generally easier to navigate Facebook through your mobile app when you're viewing content, but if you really want to dig in and make significant changes to what you see regularly, your desktop computer is (as always) the way to go. Be sure to check them both out!



HERE'S HOW YOU CAN TAKE ADVANTAGE OF THE NEW NEWS FEED PREFERENCES FUNCTION:

(The view is different based on how you're accessing Facebook, FYI)

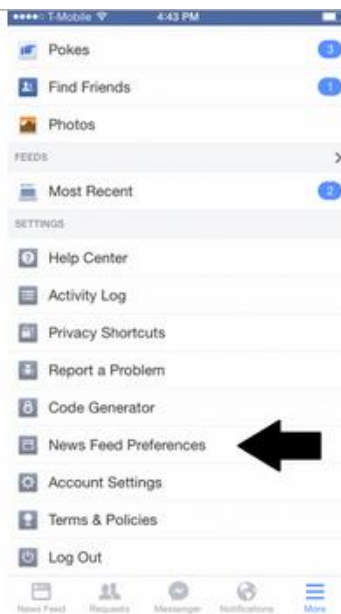
In your Facebook mobile app, select the "More" button in the bottom right corner of your phone. (It should look like three horizontal lines with "More" written under them.)

1. Scroll down the menu and select "News Feed Preferences," which is the fourth from the bottom of the list.

2. Within the new News Feed Preferences page, you have three choices:

- "Unfollow people to hide their posts"
- "Reconnect with people you unfollowed"
- "Discover new Pages"

In each of these sections, Facebook will identify who you previously chose to follow or unfollow, and you can decide if you still want to see their posts, keep them hidden, or hide them now. You can also discover new pages that are relevant to content you consistently follow or view. The new function's intent is to give you more control over what you see (and don't see) in your News Feed. In our opinion, the function on the Facebook mobile app is more focused on what you *don't see* versus selecting what you *do see*.



Facebook Via Desktop Computer

1. Select the downward-pointing arrow in the top right of the screen and then "News Feed Preferences" from the drop down menu.

2. Within the new News Feed Preferences Page, you'll notice Facebook tells you what you see most often in your News Feed when it comes to:

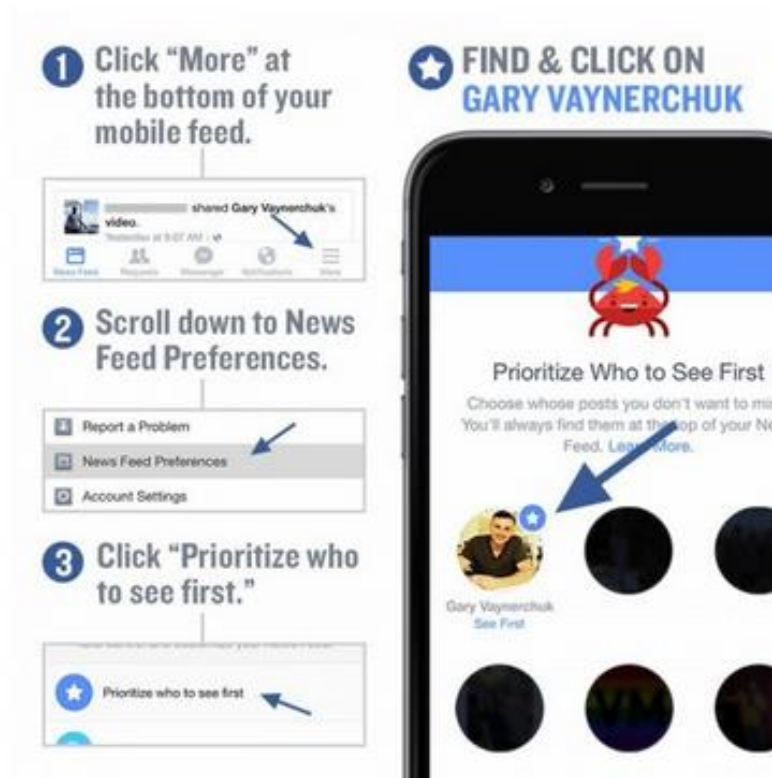
- Pages (The brands, business pages or Public Figures you follow)
- Friends



- Groups (Private or public forums where anything from garage sales to business and mutual interest conversations might be happening)
- More (Focused on apps you may want notifications from)

3. The great thing about the way News Feed Preferences appears on your desktop is you can sort Pages, Friends, and Groups by how often they show up in your News Feed OR in alphabetical order. So, if a Page isn't popping up often enough, you can choose "Follow" to see it more often (maybe it's your favorite [Vemma Facebook page?](#)). Same goes for your Friends or Groups.

<<Share this with your team to ensure you never miss anything from Vemma!>>



Still want to take your Facebook News Feed content viewing to another level? Stay tuned for the second part of our series that will give you five (MORE!) ways to manage your Facebook News Feed like a boss!

5 (More) Ways to Manage Your Facebook News Feed Like a Boss

📅 Posted on July 17, 2015 👤 by [jpinner](#)



Part II: How to take your Facebook News Feed to the Next Level

Ready to REALLY manage your Facebook News Feed like a boss?

[In the first part](#) of our two-part series on how to manage your Facebook News Feed like a boss, you learned more about the new Facebook News Feed Preferences function that just rolled out.

But, maybe managing your News Feed is new territory for you. Maybe you've just never sat down and played with the delightfully powerful security settings available to you through your Facebook.

You've come to the right place.

Check out the second installment of our social media advice series on how to manage your Facebook News Feed like a boss.

HERE ARE 5 (MORE) WAYS TO MANAGE YOUR FACEBOOK NEWS FEED LIKE A BOSS:

1. **"Like" the content you enjoy most.** That "thumbs up" is a lot more powerful than you may think! Not only will you give your friend an ego boost by loving on their content, but Facebook will also take note of the content you tend to like AND the individuals you tend to like it from. Odds are, more of that type of content will make it through. So, if you don't want to miss out on new info shared [by Vemma](#), your favorite top leader or your best friend, be sure to "like" it often!

2. **Hide what you don't.** From Negative Nellies to downright rude posts, some material shared on Facebook just shouldn't have the time of day in front of your eyes. Look for the upside down arrow (v) to the top right of the person's post and select "hide post" to see fewer updates like that or "Unfollow (person's name)" to no longer see the person's content in your News Feed. You won't have to deal with the political ramifications of the dreaded "unfriend" this way. This is probably the most well-known way to unfollow individual posts, but you can do a full "unfollow" with the [new News Feed Preferences update as well](#).

3. **Skip the self-promotion.** As a person in an industry that can be perceived as "salesy," refrain from frequently posting about Vemma. Be yourself! Talk about the benefits you're enjoying about the products and/or business opportunity: the freedom you have now; the healthier lifestyle you're experiencing. Be inspiring! Skip the critical commentary and stay above the (negative) influence. You'll also encourage more questions and interest this way while avoiding being the target of an "unfollow" by one of your Facebook friends.

4. **Get notifications.** Having a hard time receiving the updates you WANT to see? Select the Page or friend you want to see in your News Feed and go to their page. If it's a Page, you'll notice the box at the top that says "Liked." Choose this box and select "Get Notifications" to receive a quick ping when the page posts. It'll also indicate that you want to see this content in your Facebook News Feed. For a friend, go to their page and select the box that says "Friend" and choose "Get Notifications" to also be pinged each time the post something new. You may feel a bit stalker-ish (they won't know you've done this, by the way), but you'll ensure you never miss anything that person shares.

5. **Use the "Lists" function.** Okay, so you just can't resist posting about Vemma because you really want your team to see your posts. The best option would be to create a group on Facebook (more on that another time), but you can also add each friend to a new "list" and post a status only they can see. Again, this will help you avoid entering the "spam" territory for your non-Vemma friends. Here's what you do:

- Go to your friend's page and select the arrow on the "Friend" box again.
- Select "Add to another list" and name the list "Vemma Friends" or something like that.
- Next, go to your Friends list or to other friends who fit that category and add them to the list.

When you want to post something that only your Vemma friends on that list can see, simply select the dropdown box on your status bar and select "More Options." You'll notice the "Vemma Friends" list located in the dropdown menu. Select that list and your status update will only go to those friends. One tip: Don't forget to switch it back

Stay tuned to [VemmaNews.com](#) for more on the latest trends in social media, training and more! Be sure to follow us on [Facebook](#), [Twitter \(@vemmanews\)](#) and [Instagram \(@vemmanews\)](#).

(Visited 5 times, 1 visits today)



Tags: [facebook news feed](#)

The New Bod•ē Pro Has Arrived

Posted on January 28, 2015 by [jpinner](#)



Bod•ē Pro™ 24/7 Now Shipping

The new [Bod•ē Pro 24/7](#) is HERE! Reignite your New Year's resolution and discover how you can fuel your workout with Bod•ē® Burn and then replenish it with the delicious, ready-to-drink Bod•ē Build, featuring 25 grams of protein. If you missed out on pre-ordering, now is the time to get your hands on it! (Here's a press release about the launch—we made [Yahoo! Finance!](#))

NEW SUPPORT TOOLS LAUNCHED

The best part about Bod•ē Pro 24/7? All of the resources and support available to you! TV Celebrity Transformation Specialists and Bod•ē Spokespeople Chris and Heidi Powell have put together a Daily Results Tracker that ships with your program so you can track your progress.

Plus, you can check out their series of 25 daily support videos with tips to help you overcome obstacles and achieve a healthier, more vibrant you. Simply go to [Vemma.com/BodePro](#) and selecting the "Daily Coaching" button on the right side to access these daily tips to keep your calorie burn and muscle build powered on high. And, when you purchase the Bod•ē Pro 24/7 Pack, you'll soon be able to opt-in to receive free, daily text reminders with tips on how to maximize your success with Bod•ē Pro 24/7. Stay tuned for more details!

NEW BOD•E PRO PACK OPTIONS

The Bod•e Pro 24/7 Pack is the ideal way to experience the new Bod•e Pro line of products, but we're also excited to release a few other options, too! Take a look below at each of the packs, their costs and who should purchase these options:

VEMMA BOD•E PRO 24/7 PACK – \$299.95, 240 QV ON AUTO-DELIVERY

QUALIFIES YOU FOR THE FRENZY BONUS AND PREMIER CLUB!

Goal: Build lean muscle and burn up to 7 pounds in 24 days.** Includes a simple plan designed by TV Celebrity Transformation Specialists and Vemma Bod•e Spokespeople Chris and Heidi Powell and a 24-day supply of:

- 48 cans of Bod•e Build (48 meal replacements)
- 24 cans of Bod•e Burn (24 protein snacks)
- Two 32-oz bottles of Vemma (a full, daily serving of ultra-premium liquid nutrition)
- Bod•e Pro Results Tracker

VEMMA BOD•E PRO FIT PACK – \$159.95, 120 QV ON AUTO-DELIVERY

Goal: Maintain your results. Includes a steady supply of protein-powered meals and snacks to keep you on the right track and help maintain your results:

- 24 cans of Bod•e Build
- 24 cans of Bod•e Burn
- Bod•e Pro Results Tracker

VEMMA BOD•E PRO TRIAL PACK – \$44.50, 30 QV ON AUTO-DELIVERY

Goal: Share samples with potential Customers and Affiliates at one-on-one meetings and Home Events so they can discover the appetite-curbing power of protein.* Includes: • 6 cans of Bod•e Build • 6 cans of Bod•e Burn

- And, Vemma wants to make it even sweeter for you to enjoy the Bod•e Pro 24/7 Pack. Here are the perks we're throwing in with this cutting-edge pack of products: 50% BIGGER New Customer Bonus! Instead of \$40, you'll get \$60 for all new enrollees who join Vemma and purchase the Bod•e Pro 24/7 Pack at the time of enrollment.+
- Save \$7 by purchasing the Bod•e Pro 24/7 Pack instead of the products individually

Now is the time to jump-start your health goals in 2015 and experience the unbelievable taste and protein power of these incredible products. Getting healthier never tasted so good! Learn more about the new Bod•e Pro at Vemma.com/BodePro or get back to the Vemma Affiliate who mentioned the products to you!



**These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.*

***Participants in a pilot study lost an average of 9 lbs in 21 days following the Bod•ē Pro Plan, which includes a healthy diet and 30 minutes of exercise 5 days per week. Consult a physician before starting any weight loss or exercise plan.*

+For those who order the Bod•ē Pro 24/7 Pack as a first-time order, the bonus payout is 120 CV with an increased New Customer Bonus of \$60 USD. Subsequent orders will pay out the full volume amount of 240 CV.

Vemma® Transforms Military Wife's Waistline & Marriage

📅 Posted on July 23, 2015

👤 by [jpinner](#)



VIDEO: Watch Angelina Cole's incredible story

Angelina Cole's Marine Corps husband Alex was about to be deployed to Afghanistan for seven months.

She was unhappy with the way she looked. She struggled with a negative mindset. Quite frankly, she didn't even want to leave the house.

Her 60-pound weight gain was keeping her from living her life and she could feel the chasm between her and her husband widening.

She had to do something.

Ironically, Vemma's Verve® energy drink was the beginning.



Discovering Healthy Energy

"We had just unpacked our house from moving and were having friends over for dinner when someone said I needed to try this energy drink," Angelina recalls. "I thought 'you've got to be kidding me.'"

Unbeknownst to her guest, Angelina suffered from health challenges after consistently using a strong, mass market energy drink for too long.

Taking an energy drink was the last thing she thought she needed.

Then, on an especially difficult night of trying to get her infant to sleep, she remembered the Verve in her fridge.

"I felt amazing and it sort of sparked my interest," says Angelina.



After attending a Vemma home event and discovering the [Vemma Bod•ē® weight loss products](#), she felt like she'd found her answer.



"My husband left for deployment and I vowed I was going to change," she shared. "I told him I was going to lose the weight to get back to the old me."

Alex agreed, under one condition: "He told me 'send me a picture every week of your progress,' and that ended up being very motivating," she says.

As she worked out at the gym and stuck with the Bod•ē plan, the weight began to come off and her bubbly, happy personality began to return.**

Through managing her two young children and her sister's three children all by herself for five months, taking on a new, healthy lifestyle and consistently working out, the now 27-year-old managed to pursue her Vemma business in the nooks and crannies of her life.* Through sharing the products with other people and following up during 10-minute breaks, in five months, Angelina hit Diamond and began contributing to the family's monthly income. She says her children have also benefited from taking a daily shot of [NEXT®](#), Vemma's children's formula.

THE BIG REVEAL

Before she knew it, her husband's deployment was almost over. She decided to surprise him by not sending pictures of her progress during the final month. The nights leading up to the reunion were sleepless.

"It was so nerve-racking," Angelina shares. "I just couldn't believe it was happening; that he was really coming home."

Hair and nails done and a pair of cute new heels on her feet, Angelina finally found herself waiting for the buses to pull up and release her Marine to her.

As Alex got out of the bus, she immediately spotted him, but he, on the other hand, didn't recognize her.

"I clobbered him in a hug and then he recognized me," she says laughing.

More than 50 pounds lighter and at her goal weight of 120 pounds, Angelina had transformed body from a size 14 to a size 2-4 to match her petite, 5'0" frame.**



A NEW FRONTIER

For the past year, the couple has enjoyed working out together, even purchasing a weight bench for their anniversary, and also regularly using the Vemma Bod•ē products.

Her husband's new favorite?

"Bod•ē Build. He loves the high protein and the taste," says Angelina. "It tastes like a vanilla snack pack or vanilla ice cream!"

As a martial arts instructor, Alex has been teaching other martial arts instructors about technique and also nutrition.

Now, instead of Angelina going to Vemma business meetings by herself, her husband comes along, too.



"The military world and the entrepreneurial world are very different; the military tells you what to do and you do it. Vemma was a totally different culture and told me 'do what's best for you and pour value into yourself so you can pour value into others,'" she explains. "When my husband and I presented together, he talked about how the

Marines break you down and then build you up. I saw more into his world and he saw more into mine."

Angelina's husband is awaiting another deployment, but she says this time, they're in a much better place thanks to Vemma.

"Our marriage has flipped in a 180-degree positive direction," she says. "It's crazy for us how we've finally put these two worlds together. I couldn't picture my life any other way. We are truly blessed."

**Your success is dependent on your efforts and leadership abilities. The company has generally expected results which can be obtained by visiting the Opportunity section of Vemma.com.*

***Two pilot studies conducted by Vemma showed that 55 participants who followed the Vemma Bod•ē Transformation Plan lost an average of 14.8 pounds in 12 weeks. Vemma recommends a healthy approach to weight loss by consulting with your healthcare provider before starting any new exercise or diet plan. The Vemma Bod•ē Transformation Plan includes following a healthy diet and daily exercise. These testimonials are from Vemma Affiliates who have the opportunity to earn commissions by selling Vemma products.*



Young Entrepreneur's Chance Encounter with Gary Vaynerchuk

Posted on March 13, 2015 by [jpinner](#)



Michael McGreal Pursues Dreams With Vemma®

Michael McGreal had 60 seconds to make a strong first impression in a chance encounter with Bestselling Author, Renowned Social Media Enthusiast and [Owner of VaynerMedia Gary Vaynerchuk](#).

Thanks to three years of building his business with Vemma, he says he was able to knock it out of the park.

"The conversation turned into two minutes and then even meeting his dad," says Michael of St. Louis, Missouri. "Then he invited me to New York City for a full-day jam session."

It was in Vaynerchuk's New York City office that Michael and Gary connected rapid-fire on the app Michael is working on, which will create a platform for companies to connect with their employees remotely all over the world.

You could say it was inspired by his life with Vemma.

THE BEGINNING

Michael, who's always identified himself as an entrepreneur, says he was working on his own recording studio in his dorm room in Boulder, Colorado in 2012 when Vemma came knocking.

"A friend in the dorm next to me said 'we just got connected with a group of entrepreneurs that are motivated and like-minded and I'd really like for you to meet them,'" he recalls. "I was flattered he considered me an entrepreneur so I went and checked it out."

Then-Diamond, now Ambassador, [Darik Alexander of Hawaii](#) greeted him on a Skype call and thus began Michael's journey with Vemma. He focused on creating positive, professional environments for his home events, traveled all over the country and shared Vemma nutrition information with those he met.

Along the way, he began noticing a change in himself.

"The application industry is extremely competitive. If you want to be able to attract and maintain brilliant talent, then you MUST become a phenomenal leader. And there has been absolutely nothing that has helped me more than Vemma," Michael explains. "I have calls with mentors in Silicon Valley who say that of the hundreds of entrepreneurs they've met, I am a select few who has the intangibles needed to make it big in this industry. What they don't realize is that I had none of these three years ago and was still struggling to find myself."

He adds, "Vemma doesn't just provide the leadership training necessary to be successful in the modern economy, but more importantly, they provide a positive environment that lifts you up when you fail—and I think that, above all, is what makes this company a driving force of entrepreneurship."

HOW VEMMA SUPPORTED HIS ENTREPRENEURIAL DREAMS

As he pursued his business and achieved Executive, Michael says the income from his Vemma business has helped him with the startup costs needed to fund some of his application industry ideas.

So how else has Vemma prepared him to pursue his entrepreneurial dreams?

"There's never been a better time to be an entrepreneur; if you have an idea, you can make it happen," says Michael. "Invest in yourself and your leadership ability. In my opinion, there's no better platform to do that than network marketing to hone your leadership skills. Plus, with any business, you need a very influential, positive network of people backing you up. You get that in this industry."

Michael continues to build his Vemma business and says he's proud of the leaders coming up in his organization.

"We're like a family now," says Michael. "I have leaders such as Joe Kosir, Jake Cigelnik and Chris Volpo who are really making moves in the business and stepping up."

Next up for Michael? Well, he can't really discuss where his conversation with Gary Vaynerchuk went, but he's excited for what the future holds.

"Gary is very intuitive and has gut feelings about people," shares Michael. "When he met me, he says he instinctively knew I had an 'X factor.' I 100-percent owe that to Vemma and I'm so excited to share this with everyone."



MICHAEL'S TIPS FOR MANAGING YOUR VEMMA BUSINESS LIKE A SERIOUS ENTREPRENEUR

1. **Become a master at your phone time.** "I've become very efficient with my business. At one point, I was doing a ton of calls and it would take me an hour to prepare for a 30-minute call. Now I can flip the switch and be prepared. It's about practice."
2. **Stay organized.** "This is a MUST. I use a lot of apps to stay organized, such as Coach.me, which helps you develop successful habits. Habits are really the key to success. Once you achieve each habit daily, you check it off."
3. **Journal.** Write down what's going on and even your "wins" for the day. "I love the Uncalendar because you're putting pen to paper. It's definitely my favorite."
4. **Focus on your nutrition.** "Right now, I sleep less, but my health is huge. The better I eat, the more I get done in my day. Vemma is a huge part of that. Bod-e Build is my savior right now when I don't have time to make a meal."
5. **Go to Convention!** "I didn't used to be big on events because I thought I had what I needed being surrounded by positive people in my team. But after I went to Convention and was in a physical environment with that much energy, you really see what's possible."

12 New MarCom Awards Brings Vemma's Total to 35 in Four Years

Posted on November 19, 2014 by AM



Vemma was awarded 12 MarCom Awards by the [Association of Marketing & Communication Professionals](#) this year, raising its total to 35 over the past four years. We feel privileged to be recognized by one of the most respected associations in the world.

"I am extremely impressed with the quality of work that consistently comes from the Marketing and Branding teams. I love to see the teams work together to create such visually appealing design and compelling copy. And to be rewarded for the efforts they put toward helping our Affiliates in the field is so gratifying," comments VP of Marketing and Branding Mark Patterson.

[Vemma](#) was awarded the following at the [2014 MarCom Awards](#).

Platinum Award & Category:

- "This is Vemma" Home Event Video – Corporate Image
- Vemma Action Plan – Manual/Training
- Vemma Insider – E-Newsletter
- [Vemma News Site](#) – Blog
- Verve® Billboard – Billboard

Gold Award & Category:

- [MoJoe™](#) "Not Your Average Cup of Joe" Video – Marketing Product or Service
- How to Get Paid With Vemma – Training
- The Vemma Opportunity – Recruitment
- MoJoe "Not Your Average Cup of Joe" Video – Video Script
- Vemma Renew™ Event with Jenny McCarthy – Special Event
- Vemma Renew – Packaging
- [Vemma News Site](#) – Microsite

MarCom Awards is an international creative competition that recognizes outstanding achievement by marketing and communications professionals. Entries come from corporate marketing and communication departments, advertising agencies, PR firms, design shops, production companies and freelancers. The MarCom statuette was created by Society Awards, the same company that recently updated the Golden Globe, Clio, MTV and Academy of Country Music Awards.