



## #SoloPR Transcript –3/12/2014

Q1: I need help with admin tasks- is a virtual assistant the way to go? How do you find a good one?

Q2: What tasks can/do you offload to a VA?

Q3: What do you do when someone powerful in your network is a Debbie Downer, sapping your energy?

Q4: How do you create efficiencies of scale with regular client tasks (i.e.: social media calendar content)?



[cherylbyrne 1:57pm via TweetDeck](#)

Thank you so much! My first chat and I really appreciate the conversation. [#solopr](#)



[SoloPR 1:56pm via tchat.io](#)

Remember, we share on the hashtag all week. The transcript will be up on soloprpro dot com tomorrow - have a great week everyone! [#solopr](#)



[fransteps 1:56pm via tchat.io](#)

*#solopr transcript – 3/12/2014*

*For more information and resources, visit <http://soloprpro.com/>*

*Page | 1*

Gr8 chat! RT @SoloPR: Not enough time for another Q, so let me just say thanks to you all for another great chat today! [#solopr](#)

[Show Conversation](#)



[LoisMarketing 1:56pm via TweetDeck](#)

@[JanetLFalk](#) Considering how we uniquely operate we as solos can set our clocks :) [#soloPR](#)

1 retweets [Show Conversation](#)



[jendonovansf 1:56pm via TweetDeck](#)

@[KellyeCrane](#) @[3HatsComm](#) I've done bulk uploads with them before. [#solopr](#)

[Show Conversation](#)



[SoloPR 1:55pm via tchat.io](#)

Not enough time for another Q, so let me just say thanks to you all for another great chat today!  
[#solopr](#)



[LoisMarketing 1:55pm via TweetDeck](#)

@[JanetLFalk](#) Not disagreeing :) [#soloPR](#)

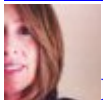
[Show Conversation](#)



[dariasteigman 1:55pm via TweetDeck](#)

@[Yetunde](#) You should. [#SoloPR](#) PRO is a HUGELY valuable resource / community. All the goodness you see here plus a lot more. :)

[Show Conversation](#)



[PaulaJohns 1:55pm via tchat.io](#)

Good Q... RT @[jendonovansf](#)  
@[KellyeCrane](#) @[3HatsComm](#) What about bulk upload to Hootsuite? [#solopr](#) [#solopr](#)

*#solopr transcript – 3/12/2014*

*For more information and resources, visit <http://soloprpro.com/>*



[JanetLFalk](#) 1:55pm via Web

@[LoisMarketing](#) Research suggests writing is best done first thing in am. [#solopr](#)



[KellyeCrane](#) 1:54pm via TweetDeck

@[jendonovansf](#) @[3HatsComm](#) This is one of the things I'm working on. Wish there was an easier way, but... [#solopr](#)

[Show Conversation](#)



[LoisMarketing](#) 1:54pm via TweetDeck

Hey all -- We're all solo 'cause we love it! I'm not dissing the dishes and laundry :) Just a thought of being cautious w time [#soloPR](#)



[Yetunde](#) 1:54pm via TweetChat powered by oneQube

Asana @[asana](#) is a good Project Management tool our team actually uses. You should try it [#solopr](#)

[Show Conversation](#)



[jendonovansf](#) 1:54pm via TweetDeck

@[KellyeCrane](#) @[3HatsComm](#) What about bulk upload to Hootsuite? [#solopr](#)

[Show Conversation](#)



[Yetunde](#) 1:53pm via TweetChat powered by oneQube

Thanks for the link. I will check it out. RT @[SoloPR](#) @[Yetunde](#) The private Facebook group is a benefit of [#solopr](#) Premium membership:

[Show Conversation](#)



[jendonovansf](#) 1:53pm via TweetDeck

@[Yetunde](#) @[KellyeCrane](#) @[SoloPR](#) @[asana](#) Thanks Yetunde. I actually represent a company in the same space. [##solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:53pm via TweetDeck

@[3HatsComm](#) My main peeve is client social media calendaring & scheduling. Usually has to be two diff steps currently- boo! [#solopr](#)

[Show Conversation](#)



[JanetLFalk](#) 1:53pm via Web

@[SoloPR](#) @[LoisMarketing](#) I try to do email networking & follow-up at 4 pm or later. Save drafts for transmission in a.m. [#solopr](#)

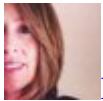
[Show Conversation](#)



[Yetunde](#) 1:52pm via TweetChat powered by oneQube

RT @[jendonovansf](#) @[KellyeCrane](#) @[SoloPR](#) Asana @[asana](#) is a good Project Management tool our team actually uses. You should try it [#solopr](#)

[Show Conversation](#)



[PaulaJohns](#) 1:46pm via tchat.io

True! RT @[fransteps](#): A4: The real answer is: cheat sheets, editorial calendar, calendar reminders and batch scheduling. [#solopr](#)

Retweeted by [SDITSystems](#)



[SoloPR](#) 1:52pm via tchat.io

I like! RT @[LoisMarketing](#): One of my web/SoMe 'heroes' and advisors runs his day by PostIts on his wall. Hey -- it works! :) [#soloPR](#)

[Show Conversation](#)



[LoisMarketing](#) 1:52pm via [TweetDeck](#)

@[dariasteigman](#) @[jendonovansf](#) Working from home works for some -- but doesn't work for all :) It's how you manage the 'stuff' :) [#soloPR](#)

[Show Conversation](#)



[cherylbyrne](#) 1:51pm via [TweetDeck](#)

YES!RT@[3HatsComm](#):@[dariasteigman](#)@[jendonovansf](#) also fan of getting laundry(or dishes)done while working.that's my kind of multitasking [#soloPR](#)



[jendonovansf](#) 1:51pm via [TweetDeck](#)

:) RT @[3HatsComm](#): @[dariasteigman](#) @[jendonovansf](#) fan of getting laundry (or dishes) done while working. that's my kind of multitasking [#soloPR](#)



[3HatsComm](#) 1:51pm via [TweetDeck](#)

@[KellyeCrane](#) It's why I struggle to outsource or automate .. in the time it takes to ask/teach/program, I've got it done already [#soloPR](#)

[Show Conversation](#)



[jendonovansf](#) 1:51pm via [TweetDeck](#)

@[LoisMarketing](#) @[dariasteigman](#) I go on my deck for fresh air and to put in the laundry. [#solopr](#)

[Show Conversation](#)



[SoloPR](#) 1:51pm via [tchat.io](#)

@[Yetunde](#) The private Facebook group is a benefit of [#solopr](#) Premium membership: [soloprpro.com/join](#) - would love to have you!



[dariasteigman](#) 1:51pm via TweetDeck

@[LoisMarketing](#) @[jendonovansf](#) It is a focused break (timing and all). Comes down to ID'ing your best work flow. [#solopr](#)

[Show Conversation](#)



[LoisMarketing](#) 1:50pm via TweetDeck

@[jendonovansf](#) @[dariasteigman](#) If at a remote office a good break would be going outside for fresh air for example [#soloPR](#)

[Show Conversation](#)



[jendonovansf](#) 1:50pm via TweetDeck

@[KellyeCrane](#) Totally agree! Working with a collaboration or project management tool can cut down email hell. [#solopr](#)

[Show Conversation](#)



[3HatsComm](#) 1:50pm via TweetDeck

@[dariasteigman](#) @[jendonovansf](#) also fan of getting laundry (or dishes) done while working. that's my kind of multitasking [#soloPR](#)

[Show Conversation](#)



[KellyeCrane](#) 1:50pm via TweetDeck

@[3HatsComm](#) It is! I keep looking for that holy grail, but it's elusive... [#solopr](#)

[Show Conversation](#)



[LoisMarketing](#) 1:49pm via TweetDeck

@[jendonovansf](#) @[dariasteigman](#) I chirp in w that as many working from home complain 'where does time go' not realizing distractions [#soloPR](#)

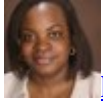
[Show Conversation](#)



[jendonovansf](#) 1:49pm via TweetDeck

@[LoisMarketing](#) @[dariasteigman](#) Probably not. How do you define a “focused break”? [#solopr](#)

[Show Conversation](#)



[kcwriter](#) 1:49pm via Web

Like this idea. Will implement! RT @[LoisMarketing](#) Begin & end your day with time blocked out for you and your admin tasks. [#soloPR](#)



[KellyeCrane](#) 1:49pm via TweetDeck

A4: (2/2) If the client is savvy enough, you can reduce email back-and-forth and be more integrated as a team. [#solopr](#)



[LoisMarketing](#) 1:49pm via TweetDeck

@[jendonovansf](#) @[dariasteigman](#) But would it be better and keep you more focused to take a 'more focused' break? [#soloPR](#)

[Show Conversation](#)



[dariasteigman](#) 1:48pm via TweetDeck

+1 RT @[LoisMarketing](#): One of my web/SoMe 'heroes' and advisors runs his day by PostIts on his wall. Hey -- it works! :) [#soloPR](#)



[KellyeCrane](#) 1:48pm via TweetDeck

A4: Sometimes you can also find efficiencies w/clients by sharing productivity tools, Dropbox, etc. w/them. [#solopr](#)



[Yetunde](#) 1:48pm via [TweetChat](#) powered by [oneQube](#)

hahah whatever works RT @[LoisMarketing](#) One of my web/SoMe 'heroes' & advisors runs his day by PostIts on his wall. Hey it works! :) [#soloPR](#)

[Show Conversation](#)



[mdbarber](#) 1:48pm via [tchat.io](#)

Same! MT @[dariasteigman](#): @[LoisMarketing](#) Actually, for me, doing laundry doesn't distract. But it does make me get up & walk around. [#solopr](#)

[Show Conversation](#)



[jendonovansf](#) 1:48pm via [TweetDeck](#)

@[dariasteigman](#) @[LoisMarketing](#) Exactly!! We tend to stay in one place for too long. Need to give the brain a break! [#laundry](#) [#solopr](#)

[Show Conversation](#)



[LoisMarketing](#) 1:48pm via [TweetDeck](#)

One of my web/SoMe 'heroes' and advisors runs his day by PostIts on his wall. Hey -- it works! :) [#soloPR](#)



[3HatsComm](#) 1:48pm via [TweetDeck](#)

@[KellyeCrane](#) as others have mentioned, sometimes it's more work than it's worth to try to mash tools together [#solopr](#)

[Show Conversation](#)



[jendonovansf](#) 1:47pm via [TweetDeck](#)

@[LoisMarketing](#) That's the best part about working from home! Getting things done when you need a 10-15 min break from the computer. [#solopr](#)



[Show Conversation](#)



[dariasteigman](#) 1:47pm via [TweetDeck](#)

@[LoisMarketing](#) Actually, for me, doing laundry doesn't distract. But it does make me get up & walk around once in a while. [#solopr](#)

[Show Conversation](#)



[Yetunde](#) 1:47pm via [TweetChat](#) powered by [oneQube](#)

RT: @[LoisMarketing](#): Begin and end your day with time blocked out for admin tasks. Commit that time without interruption [#soloPR](#) A4



[Yetunde](#) 1:47pm via [TweetChat](#) powered by [oneQube](#)

RT @[mdbarber](#) RT @[KellyeCrane](#): A4: There are many software for chaining them all. Chaining them together is the hard part. [#solopr](#)

[Show Conversation](#)



[SoloPR](#) 1:47pm via [tchat.io](#)

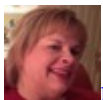
Good idea MT @[LoisMarketing](#): Begin and end your day with time blocked out for admin tasks. Commit that time without interruption [#soloPR](#) A4

[Show Conversation](#)



[LoisMarketing](#) 1:47pm via [TweetDeck](#)

If working from home, run your work day as you would in an office .. i. e.: laundry waits. [#soloPR](#) A4



[mdbarber](#) 1:46pm via [tchat.io](#)

RT @[KellyeCrane](#): A4: The issue w/most tools is they only handle one piece of the workflow. Chaining them together is the hard part. [#solopr](#)

[Show Conversation](#)



[Yetunde](#) 1:46pm via [TweetChat powered by oneQube](#)

@[SoloPR](#) How can I join the fb group? A4: One great thing about the [#solopr](#) Fb members private group is getting recos for automating tools



[KellyeCrane](#) 1:46pm via [TweetDeck](#)

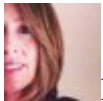
A4: The issue w/most tools is they only handle one piece of the workflow. Chaining them together is the hard part. [#solopr](#)



[mdbarber](#) 1:46pm via [tchat.io](#)

@[dariasteigman](#) yet another reason my mantra is do as I say not as I do... [#solopr](#)

[Show Conversation](#)



[PaulaJohns](#) 1:46pm via [tchat.io](#)

True! RT @[fransteps](#): A4: The real answer is: cheat sheets, editorial calendar, calendar reminders and batch scheduling. [#solopr](#)

1 retweets



[LoisMarketing](#) 1:46pm via [TweetDeck](#)

Begin and end your day with time blocked out for you and your admin tasks. Commit that time without interruption [#soloPR](#) A4



[dariasteigman](#) 1:45pm via [TweetDeck](#)

@[mdbarber](#) Don't look at me. I'm doing 2 things now (and still have to add "eat lunch" into the mix). [#solopr](#)

[Show Conversation](#)



[ImpactMktPR 1:45pm via Twitter for iPhone](#)

It's been great. Must eat then get ready for client meeting. Great seeing you all and meeting new soloprs! [#solopr](#)



[cherylbyrne 1:45pm via TweetDeck](#)

Applying!RT@[dianekrose](#): A4:One great thing about the [#solopr](#) Facebook members private group is getting recommendations for automating tools!



[Yetunde 1:45pm via TweetChat powered by oneQube](#)

RT @[SoloPR](#) RT @[fransteps](#): A4: The real answer is: cheat sheets, editorial calendar, calendar reminders and batch scheduling. [#solopr](#)

[Show Conversation](#)



[Yetunde 1:45pm via TweetChat powered by oneQube](#)

A4 yes: @[PatriceKCokley](#) I actually do this a lot. turn off the cell phone and use the office phone. if needed [#solopr](#)

[Show Conversation](#)



[mdbarber 1:45pm via tchat.io](#)

So true: RT @[dianekrose](#): A4: One great thing about [#solopr](#) Facebook private group is getting recommendations for automating tools!

[Show Conversation](#)



[SoloPR 1:44pm via TweetDeck](#)

RT @[fransteps](#): A4: The real answer is: cheat sheets, editorial calendar, calendar reminders and batch scheduling. [#solopr](#)



[fransteps](#) 1:44pm via [tchat.io](#)

RT @[dianekrose](#): A4: One great thing about the [#solopr](#) Facebook members private group is getting recos for automating tools!

[Show Conversation](#)



[dianekrose](#) 1:42pm via [TweetChat powered by oneQube](#)

A4: One great thing about the [#solopr](#) Facebook members private group is getting recommendations for automating tools!

Retweeted by [dariasteigman](#)



[3HatsComm](#) 1:43pm via [TweetDeck](#)

@[cherylbyrne](#) balance; mix the scheduled content, automate what you can, to make more time for engagement [#soloPR](#)

Retweeted by [jendonovansf](#)



[SoloPR](#) 1:44pm via [tchat.io](#)

MT @[cherylbyrne](#): Q4: I don't for social media... more important to be engaged and aware than to just create a pocketful of posts. [#solopr](#)

[Show Conversation](#)



[Yetunde](#) 1:43pm via [TweetChat powered by oneQube](#)

A4 @[SoloPR](#) We have certain hrs in the day dedicated to social media. We enjoy live engagements, some R scheduled through @[hootsuite](#) [#solopr](#)

[Show Conversation](#)



[PatriceKCokley](#) 1:43pm via [TweetDeck](#)

A4: Time chunking works wonders for me. Even if it means turning off my phone. Its all about focusing on the tast at hand. [#solopr](#)

*#solopr transcript – 3/12/2014*

*For more information and resources, visit <http://soloprpro.com/>*



[fransteps](#) 1:40pm via [tchat.io](#)

A4: The real answer is: cheat sheets, editorial calendar, calendar reminders and batch scheduling. [#solopr](#)

Retweeted by [ImpactMktPR](#)



[3HatsComm](#) 1:43pm via [TweetDeck](#)

@[cherylbyrne](#) balance; mix the scheduled content, automate what you can, to make more time for engagement [#soloPR](#)

1 retweets [Show Conversation](#)



[mdbarber](#) 1:43pm via [tchat.io](#)

@[gregwbrooks](#) but ignoring it doesn't make it go away...does it. I wish it did but it often just makes a bigger problem later [#solopr](#)

[Show Conversation](#)



[LoisMarketing](#) 1:43pm via [TweetDeck](#)

Whatever app, process you may use it's all about prioritizing A, B, C. Don't overthink. You know what you need to do :) [#soloPR](#) A4



[KellyeCrane](#) 1:43pm via [TweetDeck](#)

@[dariasteigman](#) Woo! J [#solopr](#)

[Show Conversation](#)



[BluePepperPR](#) 1:43pm via [TweetChat powered by oneQube](#)

RT @[KellyeCrane](#) A4: I'm working on finding ways to automate some functions, but old fashioned elbow grease often still required. [#solopr](#)

[Show Conversation](#)



[fransteps](#) 1:43pm via [tchat.io](#)

A4: Let's not confuse engagement with efficiency. If you want to drive ppl to website w/ one msg/wk, you can re-use those messages. [#solopr](#)



[KellyeCrane](#) 1:42pm via [TweetDeck](#)

A4: I'm working on finding ways to automate some functions, but old fashioned elbow grease often still required. [#solopr](#)



[KellyeCrane](#) 1:41pm via [TweetDeck](#)

A4: Using time chunking (e.g., schedule multiple social media updates at once) can help [#solopr](#)

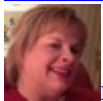
Retweeted by [PatriceKCokley](#)



[gregwbrooks](#) 1:42pm via [Web](#)

@[mdbarber](#) Not if your automated response is to ignore the task. :) [#solopr](#)

[Show Conversation](#)



[mdbarber](#) 1:42pm via [tchat.io](#)

A4 - Time chunking has helped me in this area. I'm trying to reduce multitasking too because I know it's inefficient. But... [#solopr](#)



[ImpactMktPR](#) 1:42pm via [Twitter for iPhone](#)

@[KellyeCrane](#): A4: Using time chunking (e.g., schedule multiple social media updates at once) can help [#solopr](#)

[Show Conversation](#)



[cherylbyrne](#) 1:42pm via [TweetDeck](#)

RT@[gregwbrooks](#):@[SoloPR](#) A4: Tasks that need to scale are generally low value;the mantra for me is automate or eliminate (ie outsource)[#solopr](#)



[dariasteigman](#) 1:42pm via [TweetDeck](#)

@[KellyeCrane](#) And, again, we jinx. [#solopr](#)

[Show Conversation](#)



[LoisMarketing](#) 1:42pm via [TweetDeck](#)

As far as internal admin tasks I have a system that's worked well for me. As far as tasks/duties for clients, I design for each [#soloPR](#) A4



[Yetunde](#) 1:42pm via [TweetChat powered by oneQube](#)

RT @[KellyeCrane](#) @[SoloPR](#): Q4: How do you create efficiencies of scale with regular client tasks (i.e.:social media calendar content)? [#solopr](#)

[Show Conversation](#)



[dariasteigman](#) 1:42pm via [TweetDeck](#)

A4 Much as I hate to say this, chunking AND NOT multitasking at the same time. [#solopr](#)



[mdbarber](#) 1:41pm via [tchat.io](#)

True: MT @[cherylbyrne](#): Q4: I don't for SM; FAR more important to be engaged and aware than to just create a pocketful of posts. [#solopr](#)

[Show Conversation](#)

[KellyeCrane](#) 1:41pm via [TweetDeck](#)

A4: Using time chunking (e.g., schedule multiple social media updates at once) can help [#solopr](#)

1 retweets

[mdbarber](#) 1:41pm via [tchat.io](#)

A4 - I'm with [@gregwbrooks](#) on automation but find it takes time to find the automated tool, and then to learn it. Can be time suck. [#solopr](#)

[LoisMarketing](#) 1:41pm via [TweetDeck](#)

[@Yetunde](#) [@KellyeCrane](#) That is so true! We all have experienced it with clients, vendors, employers, etc etc [#soloPR](#)

[Show Conversation](#)

[cherylbyrne](#) 1:40pm via [TweetDeck](#)

Q4: I don't for social media.

It is FAR more important to be engaged and aware than to just create a pocketful of posts. [#solopr](#)

[3HatsComm](#) 1:40pm via [TweetDeck](#)

A4 find tools to automate repeat processes and tasks; would that I could find more ways to do this [#soloPR](#)



[fransteps](#) 1:40pm via [tchat.io](#)

A4: The real answer is: cheat sheets, editorial calendar, calendar reminders and batch scheduling. [#solopr](#)

1 retweets



[gregwbrooks](#) 1:40pm via [Web](#)

[@SoloPR](#) A4: Tasks that need to scale are generally low value; the mantra for me is automate or eliminate (i.e., outsource) [#solopr](#)

Retweeted by [mdbarber](#)



[Yetunde](#) 1:40pm via [TweetChat powered by oneQube](#)



LOL good one RT @[fransteps](#) A4: Outsource to a snarky VA who has a Debbie Downer tendency? Just kidding....couldn't resist. [#solopr](#)

[Show Conversation](#)



[mdbarber](#) 1:40pm via tchat.io

You beat me to it! RT @[fransteps](#): A4: Outsource to a snarky VA who has a Debbie Downer tendency? Just kidding....couldn't resist. [#solopr](#)

[Show Conversation](#)



[gregwbros](#) 1:40pm via Web

@[SoloPR](#) A4: Tasks that need to scale are generally low value; the mantra for me is automate or eliminate (i.e., outsource) [#solopr](#)

1 retweets [Show Conversation](#)



[Yetunde](#) 1:40pm via TweetChat powered by oneQube

RT @[SoloPR](#) In a nutshell: RT @[dariasteigman](#): A3 Phase them out. If people aren't supportive, they're not your peeps. [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:40pm via TweetDeck

@[3HatsComm](#) Me too! I was a procrastinator as a kid. :- ) [#solopr](#)

[Show Conversation](#)



[fransteps](#) 1:39pm via tchat.io

A4: Outsource to a snarky VA who has a Debbie Downer tendency? Just kidding....couldn't resist. [#solopr](#)



[Yetunde](#) 1:39pm via TweetChat powered by oneQube

so true RT @[KellyeCrane](#) @[Yetunde](#) Isn't it weird that you often don't know someone until they're actually in the trenches with you. [#solopr](#)

[Show Conversation](#)



[dariasteigman](#) 1:39pm via TweetDeck

Assuming we do. :) RT @[SoloPR](#): Q4: How do you create efficiencies of scale with regular client tasks? [#solopr](#)



[KellyeCrane](#) 1:39pm via TweetDeck

@[Yetunde](#) Isn't it weird that you often don't know someone until they're actually in the trenches with you. [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:38pm via TweetDeck

RT @[SoloPR](#): Q4: How do you create efficiencies of scale with regular client tasks (i.e.: social media calendar content)? [#solopr](#)

Retweeted by [ImpactMktPR](#)



[3HatsComm](#) 1:38pm via TweetDeck

@[KellyeCrane](#) IDK I've got a demotivated snarky dark side.. keeps me sane. :) [#solopr](#)

[Show Conversation](#)



[fransteps](#) 1:38pm via tchat.io

RT @[SoloPR](#): Q4: How do you create efficiencies of scale with regular client tasks (i.e.: social media calendar content)? [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:38pm via TweetDeck

RT @SoloPR: Q4: How do you create efficiencies of scale with regular client tasks (i.e.: social media calendar content)? [#solopr](#)

1 retweets



[SoloPR 1:37pm via tchat.io](#)

Q4: How do you create efficiencies of scale with regular client tasks (i.e.: social media calendar content)? [#solopr](#)

Retweeted by [PatriceKCokley](#) and 1 others



[SoloPR 1:38pm via tchat.io](#)

In a nutshell: RT @dariasteigman: A3 Phase them out. If people aren't supportive, they're not your peeps. [#solopr](#)

[Show Conversation](#)



[SoloPR 1:37pm via tchat.io](#)

Q4: How do you create efficiencies of scale with regular client tasks (i.e.: social media calendar content)? [#solopr](#)

Retweeted by [mdbarber](#) and 1 others



[SoloPR 1:37pm via tchat.io](#)

Q4: How do you create efficiencies of scale with regular client tasks (i.e.: social media calendar content)? [#solopr](#)

2 retweets



[SoloPR 1:37pm via tchat.io](#)

Loved hearing everyone's thoughts on Q3-- Q4 is up next... [#solopr](#)



[KellyeCrane 1:36pm via TweetDeck](#)

@[jendonovansf](#) Will ask that next [#solopr](#)

[Show Conversation](#)



[KarenSwim](#) 1:36pm via Nurph

@[mdbarber](#) I guess the half of my brain that's working today has a funny streak :-)  
[#SoloPR](#)



[ImpactMktPR](#) 1:36pm via Twitter for iPhone

q4?? Can't wait. [#solopr](#)



[fransteps](#) 1:36pm via tchat.io

hah! I am sooo using this! RT @[KellyeCrane](#): @[gregwbrooks](#) Is it negativity, or tough love? I think the latter, which is constructive! [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:36pm via TweetDeck

@[gregwbrooks](#) Is it negativity, or tough love? I think the latter, which is constructive! [#solopr](#)

[Show Conversation](#)



[ImpactMktPR](#) 1:36pm via Twitter for iPhone

@[gregwbrooks](#) @[KellyeCrane](#) We know. Now all know. [#solopr](#)

[Show Conversation](#)



[gregwbrooks](#) 1:35pm via Web

@[fransteps](#) You're kind. :) Suffice it to say it's a fairly dark room where I'm at most of the time.  
[#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:35pm via TweetDeck

Feeling the need to clarify that I was not talking about any of you fabulous [#solopr](#) people. :-)



[fransteps](#) 1:33pm via tchat.io

A3: In theory, many of us had our fill of negativity in previous lives & it's one of our "leave behinds" as solos. [#solopr](#)

Retweeted by [mdbarber](#)



[Yetunde](#) 1:35pm via TweetChat powered by oneQube

@[KellyeCrane](#) A3: I once had a downer who did not seem that way until she got the job. so bad it affected clients. She had to go [#solopr](#)

[Show Conversation](#)



[ImpactMktPR](#) 1:35pm via Twitter for iPhone

@[cherylbyrne](#) @[akenn](#) Afraid not, midwest, but would love to. [#solopr](#)

[Show Conversation](#)



[cherylbyrne](#) 1:34pm via TweetDeck

AGREE 100% RT @[KellyeCrane](#): A3: But if it's a client who's entrenched, and they are making you miserable, life's too short! J [#solopr](#)

Retweeted by [PatriceKCokley](#)



[cherylbyrne](#) 1:34pm via TweetDeck

AGREE 100% RT @[KellyeCrane](#): A3: But if it's a client who's entrenched, and they are making you miserable, life's too short! J [#solopr](#)

1 retweets



[dariasteigman](#) 1:34pm via TweetDeck

+1 RT @[fransteps](#): A3: In theory, many of us had our fill of negativity in previous lives & it's one of our "leave behinds" as solos. [#solopr](#)



[SoloPR](#) 1:34pm via tchat.io

RT @[fransteps](#): A3: In theory, many of us had our fill of negativity in previous lives & it's one of our "leave behinds" as solos. [#solopr](#)

[Show Conversation](#)



[fransteps](#) 1:34pm via tchat.io

@[gregwbrooks](#) I would call you a pundit, not negative. [#solopr](#)

[Show Conversation](#)



[mdbarber](#) 1:34pm via tchat.io

@[KarenSwim](#) you're funny today. [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:34pm via TweetDeck

A3: But if it's a client who's entrenched, and they are making you miserable, life's too short! J  
[#solopr](#)



[dariasteigman](#) 1:30pm via TweetDeck

A3 Phase them out. If people aren't supportive, they're not your peeps. [#solopr](#)

Retweeted by [PatriceKCokley](#)



[dariasteigman](#) 1:33pm via TweetDeck

@[3HatsComm](#) Tough love is very different (and very useful). Not the same as being unsupportive. [#solopr](#)

[Show Conversation](#)



[kcwriter](#) 1:33pm via Web

RT @[KellyeCrane](#) A3: It's interesting that so many of us agree- exposure to too much negativity can be damaging to our productivity! [#solopr](#)



[gregwbros](#) 1:33pm via Web

@[KellyeCrane](#) I am a hypocrite about it, truth be told. I embrace my own negativity with a passion, but don't like it in others. [#solopr](#)

[Show Conversation](#)



[KarenSwim](#) 1:33pm via Nurph

@[KellyeCrane](#) Are you sure because I never want to be the poopy head of the party! cc @[mdbarber](#) [#SoloPR](#)

[Show Conversation](#)



[fransteps](#) 1:33pm via tchat.io

A3: In theory, many of us had our fill of negativity in previous lives & it's one of our "leave behinds" as solos. [#solopr](#)

1 retweets



[BluePepperPR](#) 1:28pm via TweetChat powered by oneQube

A3: We all have bad days (or weeks) and I'll give a pass or inquire about what wrong. But if their personality is negative... [#solopr](#)

Retweeted by [PatriceKCokley](#)



[cherylbyrne](#) 1:33pm via TweetDeck

I am in! Are you near me and @akenn?RT@ImpactMktPR: q3: If local, say "Let's go celebrate St. Patty's Day!" Talk and cheer them up. #solopr



[Yetunde](#) 1:33pm via TweetChat powered by oneQube

May he rest in peace RT @eb2b\_comms #RIP Matthew Power, died suddenly on assignment in Uganda #journalism #SoloPR



[KellyeCrane](#) 1:33pm via TweetDeck

A3: If it's a client contact, chances are you're not the only one to notice, and the person may not be around long! #solopr



[dariasteigman](#) 1:32pm via TweetDeck

@BluePepperPR Completely agree. Big difference a bad day (week or month) & general negativity. #solopr

[Show Conversation](#)



[ImpactMktPR](#) 1:32pm via Twitter for iPhone

q3: If local, say "Let's go celebrate St. Patty's Day!" Talk and cheer them up. #solopr



[3HatsComm](#) 1:32pm via TweetDeck

@dariasteigman IDK I've had smart friends not support my dumb decisions (and be nice enough to not say 'told you so') #soloPR

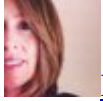
[Show Conversation](#)



[KellyeCrane](#) 1:32pm via TweetDeck

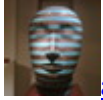
A3: It's interesting that so many of us agree- exposure to too much negativity can be damaging to our productivity! #solopr





[PaulaJohns](#) 1:31pm via tchat.io

Too funny. I doubt that very much. RT @gregwbrooks I am typically the powerful Debbie Downer in others' networks. [#solopr](#)



[anwoodgate](#) Mar 11, 11:48pm via iOS

[#RIP](#) Matthew Power, died suddenly on assignment in Uganda [#Media](#) [#journalism](#) [#PR](#) [#SoloPR](#) [dailym.ai/1i9xvt0](#) [pic.twitter.com/BXF7swXLjy](#)

Retweeted by [eb2b\\_comms](#) and 1 others



[SoloPR](#) 1:31pm via tchat.io

MT @BluePepperPR: A3: We all have bad days (or weeks)... But if their personality is negative... [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:30pm via TweetDeck

I'm laughing so loud at the ridiculousness of this statement! RT @KarenSwim: A3 Oh golly bowing my head and hoping it's not about me [#SoloPR](#)

Retweeted by [dariasteigman](#)



[3HatsComm](#) 1:30pm via TweetDeck

@fransteps @KellyeCrane sometimes you have to draw a line - move forward or let it go. [#soloPR](#)

Retweeted by [ImpactMktPR](#)



[dariasteigman](#) 1:30pm via TweetDeck

A3 Phase them out. If people aren't supportive, they're not your peeps. [#solopr](#)

1 retweets

*#solopr transcript – 3/12/2014*

*For more information and resources, visit <http://soloprpro.com/>*



[mdbarber](#) 1:30pm via [tchat.io](#)

@[KellyeCrane](#) My sentiments exactly...re: @[KarenSwim](#). [#solopr](#)

[Show Conversation](#)



[mdbarber](#) 1:27pm via [tchat.io](#)

A3 - If the attitude is new, see if there's something you can help with. It could be a personal issue. Compassion might turn it. [#solopr](#)

Retweeted by [ImpactMktPR](#) and 1 others



[PatriceKCokley](#) 1:26pm via [TweetDeck](#)

A3: If they're just naturally a Debbie Downer, I wouldn't have included them in my network to begin with. [#solopr](#)

Retweeted by [mdbarber](#) and 1 others



[KellyeCrane](#) 1:30pm via [TweetDeck](#)

I'm laughing so loud at the ridiculousness of this statement! RT @[KarenSwim](#): A3 Oh golly bowing my head and hoping it's not about me [#SoloPR](#)

1 retweets



[kcwriter](#) 1:30pm via [Web](#)

Like this. MT @[jendonovansf](#) A3: get to the bottom of what's causing their negativity. What motivates them and how you get to that. [#solopr](#)



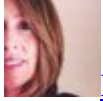
[3HatsComm](#) 1:30pm via [TweetDeck](#)

@[fransteps](#) @[KellyeCrane](#) sometimes you have to draw a line - move forward or let it go. [#soloPR](#)

1 retweets [Show Conversation](#)

*#solopr transcript – 3/12/2014*

*For more information and resources, visit <http://soloprpro.com/>*



[PaulaJohns](#) 1:25pm via [tchat.io](#)

Good point. > MT @[KellyeCrane](#) A2: Difference btw VA & intern is you don't have to worry about giving them (VA) value. [#solopr](#)

Retweeted by [SDITSystems](#)



[PatriceKCokley](#) 1:26pm via [TweetDeck](#)

A3: If they're just naturally a Debbie Downer, I wouldn't have included them in my network to begin with. [#solopr](#)

Retweeted by [ImpactMktPR](#) and 1 others



[Yetunde](#) 1:29pm via [TweetChat powered by oneQube](#)

RT @[BluePepperPR](#) @[KellyeCrane](#)A3 If their personality is negative, they will not even make it into the team PERIOD!... [#solopr](#)

[Show Conversation](#)



[fransteps](#) 1:29pm via [tchat.io](#)

You are too kind! It HAS gotten me in trouble...RT @[akenn](#): @[fransteps](#) it's surely one of your strengths, Fran. [#solopr](#)

[Show Conversation](#)



[BluePepperPR](#) 1:29pm via [TweetChat powered by oneQube](#)

@[fransteps](#) Definitely not a weakness. [#solopr](#)

[Show Conversation](#)



[mdbarber](#) 1:29pm via [tchat.io](#)

Can't imagine it's EVER you. ;- ) RT @[KarenSwim](#): A3: Oh golly bowing my head and hoping it's not about me [#SoloPR](#)

[Show Conversation](#)



[akenn](#) 1:29pm via [tchat.io](#)

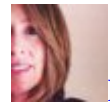
@[KarenSwim](#) Totally LOL! [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:29pm via [TweetDeck](#)

You so silly! RT @[gregwbrooks](#): @[SoloPR](#) I am typically the powerful Debbie Downer in others' networks. [#solopr](#)



[PaulaJohns](#) 1:29pm via [TweetDeck](#)

Love the [#Chiberia](#) hashtag! Sorry about the weather > MT @[ImpactMktPR](#): Spring Monday 54 degrees and snow and ice today. [#soloPR](#) [#Chiberia](#)



[SoloPR](#) 1:29pm via [tchat.io](#)

RT @[jendonovans](#): A3: Maybe try to get to the bottom of what's causing their negativity. What motivates them... [#solopr](#)

[Show Conversation](#)



[KarenSwim](#) 1:29pm via [Nurph](#)

A3: Oh golly bowing my head and hoping it's not about me [#SoloPR](#)



[akenn](#) 1:29pm via [tchat.io](#)

@[fransteps](#) it's surely one of your strengths, Fran. [#solopr](#)

[Show Conversation](#)



[gregwbrooks](#) 1:29pm via [Web](#)

@SoloPR More serious A3: No one is so powerful that they're worth an ongoing, negative experience. I prune the network. [#solopr](#)

[Show Conversation](#)



[jendonovansf](#) 1:28pm via TweetDeck

A3: Ah, maybe I misunderstood the question. I thought you meant someone you worked directly with. [#solopr](#)



[BluePepperPR](#) 1:28pm via TweetChat powered by oneQube

A3: We all have bad days (or weeks) and I'll give a pass or inquire about what wrong. But if their personality is negative... [#solopr](#)

1 retweets



[SoloPR](#) 1:28pm via tchat.io

RT @BluePepperPR: A3: Remove them from my network. [#solopr](#)

[Show Conversation](#)



[ImpactMktPR](#) 1:28pm via Twitter for iPhone

Must know laws and set duties to those laws - employee vs contractor, or asking for trouble. [#solopr](#)



[gregwbrooks](#) 1:28pm via Web

@SoloPR I am typically the powerful Debbie Downer in others' networks. [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:28pm via TweetDeck

A3: I had this experience, w/ someone I liked a lot. Became bitter about something, & after a yr of trying to help, I hid 'em. [#solopr](#)



[fransteps](#) 1:27pm via [tchat.io](#)

A3: I am a "get over it" type of person so struggle with this kind of social worker stuff....my weakness? [#solopr](#)



[mdbarber](#) 1:27pm via [tchat.io](#)

A3 - If the attitude is new, see if there's something you can help with. It could be a personal issue. Compassion might turn it. [#solopr](#)

Retweeted by [PatriceKCokley](#) and 1 others



[cherylbyrne](#) 1:27pm via [TweetDeck](#)

Agree completely! RT @[BluePepperPR](#): A3: Remove them from my network. [#solopr](#)



[mdbarber](#) 1:27pm via [tchat.io](#)

A3 - If the attitude is new, see if there's something you can help with. It could be a personal issue. Compassion might turn it. [#solopr](#)

2 retweets



[Yetunde](#) 1:27pm via [TweetChat powered by oneQube](#)

RT @[BluePepperPR](#) A3: Remove them from my network. [#solopr](#) HAHAAH exactly

[Show Conversation](#)



[mdbarber](#) 1:27pm via [tchat.io](#)

A3 -- My immediate reaction is to ignore them, but if you can't, talk w them about your concerns and see if you can help. [#solopr](#)



[jendonovansf](#) 1:27pm via [TweetDeck](#)

A3: Maybe try to get to the bottom of what's causing their negativity. What motivates them and how can you get to that. [#solopr](#)



[SoloPR 1:26pm via tchat.io](#)

Nice! RT @[PatriceKCokley](#): A3: Ask them what's wrong. Could be something that they're battling and could use your support. [#solopr](#)

[Show Conversation](#)



[BluePepperPR 1:26pm via TweetChat powered by oneQube](#)

A3: Remove them from my network. [#solopr](#)



[SoloPR 1:26pm via tchat.io](#)

Ooh, yes that too! RT @[cherylbyrne](#): Great question @[KellyeCrane](#)! What if it's your client?? [#solopr](#)

[Show Conversation](#)



[PatriceKCokley 1:26pm via TweetDeck](#)

A3: If they're just naturally a Debbie Downer, I wouldn't have included them in my network to begin with. [#solopr](#)

2 retweets



[fransteps 1:26pm via tchat.io](#)

RT @[KellyeCrane](#): RT @[SoloPR](#): Q3: What do you do when someone powerful in your network is a Debbie Downer, sapping your energy? [#solopr](#)

[Show Conversation](#)



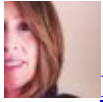
[cherylbyrne 1:26pm via TweetDeck](#)

Great question @[KellyeCrane](#)! What if it's your client?? [#solopr](#)



[PatriceKCokley](#) 1:26pm via TweetDeck

A3: Ask them what's wrong. Could be something that they're battling and could use your support. [#solopr](#)



[PaulaJohns](#) 1:25pm via tchat.io

Good point. > MT @[KellyeCrane](#) A2: Difference btw VA & intern is you don't have to worry about giving them (VA) value. [#solopr](#)

1 retweets



[Yetunde](#) 1:25pm via TweetChat powered by oneQube

A3: I just don't hire Debbie Downers. What we do requires enthusiasm and energy. You don't even get in the door in the first place? [#solopr](#)



[KellyeCrane](#) 1:25pm via TweetDeck

RT @[SoloPR](#): Q3: What do you do when someone powerful in your network is a Debbie Downer, sapping your energy? [#solopr](#)



[SoloPR](#) 1:24pm via tchat.io

Q3: What do you do when someone powerful in your network is a Debbie Downer, sapping your energy? [#solopr](#)

Retweeted by [PatriceKCokley](#) and 1 others



[SoloPR](#) 1:24pm via tchat.io

Q3: What do you do when someone powerful in your network is a Debbie Downer, sapping your energy? [#solopr](#)

Retweeted by [mdbarber](#) and 1 others





[KellyeCrane](#) 1:25pm via TweetDeck

@[Yetunde](#) Jealous! That's often the best arrangement- congrats. [#solopr](#)

[Show Conversation](#)



[mndbarber](#) 1:24pm via tchat.io

Very nice! MT @[Yetunde](#): A2: My intern turned VA, turned exec mgr. She's been w @[icypr](#) 4 years now. The time growth helped 4 sure [#solopr](#)

[Show Conversation](#)



[ImpactMktPR](#) 1:24pm via Twitter for iPhone

@[BluePepperPR](#) Nice meeting you. [#solopr](#)

[Show Conversation](#)



[SoloPR](#) 1:24pm via tchat.io

Q3: What do you do when someone powerful in your network is a Debbie Downer, sapping your energy? [#solopr](#)

2 retweets



[Yetunde](#) 1:23pm via TweetChat powered by oneQube

A2: My intern turned VA, turned executive manager. She's been with @[icypr](#) for 4 years now. The time growth helped for sure [#solopr](#)



[SoloPR](#) 1:23pm via tchat.io

Great discussion on Qs 1 & 2 everyone! Q3 is up next... [#solopr](#)



[ImpactMktPR](#) 1:23pm via Twitter for iPhone

@[kevinanselmo](#) That's good. If you have recommends let me know. [#solopr](#)

[Show Conversation](#)



[fransteps](#) 1:23pm via tchat.io

@[gregwbrooks](#) Did not properly thank you for the adult beverages from Summit. THANKS! The booze was great! [#solopr](#)

[Show Conversation](#)



[dariasteigman](#) 1:22pm via TweetDeck

@[KarenSwim](#) @[mdbarber](#) That's a key factor: definition of VA (and quals) run the gamut from simple admin to biz folks. [#solopr](#)

Retweeted by [mdbarber](#)



[KellyeCrane](#) 1:23pm via TweetDeck

A2: I've had good luck w/VAs, and also bad. Lately I feel like Murphy Brown (remember that gag where she had new asst ea wk?) [#solopr](#)



[fransteps](#) 1:23pm via tchat.io

New POV-RT @[KarenSwim](#): @[mdbarber](#) Its true but some are really solo biz owners like us who are using their expertise to help SMBs [#SoloPR](#)

[Show Conversation](#)



[dariasteigman](#) 1:22pm via TweetDeck

@[KarenSwim](#) @[mdbarber](#) That's a key factor: definition of VA (and quals) run the gamut from simple admin to biz folks. [#solopr](#)

1 retweets [Show Conversation](#)



[Yetunde](#) 1:22pm via TweetChat powered by oneQube

Hello! Tweeples sorry I am late. had a meeting. How is everyone doing. [#solopr](#)



[SoloPR 1:21pm via tchat.io](#)

Good one! RT @[kevinanselmo](#): ... have benefited by outsourcing certain tasks related to my podcast production [#solopr](#)

[Show Conversation](#)



[mdbarber 1:21pm via tchat.io](#)

@[KarenSwim](#) that's what I'm seeing in responses, but I guess I wouldn't then call them assistants. [#solopr](#)

[Show Conversation](#)



[gregwbrooks 1:21pm via Web](#)

Just joining the fun - greetings all. [#solopr](#)



[ImpactMktPR 1:21pm via Twitter for iPhone](#)

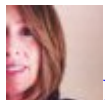
@[fransteps](#) Good to know what you're comfortable with. However, I've been told I'm very good with research. [#solopr](#)

[Show Conversation](#)



[KarenSwim 1:20pm via Nurph](#)

@[mdbarber](#) Its true but some are really solo biz owners like us who are using their expertise to help SMBs [#SoloPR](#)



[PaulaJohns 1:20pm via TweetDeck](#)

@[ImpactMktPR](#) No fun, Mary Beth. I did hear a new storm was heading out to midwest/NE — again. @[jendonovansf](#) [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:20pm via [TweetDeck](#)

A2: Difference btw VA & intern is you don't have to worry about giving them value. (can't think of how else to word that in 140!) [#solopr](#)



[mdbarber](#) 1:18pm via [tchat.io](#)

Q2 -- Interesting uses for VAs. It seems many of you are using VAs similarly to an intern or new grad job function. [#solopr](#)

Retweeted by [kcwriter](#)



[BluePepperPR](#) 1:20pm via [TweetChat powered by oneQube](#)

@[ImpactMktPR](#) based in Charlotte but I'm ISO sunshine (plus, I have a meeting) so I'm on my way to Miami. :- ) [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:18pm via [TweetDeck](#)

A2: They can also do a lot when it comes to formatting-- documents, enewsletters, etc. [#solopr](#)

Retweeted by [mdbarber](#)



[LoisMarketing](#) 1:19pm via [TweetDeck](#)

If you need assistance w PR-related duties, consider an intern. They'll love the hands-on experience and it broadens your practice [#soloPR](#)



[mdbarber](#) 1:19pm via [tchat.io](#)

Exactly! RT @[KarenSwim](#): I think VA is a misnomer as many have broader skills than what we associate with traditional "assistant." [#SoloPR](#)

[Show Conversation](#)



[ImpactMktPR 1:19pm via Twitter for iPhone](#)

@[kewriter](#) most definitely check references. [#solopr](#)

[Show Conversation](#)



[mdbarber 1:19pm via tchat.io](#)

@[KarenSwim](#) So interesting because a traditional "assistant" wouldn't have web design, graphics, writing, research skills. [#solopr](#)

[Show Conversation](#)



[fransteps 1:19pm via tchat.io](#)

My thoughts too RT @[mdbarber](#): Q2 -- Interesting uses for VAs. It seems many are using VAs like an intern or new grad job function. [#solopr](#)

[Show Conversation](#)



[KarenSwim 1:18pm via Nurph](#)

I think VA is a misnomer as many have broader skills than what we associate with traditional "assistant." [#SoloPR](#)



[KellyeCrane 1:18pm via TweetDeck](#)

Yes! Was going to mention that interns are another option. RT @[mdbarber](#): Can't intern or entry level pro do that? [#solopr](#)



[ImpactMktPR 1:18pm via Twitter for iPhone](#)

@[BluePepperPR](#) A2: good ideas. [#solopr](#)

[Show Conversation](#)



[cherylbyrne](#) 1:18pm via TweetDeck

@[akenn](#) I think we have mutual friends! [#solopr](#)



[mbarber](#) 1:18pm via tchat.io

Q2 -- Interesting uses for VAs. It seems many of you are using VAs similarly to an intern or new grad job function. [#solopr](#)

1 retweets



[kevinanselmo](#) 1:18pm via Web

@[SoloPR](#) I put a lot of focus on content creation and have benefitted by outsourcing certain tasks related to my podcast production [#solopr](#)

[Show Conversation](#)



[ImpactMktPR](#) 1:18pm via Twitter for iPhone

@[BluePepperPR](#) Where are you located? [#solopr](#)

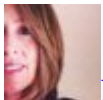
[Show Conversation](#)



[KellyeCrane](#) 1:18pm via TweetDeck

A2: They can also do a lot when it comes to formatting-- documents, newsletters, etc. [#solopr](#)

1 retweets



[PaulaJohns](#) 1:18pm via tchat.io

Small world > RT @[akenn](#) Um...just realized that @[cherylbyrne](#) and could meet IRL for these chats. I'm in Marblehead too :) [#solopr](#)



[fransteps](#) 1:18pm via tchat.io

Gr8 idea! RT @[KellyeCrane](#): A2: VAs can help manage your email and make travel plans. Also, organizing/categorizing, etc. [#solopr](#)

[Show Conversation](#)



[KarenSwim](#) 1:17pm via Nurph

@[mdbarber](#) Some can but VAs have a wide range of experience, for example some do web design or graphics [#SoloPR](#)



[KellyeCrane](#) 1:17pm via TweetDeck

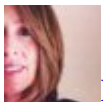
A2: VAs can help manage your email and make travel plans. Also, organizing/categorizing, etc. [#solopr](#)

Retweeted by [mdbarber](#)



[akenn](#) 1:17pm via tchat.io

Um...just realized that @[cherylbyrne](#) and could meet IRL for these chats. I'm in Marblehead too :) [#solopr](#)



[PaulaJohns](#) 1:17pm via tchat.io

Agree! It's about \$12/mo for QB. RT @[LoisMarketing](#) @[PatriceKCokley](#) @[jendonovansf](#) QuickBooks ladies, QuickBooks :) and a good CPA! [#soloPR](#)

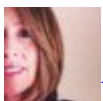
Retweeted by [LoisMarketing](#)



[KellyeCrane](#) 1:17pm via TweetDeck

A2: VAs can help manage your email and make travel plans. Also, organizing/categorizing, etc. [#solopr](#)

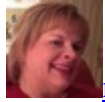
1 retweets



[PaulaJohns](#) 1:17pm via tchat.io

Agree! It's about \$12/mo for QB. RT @[LoisMarketing](#) @[PatriceKCokley](#) @[jendonovansf](#) QuickBooks ladies, QuickBooks :) and a good CPA! [#soloPR](#)

1 retweets [Show Conversation](#)



[mdbarber](#) 1:17pm via tchat.io

Can't intern or entry level pro do that? RT @[KarenSwim](#): I have used VAs for writing, research, putting together presos, scheduling [#soloPR](#)

[Show Conversation](#)



[jendonovansf](#) 1:17pm via TweetDeck

@[LoisMarketing](#) @[PatriceKCokley](#) @[PaulaJohns](#) Good CPA, check. My finances haven't been complicated enough to warrant QB. [#soloPR](#)

[Show Conversation](#)



[PatriceKCokley](#) 1:17pm via TweetDeck

@[fransteps](#) I'm picky too, but using a VA could save A LOT of time. [#soloPR](#)

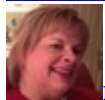
[Show Conversation](#)



[ImpactMktPR](#) 1:16pm via Twitter for iPhone

Snow, ice, and rain here. @[PaulaJohns](#): @[jendonovansf](#) Nothing like SF on sunny day! Same in San Diego. Need to get outside today! [#soloPR](#)

[Show Conversation](#)



[mdbarber](#) 1:16pm via tchat.io

Good idea: MT @[dariasteigman](#): I'm going to need someone to track down street addresses 4 contacts. Which we lose as we go digital. [#soloPR](#)

[Show Conversation](#)



[fransteps](#) 1:16pm via tchat.io



A2: I'm kind of picky about research integrity, and wouldn't have thought that to be a VA skill, but you never know! [#solopr](#)



[LoisMarketing](#) 1:16pm via [TweetDeck](#)

@[PatriceKCokley](#) @[jendonovansf](#) QuickBooks ladies, QuickBooks :) and a good CPA! [#soloPR](#)  
@[PaulaJohns](#)

[Show Conversation](#)



[kevinanselmo](#) 1:16pm via [Web](#)

Delighted to be following [#solopr](#) chat. I am a communications consultant focused on higher education. Based in Chapel Hill NC.



[LoisMarketing](#) 1:15pm via [TweetDeck](#)

@[PaulaJohns](#) Same here. My CPA reviews quarterly then prepares my business and personal tax returns. [#soloPR](#) A1

[Show Conversation](#)



[kcwriter](#) 1:15pm via [Web](#)

I'm thinking that contacting references could give you a good idea of a particular VA's capabilities. Is that done? [#solopr](#)



[cherylbyrne](#) 1:15pm via [TweetDeck](#)

A2: I have farmed out research on a project basis. [#solopr](#)



[KarenSwim](#) 1:15pm via [Nurph](#)

I have used VAs for writing, research, putting together presos, scheduling [#SoloPR](#)



[SoloPR 1:13pm via tchat.io](#)

Let's make the follow-up question I'm seeing Q2: what tasks can/do you offload to a VA?  
[#solopr](#)

Retweeted by [mdbarber](#)



[PatriceKCokley 1:15pm via TweetDeck](#)

@[jendonovansf](#) @[PaulaJohns](#) @[LoisMarketing](#) I've heard a lot of good things about QuickBooks. [#solopr](#)

[Show Conversation](#)



[KellyeCrane 1:15pm via TweetDeck](#)

RT @[SoloPR](#): Q2: what tasks can/do you offload to a VA? [#solopr](#)



[KarenSwim 1:15pm via Nurph](#)

I've used VAs and like physical assistants all have different areas of expertise [#SoloPR](#)



[cherylbyrne 1:14pm via TweetDeck](#)

I have farmed out research on a project basis. [#solopr](#)



[BluePepperPR 1:14pm via TweetChat powered by oneQube](#)

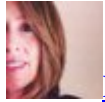
A2: exporting time, research, invoicing, follow up, data entry (updating contacts, expenses, etc.)  
[#solopr](#)



[jendonovansf 1:14pm via TweetDeck](#)

@[PaulaJohns](#) @[LoisMarketing](#) Might need to look into QuickBooks this year! [#solopr](#)

[Show Conversation](#)



[PaulaJohns](#) 1:14pm via [tchat.io](#)

My accounting is essentially automated w/ QuickBooks MT: @[LoisMarketing](#) CPA helped me set up systems that save me HOURS of work! [#soloPR](#) A1



[SoloPR](#) 1:14pm via [tchat.io](#)

RT @[jendonovansf](#): A1 It's one of those things that sometimes it's easier to do it yourself. But then, sometimes it never gets done. [#solopr](#)

[Show Conversation](#)



[cherylbyrne](#) 1:14pm via [TweetDeck](#)

MA-based Communications Consultant. Thanks for hosting Kellye! [#solopr](#)



[fransteps](#) 1:14pm via [tchat.io](#)

RT @[SoloPR](#): Let's make the follow-up question I'm seeing Q2: what tasks can/do you offload to a VA? [#solopr](#)

[Show Conversation](#)



[3HatsComm](#) 1:14pm via [TweetDeck](#)

@[akenn](#) same ? .. very few tasks I'd staff out (see also, few ifttt recipes I trust to 'set and forget') [#soloPR](#)

[Show Conversation](#)



[jendonovansf](#) 1:13pm via [TweetDeck](#)

@[PaulaJohns](#) I know, right?? Thinking about a walk to the GG Bridge today, although it's crazy windy! [#solopr](#)

[Show Conversation](#)



[dariasteigman](#) 1:13pm via TweetDeck

@[mdbarber](#) I don't, but I'm going to need someone to track down street addresses for contacts. Which we lose as we go digital. [#solopr](#)

[Show Conversation](#)



[SoloPR](#) 1:13pm via tchat.io

Let's make the follow-up question I'm seeing Q2: what tasks can/do you offload to a VA? [#solopr](#)

1 retweets



[KellyeCrane](#) 1:11pm via TweetDeck

A1: When bringing on anyone new, suggest starting slowly. I've made the mistake of too much too soon before. [#solopr](#)

Retweeted by [OhhSocialMedia](#)



[KellyeCrane](#) 1:13pm via TweetDeck

A1: Identify a detailed job description, then start with the easiest tasks as a trial phase. [#solopr](#)



[PaulaJohns](#) 1:12pm via tchat.io

Yes, curious about this. RT @[mdbarber](#) Those of you who use VAs regularly, what do you have them do for you? [#solopr](#)



[JanetLFalk](#) 1:12pm via Web

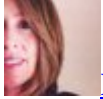
NYC-based solo w/ nonprofit, small biz and NEW law firm client. Also subcontract to busy [#soloPR](#). @[SoloPR](#)



[SoloPR 1:12pm via tchat.io](#)

RT @mdbarber: I haven't used a VA but I do know determining what you want anyone to do for you is key to satisfaction. [#solopr](#)

[Show Conversation](#)



[PaulaJohns 1:12pm via tchat.io](#)

@jendonovansf Nothing like SF on a sunny day! Same here in San Diego although we get a lot of 'em. Need to get outside today! [#soloPR](#)

[Show Conversation](#)



[SoloPR 1:11pm via tchat.io](#)

Let's RT @LoisMarketing: I would look within your real-life circle to find an assistant. [#soloPR](#)  
A1

[Show Conversation](#)



[LoisMarketing 1:11pm via TweetDeck](#)

@jendonovansf I'm with you. My CPA helped me set up systems that have saved me HOURS of work! [#soloPR](#) A1

[Show Conversation](#)



[SoloPR 1:11pm via tchat.io](#)

RT @dariasteigman: A1: I think too many ppl pick VAs based on price, not quals. You always pay (one way or the other). [#solopr](#)

[Show Conversation](#)



[PatriceKCokley 1:11pm via TweetDeck](#)

@akenn I could have easily used one to put together slides for my recent workshop. [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:11pm via TweetDeck

A1: When bringing on anyone new, suggest starting slowly. I've made the mistake of too much too soon before. [#solopr](#)

1 retweets



[jendonovansf](#) 1:11pm via TweetDeck

@[PaulaJohns](#) You as well. I think we have the same gorgeous weather today. [#solopr](#)

[Show Conversation](#)



[mdbarber](#) 1:10pm via tchat.io

Those of you who use VAs regularly, what do you have them do for you? [#solopr](#)



[jeremyawilliams](#) 1:10pm via TweetDeck

@[jendonovansf](#) @[decillis](#) Great to hear. It's a great way to stay connected [#solopr](#)

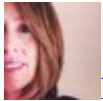
[Show Conversation](#)



[PatriceKCokley](#) 1:10pm via TweetDeck

@[KarenSwim](#) Hi Karen. I'm from Michigan too. Which part? [#solopr](#)

[Show Conversation](#)



[PaulaJohns](#) 1:10pm via tchat.io

@[jendonovansf](#) Hi and happy [#soloPR](#) Wednesday! :)

[Show Conversation](#)



[3HatsComm](#) 1:10pm via TweetDeck

Never used a VA .. lurking answers for Q1 [#soloPR](#)



[jendonovansf](#) 1:10pm via [TweetDeck](#)

A1: It's one of those things (to me) that sometimes it's easier to do it yourself. But then, sometimes it never gets done. [#solopr](#)



[KellyeCrane](#) 1:10pm via [TweetDeck](#)

@[BluePepperPR](#) Great point- help with backend stuff can be easier to find. [#solopr](#)

[Show Conversation](#)



[dariasteigman](#) 1:10pm via [TweetDeck](#)

@[fransteps](#) @[dianekrose](#) It's 64 (but very gray) today. Tomorrow 34. Sigh. [#solopr](#)

[Show Conversation](#)



[fransteps](#) 1:10pm via [tchat.io](#)

Good point! RT @[dariasteigman](#): A1: I think too many ppl pick VAs based on price, not quals. You always pay (one way or the other). [#solopr](#)

[Show Conversation](#)



[PatriceKCokley](#) 1:10pm via [TweetDeck](#)

@[KellyeCrane](#) Ha! Me too! [#solopr](#)

[Show Conversation](#)



[mdbarber](#) 1:09pm via [tchat.io](#)

I haven't used a VA but I do know determining what you want anyone to do for you is key to satisfaction. [#solopr](#)



[jendonovansf](#) 1:09pm via TweetDeck

Hi Paula! RT @[PaulaJohns](#): Hi all. Paula from San Diego area. 13 years solo. [#soloPR](#)



[SoloPR](#) 1:04pm via tchat.io

Q1: I need help with admin tasks- is a virtual assistant the way to go? How do you find a good one? [#solopr](#)

Retweeted by [PatriceKCokley](#) and 3 others



[akenn](#) 1:09pm via tchat.io

I've actually never thought of hiring one. What are some of the tasks you outsource? [#solopr](#)



[PatriceKCokley](#) 1:09pm via TweetDeck

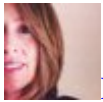
Hi everyone. [#solopr](#)



[SoloPR](#) 1:09pm via tchat.io

MT @[BluePepperPR](#): A1: I've worked with a good VA for biz admin tasks. However, for PR admin tasks, it wasn't such a good fit. [#solopr](#)

[Show Conversation](#)



[PaulaJohns](#) 1:09pm via tchat.io

Hi all. Paula from San Diego area. 13 years solo. Will be joining in the convo sporadically today -- working on a few deadlines. [#soloPR](#)



[dariasteigman](#) 1:08pm via TweetDeck



A1: I think too many ppl pick VAs based on price, not quals. You always pay (one way or the other). [#solopr](#)

Retweeted by [mdbarber](#)



[fransteps](#) 1:09pm via [tchat.io](#)

79 yesterday; 55 today-FTW! RT [@dariasteigman](#): I think in DC we need spring b/f spring break. :) [@dianekrose](#) [@fransteps](#). [#solopr](#)

[Show Conversation](#)



[dariasteigman](#) 1:08pm via [TweetDeck](#)

A1: I think too many ppl pick VAs based on price, not quals. You always pay (one way or the other). [#solopr](#)

1 retweets



[LoisMarketing](#) 1:08pm via [TweetDeck](#)

I would look within your real-life circle to find an assistant. Just as we've chatted before about finding a CPA, etc. [#soloPR](#) A1



[BluePepperPR](#) 1:08pm via [TweetChat](#) powered by [oneQube](#)

A1: I've worked with a good VA for purely business admin tasks. However, for PR admin tasks, it wasn't such a good fit. [#solopr](#)



[KellyeCrane](#) 1:08pm via [TweetDeck](#)

A1: Attention to detail and independent thinking are the two hardest things to find in a VA. [#solopr](#)



[dariasteigman](#) 1:07pm via [TweetDeck](#)

I think in DC we need spring b/f spring break. :) [@dianekrose](#) [@fransteps](#). [#solopr](#)

*#solopr transcript – 3/12/2014*

*For more information and resources, visit <http://soloprpro.com/>*



[akenn 1:07pm via tchat.io](#)

@[KellyeCrane](#) I bet you do! And I bet a few of us can relate! Want to share? [#solopr](#)

[Show Conversation](#)



[SoloPR 1:07pm via tchat.io](#)

RT @[BluePepperPR](#): A1: A lot of people recommend Elance for VAs. I prefer referrals. [#solopr](#)

[Show Conversation](#)



[fransteps 1:07pm via tchat.io](#)

RT @[KellyeCrane](#): A1: Here's what I've learned about myself when it comes to VAs: I have much higher standards than most people. J [#solopr](#)

[Show Conversation](#)



[KellyeCrane 1:07pm via TweetDeck](#)

A1: Here's what I've learned about myself when it comes to VAs: I have much higher standards than most people. J [#solopr](#)



[akenn 1:06pm via tchat.io](#)

I can recommend a VA if anyone is interested. [#solopr](#)



[fransteps 1:06pm via tchat.io](#)

Hi all. from San Antonio, TX. Solo=4 yrs; comms=20. Also teach college. Clients = tourism, healthcare. It's spring break here. [#solopr](#)



[BluePepperPR 1:06pm via TweetChat powered by oneQube](#)

A1: A lot of people recommend Elance for VAs. I prefer referrals. [#solopr](#)



[KellyeCrane](#) 1:05pm via [TweetDeck](#)

@[BluePepperPR](#) That sounds good to me! [#solopr](#)

[Show Conversation](#)



[jendonovansf](#) 1:05pm via [TweetDeck](#)

@[KellyeCrane](#) Wow. I won't share what's happening in San Francisco. [#solopr](#)

[Show Conversation](#)



[SoloPR](#) 1:04pm via [tchat.io](#)

Q1: I need help with admin tasks- is a virtual assistant the way to go? How do you find a good one? [#solopr](#)

Retweeted by [kcwriter](#) and 3 others



[KellyeCrane](#) 1:05pm via [TweetDeck](#)

RT @[SoloPR](#): Q1: I need help with admin tasks- is a virtual assistant the way to go? How do you find a good one? [#solopr](#)



[jendonovansf](#) 1:05pm via [TweetDeck](#)

@[jeremyawilliams](#) @[decillis](#) Small group, but great to connect. Hoping to do it monthly. [#solopr](#)

[Show Conversation](#)



[SoloPR](#) 1:04pm via [tchat.io](#)

Q1: I need help with admin tasks- is a virtual assistant the way to go? How do you find a good one? [#solopr](#)

Retweeted by [mdbarber](#) and 3 others

*#solopr transcript – 3/12/2014*

*For more information and resources, visit <http://soloprpro.com/>*



[KellyeCrane](#) 1:04pm via TweetDeck

@[jendonovansf](#) Yes, moving from the midwest to New England today, I think. Boo! [#solopr](#)

[Show Conversation](#)



[mdbarber](#) 1:04pm via tchat.io

Good morning. Mary here from Anchorage. Multi-tasking this morning but hope to add this conversion to the list. [#solopr](#)



[SoloPR](#) 1:04pm via tchat.io

Q1: I need help with admin tasks- is a virtual assistant the way to go? How do you find a good one? [#solopr](#)

Retweeted by [fransteps](#) and 3 others



[jeremyawilliams](#) 1:04pm via TweetDeck

@[decillis](#) how did yesterday's [#solopr](#) Hangout go?



[jendonovansf](#) 1:04pm via TweetDeck

Good morning [#solopr](#) friends!! Jennifer Donovan, founder of @[NovaComms](#), [#socialmedia](#) consultant.



[KarenSwim](#) 1:04pm via Nurph

Karen Swim here from Michigan, quietly listening today. [#SoloPR](#)



[SoloPR](#) 1:04pm via tchat.io

Q1: I need help with admin tasks- is a virtual assistant the way to go? How do you find a good one? [#solopr](#)

4 retweets



[jendonovansf](#) 1:03pm via TweetDeck

@[KellyeCrane](#) Yikes, is there another storm?? [#solopr](#)

[Show Conversation](#)



[KellyeCrane](#) 1:03pm via TweetDeck

RT @[SoloPR](#): We have room for more Qs this week, so send them to @[KellyeCrane](#) without the hashtag (or by DM)! [#solopr](#)



[BluePepperPR](#) 1:03pm via TweetChat powered by oneQube

Eshe Glover, principal of BluePepper Public Relations, usually from Charlotte but heading to Miami ISO sunshine + warmth. :- ) [#solopr](#)



[SoloPR](#) 1:03pm via tchat.io

Q1 is coming up... [#solopr](#)



[dariasteigman](#) 1:03pm via TweetDeck

Multitasking as I crunch on something today, so just popping intermittantly into [#solopr](#). And, HELLO.



[SoloPR](#) 1:00pm via tchat.io

It's time for this week's [#solopr](#) chat, for [#freelance](#) consultants in [#PR](#), [#socialmedia](#) and related fields.

Retweeted by [akenn](#) and 1 others

*#solopr transcript – 3/12/2014*

*For more information and resources, visit <http://soloprpro.com/>*



[SoloPR 1:02pm via tchat.io](#)

We have room for more Qs this week, so send them to @[KellyeCrane](#) without the hashtag (or by DM)! [#solopr](#)



[kcwriter 1:02pm via Web](#)

Kelle Campbell in Columbia, MD. Hi everyone! [#solopr](#)



[KellyeCrane 1:02pm via TweetDeck](#)

Hi everyone! Hopefully the winter weather isn't taking too many of our [#solopr](#) pros out of commission!



[kcwriter 1:02pm via Web](#)

Getting ready for [#solopr](#)



[SoloPR 1:00pm via tchat.io](#)

It's time for this week's [#solopr](#) chat, for [#freelance](#) consultants in [#PR](#), [#socialmedia](#) and related fields.

Retweeted by [mdbarber](#) and 1 others



[SoloPR 1:01pm via tchat.io](#)

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



[KellyeCrane 1:01pm via TweetDeck](#)

RT @SoloPR: It's time for this week's [#solopr](#) chat, for [#freelance](#) consultants in [#PR](#), [#socialmedia](#) and related fields.



[SoloPR 1:00pm via tchat.io](#)

It's time for this week's [#solopr](#) chat, for [#freelance](#) consultants in [#PR](#), [#socialmedia](#) and related fields.

2 retweets