



ERIKA DALE

FACEBOOK LIVE TRAINING

LEVEL UP WITH ERIKA DALE

DOS:

- Do pick a day and time for your lives
- Do have good lighting
- Do you have a quiet area
- Do prepare
- Do rehearse
- Do create catchy titles
- Do get engagement with your viewers
- Do follow up with likes and comments

DONTS

- Don't always be selling
- Don't be negative
- Don't be hateful
- Don't NOT do lives
- Don't have poor lighting
- Don't have poor sound
- Don't try to be perfect



30 DAYS OF FACEBOOK TOPICS

- 1 Your Story--who you are, your background, your dreams
- 2 Healthy habit: self care
- 3 Taking action when afraid
- 4 Your flagship product or service
- 5 My personal growth journey
- 6 Parenting, Cooking, or Healthy home tip
- 7 Benefits of a home business/virtual franchise - join my team
- 8 Life Hacks
- 9 Cooking or exercise demonstration
- 10 Vulnerable story where you overcame and succeeded
- 11 Healthy Habit: nutrition or fitness tips
- 12 Haters in your life
- 13 Time management tips
- 14 Time freedom versus acquiring things
- 15 How to Make New Friends
- 16 The Art of a Conversation
- 17 Product or Service Overview



- 18 Finding Happiness
- 19 Handling Rejection
- 20 Goal Setting Tips
- 21 Current favorite books
- 22 Finding a mentor what to look for and you favorite mentor
- 23 A setback can be setting you up for a comeback
- 24 Making yourself more valuable and get promoted
- 25 Going after your dreams
- 26 Why you love our products
- 27 Health Tip
- 28 Time Management
- 29 What You are Grateful For
- 30 Importance of Personal Development

If you have any questions or you want to connect more, please stay connected and click one of my Social links below.



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