

## #SoloPR Transcript – 8/01/2012

1. In Poland, Romney's PR rep told media "kiss my a\$\$"  
<http://prdaily.com/Main/Articles/12289.aspx> ... . How could this be avoided? [#solopr](#)
2. From [@OtunbaJaiyejeje](#): Any tips for prospecting for healthcare clientele, pitching your message/product/service? [#solopr](#)
3. When following up with a prospective client (who you've provided a proposal), how much is too much? [#solopr](#)
4. Today's post is about how seriously we need to take stress reduction: <http://bit.ly/OJgDKT> . How can we help ea other? [#solopr](#)



**SoloPR**2:01pm via TweetGrid.com

Remember, we keep chatting on the hashtag all wk- transcript will be posted tomorrow. Thanks everyone for joining- same time next wk! [#solopr](#)



**dariasteigman**2:00pm via TweetDeck

[@KellyeCrane](#) Well, I don't necessarily read e-mails. But I tend to tweet, and use FB sometimes too. :) [#solopr](#)



**fransteps**2:00pm via TweetChat

[@MuslimNewMedia](#) Congrats! That's hard stuff. [#solopr](#)



**karenswym**2:00pm via TweetChat

[@MuslimNewMedia](#) Oh yay, good for you! Nicotine raises your bp so yes you are more relaxed. [#solopr](#)



**SoloPR**2:00pm via TweetGrid.com

The clock on the wall says our official time is up. Thanks everyone for another informative chat! [#solopr](#)



**3HatsComm**2:00pm via TweetChat

A4 'Unplugging' cuts both ways; I do it for breaks, but it's also the 'not knowing' that can be just as stressful. [#solopr](#)



**RebeccaEdgar** 2:00pm via TweetChat

A4: sharing the vino? [#solopr](#)



**KellyeCrane** 2:00pm via TweetDeck

A4: As I noted in the post, I want you all to be around for a long time! Let your [#solopr](#) friends know if we can ever help.



**fransteps** 2:00pm via TweetChat

Wow! Time flies. Hope everyone has a gr8 week. I learn something every week here. Thanks [@KellyeCrane@SoloPR](#). [#solopr](#)



**MuslimNewMedia** 1:59pm via TweetChat

A4.. oddly enough, i feel \*less\* stressed and nervous having quit smoking (7 weeks now), so.... break up habits, routine![#solopr](#)



**karenswym** 1:59pm via TweetChat

[@dariasteigman](#) I've been considering getting one too, did you buy in-store? [#solopr](#)



**KellyeCrane** 1:59pm via TweetDeck

[@dariasteigman](#) Interesting! I definitely have to unplug. If I see all those emails in my inbox...forgetabboutit! [#solopr](#)



**LoisMarketing** 1:59pm via TweetChat

RT [@fransteps](#): RT +2 [@MuslimNewMedia](#): [@MarketingMel](#): A.4 I think groups like [#soloPR](#) are a tremendous source of camaraderie and support [#solopr](#)



**3HatsComm** 1:58pm via TweetChat

Mmm.. comfort food. RT [@danperezfilms](#): Ive found that a peanut butter and jelly sandwich on toasted white bread can be very soothing [#solopr](#)



**mdbarber** 1:58pm via TweetChat

Must go folks. Long list to get through today still. Such fun chatting. Have a great week. [#solopr](#)



**fransteps** 1:58pm via TweetChat

a4: Also trying to read during my lunch "break" but going somewhere else...dining rm, living rm, patio. Uses diff. part of brain. [#solopr](#)



**Anatheat** 1:58pm via web

RT [@dariasteigman](#): "Unplugging" doesn't de-stress me b/c being online doesn't stress me. No "one size fits all" solution. [#solopr](#)



**SoloPR** 1:58pm via TweetGrid.com

MT [@dariasteigman](#): For the record, "unplugging" doesn't de-stress me b/c being online doesn't stress me. No "one size" solution [#solopr](#)



**danperezfilms** 1:58pm via HootSuite

[@cloudspark](#) Indeed :) [#solopr](#)



**dariasteigman** 1:58pm via TweetDeck

[@karenskim](#) Indeed. I added a treadmill at home for walking, use it most days just to add extra "me" time. [#solopr](#)



**fransteps** 1:57pm via TweetChat

RT +2 [@MuslimNewMedia](#): [@MarketingMel](#): A.4 I think groups like [#soloPR](#) are a tremendous source of camaraderie and support [#solopr](#)



**erob1** 1:57pm via TweetChat

A4: I write a lot of non-pr things to release stress too. Songs, poems, short stories etc. [#solopr](#)



**KellyeCrane** 1:57pm via TweetDeck

A4: I need to be better about what I eat (sometimes I consume sugar to keep going - bad!). Pls keep me accountable on that. [#solopr](#)



**Anatheat** 1:57pm via web

RT [@dariasteigman](#): A4 Get up. Go for a walk. Hydrate (well, water...). I find its about letting go of things I cant control. [#solopr](#)



**dariasteigman** 1:57pm via TweetDeck

For the record, "unplugging" doesn't de-stress me b/c being online doesn't stress me. No "one size fits all" solution. [#solopr](#)



**TrelinoKeller** 1:57pm via web

RT [@fransteps](#): A4: Remind myself that I did this for work/life balance and to be the master of my schedule. Morning walks, too. [#solopr](#)



**MuslimNewMedia** 1:57pm via TweetChat

+1RT [@MarketingMel](#): A.4 I think groups like [#soloPR](#) are a tremendous source of camaraderie and support [#solopr](#)



**karenswim** 1:56pm via TweetChat

[@dariasteigman](#) We have that in common, keeps me in the zen zone :- ) [#solopr](#)



**cloudspark** 1:56pm via web

[@danperezfilms](#) comfort comes in many forms. :- ) [#solopr](#)



**fransteps** 1:56pm via TweetChat

[@cloudspark](#) Love that! Wait til Monday! [#solopr](#)



**erob1** 1:56pm via TweetChat

RT [@danperezfilms](#): Ive found that a peanut butter and jelly sandwich on toasted white bread can be very soothing...[#justsaying](#) [#solopr](#)



**KellyeCrane** 1:56pm via TweetDeck

[@cloudspark](#) Oh yes, you're right! [#solopr](#)



**ShryerPR** 1:56pm via TweetGrid.com

[@fransteps](#) I shut down my computer for the weekend. didn't open once. When I turned on Monday morning, the laptop crashed. Uh Oh. [#solopr](#)



**makasha** 1:56pm via TweetChat

A4 Share when you find tools to make our jobs less complicated [#solopr](#)



**mdbarber** 1:56pm via TweetChat

RT @JGHRelations: A4: I make a habit of asking what I can do to help others each day. Makes my stresses a little more universal. [#solopr](#)



**TrevelinoKeller** 1:56pm via web

RT @cloudspark: a4: as a [#solopr](#) pro, you're always near the office, the laptop is always there. start with laptop-free nights. [#solopr](#)



**erob1** 1:55pm via TweetChat

Phone tool! RT @cloudspark: a4: as a [#solopr](#) pro, youre always near the office, the laptop is always there. start laptop-free nights. [#solopr](#)



**danperezfilms** 1:55pm via HootSuite

I've found that a peanut butter and jelly sandwich on toasted white bread can be very soothing... [#justsayinq](#) [#solopr](#)



**karenswim** 1:55pm via TweetChat

RT@ LoisMarketing I think the best thing we can do for each other is to encourage each other to "unplug" - literally -when we can! [#solopr](#)



**makasha** 1:55pm via TweetChat

RT @cloudspark: a4: as a [#solopr](#) pro, youre always near the office, the laptop is always there. start with laptop-free nights. [#solopr](#)



**cloudspark** 1:55pm via web

a4: also i find myself using @ginidietrich's phrase on the weekends... "it has to wait till monday." [#solopr](#)



**SoloPR** 1:55pm via TweetGrid.com

Wise words RT @karenswim: A4: The joy of solo life is freedom, we get to live & work NOW rather than waiting to retire to enjoy life [#solopr](#)



**fransteps** 1:55pm via TweetChat

@LoisMarketing Yes, disconnect devices. I had a rule-shut off computer after 7 p.m.-broke my own rule ALL summer long. #solopr



**laurenkgray** 1:55pm via TweetDeck

RT @cloudspark: a4: as a #solopr pro, you're always near the office, the laptop is always there. start with laptop-free nights. #solopr



**JGHRelations** 1:55pm via HootSuite

A4: I try and make a habit of asking what I can do to help others each day. Makes my stresses a little more universal. #solopr



**cloudspark** 1:55pm via web

a4: as a #solopr pro, you're always near the office, the laptop is always there. start with laptop-free nights. #solopr



**dariasteigman** 1:55pm via TweetDeck

Best stress reliever. RT @karensim: A4: I am also a huge advocate of physical activity, keeps the good hormones bouncing around! #solopr



**TMariePR** 1:55pm via TweetChat

RT @fransteps: A4: Remind myself that I did this for work/life balance and to be the master of my schedule. Morning walks, too. #solopr



**3HatsComm** 1:54pm via TweetChat

Heh. RT @JGHRelations: A4: just started playing golf. Seems to have only redirected my stress. But opened up a world of contacts. #solopr



**SoloPR** 1:54pm via TweetGrid.com

Yes! MT @laurenkgray: A4 - I think the PR community is helpful overall. If you need help, ask! If you see others asking, respond #solopr



**fransteps** 1:54pm via TweetChat

Yes! RT @dariasteigman: A4 Get up. Go for a walk. Hydrate (well, water...). I find its about letting go of things I cant control. #solopr



**ShryerPR** 1:54pm via TweetGrid.com

Love to head out to the garden and water once a day, pick a few weeds, trim a couple of bushes. [#solopr](#)



**mdbarber** 1:54pm via TweetChat

RT [@fransteps](#): A4: Remind myself that I did this for work/life balance and to be the master of my schedule. Morning walks, too. [#solopr](#)



**karensxim** 1:54pm via TweetChat

[@ShryerPR](#) I had a killer July so did not get to chat much there but did pull from resources - huge help! [#solopr](#)



**jgombita** 1:54pm via web

A4. Having an amiable outlook and good manners in all of your communication, tends to minimize stress/stressful situations. [#solopr](#)



**erob1** 1:54pm via TweetChat

[@mdbarber](#) lol code yes, but very easy code to crack, that one. [#solopr](#)



**cloudspark** 1:54pm via web

[@mdbarber](#) [@ShryerPR](#) "the code" - ha ha [#solopr](#)



**LoisMarketing** 1:54pm via TweetDeck

I think the best thing we can do for each other is to encourage each other to "unplug" -- literally -- when we can! [#soloPR](#) A4



**mdbarber** 1:53pm via TweetDeck

RT [@laurenkgray](#): A4: Also knowing what resources are available is really helpful. I think [#PRSA](#) is the most helpful one out there. [#soloPR](#)



**karensxim** 1:53pm via TweetChat

A4: I am also a huge advocate of physical activity, keeps the good hormones bouncing around! [#solopr](#)



**fransteps** 1:53pm via TweetChat

A4: Remind myself that I did this for work/life balance and to be the master of my schedule. Morning walks, too. [#solopr](#)



**cloudspark** 1:53pm via web

[@KellyeCrane](#) q4 reminds me of my "bad boss" post, i had to make changes to get that stress level down. [#solopr](#)



**dariasteigman** 1:53pm via TweetDeck

A4 Get up. Go for a walk. Hydrate (well, water...). I find it's about letting go of the things I can't control. [#solopr](#)



**ShryerPR** 1:53pm via TweetGrid.com

[@karensxim](#) haven't been on the pro forum in a while. I need to check out the conversation! [#solopr](#)



**SoloPR** 1:53pm via TweetGrid.com

Ha RT [@JGHRelations](#): A4: I just started playing golf. Seems to have only redirected my stress. But has opened up a world of contacts. [#solopr](#)



**mdbarber** 1:52pm via TweetChat

[@ShryerPR](#) Exactly. That's often a red flag too. One of my others is...do you understand small biz? Often code for not having \$\$ [#solopr](#)



**jgombita** 1:52pm via web

RT [@erob1](#): A4: Being able to tweet and talk with other pros helps reduce stress a ton. Just being there helps. [#solopr](#)[hope he comes back]



**SoloPR** 1:52pm via TweetGrid.com

Agree! RT [@erob1](#): A4: Being able to tweet and talk with other pros helps reduce stress a ton. Just being there helps. [#solopr](#)



**karensxim** 1:52pm via TweetChat

A4: The joy of solo life is freedom, we get to live and work NOW rather than waiting to retire to enjoy life [#solopr](#)



**laurenkgray** 1:52pm via TweetDeck

A4: Also knowing what resources are available is really helpful. I think [#PRSA](#) is the most helpful one out there. [#soloPR](#)



**MarketingMel** 1:52pm via TweetDeck

A.4 I think groups like [#soloPR](#) are a tremendous source of camaraderie and support for those in our profession. Also, take walks ;-)



**JGHRelations** 1:52pm via HootSuite

A4: I just started playing golf. Seems to have only redirected my stress. But has opened up a world of contacts. [#soloPR](#)



**karenswim** 1:52pm via TweetChat

A4: A good start is the Pro forum, support, accountability for balance, and a safe place to vent when needed [#soloPR](#)



**laurenkgray** 1:52pm via TweetDeck

A4 - I think the PR community is a helpful community overall. If you need help, ask! If you see others asking, respond. [#soloPR](#)



**SoloPR** 1:52pm via TweetGrid.com

Darn URL shortener! Here's the post link: [soloprpro.com/a-matter-of-li...](http://soloprpro.com/a-matter-of-li...) [#soloPR](#)



**makasha** 1:51pm via TweetChat

[@cloudspark](#) people do better with a deadline and the market is liquid, changes from day to day [#soloPR](#)



**ShryerPR** 1:51pm via TweetGrid.com

[@mdbarber](#) I have issues with clients who don't allow me the opp to immerse myself in what they're up to. Cant do PR in a vacuum [#soloPR](#)



**cloudspark** 1:51pm via web

a4: set limits, schedule creative breaks, take vacation (w/o gadgets), seek community of fellow pr pros. [#soloPR](#)



**erob1** 1:51pm via TweetChat

A4: Being able to tweet and talk with other pros helps reduce stress a ton. Just being there helps. [#solopr](#)



**NcVanderhall** 1:51pm via HootSuite

RT @laurenkgray: Learning a lot from watching [#soloPR](#) today! | Me too!



**LoisMarketing** 1:51pm via TweetDeck

I appreciate clear and precise help we give each other, for leads, resources, places to 'start'. Can be helpful against stress! [#soloPR](#) A4



**sacevero** 1:51pm via TweetDeck

Twitterchat alert: [#solopr](#) going on right now and [#cmgrchat](#) starting at the top of the hour.



**karenswym** 1:51pm via TweetChat

Lol! RT @mdbarber: A4 - Help each other? Do as I say, not as I do. ;-p [#solopr](#)



**makasha** 1:51pm via TweetChat

RT @SoloPR: Q4: Todays post is about how seriously we need to take stress reduction: [bit.ly/OJgDKT](http://bit.ly/OJgDKT). How can we help ea other? [#solopr](#)



**fransteps** 1:50pm via TweetChat

@SoloPR Link not working for me. [#solopr](#)



**laurenkgray** 1:50pm via TweetDeck

RT @SoloPR: Q4: Todays post is about how seriously we need to take stress reduction: [bit.ly/OJgDKT](http://bit.ly/OJgDKT). How can we help ea other? [#solopr](#)



**mdbarber** 1:50pm via TweetChat

A4 - Help each other? Do as I say, not as I do. ;-p [#solopr](#)



**mdbarber** 1:50pm via TweetChat

RT @SoloPR: Q4: Today's post is about how seriously we need to take stress reduction: [bit.ly/OJgDKT](http://bit.ly/OJgDKT). How can we help each other? [#soloPR](https://twitter.com/soloPR)



**cloudspark** 1:50pm via web

@mdbarber @makasha - what could change? my availability, the market timing, my rates, and so much more. ppl do better w/ a deadline [#soloPR](https://twitter.com/soloPR)



**mdbarber** 1:49pm via TweetChat

@ShryerPR -- another red flag can be lack of decision/feedback but not always. Need to know the client and their biz processes. [#soloPR](https://twitter.com/soloPR)



**SoloPR** 1:49pm via TweetGrid.com

Q4: Today's post is about how seriously we need to take stress reduction: [bit.ly/OJgDKT](http://bit.ly/OJgDKT). How can we help each other? [#soloPR](https://twitter.com/soloPR)



**ShryerPR** 1:49pm via TweetGrid.com

agreed RT @cloudspark: @ShryerPR it's different for everyone. nickel-and-diming is a red flag as are unrealistic or no expectations [#soloPR](https://twitter.com/soloPR)



**LoisMarketing** 1:49pm via TweetDeck

RT @cloudspark: @mdbarber all my proposals come with the notation: valid for 30 days from delivery. lots can change after a month. [#soloPR](https://twitter.com/soloPR)



**makasha** 1:49pm via TweetChat

I represent a small press and several authors RT @DaniqueRobinson: Any literary or tech publicists in the mix? [#soloPR](https://twitter.com/soloPR)



**dariasteigman** 1:49pm via TweetDeck

@3HatsComm Sometimes the most cost & time-effective approach is to cut losses, move on. [#soloPR](https://twitter.com/soloPR)



**mdbarber** 1:48pm via TweetChat

Like this a lot! RT @cloudspark: all my proposals come with the notation: valid for 30 days from delivery. [#soloPR](https://twitter.com/soloPR)



**laurenkgray** 1:48pm via TweetDeck

Learning a lot from watching [#soloPR](https://twitter.com/soloPR) today!



**makasha** 1:48pm via TweetChat

mine too RT @cloudspark: @mdbarber all my proposals "valid for 30 days from delivery. lots can change after a month" #solopr



**erob1** 1:48pm via TweetChat

Indeed! RT @cloudspark: all my proposals come with the notation: valid for 30 days from delivery. lots can change after a month. #solopr



**mdbarber** 1:48pm via TweetChat

A3 -- maybe/rearranging budgets not always a bad thing. It's business. But you have to decide if you want it hanging out there. #solopr



**cloudspark** 1:48pm via web

@ShryerPR it's different for everyone. nickel-and-diming is a red flag as are unrealistic or no expectations. #solopr



**fransteps** 1:48pm via TweetChat

Indeed. RT @cloudspark: @mdbarber all my proposals come w/ notation: valid for 30 days from delivery. lots can change after a month. #solopr



**laurenkgray** 1:48pm via TweetDeck

RT @SoloPR: Q3: When following up w/ a prospective client (who youve provided a proposal), how much is too much? #solopr



**LoisMarketing** 1:48pm via TweetDeck

RT @DaniqueRobinson: Any literary or tech publicists in the mix? #solopr << I represent several tech companies



**cloudspark** 1:48pm via web

@RebeccaEdgar what's your process on proposal follow up? #solopr



**SoloPR** 1:47pm via TweetGrid.com

Great discussion everyone! Q4 is up next... #solopr



**cloudspark** 1:47pm via web

@mdbarber all my proposals come with the notation: valid for 30 days from delivery. lots can change after a month. #solopr



**3HatsComm** 1:47pm via TweetChat

@mdbarber Heh.. you typed faster. ;) #solopr



**RebeccaEdgar** 1:47pm via TweetChat

Ok, now I'm really here. What's Q3? #solopr



**3HatsComm** 1:47pm via TweetChat

@dariasteigman @cloudspark Go w/ your gut, always. If it's taking 'too long' for a reply, there's a reason. #solopr



**cloudspark** 1:46pm via web

@mdbarber agree... maybe is sometimes a client's answer because they are rearranging budgets or getting ppl in place. #solopr



**mdbarber** 1:46pm via TweetChat

Again, trust your gut: @cloudspark @3HatsComm "red flags" go in the hell no pile. immediately. #solopr



**ShryerPR** 1:46pm via TweetGrid.com

@cloudspark what are your red flags? Just checking to see if I know them all! #solopr



**cloudspark** 1:46pm via web

@ShryerPR @mdbarber @KellyeCrane it was your tasks list, put into those 3 columns. focus only on things that make you say hell yes! #solopr



**mdbarber** 1:45pm via TweetChat

A3 -- By cultural, I mean that there are certain groups who find it difficult to give a definitive answer. #solopr



**KellyeCrane** 1:45pm via TweetDeck

A3: Sometimes "hell yes" ppl become "oh no, we didn't get the funding we thought was in the bag." But, they sometimes return later! [#solopr](#)



**dariasteigman** 1:45pm via TweetDeck

The faster the better. RT [@cloudspark](#): [@3HatsComm](#) "red flags" go in the hell no pile. immediately. [#solopr](#)



**Thee PR PeaRI** 1:45pm via web

Great info in the [#SoloPR](#) chat today.



**cloudspark** 1:45pm via web

[@3HatsComm](#) "red flags" go in the hell no pile. immediately. [#solopr](#)



**erob1** 1:45pm via TweetChat

RT [@3HatsComm](#): Sometimes you know it'll take time; and sometimes if they've been all gungho, then stall at proposal review.. red flag. [#solopr](#)



**mdbarber** 1:45pm via TweetChat

It could be cultural too. RT [@cloudspark](#): also in that lesson, maybe is really a hell no that someone can't bring themselves to say. [#solopr](#)



**karenswim** 1:44pm via TweetChat

Nice! RT [@cloudspark](#): just closed w/ new client, 5 moS after proposal. took low-key follow up, shared good resources, studies, info [#solopr](#)



**ShryerPR** 1:44pm via TweetGrid.com

[@mdbarber](#) [@KellyeCrane](#) re 3 column: what's your criteria for hell yes? hell no? Prolly can figure out the in between :) [#solopr](#)



**MarketingMel** 1:44pm via TweetDeck

Ha! RT [@cloudspark](#) [@KellyeCrane](#) heard about the 3 column decision process: hell yes, hell no, and maybe. focus only on hell yes. :D [#solopr](#)



**3HatsComm** 1:44pm via TweetChat

[@cloudspark](#) Sometimes you know it'll take time; and sometimes if they've been all gungho, then stall at proposal review.. red flag. [#solopr](#)



**JasMollica** 1:44pm via TweetDeck

Thanks for the chat [#SoloPR](#) folks... have to duck out for a meeting. Love the group [@KellyeCrane](#) gathers. Cheers!



**mbarber** 1:44pm via TweetChat

Shows your smarts. RT [@cloudspark](#): [@mbarber](#) i like to do as well, share informational articles related to pain points or goals. [#solopr](#)



**JGHRelations** 1:43pm via HootSuite

Dropping by the [#solopr](#) chat. Wealth of information and honest opinions as always.



**cloudspark** 1:43pm via web

[@mbarber](#) [@KellyeCrane](#) also in that lesson, maybe is really a hell no that someone can't bring themselves to say. [#solopr](#)



**SoloPR** 1:43pm via TweetGrid.com

RT [@cloudspark](#): a3: just closed w/ new client, 5 months after proposal. took low-key follow up, shared good resources, studies, info [#solopr](#)



**karenswim** 1:43pm via TweetChat

Agree! RT [@cloudspark](#): [@mbarber](#) i like to do that as well, share informational articles related to their pain points or goals. [#solopr](#)



**OtunbaJaiyejeje** 1:43pm via web

[@LoisMarketing](#) , Oh but you are very right about that, still largely untapped. Local IVF procedures here just getting a boost too. [#soloPR](#)



**mbarber** 1:43pm via TweetChat

Like! RT [@cloudspark](#): [@KellyeCrane](#) heard about 3 column decision process: hell yes, hell no, and maybe. focus only on hell yes. :D [#solopr](#)



**LoisMarketing** 1:43pm via TweetDeck

In the PR realm sometimes fall into the trap of being "too nice" and "too agreeable". Be assertive to gain good info [#soloPR](#)



**fransteps**1:42pm via TweetChat

Perfect. RT @mdbarber: Exactly! RT @dariasteigman: @mdbarber aka, a way to stay in touch w/out calling to ask for anything. :) #solopr



**buildingsource**1:42pm via TweetDeck

Lots of knowledge and info being shared on the #solopr chat. Good for any solo #entrepreneur.



**karenswim**1:42pm via TweetChat

A3: Another soft touch is to use your email marketing process to keep them in the loop, they'll have to accept the opt-in of course #solopr



**mdbarber**1:42pm via TweetChat

A3 - Trust your gut. If you feel like they're giving you the brush off, it's likely true. Move on and find a new prospect. #solopr



**cloudspark**1:42pm via web

@KellyeCrane heard yesterday about the 3 column decision process: hell yes, hell no, and maybe. focus only on hell yes. :D #solopr



**SoloPR**1:41pm via TweetGrid.com

RT @mdbarber: If process is prolonged, look at sending articles (not a lot) to them via email showing you're still paying att'n. #solopr



**mdbarber**1:41pm via TweetChat

Exactly! RT @dariasteigman: @mdbarber aka, a way to stay in touch w/out calling to ask for anything. :) #solopr



**cloudspark**1:41pm via web

@mdbarber i like to do that as well, share informational articles related to their pain points or goals. #solopr



**SoloPR**1:41pm via TweetGrid.com

Good reminder! RT @LoisMarketing: If I branch out into the proposal process, I ask for firm date/interval follow up dates#solopr



**dariasteigman** 1:41pm via TweetDeck

@mdbarber aka, a way to stay in touch w/out calling to ask for anything. :) [#solopr](#)



**LoisMarketing** 1:41pm via TweetDeck

@OtunbaJaiyejeje I do not know if you are interested in working in that "space" but it could be a start, lead to intros to others [#soloPR](#)



**karenswim** 1:41pm via TweetChat

@ShryerPR Hey you! :-) [#solopr](#)



**KellyeCrane** 1:41pm via TweetDeck

A3: But, if you feel you're getting the blow-off, you may be (cowardly way out). Sadly, it happens. [#solopr](#)



**MarketingMel** 1:40pm via TweetDeck

RT @mdbarber: A2 -- PRSA's Health Academy has lots of industry specific resources [prsa.org/Network/Commun...](http://prsa.org/Network/Commun...) [#solopr](#)



**OtunbaJaiyejeje** 1:40pm via web

@LoisMarketing ..cool. noted. thanks! [#SoloPR](#)



**mdbarber** 1:40pm via TweetChat

If process is prolonged, look at sending articles (not a lot) to them via email showing you're still paying att'n. [#solopr](#)



**ShryerPR** 1:40pm via TweetGrid.com

@karenswim around this afternoon to catch up? [#solopr](#)



**fransteps** 1:40pm via TweetChat

@karenswim new word = stalker-y. [#solopr](#)



**LoisMarketing** 1:40pm via TweetDeck

Most of my new business now is by referral. If I branch out into the proposal process, I ask for firm date/interval follow up dates [#soloPR](#)



**cloudspark** 1:40pm via web

[@3HatsComm](#) agree on a3, for this new client, i knew they were merely getting other systems in place before signing. [#soloPR](#)



**ShryerPR** 1:40pm via TweetGrid.com

Good afternoon all! [#soloPR](#)



**karenswim** 1:39pm via TweetChat

[@PRjeff](#) awww \*blush\* [#soloPR](#)



**dariasteigman** 1:39pm via TweetDeck

+1 RT [@karenswim](#): A3: Sometimes internal goals change so you want to stay in touch but not be stalkery [#soloPR](#)



**3HatsComm** 1:39pm via TweetChat

RT [@karenswim](#): A3: First, I dont do proposals without a pre-proposal interview. I need to know theres budget, commitment & needs [#soloPR](#)



**mdbarber** 1:39pm via TweetChat

Good process: RT [@karenswim](#): A3: I dont do proposals wo a pre-proposal interview. I need to know theres budget, commitment & needs [#soloPR](#)



**MuslimNewMedia** 1:39pm via TweetChat

RT [@karenswim](#): A3: First, I dont do proposals without a pre-proposal interview. I need to know theres budget, commitment & needs [#soloPR](#)



**JasMollica** 1:39pm via TweetDeck

Q3: In my proposals, I always have an outline. Keeps us both on task, much like [@karenswim](#). :) [#soloPR](#)



**karenswim** 1:39pm via TweetChat

YES! RT [@dariasteigman](#): [@KellyeCrane](#) Ah, courtesy. Which speaks to need to be sure prospect is serious b/f you write a proposal. [#soloPR](#)



**3HatsComm** 1:39pm via TweetChat

A3 Varies per set review period, then follow up after if no reply. Then taper follow ups, after determining client's interest. [#solopr](#)



**PRjeff** 1:38pm via TweetChat

More Karen brilliance: RT [@karensxim](#): A3: I always establish next steps including date that I will follow up [#solopr](#)



**dariasteigman** 1:38pm via TweetDeck

[@KellyeCrane](#) A3. Ah, courtesy. Which speaks to need to be sure prospect is serious b/f you write a proposal. [#solopr](#)



**makasha** 1:38pm via TweetChat

Perfect. RT [@karensxim](#): A3: I always establish next steps including date that I will follow up [#solopr](#)



**karensxim** 1:38pm via TweetChat

A3: Sometimes internal goals change so you want to stay in touch but not be stalker-y [#solopr](#)



**MuslimNewMedia** 1:38pm via TweetChat

+1 RT [@fransteps](#): I use power of 3. Confirm that proposal was received, then 1 week later, then two weeks. Then fugggetaboutit! [#solopr](#)



**LoisMarketing** 1:38pm via TweetDeck

[@OtunbaJaiyejeje](#) One possibility might be plastic surgery/other practices where procedures elective, not covered by ins. Publicity+ [#soloPR](#)



**PRjeff** 1:38pm via TweetChat

Ya! RT [@karensxim](#): A3: First, I dont do proposals without a pre-proposal interview. I need to know theres budget, commitment & needs [#solopr](#)



**fransteps** 1:38pm via TweetChat

YES! RT [@karensxim](#): A3: 1st, I dont do proposals w/o a pre-proposal interview. I need to know theres budget, commitment & needs [#solopr](#)



**jgombita** 1:38pm via web

@erob1 from Germany (Chancellor/de facto head of EU) and France.(managing director of the International Monetary Fund)#solopr



**cloudspark** 1:38pm via web

a3: good phrase to prevent "free" work, "that's a great idea to consider when we have an agreement in place." #solopr



**karensxim** 1:38pm via TweetChat

A3: I always establish next steps including date that I will follow up #solopr



**KellyeCrane** 1:37pm via TweetDeck

A3: I think a once-a-week check-in for 2-3 weeks is perfectly appropriate, asking when they plan to make a decision.#solopr



**JasMollica** 1:37pm via TweetDeck

Q3: I went back/forth w/ prospective client for a few weeks. I wasn't going to tell them too speed it up. They'll find someone else. #solopr



**MuslimNewMedia** 1:37pm via TweetChat

@jgombita dunno -- just trying to keep up, thats all, sorry it was late :) #solopr



**mdbarber** 1:37pm via TweetChat

RT @fransteps: A3: I use power of 3. Confirm that proposal was received, then 1 week later, then two weeks. Then fugggetaboutit! #solopr



**PRjeff** 1:37pm via TweetChat

A3: If you spent time on a proposal, prospective client at least owes you an answer. Just be tactful. #solopr



**karensxim** 1:37pm via TweetChat

A3: First, I don't do proposals without a pre-proposal interview. I need to know there's budget, commitment & needs #solopr



**KellyeCrane** 1:37pm via TweetDeck

A3: If you've gone through a lengthy process with a prospect, I think it's only courteous that they let you know what they decided. [#solopr](#)



**fransteps** 1:36pm via TweetChat

A3: I use power of 3. Confirm that proposal was received, then 1 week later, then two weeks. Then fugggetaboutit! [#solopr](#)



**dariasteigman** 1:36pm via TweetDeck

A3 It depends (sorry!). Need to balance "checking in" w/ prospect's timeline. Which you should ask about b/f-hand. [#solopr](#)



**OtunbaJaiyejeje** 1:36pm via web

@EmpoweredElaine.. Lovely, thanks. [#SoloPR](#) Q2



**cloudspark** 1:36pm via web

a3: keep it professional, brief, and helpful. show that you're still interested and paying attention to their space. [#solopr](#)



**MarketingMel** 1:36pm via TweetDeck

RT @SoloPR: Q3: When following up with a prospective client (who you've provided a proposal), how much is too much? [#solopr](#)



**JasMollica** 1:36pm via TweetDeck

Q3: I think you'll have a good idea of what is too much. If client is asking for reams of info., there's a limit. [#solopr](#)



**TMariePR** 1:36pm via TweetDeck

RT @SoloPR: Q3: When following up w/ a prospective client (who youve provided a proposal), how much is too much? [#solopr](#)



**cloudspark** 1:36pm via web

a3: just closed wi/ new client, 5 months after proposal. took low-key follow up, shared good resources, studies, info. [#solopr](#)



**erob1** 1:36pm via TweetChat

I don't want to be taken advantage of, but also don't want to be defensive early on and ruin a potential relationship [#solopr](#)



**jgombita** 1:35pm via web

[@MuslimNewMedia](#) so is your remark reason we're being chastised re continuing to talk about Q!? Didn't realize time limit [@fransteps](#) [#solopr](#)



**erob1** 1:35pm via TweetChat

Q3: Great question, I'm interested in seeing answers here, as it's something I've had to deal with early on since going solo [#solopr](#)



**mdbarber** 1:35pm via TweetChat

How much follow-up? RT [@SoloPR](#): Q3: When following up w a prospective client (who youve provided a proposal), how much is too much? [#solopr](#)



**fransteps** 1:34pm via TweetChat

RT [@SoloPR](#): Q3: When following up w/ a prospective client (who youve provided a proposal), how much is too much? [#solopr](#)



**makasha** 1:34pm via TweetChat

RT [@SoloPR](#): Q3: When following up with a prospective client (who youve provided a proposal), how much is too much? [#solopr](#)



**OtunbaJaiyejeje** 1:34pm via web

[@LoisMarketing](#) Oh, ok. lol. Well, precisely new clientele for business opportunities, most don't see beyond adv, esp the Pharm Coys. [#SoloPR](#)



**erob1** 1:34pm via TweetChat

[@jgombita](#) I've got some research to do, haven't heard of the other two but I'm definitely interested now! [#solopr](#)



**JasMollica** 1:34pm via TweetDeck

RT [@SoloPR](#): Q3: When following up with a prospective client (who you've provided a proposal), how much is too much? [#solopr](#)



**SoloPR**1:34pm via TweetGrid.com

Q3: When following up with a prospective client (who you've provided a proposal), how much is too much? #solopr



**SoloPR**1:33pm via TweetGrid.com

OK, Q3 is up next... #solopr



**SoloPR**1:32pm via TweetGrid.com

Cool! RT @fransteps: A2: Got early client lead for a foundation that supports hospital; broke the ice Turned out to be a gr8 client #solopr



**EmpoweredElaine**1:32pm via web

@makasha @SoloPR @OtinbaJaiyejeje #Q2 Healthcare PR and MA [hprma.org](http://hprma.org) - has some resources. #solopr



**cloudspark**1:32pm via web

a2: as w/ any area, you've got to network and build relationships, you also have to read and understand the issues w/ that industry #solopr



**LoisMarketing**1:32pm via TweetDeck

@OtinbaJaiyejeje I love working with healthcare professionals and I'm happy to guide as I can #soloPR A2



**jgombita**1:32pm via web

@erob1 she's in my troika of powerful women on the international scene. The other two are Angela Merkel and Christine Lagarde #solopr



**LoisMarketing**1:31pm via TweetDeck

@OtinbaJaiyejeje Aha! There you are! :)) Good to meet you! Can you better define which area of HC you target? #soloPRA2



**cloudspark**1:31pm via web

and @KellyeCrane has to reco our "get it in writing" ebook on contracts today to a new #solopr pro:[soloprpro.com/getitinwriting](http://soloprpro.com/getitinwriting)



**mdbarber** 1:31pm via TweetChat

RT @cloudspark: a2: and with all healthcare pr, you have to know the legal issues, esp around privacy, patents and/or patients. #soloPR



**JasMollica** 1:31pm via TweetDeck

RT @KellyeCrane: A2: Healthcare clients many times like to work with someone integrated into their team (extra hands/legs). #soloPR



**KellyeCrane** 1:31pm via TweetDeck

A2: Healthcare clients many times like to work with someone integrated into their team (extra hands/legs). #soloPR



**OtunbaJaiyejeje** 1:31pm via web

@LoisMarketing ..oh, but I am . lol. #soloPR A2



**LoisMarketing** 1:30pm via TweetDeck

@cloudspark I know .. whew! xo #soloPR



**laurenkgray** 1:30pm via web

Very true. RT @LoisMarketing: As a public relations professional you must -- MUST -- be able to rise above it all. #soloPR



**fransteps** 1:30pm via TweetChat

A2: Got early client lead for a foundation that supports hospital; broke the ice. Turned out to be a gr8 client...still are! #soloPR



**cloudspark** 1:30pm via web

a2: and with all healthcare pr, you have to know the legal issues, esp around privacy, patents and/or patients. #soloPR



**LoisMarketing** 1:30pm via TweetDeck

I am sorry the submitter is not in the chat right now, would like to get clearer idea of who/what she targets #soloPR A2



**laurenkgray** 1:30pm via web

Yes! RT @mdbarber: @cloudspark thanks. Of course I'm a fan of many #PRSA resources that people don't realize are there. #solopr



**MuslimNewMedia** 1:29pm via TweetChat

@KellyeCrane im a little feisty today, sorry :) #solopr



**mdbarber** 1:29pm via TweetChat

@cloudspark thanks. Of course I'm a fan of many PRSA resources that people don't realize are there. :- ) #solopr



**JasMollica** 1:29pm via TweetDeck

@jgombita It's PR.. shows voters that cand. understands foreign policy. Doesn't make me more/less likely to vote for them. #solopr



**erob1** 1:29pm via TweetChat

@jgombita Absolutely, she's quite the sojourner. #solopr



**cloudspark** 1:29pm via web

@LoisMarketing thankful #solopr



**dariasteigman** 1:29pm via TweetDeck

I think that's a good plan. RT @cloudspark: can we move on past politics on #solopr and stay focused on, well, pr?



**MuslimNewMedia** 1:29pm via TweetChat

A2 its very very competitive, be it pharma, supplies, insurance, nursing homes; keep a sharp eye on your client's competition #solopr



**jgombita** 1:28pm via web

@dariasteigman you get bonus points for using "foreign policy GRAVITAS." Thanks for the smile. #solopr



**LoisMarketing** 1:28pm via TweetDeck

RT @cloudspark: can we move on past politics on [#solopr](#) and stay focused on, well, pr? << Most of us have! We're on Q2!



**cloudspark** 1:28pm via web

@mdbarber good resource mary. [#solopr](#)



**SoloPR** 1:28pm via TweetGrid.com

Good tip! RT @mdbarber: A2 PRSA's Health Academy has lots of industry specific resources. Check it out at [prsa.org/Network/Commun...](http://prsa.org/Network/Commun...) [#solopr](#)



**jgombita** 1:28pm via web

@erob1 isn't it awesome that Hillary Clinton is your most-travel(l)ed Secretary of State ever? (I think she's amazing.) [#solopr](#)



**cloudspark** 1:28pm via web

can we move on past politics on [#solopr](#) and stay focused on, well, pr?



**karenswim** 1:27pm via TweetChat

@cloudspark We have so much in common, I love that! :-)[#solopr](#)



**SoloPR** 1:27pm via TweetGrid.com

MT @cloudspark: a2: hc pr is wildly diverse, large pharma all have agencies. large medical co all have agencies. [#solopr](#)



**cloudspark** 1:27pm via web

@RebeccaEdgar hi rebecca [#solopr](#)



**mdbarber** 1:27pm via TweetChat

A2 -- PRSA's Health Academy has lots of industry specific resources. Check it out at [prsa.org/Network/Commun...](http://prsa.org/Network/Commun...) [#solopr](#)



**LoisMarketing** 1:27pm via TweetDeck

Perhaps focus on reaching out and supporting practices offering elective procedures - where publicity can be key [#soloPR](#) A2



**jgombita** 1:27pm via web

@[JasMollica](#) I guess I am less aware of international movements of your presidential candidates. So, do you think it impacts voters? [#soloPR](#)



**RebeccaEdgar** 1:26pm via TweetChat

Hi friends! Popping in for some smarts. [#soloPR](#)



**KellyeCrane** 1:26pm via TweetDeck

@[MuslimNewMedia](#) Ha! Can't believe you said that. :-)[#soloPR](#)



**cloudspark** 1:26pm via web

@[karensxim](#) same here, worked for pharam and in medtech. lots of diff kinds of opps. [#soloPR](#)



**KellyeCrane** 1:26pm via TweetDeck

A2: Healthcare clients usually look even closer at rel experience (because of regulations). Partner w/someone if you don't have it [#soloPR](#)



**LoisMarketing** 1:26pm via TweetDeck

There are many local and regional medical associations, both general and practice/niche-specific. Good places to start [#soloPR](#) A2



**karensxim** 1:26pm via TweetChat

RT @[cloudspark](#): hc pr is wildly diverse, large pharma all have agencies. large medical co all have agencies. what niche do you want? [#soloPR](#)



**fransteps** 1:26pm via TweetChat

@[jgombita](#) It's not unprecedented. Think Obama did it in 2008, but not sure. [#soloPR](#)



**dariasteigman** 1:26pm via TweetDeck

@jgombita They all do. It's an attempt to have some foreign policy gravitas. No comment on the results. #solopr



**erob1** 1:26pm via TweetChat

@jgombita I'm pretty sure both Obama and Clinton (Hil) did, but other than that I can only remember incumbents doing so #solopr



**cloudspark** 1:26pm via web

@jgombita @fransteps yes, it's standard since post ww2. #solopr



**JasMollica** 1:25pm via TweetDeck

@jgombita They sure have... Obama did it during his election year. DUBYA did it during his campaign in 2000. #SoloPr



**karenswim** 1:25pm via TweetChat

A2: I spent more than 20 years working in corporate healthcare so know the space well, many opps for thought leadership #solopr



**cloudspark** 1:25pm via web

a2: hc pr is wildly diverse, large pharma all have agencies. large medical co all have agencies. what niche do you want? #solopr



**fransteps** 1:25pm via TweetChat

A2: I always find niche groups are great for networking in a niche I'm trying to develop. #solopr



**jgombita** 1:24pm via web

@fransteps have American presidential candidates ever done this before, "tour" other countries prior to an election? #solopr



**SoloPR** 1:24pm via TweetGrid.com

@PRjeff Thanks for issuing the warning earlier. We like to keep it classy on #solopr!



**MuslimNewMedia** 1:24pm via TweetChat

booty and doughnuts? :) RT @fransteps: @jgombita hah! Who knows what is in the mind of a candidate on a press tour? #solopr



**cloudspark** 1:24pm via web

@KellyeCrane please do. i'm tired of both sides using the "i'm not him" as a main message. that's not good pr. #solopr



**makasha** 1:24pm via TweetChat

RT @SoloPR: Q2 is from @OtunbaJaiyejeje: Any tips for prospecting for healthcare clientele, pitching your message/product/service? #solopr



**JasMollica** 1:23pm via TweetDeck

A2: @OtunbaJaiyejeje: Research the heck out of a prospective client. I spend a few hrs researching the fit with prospective client. #solopr



**karensxim** 1:23pm via TweetChat

A2: Healthcare is extremely broad, and the media outlets all differ, any specifics - hospitals, docs, device, payers? #solopr



**MuslimNewMedia** 1:23pm via TweetChat

yep they will, been there too, lol:) RT @JasMollica: A1: . Media will eat you alive. #solopr



**fransteps** 1:23pm via TweetChat

RT @SoloPR: Q2 is from @OtunbaJaiyejeje: Any tips for prospecting for healthcare clientele, pitching your message/product/service? #solopr



**SoloPR** 1:23pm via TweetGrid.com

Hear hear! RT @LoisMarketing: The beauty of being #soloPR is that I can choose NOT to work in politics or for candidates. Schweet! :)



**mdbarber** 1:23pm via TweetChat

RT @SoloPR: Q2 is from @OtunbaJaiyejeje: Any tips for prospecting for healthcare clientele, pitching your message/product/service? #solopr



**DaniqueRobinson** 1:23pm via web

\*High five right back lol RT @LoisMarketing LOL @DaniqueRobinson! :) \*high five\* #soloPR



**fransteps** 1:22pm via TweetChat

@jgombita hah! Who knows what is in the mind of a candidate on a press tour? #soloPR



**TMariePR** 1:22pm via web

RT @EmpoweredElaine: Checking into #PRCafe and #SoloPR - Elaine Marshall of EmpoweredPR :-)



**3HatsComm** 1:22pm via TweetChat

@KristK You'll be missed. :) #soloPR



**IdealPublicity** 1:22pm via web

RT @EmpoweredElaine: Checking into #PRCafe and #SoloPR - Elaine Marshall of EmpoweredPR :-)



**SoloPR** 1:22pm via TweetGrid.com

Q2 is from @OtunbaJaiyejeje: Any tips for prospecting for healthcare clientele, pitching your message/product/service? #soloPR



**erob1** 1:22pm via TweetChat

@JasMollica Definitely, they get way more practice in that kind of banter. Perfect example: The Newsroom lol #soloPR



**JasMollica** 1:22pm via TweetDeck

A1: Plus campaign aides need to be aware of the who is covering them. Remember the whole "first impressions" thing... #soloPR



**karenswim** 1:22pm via TweetChat

amen! RT @LoisMarketing: The beauty of being #soloPR is that I can choose NOT to work in politics or for candidates. Schweet! :) #soloPR



**mdbarber** 1:22pm via TweetChat

RT @JasMollica: A1: Having worked on the other side, you need to work with the media, not against them. Media will eat you alive. [#solopr](#)



**erob1** 1:21pm via TweetChat

RT @JasMollica: A1: Having worked on the other side, you need to work with the media, not against them. Media will eat you alive. [#solopr](#)



**LoisMarketing** 1:21pm via TweetDeck

The beauty of being [#soloPR](#) is that I can choose NOT to work in politics or for candidates. Schweet! :)



**cloudspark** 1:21pm via web

@PRjeff thank you jeff. i'm suprised more ppl haven't read what he said in london, asked his opinion on their prep for the games. [#solopr](#)



**KellyeCrane** 1:21pm via TweetDeck

Ooh, let's get you that job! RT @cloudspark: ...would love 30 minutes to counsel romney. [#solopr](#)



**OtunbaJaiyejeje** 1:21pm via TweetMeme

The wisdom of Craig Pearce: Two-way symmetrical communication helping achieve business objectives [bit.ly/NlbCEf](http://bit.ly/NlbCEf). [#SoloPR](#)



**erob1** 1:21pm via TweetChat

@jgombita Absolutely, I totally agree. [#solopr](#)



**KristK** 1:20pm via web

Missing [#solopr](#) chat today. Transcript always a good read, but chatting with pals can't be beat.



**jgombita** 1:20pm via web

@fransteps you think he wanted all of that front-page space (derisive) photos and headlines in the UK media? ;-)  
[#solopr](#)



**mdbarber** 1:20pm via TweetChat

Cue 2008 campaign: RT @KellyeCrane: A1: Ive never worked in politics, but one thing I know: do not tick off your press corps. [#solopr](#)



**LoisMarketing** 1:20pm via TweetDeck

@jgombita Completely agree! And a savvy and truly professional rep for Romney could have framed response to reflect that [#soloPR](#)



**cloudspark** 1:20pm via web

@KellyeCrane i've worked in politics, but i was always behind the scenes. would love 30 minutes to counsel romney. [#solopr](#)



**JasMollica** 1:20pm via TweetDeck

A1: Having worked on the other side, you need to work with the media, not against them. Media will eat you alive. [#SoloPR](#)



**SoloPR** 1:20pm via TweetGrid.com

Q2 is coming up next... [#solopr](#)



**fransteps** 1:20pm via TweetChat

Say it, sistah! RT @KellyeCrane: A1: Ive never worked in politics, but one thing I know: do not tick off your press core. [#solopr](#)



**PRjeff** 1:20pm via TweetChat

A1: If this chat is going to turn into partisan name calling, then I'm out of here. Let's be civil & keep it neutral! [#solopr](#)



**SoloPR** 1:20pm via TweetGrid.com

RT @LoisMarketing: Rising above it all can also mean rising above your political or other stances to provide best service for client [#solopr](#)



**jgombita** 1:19pm via web

@erob1 that's the problem: when you are in PR, you aren't allowed to let the earlier "build-up" impact your job c @KellyeCrane [#solopr](#)



**KellyeCrane** 1:19pm via TweetDeck

A1: I've never worked in politics, but one thing I know: do not tick off your press core. [#solopr](#)



**MuslimNewMedia** 1:19pm via TweetChat

@PRjeff I wouldnt expect Romney to know that he needs to fire his press man -- Romney clearly has no media ability of his own [#solopr](#)



**OtunbaJaiyejeje** 1:19pm via web

@KellyeCrane ..Cool. Thanks! [#SoloPR](#)



**3HatsComm** 1:18pm via TweetChat

@KellyeCrane Reminds me of NJ Governor's 'style' - can be funny at times, but other times it's clearly not professional. [#solopr](#)



**mdbarber** 1:18pm via TweetChat

@cloudspark Hi Jenny. Hope you're having a great day. [#solopr](#)



**erob1** 1:18pm via TweetChat

RT @fransteps: A1: And lets not forget that this trip is pretty much one giant photo opp. They know it, and the press knows it. [#solopr](#)



**karenswim** 1:18pm via TweetChat

@KellyeCrane I so get that, and I actually think it is funny too, not cool but pretty hysterical [#solopr](#)



**mdbarber** 1:18pm via TweetChat

Exactly RT @fransteps: A1: lets not forget that this trip is pretty much 1 giant photo opp. They know it, and the press knows it. [#solopr](#)



**LoisMarketing** 1:18pm via TweetDeck

Rising above it all can also mean rising above your political or other stances to provide best service for client. [#soloPR](#) A1



**erob1** 1:18pm via TweetChat

@KellyeCrane Exactly, we don't know what led up to his outburst. It had probably been building up for a while there [#solopr](#)



**jgombita** 1:18pm via web

@3HatsComm on last night's newcast, that bit was shouted out. Must say, my sense of Decorum (Byte) was offended, too. A memorial! [#solopr](#)



**cloudspark** 1:17pm via web

joining in a few minutes late to [#solopr](#)



**fransteps** 1:17pm via TweetChat

A1: And let's not forget that this trip is pretty much one giant photo opp. They know it, and the press knows it. [#solopr](#)



**KellyeCrane** 1:16pm via TweetDeck

A1: I have a warped sense of humor. Whenever someone loses their cool like that, I think it's funny ('cuz we all want to sometimes!) [#solopr](#)



**MuslimNewMedia** 1:16pm via TweetChat

a1 romney is an assclown pr nightmare, policies aside. GOP must be cringing and scrambling right now. [#solopr](#)



**erob1** 1:16pm via TweetChat

RT @karensxim: A1: Press is just trying to do their job, realizing that should take the emotion out of the situation [#solopr](#)



**mdbarber** 1:16pm via TweetChat

RT @fransteps: A1: if he prepped press for when Qs would be appropo, and then HONORED that time slot, all could have been avoided [#solopr](#)



**3HatsComm** 1:16pm via TweetChat

@jgombita And that's a better answer 'this isn't the time or place..' Again, the person answering needs to have reserve under fire. [#solopr](#)



**LoisMarketing** 1:16pm via TweetDeck

LOL @DaniqueRobinson! :) \*high five\* [#soloPR](#)



**erob1** 1:16pm via TweetChat

Truth RT @PRjeff: A1: I havent read any updates, but if I were Romney Id fire that press sec. I expect higher standards from Mitt. #solopr



**karensxim** 1:16pm via TweetChat

+1 RT @ASCasson: RT @LoisMarketing: As a public relations professional you must -- MUST -- be able to rise above it all. #soloPR A1 #solopr



**SoloPR** 1:16pm via TweetGrid.com

RT @fransteps: A1: if he prepped press for when Qs would be appropo, and then HONORED that time slot, all could have been avoided #solopr



**DaniqueRobinson** 1:15pm via TweetChat

Preach.. RT @LoisMarketing: As a public relations professional you must -- MUST -- be able to rise above it all. #soloPR A1 #solopr



**karensxim** 1:15pm via TweetChat

A1: Press is just trying to do their job, realizing that should take the emotion out of the situation #solopr



**erob1** 1:15pm via TweetChat

RT @fransteps: A1: Look at all this FREE advice we are contributing to the campaign. They outta pay us! Just sayin. #solopr



**LoisMarketing** 1:15pm via TweetDeck

One thought is that "off the record" media may have discovered the press reps weaknesses and "buttons to push". Caution! #soloPR A1



**PRjeff** 1:15pm via TweetChat

A1: I haven't read any updates, but if I were Romney I'd fire that press sec. I expect higher standards from Mitt. #solopr



**jgombita** 1:15pm via web

@RebeccaEdgar thank you, pal. Hey so, did you get a chance to read @prconversations interview w Ira Basen? Incredibly well received. #solopr



**ASCasson** 1:15pm via TweetDeck

RT @LoisMarketing: As a public relations professional you must -- MUST -- be able to rise above it all. #soloPR A1



**MarketingMel** 1:15pm via TweetDeck

RT @LoisMarketing: As a public relations professional you must -- MUST -- be able to rise above it all. #soloPR A1



**fransteps** 1:15pm via TweetChat

A1: Look at all this FREE advice we are contributing to the campaign. They outta pay us! Just sayin'. #soloPR



**MuslimNewMedia** 1:15pm via TweetChat

@dariasteigman yep yep yep. did you see my diatribe tweet earlier in the week on this? :) #soloPR



**erob1** 1:15pm via TweetChat

@fransteps Absolutely, people in the press understand what's reasonable. Likely the guy saw an opportunity to "make" a news story #soloPR



**KellyeCrane** 1:14pm via TweetDeck

A1: All political campaigns make errors/missteps. But this one was directly caused by the PR rep. #soloPR



**mdbarber** 1:14pm via TweetChat

RT @PRjeff: A1: Despite the circumstances, theres never justification for crASS retorts. #soloPR



**EmpoweredElaine** 1:14pm via web

@erob1 @fransteps Very true! He let the media get to him. #soloPR



**LoisMarketing** 1:14pm via TweetDeck

As a public relations professional you must -- MUST -- be able to rise above it all. #soloPR A1



**mdbarber** 1:14pm via TweetChat

A1 -- agree setting may not have been best place to ask ? but when you have a habit of not answering, the press will keep pushing. [#solopr](#)



**karenswim** 1:14pm via TweetChat

Unless you're a coach of a sports team ;-) RT [@PRjeff](#): A1: Despite the circumstances, theres never justification for crASS retorts. [#solopr](#)



**makasha** 1:14pm via TweetChat

love it RT [@PRjeff](#): A1: Despite the circumstances, theres never justification for crASS retorts. [#solopr](#)



**fransteps** 1:14pm via TweetChat

This! RT [@PRjeff](#): A1: Despite the circumstances, theres never justification for crASS retorts. [#solopr](#)



**mdbarber** 1:13pm via TweetChat

Deep breaths r always gd. RT [@KellyeCrane](#): A1: Also, know when youre starting to lose your cool and take a breather. Or count to 10. [#solopr](#)



**PRjeff** 1:13pm via TweetChat

A1: Despite the circumstances, there's never justification for crASS retorts. [#solopr](#)



**dariasteigman** 1:13pm via TweetDeck

[@MuslimNewMedia](#) Yeah. That & the whole going to London to insult the British thing. Campaign needs crash course in PR 101. [#solopr](#)



**fransteps** 1:13pm via TweetChat

A1: 2nd pt, if he prepped press for when Qs would be appropo, and then HONORED that time slot, all could have been avoided. [#solopr](#)



**jgombita** 1:13pm via web

[@KellyeCrane](#) true. But I hardly think a death camp/memorial site is hardly the place to ask questions about other things. [#solopr](#)



**makasha** 1:13pm via TweetChat

A1: Self-control [#solopr](#)



**MuslimNewMedia** 1:13pm via TweetChat

@OtunbaJaiyejeje not directly, but my wife is a practicing OT, and i used to be ih HC. Im familiar with the sector. #solopr



**SoloPR** 1:13pm via TweetGrid.com

Well said! RT @karensxim: A1: Were human, we get irritated but important to keep your head, bite your tongue & remain professional #solopr



**makasha** 1:13pm via TweetChat

joining late but I'm here. hi #solopr



**KellyeCrane** 1:12pm via TweetDeck

A1: Also, know when you're starting to lose your cool and take a breather. Or count to 10. #solopr



**mdbarber** 1:12pm via TweetChat

Yep! MT @fransteps: A1: Press secy is easily riled; may be in wrong job! He let media get to him..and its still 4 mos to election. #solopr



**fransteps** 1:12pm via TweetChat

RT @KellyeCrane: A1: Reporters will ask their Qs, so if you dont give other opps, expect them to be shouted at inopportune times. #solopr



**MuslimNewMedia** 1:12pm via TweetChat

a1. dont get me started, lol. #solopr



**erob1** 1:11pm via TweetChat

RT @fransteps: A1: For starters, his press secy is easily riled; may be in wrong job! He let media get to him #solopr



**erob1** 1:11pm via TweetChat

RT @karensxim: @SoloPR A1: Were human, we get irritated but important to keep your head, bite your tongue & remain professional #solopr



**OtunbaJaiyejeje** 1:11pm via web

Any healthcare pr pros out there? [#SoloPR](#)



**3HatsComm** 1:11pm via HootSuite

Joining [#soloPR](#) chat (and watching livestream Olympics) from Atlanta.



**SoloPR** 1:11pm via TweetGrid.com

Welcome everyone! [#solopr](#)



**karenswim** 1:11pm via TweetChat

Good point! RT [@mdbarber](#): A1 -- Maybe if they gave the press more respect it would be a stronger overall relationship...Just sayin [#solopr](#)



**KellyeCrane** 1:11pm via TweetDeck

A1: Reporters will ask their Qs, so if you don't give them other opportunities, expect them to be shouted at inopportune times. [#solopr](#)



**erob1** 1:11pm via TweetChat

A1: I think he simply let the situation get out of his hands. Frustration is a powerful manipulator, you have to keep your cool [#solopr](#)



**fransteps** 1:11pm via TweetChat

A1: For starters, his press secy is easily riled; may be in wrong job! He let media get to him..and it's still 4 mos to election. [#solopr](#)



**MuslimNewMedia** 1:10pm via TweetChat

good morning peeps! [#solopr](#)



**karenswim** 1:10pm via TweetChat

[@SoloPR](#) A1: We're human, we get irritated but important to keep your head, bite your tongue & remain professional [#solopr](#)



**mdbarber** 1:10pm via TweetChat

A1 -- Maybe if they gave the press more respect it would be a stronger overall relationship...Just sayin' [#solopr](#)



**dariasteigman** 1:10pm via TweetDeck

@SoloPR The "added later" background. It was stupid, doesn't speak well for professionalism of the campaign. [#solopr](#)



**OtunbaJaiyejeje** 1:10pm via web

Hello peeps. @OtunbaJaiyejeje signing in for [#SoloPR](#)



**fransteps** 1:09pm via HootSuite

RT @SoloPR: Q1: In Poland, Romney's PR rep told media "kiss my a\$\$" [prdaily.com/Main/Articles/...](#) . How could this be avoided? [#solopr](#)



**PRjeff** 1:09pm via TweetChat

@MarketingMel @karensim @erob1 - Thx Mel, Karen, Evan. [#solopr](#)



**mdbarber** 1:09pm via TweetChat

A1 Let me count the ways! RT: Q1: In Poland, Romney's PR rep told media "kiss my a\$\$" [prdaily.com/Main/Articles/...](#) . How could it be avoided? [#solopr](#)



**jgombita** 1:09pm via web

A1. Don't travel to Poland in future? (Think the PR disaster more pronounced in London re: Olympics IMNSHO.) [#solopr](#)



**dariasteigman** 1:09pm via TweetDeck

New PR rep? RT @SoloPR: Q1: In Poland, Romney's PR rep told media "kiss my a\$\$" [bit.ly/Ptjg07](#) How could this be avoided? [#solopr](#)



**SoloPR** 1:09pm via TweetGrid.com

Q1 background: They were at a war memorial, and the traveling press secretary felt the reporters were being disrespectful. [#solopr](#)



**IdealPublicity** 1:08pm via TweetChat

RT @EmpoweredElaine: Checking into #PRCafe and #SoloPR - Elaine Marshall of EmpoweredPR :-  
) #PRCafe



**SoloPR** 1:08pm via TweetGrid.com

Q1: In Poland, Romney's PR rep told media "kiss my a\$\$" [prdaily.com/Main/Articles/...](http://prdaily.com/Main/Articles/...) . How could this be avoided? #solopr



**karenswim** 1:07pm via TweetChat

@mdbarber Traveling is nice but there is nothing like coming home! #solopr



**erob1** 1:07pm via TweetChat

@jgombita Thanks Judy! Nice to meet you! #solopr



**MarketingMel** 1:07pm via TweetDeck

@PRjeff Woo-hoo it is a party today! Welcome back! #soloPR



**EmpoweredElaine** 1:07pm via web

Checking into #PRCafe and #SoloPR - Elaine Marshall of EmpoweredPR :-)



**mdbarber** 1:07pm via TweetChat

Just what I need! MT @SoloPR: Q1 is coming up, and I have to admit I think its kinda funny... #solopr



**karenswim** 1:06pm via TweetChat

@PRjeff @fransteps So glad to see you both back! #solopr



**erob1** 1:06pm via TweetChat

@PRjeff Nice to see you in here Jeff! #solopr



**mdbarber** 1:06pm via TweetChat

@karenswim Haha World tour was great. Minnesota is beautiful; O'Hare Hilton a hotel, and my quick trip to Evanston. Glad to be home #solopr



**jgombita** 1:06pm via web

@erob1 welcome to new grad and first-timer Evan Roberts to [#solopr](#). (Coming south to you from Toronto, ON, Canada.)



**MarketingMel** 1:06pm via TweetDeck

Hi everyone! Welcome to my [#soloPR](#) friends today. Come stop by and join us if you love [#PR](#)



**SoloPR** 1:06pm via TweetGrid.com

Another terrific crowd is gathering, I see! Q1 is coming up, and I have to admit I think it's kinda funny... [#solopr](#)



**IdealPublicity** 1:06pm via TweetChat

RT @TMariePR: Checking into [#PRCafe](#) and [#SoloPR#PRCafe](#)



**fransteps** 1:05pm via TweetChat

Hi all. From San Antonio, TX, solo 2 yrs, in field 20+. I juggle being solo w/ teaching @ college level. Love my Wed chat![#solopr](#)



**PRjeff** 1:05pm via TweetChat

Good morning all. Sorry for my long absence. Had a lot going on these past few months, but haven't forgotten my PR buddies [#solopr](#)



**karenswim** 1:05pm via TweetChat

@mdbarber Mary!!! Welcome back, you were missed! How was the world tour? :-)[#solopr](#)



**MAD\_PR** 1:05pm via TweetDeck

RT @TMariePR: Checking into [#PRCafe](#) and [#SoloPR](#)



**SoloPR** 1:05pm via TweetGrid.com

@PRjeff The opposite, of course! :-)[#solopr](#)



**TMariePR** 1:04pm via TweetDeck

Checking into [#PRCafe](#) and [#SoloPR](#)



**karenswim** 1:04pm via TweetChat

Hello fab solos, Karen Swim joining from Michigan [#solopr](#)



**erob1** 1:04pm via TweetChat

Hi [#solopr](#)! I'm Evan Roberts, recent grad and joining for the first time from Scottsdale, AZ [#solopr](#)



**mdbarber** 1:04pm via TweetChat

Good morning from rainy Anchorage. Mary here (30 years PR; 12 as indie). Hope all are doing well. Missed you the past couple of wks. [#solopr](#)



**SoloPR** 1:04pm via TweetGrid.com

We have room for more Qs today, so send yours to [@KellyeCrane](#) without the hashtag (or DM), and we'll add them to the list! [#solopr](#)



**PRjeff** 1:04pm via TweetChat

Will today's chat be stressful? RT [@KellyeCrane](#): A matter of life & death for PR pros: [bit.ly/OJgDKT](http://bit.ly/OJgDKT) [#solopr](#) [#pr20chat#solopr](#)



**dariasteigman** 1:03pm via TweetDeck

Hello, [#solopr](#) crew. Popping in from D.C.



**KellyeCrane** 1:03pm via TweetDeck

RT [@SoloPR](#): It's time for this week's [#soloPR](#) chat for independent pros in PR and related fields (and those who want to learn more about it)



**SoloPR** 1:03pm via TweetGrid.com

If you're joining, please introduce yourself. This is [@KellyeCrane](#) moderating, Atlanta-based blogger at [soloprpro \[dot\] com](http://soloprpro[dot]com) [#solopr](#)



**SoloPR** 1:02pm via TweetGrid.com

RT [@karenswim](#): Will be engaging in gold medal tweeting for the next hour, pls mute if you need to or join us using tweetchat [#solopr](#)



**karens**wim 1:02pm via [TweetChat](#)

Will be engaging in gold medal tweeting for the next hour, pls mute if you need to or join us using tweetchat [#solopr](#)



**SoloPR** 1:01pm via [TweetGrid.com](#)

It's time for this week's [#soloPR](#) chat for independent pros in PR and related fields (and those who want to learn more about it). [#solopr](#)