

#SoloPR Transcript – 9/12/2012

1. Do you have a formal way to ask clients for feedback on PR program, performance, etc? [#solopr](#)
2. Are you using Storify these days? Do reporters use it for story ideas? How? [#solopr](#)
3. How do you stay fit when working at what is mostly a desk job? [#prsolo](#)
4. From [@DeeGospel](#): what new social media services or sites should PRs consider this year? [#prsolo](#)

SoloPR Sep 12, 2:00pm via TweetGrid.com

Remember, we chat on the [#solopr](#) hashtag all week. Transcript will be up tomorrow. [#prsolo](#)



KateRobins Sep 12, 1:58pm via Twitter for iPhone

[@KellyeCrane](#) let's launch a chat-action suit [#solopr](#)



KateRobins Sep 12, 1:47pm via Twitter for iPhone

RT [@LoisMarketing](#): Want to connect with prospects at the gym? Arrive at 5 or 5:30 a.m.! The power players are there then! [#soloPR](#) A3



LoisMarketing Sep 12, 1:40pm via TweetDeck

Want to connect with prospects at the gym? Arrive at 5 or 5:30 a.m.! The power players are there then! [#soloPR](#) A3



EddieBrownPR Sep 12, 1:40pm via TweetDeck

[@SoloPR](#) Late dropping in but wanted to "hear" your expertise-Hello all [#prsolo](#) [#solopr](#)



KateRobins Sep 12, 1:38pm via Twitter for iPhone

RT [@KristK](#): MT [@KellyeCrane](#): Storify is useful for capturing the discussion/media coverage around a preso after the fact. [#solopr](#)



LoisMarketing Sep 12, 1:38pm via TweetDeck

[@akenn](#) Yes, set the pace where you can manage. I have back and hip problems so it's good for me to stretch plus I love to work out [#soloPR](#)



QM3SCHAUS Sep 12, 1:36pm via web

I have to get back to work! Thanks for letting me sit in [#solopr](#)



LoisMarketing Sep 12, 1:32pm via TweetDeck

Thankfully the bots have been quiet -- hopefully Twitter is cracking down [#solopr](#)



KellyeCrane Sep 12, 1:31pm via TweetDeck

RT [@SoloPR](#): ALERT: To prevent sp-am, please now switch to the hashtag pr solo (1 word). [#solopr](#)



LoisMarketing Sep 12, 1:31pm via TweetDeck

RT [@rajean](#): [@KristK](#) thank you. My thoughts exactly. Too many tech apps is like an overly cluttered desk. (not that I'd know). [#solopr](#)



SoloPR Sep 12, 1:30pm via TweetGrid.com

Q3 is coming up on our new hashtag... pr solo (one word). [#solopr](#)



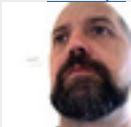
#typeacon **rajean** Sep 12, 1:30pm via Mobile Web

[@KristK](#) thank you. My thoughts exactly. Too many tech apps is like an overly cluttered desk. (not that I'd know). [#solopr](#)



KristK Sep 12, 1:30pm via TweetGrid.com

MT [@KellyeCrane](#): Storify is useful for capturing the discussion/media coverage around a preso after the fact. [#solopr](#)



MuslimNewMedia Sep 12, 1:30pm via TweetChat

+1 RT [@KellyeCrane](#): A2: To me, a drawback of Storify is how linear it is. Would like more layout flexibility. [#solopr](#)



SoloPR Sep 12, 2:00pm via TweetGrid.com

BTW, let me compliment you all on your time mgmt (we can now read in 5 min what happened the past hr re: Apple!) [J#prsolo](#)



SoloPR Sep 12, 2:00pm via TweetGrid.com

Click on the wall says we're out of time. Thanks for joining, and for the decision to soldier on despite competing news! [#prsolo](#)



nostruminc Sep 12, 1:59pm via Twitter for Mac

Wonder what they'll do with it. RT [@KellyeCrane](#): A4: BTW, in case you missed it, Twitter acquired Posterous. [#prsolo](#)



3HatsComm Sep 12, 1:59pm via TweetChat

Co-signed. RT [@MuslimNewMedia](#): a4 1st thing i tell client who wants [#SocMed](#) : Just because you can, doesnt mean you should. [#prsolo](#)



LoisMarketing Sep 12, 1:58pm via TweetDeck

[@PRjeff](#) Sorry I wasn't clear! [#prsolo](#)



PRjeff Sep 12, 1:58pm via TweetChat

[@LoisMarketing](#) Right, that makes sense. That just wasn't clarified in your first posting. [#prsolo](#)



MuslimNewMedia Sep 12, 1:58pm via TweetChat

a4 1 of 2 1st thing i tell client who wants [#SocMed](#) : Just because you can, doesn't mean you should. [#prsolo](#)



LoisMarketing Sep 12, 1:58pm via TweetDeck

[@PRjeff](#) On the other hand I train home-based business owners in SoMe -- very different world entirely! [@makasha#prsolo](#)



PaulaJohns Sep 12, 1:58pm via TweetDeck

A4 G+ seems to be gaining more traction in B2C -- not B2B. Anyone agree? [#prsolo](#)



deegospel Sep 12, 1:57pm via TweetGrid.com

[@PRjeff](#) :) [#prsolo](#)



deegospel Sep 12, 1:57pm via TweetGrid.com

@MooreWriting lol #prsolo



LoisMarketing Sep 12, 1:57pm via TweetDeck

@PRjeff They are not a fit for my clients -- who typically target mid-sized companies (\$10MM to \$30MM range) #prsolo



KellyeCrane Sep 12, 1:57pm via TweetDeck

A4: BTW, in case you missed it, Twitter acquired Posterous. #prsolo



3HatsComm Sep 12, 1:57pm via TweetChat

@PRjeff I see Pinterest being a smart add to the mix for some clients; for me.. it's more play, but good for some biz clipping. #prsolo



LoisMarketing Sep 12, 1:56pm via TweetDeck

RT @CjShaffer1: #prsolo that's the beauty of a true "Inbound" marketing strategy. Go where the people are, NOT where you wish they were.



deegospel Sep 12, 1:56pm via TweetGrid.com

a4 @KateRobins not sure about that but i personally have burnout on the apps. at the end of the day i'm still doing the same tasks #prsolo



MooreWriting Sep 12, 1:56pm via Twitter for iPhone

stand up" @deegospel: RT @SoloPR: Q3: How do you stay fit when working at what is mostly a desk job? #prsolo"



LoisMarketing Sep 12, 1:56pm via TweetDeck

@PRjeff Yes for B2C and some B2B. I'm dismissing them entirely! They just are not a fit for my clients who are B2B #prsolo



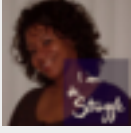
MarketingMel Sep 12, 1:55pm via TweetDeck

@SoloPR @KateRobins @MuslimNewMedia @KellyeCrane @KristK @JenMarsikFriess Great chatting! Have a wonderful week #PRsolo



KellyeCrane Sep 12, 1:55pm via TweetDeck

Re A4: Does anyone use Path? It's supposed to be for your closest friends, and I occasionally see FB posts from there. #prsolo



makasha Sep 12, 1:55pm via TweetChat

RT @PRjeff: @LoisMarketing Seems to me if done right SM is an important communications tool for most B2C clients. #prsolo



PRjeff Sep 12, 1:55pm via TweetChat

@3HatsComm Just re'd my invite to Pinterest. Haven't dived in yet. (time) #prsolo



CjShaffer1 Sep 12, 1:55pm via TweetDeck

@LoisMarketing #prsolo that's the beauty of a true "Inbound" marketing strategy. Go where the people are, NOT where you wish they were.



KristK Sep 12, 1:54pm via TweetGrid.com

RT @PaulaJohns: A4 Use of Instagram seems to be heating up. Lots of young adults using it. Depends on your market #prsolo



KellyeCrane Sep 12, 1:54pm via TweetDeck

A4: I continue to see strong interest in social media, but orgs have chilled out on thinking they need everything/everywhere (good). #prsolo



PRjeff Sep 12, 1:54pm via TweetChat

@LoisMarketing Seems to me if done right SM is an important communications tool for most B2C clients. #prsolo



LoisMarketing Sep 12, 1:53pm via TweetDeck

Our love for SoMe and SoMe friends should never cloud our judgment of what's best for a client. What suits them? #prsolo



3HatsComm Sep 12, 1:53pm via TweetChat

A4 I tend to wait, just starting testing the Pinterest waters and for that matter, slowly building G+. Don't want to spread to thin. #prsolo



PaulaJohnsSep 12, 1:53pm via TweetDeck

I meant Instagram (spelling error in previous tweet) [#prsolo](#)



PaulaJohnsSep 12, 1:53pm via TweetDeck

A4 Use of Instagram seems to be heating up. Lots of young adults using it. Depends on your market but something to consider. [#prsolo](#)



LoisMarketingSep 12, 1:52pm via TweetDeck

RT @SoloPR: RT @CjShaffer1: a4 [#prsolo](#) depends heavy on industry. Tech and G+ are doing well. FB Twitter and LI for others



SoloPRSep 12, 1:52pm via TweetGrid.com

RT @CjShaffer1: a4 [#prsolo](#) depends heavy on industry. Tech and G+ are doing well. FB Twitter and LI for others



LoisMarketingSep 12, 1:52pm via TweetDeck

RT @PRjeff: @LoisMarketing Look like you're contrasting B2B vs. B2C. [#prsolo](#) << Yes. Most of my clients are B2B.



SoloPRSep 12, 1:52pm via TweetGrid.com

RT @MarketingMel: Can't think of *new* the way Pinterest was at this time last year but it's still new for some [#prsolo](#)



LoisMarketingSep 12, 1:51pm via TweetDeck

@makasha Yes "mixed" is a good way to view! I do not negate them across the board but not a fit for many :) Good point![#prsolo](#) @PRjeff



PRjeffSep 12, 1:51pm via TweetChat

@LoisMarketing Look like you're contrasting B2B vs. B2C. [#prsolo](#)



KellyeCraneSep 12, 1:51pm via TweetDeck

A4: Instagram, Pinterest and Tumblr continue to be imp for some organizations, not for others. [#prsolo](#)



KristK Sep 12, 1:51pm via TweetGrid.com

A4: New online tools are one thing, but building presence on new SM platforms is quite another. [#prsolo](#)



makasha Sep 12, 1:51pm via TweetChat

Mixed for me RT [@PRjeff](#): Dont c this in my case RT [@LoisMarketing](#): Clients moving away from social media not toward! [#prsolo](#)



MarketingMel Sep 12, 1:51pm via TweetDeck

Can't think of *new* the way Pinterest was at this time last year but it's still new for some [#prsolo](#)



deegospel Sep 12, 1:50pm via TweetGrid.com

a3 [@LoisMarketing](#) Good. [#prsolo](#)



LoisMarketing Sep 12, 1:50pm via TweetDeck

[@PaulaJohns](#) I found mine thru Amazon then bf said "why did you buy that? I could have built one for you!" :) [#prsolo](#)



PRjeff Sep 12, 1:50pm via TweetChat

[@deegospel](#) Well, if there is a new SM tool that's effective, I certainly want to know about it. [#prsolo](#)



KellyeCrane Sep 12, 1:50pm via TweetDeck

A4: Things keep evolving and new stuff emerges, so it's important to keep your goals/metrics in mind. Not all things for all ppl [#prsolo](#)



KristK Sep 12, 1:49pm via TweetGrid.com

A4: Clients now getting ramped up on YouTube and Pinterest and focused on building value via FB, Twitter, LI. New sites? Not now. [#prsolo](#)



CjShaffer1 Sep 12, 1:49pm via TweetDeck

a4 [#prsolo](#) depends heavy on industry. Tech and G+ are doing well. FB Twitter and LI for others.



deegospel Sep 12, 1:49pm via TweetGrid.com

RT [@LoisMarketing](#): Yes, they maintain a presence there but no longer the focus they once were. Securing internal SoMe more key [#prsolo](#)



PaulaJohns Sep 12, 1:49pm via TweetDeck

[@LoisMarketing](#) Good to know pricing isn't bad -- will definitely have to check it out! [#prsolo](#).



LoisMarketing Sep 12, 1:49pm via TweetDeck

[@PRjeff](#) Yes it's different for different targets. Most of my clients are working with larger companies, not individuals [#prsolo](#)



CjShaffer1 Sep 12, 1:48pm via TweetDeck

[@JanetLFalk](#) I don't think we have written one on HIT yet. Ill make sure [@GreenerGrassMkt](#) gets on it for you [#prsolo](#)



PRjeff Sep 12, 1:48pm via TweetChat

Don't c this in my case RT [@LoisMarketing](#): Clients moving away from social media not toward! For many they do not reach their target [#prsolo](#)



RebelMouse Sep 12, 1:48pm via TweetDeck

[@SoloPR](#) thanks! :) [#prsolo](#)



MarketingMel Sep 12, 1:48pm via TweetDeck

[@KristK](#) Thanks! I know you and [@PRjeff](#) have similar assistants. Those morning walks keep us both healthy! [#PRsolo](#)



KellyeCrane Sep 12, 1:48pm via TweetDeck

[@MrsARodriguez](#) Whoa- good for you! [#prsolo](#)



LoisMarketing Sep 12, 1:48pm via TweetDeck

[@SoloPR](#) Yes, they maintain a presence there but they are no longer the focus they once were. Securing internal SoMe more key [#prSolo](#)



MrsARodriguez Sep 12, 1:48pm via web

I'm training for a marathon. Lol. RT [@KellyeCrane](#) RT [@SoloPR](#): Q3: How do you stay fit when working at what is mostly a desk job? [#prsolo](#)



deegospel Sep 12, 1:47pm via TweetGrid.com

a4 @SoloPR @PRjeff I hope not. That's why I'm asking? But at the same time I don't want miss out on something that could help me. #prsolo



SoloPR Sep 12, 1:47pm via TweetGrid.com

As you can see, @RebelMouse is very responsive (found that out already!). :-) #prsolo



KristK Sep 12, 1:47pm via TweetGrid.com

RT @LoisMarketing: Being candid again .. Clients moving away from social media, not toward! For many they do not reach their target #prsolo



KristK Sep 12, 1:47pm via TweetGrid.com

Adorable! RT @MarketingMel: My assistant during #prsolo @KristK pic.twitter.com/YmXyyRD6



3HatsComm Sep 12, 1:47pm via TweetDeck

@KristK @makasha Can I get a 4th, no breakfast meetings? Motion carried! ;-) #PRsolo



SoloPR Sep 12, 1:47pm via TweetGrid.com

Interesting MT @LoisMarketing: ... Clients moving away from social media, not toward! For many they do not reach their target #prsolo



RebelMouse Sep 12, 1:46pm via web

@KellyeCrane hey Kelly, feel free to hit us up if you have any questions! early@rebelmouse.com #prsolo



LoisMarketing Sep 12, 1:46pm via TweetDeck

@PaulaJohns I love mine -- was not expensive and I enjoy that I can take stretch and workout breaks during the day #prsolo



SoloPR Sep 12, 1:46pm via TweetGrid.com

Hee RT @PRjeff: A4: Oh yikes. Will I have to learn new social media sites? #prsolo



makasha Sep 12, 1:46pm via TweetChat

Ditto RT [@KristK](#): I totally second that. RT [@3HatsComm](#): I try never to schedule breakfast meetings. so not a morning person. [#prsolo](#)



KateRobins Sep 12, 1:46pm via Twitter for iPhone

[@SoloPR](#) [@JanetLFalk](#) oh heavens! [#prsolo](#)



KristK Sep 12, 1:45pm via TweetGrid.com

RT [@SoloPR](#): Q4 is from [@deegospel](#): what new social media services or sites should PRs consider this year? [#prsolo](#)



KellyeCrane Sep 12, 1:45pm via TweetDeck

A4: A new one gaining traction (which could have same Twitter API prob I mentioned earlier) is [@RebelMouse](#). Brewing a post on it. [#prsolo](#)



LoisMarketing Sep 12, 1:45pm via TweetDeck

Being candid again .. Clients moving away from social media, not toward! For many they do not reach their target [#prsolo](#)



KristK Sep 12, 1:45pm via TweetGrid.com

I totally second that. RT [@3HatsComm](#): I try never to schedule breakfast meetings. so not a morning person. [#prsolo](#)



MarketingMel Sep 12, 1:45pm via Camera on iOS

My assistant during [#prsolo](#) [@KristK](#) pic.twitter.com/awtjFqDG



KateRobins Sep 12, 1:44pm via Twitter for iPhone

RT [@SoloPR](#): Really? Wow! My hero. RT [@makasha](#): q3 schedule workout time with local vendors, press, clients [#prsolo](#)



PRjeff Sep 12, 1:44pm via TweetChat

A4: Oh yikes. Will I have to learn new social media sites? [#prsolo](#)



JenMarsikFriess Sep 12, 1:44pm via TweetDeck

RT [@SoloPR](#): Q4 is from [@deegospel](#): what new social media services or sites should PRs consider this year? [#prsolo](#)



KateRobins Sep 12, 1:44pm via Twitter for iPhone

@SoloPR a3 hah! You walk and work w smart fone. Against traffic, squinting, holding the thing at arms length, the town honking I #prsolo



deegospel Sep 12, 1:44pm via TweetGrid.com

RT @SoloPR: Q4 is from @deegospel: what new social media services or sites should PRs consider this year? #prsolo



PaulaJohns Sep 12, 1:44pm via TweetDeck

Stepping in to say hi to the #prsolo gang. Would love a treadmill desk. Any way I can get more time out of the day...



SoloPR Sep 12, 1:43pm via TweetGrid.com

Q4 is from @deegospel: what new social media services or sites should PRs consider this year? #prsolo



3HatsComm Sep 12, 1:43pm via TweetChat

RT @JanetLFalk: @CjShaffer1 Breakfast mtgs can interfere. <- I try never to schedule those.. so not a morning person. ;-)#prsolo



MuslimNewMedia Sep 12, 1:43pm via TweetChat

sometimes thats when i go to *bed* :) RT @LoisMarketing: Want to connect with prospects at the gym? Work out at 5 or 5:30 a.m.! #prsolo



SoloPR Sep 12, 1:43pm via TweetGrid.com

Very inspirational advice, everyone! Q4 is up next... #prsolo



LoisMarketing Sep 12, 1:43pm via TweetDeck

RT @SoloPR: Inspiring! RT @deegospel: a3 AerialEllis "eat clean" so true. I lost 30 pounds this summer just from doing that #prsolo



SoloPR Sep 12, 1:42pm via TweetGrid.com

Inspiring! RT @deegospel: a3 AerialEllis "eat clean" so true. I lost 30 pounds this summer just from doing that #prsolo



JanetLFalk Sep 12, 1:42pm via TweetDeck

@CjShaffer1 Have you a blogpost on 2-3x high intensity also?#prsolo



MuslimNewMedia Sep 12, 1:42pm via TweetChat

my daily dose: 2 -3 smart waters, 1-2 red bull RT @LoisMarketing: Drink lots of water. Sip throughout the day. Keeps you alert too #prsolo



LoisMarketing Sep 12, 1:41pm via TweetDeck

@akenn thanks -- I try! It makes all the difference to work out and also to stretch and walk during the day. Thanks! #prsolo



makasha Sep 12, 1:41pm via TweetChat

RT @CjShaffer1 A3 you dont need to workout 5x a week to stay fit. High intensity low impact 2-3x a week can do the trick + WATER #prsolo



deegospel Sep 12, 1:40pm via TweetGrid.com

a3 AerialEllis "eat clean" so true. I lost 30 pounds this summer just from doing that #prsolo



LoisMarketing Sep 12, 1:40pm via TweetDeck

Want to connect with prospects at the gym? Work out at 5 or 5:30 a.m.! The power players are there then! #PRsolo A3



KellyeCrane Sep 12, 1:40pm via TweetDeck

@MarketingMel @MuslimNewMedia I've been reading about the dangers of sitting too much, so seems a good motivator to get up! #prsolo



JanetLFalk Sep 12, 1:40pm via TweetDeck

@CjShaffer1 5X weekis a goal. Breakfast mtgs can interfere. Objective is to keep at it. #prsolo



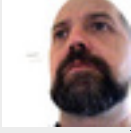
lisavielee Sep 12, 1:40pm via TweetDeck

late to #prsolo, love the convo MT @KristK: A3: During day, I make a point to stand, stretch at regular intervals. Trying to be more active.



akenn Sep 12, 1:40pm via TweetChat

@LoisMarketing sounds like you've got the healthy habits down! #prsolo



MuslimNewMedia Sep 12, 1:40pm via TweetChat

guilty as charged RT @MarketingMel: @MuslimNewMedia@SoloPR People who have to use a treadmill desk really have time mgmt issues! #prsolo



KateRobins Sep 12, 1:40pm via Twitter for iPhone

@rajean @KristK yes. #chronicteachadvancefatigue #prsolo#soloopr



EddieBrownPR Sep 12, 1:40pm via TweetDeck

@SoloPR Late dropping in but wanted to "hear" your expertise-Hello all #prsolo #soloopr



deegospel Sep 12, 1:40pm via TweetGrid.com

a3. I scheduled that time like I schedule client projects. Once my heart function is back up I will return to a fitness plan. #prsolo



CjShaffer1 Sep 12, 1:39pm via TweetDeck

A3. #prsolo Keep in mind you don't need to workout 5x a week to stay fit. High intensity low impact 2-3x a week can do the trick. Plus WATER



JanetLFalk Sep 12, 1:39pm via TweetDeck

@makasha Yes, daughter met Larry King at her gym in DC #prsolo



LoisMarketing Sep 12, 1:39pm via TweetDeck

Drink lots of water. Sip throughout the day. Keeps you alert too. #prsolo A3



SoloPR Sep 12, 1:39pm via TweetGrid.com

Took me a sec J RT @KristK: A3: My asst and I begin every morn with a long walk. I smell the roses; she sniffs mailboxes. #prsolo



makasha Sep 12, 1:39pm via TweetChat

@SoloPR You wouldn't believe the executives in the gym at 8:30 am [#prsolo](#)



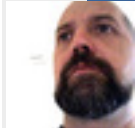
SoloPR Sep 12, 1:38pm via TweetGrid.com

RT @CjShaffer1: A3 @SoloPR [#prsolo](#): Here it is:bit.ly/Qd9W5b An Apple A week! [#aaw](#)



MarketingMel Sep 12, 1:38pm via TweetDeck

@MuslimNewMedia @SoloPR People who have to use a treadmill desk really have time management issues! [#prsolo](#)



MuslimNewMedia Sep 12, 1:38pm via TweetChat

@KateRobins "gorgeous broccoli" is an oxymoron in my book, just sayin :) lol [#prsolo](#)



LoisMarketing Sep 12, 1:38pm via TweetDeck

@akenn Yes, set the pace where you can manage. I have back and hip problems so it's good for me to stretch plus I love to work out [#prsolo](#)



SoloPR Sep 12, 1:38pm via TweetGrid.com

Some also advise keeping them near desk, to keep productivity up RT @makasha: q3 keep healthy snacks on hand [#prsolo](#)



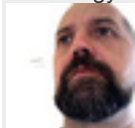
deegospel Sep 12, 1:38pm via TweetGrid.com

a3 Before I became sick again (lupus) I was in far greater shape. I'm social so I joined Weight Watchers and Curves...[#prsolo](#)



KristK Sep 12, 1:37pm via TweetGrid.com

A3: During day, I make a point to stand, stretch at regular intervals. Trying to be more active. 30 min from nearest gym.[#prsolo](#)



MuslimNewMedia Sep 12, 1:37pm via TweetChat

sweet! im bookmarking that for future reference, lol RT @KellyeCrane: A3: FYI- treadmill desk example:amzn.to/rEWnGY [#prsolo](#)



SoloPR Sep 12, 1:37pm via TweetGrid.com

RT @JanetLFalk: A3 Fitness counts! Morning workouts 5 x week in gym in my apt. building. Stretch when rise for water-induced breaks [#prsolo](#)



KateRobins Sep 12, 1:37pm via Twitter for iPhone

@SoloPR spam. Always finds chats eventually. Like cabbage worms to gorgeous broccoli #prsolo



CjShaffer1 Sep 12, 1:36pm via TweetDeck

A3 @SoloPR #prsolo: Here it is: bit.ly/Qd9W5b An Apple A week! #aaw



MarketingMel Sep 12, 1:36pm via TweetDeck

@KristK Ha Ha! sounds like my "assistant" and I have the same routine! #PRsolo



SoloPR Sep 12, 1:36pm via TweetGrid.com

Really? Wow! My hero. RT @makasha: q3 schedule workout time with local vendors, press, clients #prsolo



makasha Sep 12, 1:36pm via TweetChat

RT @KristK: A3: My asst and I begin every morn with a long walk. I smell the roses; she sniffs mailboxes. #prsolo



akenn Sep 12, 1:36pm via TweetChat

@LoisMarketing can you actually type while walking the treadmill? #prsolo



AerialEllis Sep 12, 1:36pm via TweetDeck

Schedule workouts & eat clean. Must. RT @KristK: RT @SoloPR: Q3: How do you stay fit when working at what is mostly a desk job? #prsolo



KellyeCrane Sep 12, 1:36pm via TweetDeck

A3: FYI- treadmill desk example: amzn.to/rEWnGY #prsolo



MarketingMel Sep 12, 1:36pm via TweetDeck

A. 3 Fitness is a *must* Long, early morning walks w/ my dog are great times to think and plan #PRsolo



KristK Sep 12, 1:36pm via TweetGrid.com

A3: My asst and I begin every morn with a long walk. I smell the roses; she sniffs mailboxes. #prsolo



MuslimNewMedia Sep 12, 1:35pm via TweetChat

quitting smoking was my office health project for 2012. exercise in 2013. one thing at a time, lol [#prsolo](#)



LoisMarketing Sep 12, 1:35pm via TweetDeck

A treadmill desk! Seriously! Love mine :) [#prsolo](#) A3



deegospel Sep 12, 1:35pm via TweetGrid.com

RT @SoloPR: Q3: How do you stay fit when working at what is mostly a desk job? [#prsolo](#)



makasha Sep 12, 1:35pm via TweetChat

q3 schedule workout time with local vendors, press, clients [#prsolo](#)



3HatsComm Sep 12, 1:35pm via TweetChat

A3 I'm multitasking - I watch TV, even read on the iPad while walking on the treadmill. Don't know about 'fit' but it's a start. :) [#prsolo](#)



JenMarsikFriess Sep 12, 1:35pm via web

A3 Make it part of your routine. I work out 1st thing in the morning. I'd invent a million excuses if I tried to do it after work. [#prsolo](#)



CjShaffer1 Sep 12, 1:35pm via TweetDeck

A3 [#prsolo](#) I highly suggest working out with Powerplates. Trainers are usually affordable and the workouts are short and extremely effective



SoloPR Sep 12, 1:35pm via TweetGrid.com

@CjShaffer1 What's the blog link? Feel free to share! [#prsolo](#)



#typeacon rajean Sep 12, 1:34pm via Mobile Web

@SoloPR Stay out of trouble, must go get son from kindly. New hash tag? What are you trying to do, confuse me? [#prsolo](#) Multi-task!



makasha Sep 12, 1:34pm via TweetChat

q3 keep healthy snacks on hand [#prsolo](#)



KristK Sep 12, 1:34pm via TweetGrid.com

RT @SoloPR: Q3: How do you stay fit when working at what is mostly a desk job? [#prsolo](#)



makasha Sep 12, 1:34pm via TweetChat

Q3: treadmill in office, use it when listening to new music or mulling over ideas [#prsolo](#)



KellyeCrane Sep 12, 1:34pm via TweetDeck

A3: Fitness is not my forte, I'm afraid. But seriously considering a treadmill desk! [#prsolo](#)



JanetLFalk Sep 12, 1:34pm via TweetDeck

A3 Fitness counts! Morning workouts 5 x week in gym in my apt. building. Stretch when rise for water-induced breaks. [#prsolo](#)



CjShaffer1 Sep 12, 1:33pm via TweetDeck

[#prsolo](#) A3. We actually write a biweekly blog on that!. Buy healthy food. MAKE time for a workout. If nothing else, buy a bouncy desk chair.



KellyeCrane Sep 12, 1:33pm via TweetDeck

RT @SoloPR: Q3: How do you stay fit when working at what is mostly a desk job? [#prsolo](#)



makasha Sep 12, 1:33pm via TweetChat

RT @SoloPR: Q3: How do you stay fit when working at what is mostly a desk job? [#prsolo](#)



LoisMarketing Sep 12, 1:33pm via TweetDeck

Thankfully the bots have been quiet -- hopefully Twitter is cracking down [#prsolo](#)



SoloPR Sep 12, 1:32pm via TweetGrid.com

Q3: How do you stay fit when working at what is mostly a desk job? [#prsolo](#)



SoloPR Sep 12, 1:32pm via TweetGrid.com

OK, here comes Q3...! [#prsolo](#)



CjShaffer1 Sep 12, 1:32pm via TweetDeck

@SoloPR [#prsolo](#) got it!



SoloPR Sep 12, 1:32pm via TweetGrid.com

The bad guys probably have their hands full with the iPhone announcement, but ya never know. Ha! [#prsolo](#)



SoloPR Sep 12, 1:30pm via TweetGrid.com

If you're using Tweetgrid or Tweetchat, you can put both hashtags in the Search field with an OR between them. [#solopr](#)



SoloPR Sep 12, 1:30pm via TweetGrid.com

ALERT: To prevent sp-am, please now switch to the hashtag pr solo (one word). Try to remember not to use both # in one tweet [#solopr](#)



KellyeCrane Sep 12, 1:29pm via TweetDeck

@deegospel Will add that to the list of Qs! [#solopr](#)



KateRobins Sep 12, 1:29pm via Twitter for iPhone

RT @rajean: @KristK sadly, I've only heard of it (storify). I just joined G+ 2 weeks ago! Not always an early adopter. [#solopr](#)



KellyeCrane Sep 12, 1:28pm via TweetDeck

@akenn I wouldn't think so. It's useful for capturing the discussion/media coverage around a preso after the fact, however. [#solopr](#)



KristK Sep 12, 1:28pm via TweetGrid.com

@KateRobins Perhaps the other side of the street is less bright? hee-hee [#solopr](#)



LoisMarketing Sep 12, 1:27pm via TweetDeck

True! Very first gen! RT @KellyeCrane: A2: To me, a drawback of Storify is how linear it is. Would like more layout flexibility. [#solopr](#)



MarketingMel Sep 12, 1:27pm via TweetDeck

@KateRobins Be careful! Tweet w/ care. [#soloPR](#)



SoloPR Sep 12, 1:27pm via TweetGrid.com

RT @akenn: Is it a good tool for presentations, i.e. instead of PowerPoint? [#solopr](#)



KellyeCrane Sep 12, 1:26pm via TweetDeck

A2: To me, a drawback of Storify is how linear it is. Would like more layout flexibility. [#solopr](#)



MarketingMel Sep 12, 1:26pm via TweetDeck

Great! RT @KristK @vedo Storify @prsafw bit.ly/Oh1BZZ [#solopr](#)



KristK Sep 12, 1:26pm via TweetGrid.com

@rajean I stopped being an early tech adopter when I began buying my own equip. I like to wade around new sites but wait to dive in [#solopr](#)



akenn Sep 12, 1:26pm via TweetChat

Is it a good tool for presentations, i.e. instead of PowerPoint? [#solopr](#)



KateRobins Sep 12, 1:26pm via Twitter for iPhone

Watching [#solopr](#) while walking on street. Too sunny.



SoloPR Sep 12, 1:26pm via TweetGrid.com

Cool example! RT @KristK: A2: Sharing @vedo Storify of my pres to @prsafwnextcommunications.blogspot.com/2012/06/from-e... [#solopr](#)



KellyeCrane Sep 12, 1:25pm via TweetDeck

A2: Agree w/others- Storify is excellent for curating content and then embedding in your own site/posts. Notasmuch its own channel [#solopr](#)



KristK Sep 12, 1:25pm via TweetGrid.com

RT @CjShaffer1: A2: It's great for finding takes on stories. That's how reporters are using. Some like Mashable are using AS stories [#solopr](#)



deegospel Sep 12, 1:24pm via TweetGrid.com

RT @CjShaffer1: A2: It's great for finding takes on stories. That's how reporters I know are using 4 Ideas. [.. #solopr](#)



3HatsComm Sep 12, 1:24pm via TweetChat

A2 Haven't tried yet.. curious to see how I could use it. [#solopr](#)



KristK Sep 12, 1:24pm via TweetGrid.com

A2: Sharing [@vedo](#) Storify of my pres to [@prsaftwnextcommunications.blogspot.com/2012/06/from-e...#solopr](#)



SoloPR Sep 12, 1:24pm via TweetGrid.com

RT [@SEOpub](#): A2: I use Storify to pull together hashtag chats for recaps, but I don't like Storify for posting, just grabbing content [#solopr](#)



LoisMarketing Sep 12, 1:23pm via TweetDeck

Agreed. Haven't found need to integrate RT [@akenn](#): I like look of it, but don't use Storify. Not sure who the audience is really... [#solopr](#)



KellyeCrane Sep 12, 1:23pm via TweetDeck

A2: Twitter wants us to be able to see their ads. So, have to be careful about making big plans based on some of these tools. [#solopr](#)



makasha Sep 12, 1:23pm via TweetChat

A2 I have it but don't quite understand it. [#solopr](#)



CjShaffer1 Sep 12, 1:23pm via TweetDeck

A2: It's great for finding takes on stories. That's how reporters I know are using 4 Ideas. Some like Mashable are using AS stories [#solopr](#)



#typeacon rajean Sep 12, 1:23pm via Mobile Web

[@KristK](#) sadly, I've only heard of it (storify). I just joined G+ 2 weeks ago! Not always an early adopter. [#solopr](#)



KellyeCrane Sep 12, 1:22pm via TweetDeck

A2: Twitter is saying that apps/services that display tweets (that aren't on an approved list- like Hootsuite is) may violate [#solopr](#)



akenn Sep 12, 1:22pm via TweetChat

I like the look of it, but don't use Storify. Not sure who the audience is really... [#solopr](#)



SEOpub Sep 12, 1:22pm via web

[@SoloPR](#) A2: I use Storify to pull together hashtag chats for recaps, but I don't like Storify for posting, just grabbing content. [#solopr](#)



MarketingMel Sep 12, 1:22pm via TweetDeck

RT [@LoisMarketing](#): [@KellyeCrane](#) Hi girl -- the Apple press event is underway, introducing the iPhone5 :) [@CjShaffer1#solopr](#)



LoisMarketing Sep 12, 1:22pm via TweetDeck

[@CjShaffer1](#) Al Gore. I need a happy pill now. :) [#solopr](#)



KellyeCrane Sep 12, 1:22pm via TweetDeck

A2: This Q gives me a chance to talk about Twitter's new API/terms of service. There's speculation tools like Storify may get choked [#solopr](#)



KristK Sep 12, 1:21pm via TweetGrid.com

A2: I'm playing with Storify to understand it better but haven't used it much. [#solopr](#)



LoisMarketing Sep 12, 1:20pm via TweetDeck

[@KellyeCrane](#) LOL -- now I gotcha! don't send me there. not going down that path! [@CjShaffer1 #solopr](#)



deegospel Sep 12, 1:20pm via TweetGrid.com

a2. i have it, but have not taken the time to play around with it. what are the benefits? [#solopr](#)



#typeacon **rajean** Sep 12, 1:20pm via Mobile Web

RT @deegospel: RT @SoloPR: Q2: Are you using Storify these days? Do reporters use it for story ideas? How? #solopr



QM3SCHAUS Sep 12, 1:19pm via web

Curious to know from you all how you think outside sales experience + PR degree play out in PR jobs search? #solopr



KellyeCrane Sep 12, 1:19pm via TweetDeck

@LoisMarketing @CjShaffer1 The iphone5 thing I know, the "Love Boat" thing - I know not. :-) #solopr



KristK Sep 12, 1:19pm via TweetGrid.com

RT @SoloPR: Q2: Are you using Storify these days? Do reporters use it for story ideas? How? #solopr



LoisMarketing Sep 12, 1:19pm via TweetDeck

@makasha LOL! #solopr



deegospel Sep 12, 1:19pm via TweetGrid.com

RT @SoloPR: Q2: Are you using Storify these days? Do reporters use it for story ideas? How? #solopr



MarketingMel Sep 12, 1:19pm via TweetDeck

YAY! RT @SoloPR: Solo PR Summit is set! bit.ly/OgZTYp#solopr



SoloPR Sep 12, 1:19pm via TweetGrid.com

@deegospel Yes- last week the gang voted to try to proceed with today's chat, despite Apple conference noise. #solopr



LoisMarketing Sep 12, 1:19pm via TweetDeck

@KellyeCrane Hi girl -- the Apple press event is underway, introducing the iPhone5 :) @CjShaffer1 #solopr



SoloPR Sep 12, 1:19pm via TweetGrid.com

Q2: Are you using Storify these days? Do reporters use it for story ideas? How? [#solopr](#)



deegospel Sep 12, 1:17pm via TweetGrid.com

RT @SoloPR: BTW, Dates for the Solo PR Summit are set! [soloprpro.com/save-the-date-...](#) [#solopr](#)



KellyeCrane Sep 12, 1:17pm via TweetDeck

@CjShaffer1 @LoisMarketing Ya'll are so hip I don't even know what you're talking about. J [#solopr](#)



deegospel Sep 12, 1:17pm via TweetGrid.com

i think the chat is sluggish because of the iphone live press conference [#solopr](#)



SoloPR Sep 12, 1:17pm via TweetGrid.com

BTW, Dates for the Solo PR Summit are set! [soloprpro.com/save-the-date-...](#) [#solopr](#)



LoisMarketing Sep 12, 1:16pm via TweetDeck

@CjShaffer1 lord god. Do not send me there. :)) [#soloPR](#)



3HatsComm Sep 12, 1:16pm via TweetChat

Woot. RT @LoisMarketing: Its official! Theres an iPhone 5! [#solopr](#)



makasha Sep 12, 1:16pm via TweetChat

Funny RT @LoisMarketing: Al Gore, as inventor of the Internet, is in attendance at the Apple event. [#JustSoYouKnow#solopr](#)



CjShaffer1 Sep 12, 1:16pm via TweetDeck

@LoisMarketing is he there on the "Love Boat"? [#solopr](#)



SoloPR Sep 12, 1:16pm via TweetGrid.com

MT @deegospel: a1. i would like to know what are my strengths. i request recs if they liked service but those are vague not specific [#solopr](#)



LoisMarketing Sep 12, 1:15pm via TweetDeck

Al Gore, as inventor of the Internet, is in attendance at the Apple event. [#JustSoYouKnow](#) [#soloPR](#)



SoloPR Sep 12, 1:15pm via TweetGrid.com

I think Twitter is slightly sluggish today, but not too bad. Yay for us! Q2 is coming up... [#solopr](#)



LoisMarketing Sep 12, 1:15pm via TweetDeck

It's official! There's an iPhone 5! [#solopr](#)



QM3SCHAUS Sep 12, 1:15pm via web

Thanks [@SoloPR](#) [#solopr](#)



deegospel Sep 12, 1:14pm via TweetGrid.com

a1. i would like to know what are my strengths. i request recommendations if they liked service but those are vague not specific [#solopr](#)



KristK Sep 12, 1:14pm via TweetGrid.com

A1: I'm a fan of long-term metrics to identify trends -- web traffic, media coverage, sales, attendance, donations [#solopr](#)



KellyeCrane Sep 12, 1:14pm via TweetDeck

A1: Year-end/Q1 planning (which is almost upon us!) is a natural time to ask for feedback. [#solopr](#)



LoisMarketing Sep 12, 1:14pm via TweetDeck

[@MuslimNewMedia](#) Hey you! [#soloPR](#)



LoisMarketing Sep 12, 1:13pm via TweetDeck

[@KristK](#) thanks for the update -- I hope he and family know how many are concerned [@QM3SCHAUS](#) [#solopr](#)



KellyeCrane Sep 12, 1:12pm via TweetDeck

A1: Asking for written feedback is a good way to get positive testimonials (use only with permission). [#solopr](#)



MuslimNewMedia Sep 12, 1:12pm via TweetChat

RT [@LoisMarketing](#): I do it in a more casual way -- I find it opens up better dialogue and leads to good feedback [#solopr](#)



QM3SCHAUS Sep 12, 1:12pm via web

[@KristK](#) I do just utilizing my own initiative to go out of the box regarding my knowledge tank [#solopr](#)



3HatsComm Sep 12, 1:12pm via TweetChat

[@KristK](#) If they think it's working then clients sometimes check off, move on. We do have to press for more detail, analysis. [#solopr](#)



SoloPR Sep 12, 1:12pm via TweetGrid.com

Excellent! Welcome. RT [@QM3SCHAUS](#): I am one of [@KristK](#) students at Tulane, I am also following [#solopr](#) to see what this is like.



makasha Sep 12, 1:11pm via TweetChat

Extremely, I use the information to improve service and for re-sign pitches RT [@KellyeCrane](#) A1 An exit interview can also be useful [#solopr](#)



SoloPR Sep 12, 1:11pm via TweetGrid.com

MT [@LoisMarketing](#): I do it in a more casual way- I find it opens up better dialogue and leads to good feedback...[#solopr](#)



KristK Sep 12, 1:11pm via TweetGrid.com

A1: clients often forego project evaluation -- a check mark on to-do list is enough for them but not for me. [#solopr](#)



SoloPR Sep 12, 1:10pm via TweetGrid.com

So true! MT [@deegospel](#): a1. When I submit reports I request feedback. I rarely get it back unless they're unsatisfied...[#solopr](#)



LoisMarketing Sep 12, 1:10pm via TweetDeck

RT [@3HatsComm](#): A1 Nothing formal; it's on-going - ask about projects, their response, feedback from their customers, etc. [#solopr](#)



LoisMarketing Sep 12, 1:10pm via TweetDeck

[@QM3SCHAUS](#) What is the latest on Devon? [@KristK#soloPR](#)



KristK Sep 12, 1:10pm via TweetGrid.com

You know this isn't extra credit, right? [@QM3SCHAUS](#) Try [tweetgrid.com](#) for easier chatting. [#soloPR](#)



KellyeCrane Sep 12, 1:09pm via TweetDeck

A1: An exit interview can also be useful, if a client is moving on - conquer the fear and find out why. [#soloPR](#)



3HatsComm Sep 12, 1:09pm via TweetChat

A1 Nothing formal; it's on-going - ask about projects, their response, feedback from their customers, etc. [#soloPR](#)



QM3SCHAUS Sep 12, 1:09pm via web

I am one of [@KristK](#) students at Tulane, I am also following [#soloPR](#) to see what this is like.



SoloPR Sep 12, 1:08pm via TweetGrid.com

Yes, but do you capture their feedback in writing? RT [@SEOpub](#): A1: Shouldn't we be doing performance reports for them? [#soloPR](#)



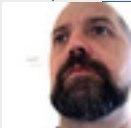
KristK Sep 12, 1:08pm via TweetGrid.com

A1: Project feedback is ongoing -- tactical excellence, strategic results. Client satisfaction is key to steady, stable repeat biz [#soloPR](#)



LoisMarketing Sep 12, 1:08pm via TweetDeck

I do it in a more casual way -- I find it opens up better dialogue and leads to good feedback. Never a survey, form, etc. [#soloPR](#) A1



MuslimNewMedia Sep 12, 1:08pm via TweetChat

[@KellyeCrane](#) thx! makes me almost want to close up shop, how stupid people get. [#soloPR](#)



KellyeCrane Sep 12, 1:07pm via TweetDeck

A1: I usually have regular progress meetings where feedback is shared, but something written is a good idea. [#soloPR](#)



deegospel Sep 12, 1:07pm via TweetGrid.com

a1. When I submit reports I request feedback. I rarely get it back unless they're unsatisfied. But, would like to know what works. [#solopr](#)



SoloPR Sep 12, 1:07pm via TweetGrid.com

Good for you! RT [@makasha](#): A1: I have a form for that. [#solopr](#)



MarketingMel Sep 12, 1:07pm via TweetDeck

Like [@makasha](#) I use a survey form but also of course testimonials, face to face, [#LI](#) rec's etc. [#soloPR](#)



makasha Sep 12, 1:06pm via TweetChat

[@JanetLFalk](#) My personal blog as well as a few client websites [#solopr](#)



KellyeCrane Sep 12, 1:06pm via TweetDeck

Have been thinking of you today RT [@MuslimNewMedia](#): good morning. proving to be a busy day, obviously, but ill be in and out [#solopr](#)



3HatsComm Sep 12, 1:06pm via TweetDeck

I'm Davina, joining [#soloPR](#) chat from a lovely fall-like day in Atlanta.



KristK Sep 12, 1:06pm via TweetGrid.com

RT [@SoloPR](#): Q1: Do you have a formal way to ask clients for feedback on PR program, performance, etc? [#solopr](#)



#SEOpub Sep 12, 1:06pm via web

[@SoloPR](#) A1: Shouldn't we be doing performance reports for them? [#solopr](#)



JenMarsikFriess Sep 12, 1:06pm via TweetDeck

Hi, I'm Jen from DFW; 15 years in PR, 1 1/2 solo. Are we all staying at Kellye's for Solo PR Summit? [#justasking](#) [#solopr](#)



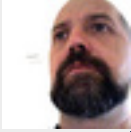
KristK Sep 12, 1:05pm via TweetGrid.com

Kristie here from south MS. Hope everyone is have a super-fantabulous day! [#solopr](#)



KellyeCrane Sep 12, 1:05pm via TweetDeck

RT @SoloPR: Q1: Do you have a formal way to ask clients for feedback on PR program, performance, etc? [#solopr](#)



MuslimNewMedia Sep 12, 1:05pm via TweetChat

good morning. proving to be a busy day, obviously, but ill be in and out [#solopr](#)



makasha Sep 12, 1:05pm via TweetChat

A1: I have a form for that. [#solopr](#)



JanetLFalk Sep 12, 1:05pm via TweetDeck

Who else was affected by @GoDaddy outage? [#solopr](#)



makasha Sep 12, 1:05pm via TweetChat

RT @SoloPR: Q1: Do you have a formal way to ask clients for feedback on PR program, performance, etc? [#solopr](#)



SoloPR Sep 12, 1:05pm via TweetGrid.com

Yes! RT @MarketingMel: Having lunch w/ @SoloPR friends today. Apple announce can be monitored but would rather hear from [#soloPR](#) pro's



makasha Sep 12, 1:05pm via TweetChat

Hello from Montgomery, AL [#solopr](#)



deegospel Sep 12, 1:05pm via TweetGrid.com

RT @SoloPR: Q1: Do you have a formal way to ask clients for feedback on PR program, performance, etc? [#solopr](#)



SEOpub Sep 12, 1:04pm via web

@SoloPR Hey! @Clayburn here, NYC SEO ready to talk some PR (an important strategy in SEO). [#solopr](#)



SoloPR Sep 12, 1:04pm via TweetGrid.com

Q1: Do you have a formal way to ask clients for feedback on PR program, performance, etc? [#solopr](#)



JanetLFalk Sep 12, 1:04pm via TweetDeck

Great day to check in w/ [#solopr](#) from NYC-based pro w/ Wall Street, law firm, nonprofit & small biz clients. Also subcontract to busy peers



deegospel Sep 12, 1:04pm via TweetGrid.com

Hi, It's Dee. Atlanta. PR. Eight years almost nine. [#solopr](#)



SoloPR Sep 12, 1:04pm via TweetGrid.com

Welcome everyone! Q1 is coming up... [#solopr](#)



MarketingMel Sep 12, 1:04pm via TweetDeck

Having lunch w/ [@SoloPR](#) friends today. Apple announce can be monitored but would rather hear from [#solopr](#) pro's.



KristK Sep 12, 1:03pm via TweetGrid.com

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) [#solopr](#)



akenn Sep 12, 1:03pm via TweetChat

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](#))



SoloPR Sep 12, 1:03pm via TweetGrid.com

As we've done in recent weeks, mid-way through today's chat we'll switch hashtags to pr solo (one word) to thwart the evil sp-mmers [#solopr](#)



SoloPR Sep 12, 1:03pm via TweetGrid.com

Woot! RT [@KristK](#): Calendar is marked -- IN PEN! Save the Date: Solo PR Summit to be held February 20-21, 2013 [soloprpro.com/save-the-date-...](#) [#solopr](#)



KellyeCrane Sep 12, 1:02pm 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 Sep 12, 1:02pm via TweetGrid.com

Last week, the brave [#solopr](#) chatters felt we should give it a go (despite Apple annoc). Fingers crossed the tweets keep flowing!



KristK Sep 12, 1:01pm via Tweet Button

Calendar is marked -- IN PEN! Save the Date: Solo PR Summit to be held February 20-21, 2013 soloprpro.com/save-the-date-... via @KellyeCrane [#solopr](#)



SoloPR Sep 12, 1:01pm via TweetGrid.com

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



SoloPR Sep 12, 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](#)