
CONFERENCE TIPS:

DOWNLOAD THE JUICE PLUS+ CONFERENCE APP

Go to your cell phone's app store and download the app called: **Juice Plus+ LIVE!**

WHAT TO WEAR

There's no specific dress code. You can dress as casual or dressy as you'd like. The most important thing is making sure you're **comfortable** so you'll be able to enjoy conference. Dressing in layers will ensure that you're comfortable regardless of the temperature changes.

BOOST YOUR IMMUNE SYSTEM

Take "extra" Juice Plus+ before, during and after the conference. Most of us rarely get enough sleep because we're so busy having fun connecting with our Juice Plus+ friends and sometimes our immune systems may become a bit compromised.

SHOP JUICE PLUS+ PROMOTIONS www.JuicePlusPromotions.com

Shop ahead of time and print a "wish list" so you'll know what you'd like to purchase at the conference. The lines are often long and having a list will help save time so you're not missing any of the speakers!

TAKE NOTES

Retention is a lot higher when we write things down, so it's really important to take notes with the intention of sharing what you've learned with your customers and team members.

- Listening only = 20% retention
- Listening and writing = 40% retention
- Listening, writing AND teaching another = 80% retention

SNAP LOTS OF PICTURES

Post them on social media and be sure to use these hash tags: **#JPcon #JPLive #JuicePlusConference**. You may want to text them to your family/friends and share them at your team potlucks to help build VISION! You never know who'll end up joining you in this business just from seeing the pictures of all the FUN we have!

KEEP YOUR CELL PHONE ON VIBRATE for obvious reasons, but also because it's noisy and often hard to hear.

ARRIVE EARLY to the convention center, so you can get seats with all of your team members.

Note from Corporate: In fairness to everyone, we're NOT allowed to save more than ONE SEAT PER PERSON!

FRIENDSHIPS

Our Juice Plus+ family is filled with some of the most engaging, passionate and interesting people. Be sure to make friends with as many Juice Plus+ reps as you can while you're there. Each conference will eventually feel like a reunion and you'll look forward to seeing those familiar faces.

Special thanks to Tiff Radke for her help with this list.

CONFERENCE PACKING LIST:

- Juice Plus+ capsules and/or chewables
- Juice Plus+ Complete, a shaker bottle, shelf stable dairy-free milk, travel size dish soap
- Other healthy in-room fast meal options (Ex. oatmeal with cinnamon, stevia, nuts and dried fruit etc. - can be cooked with boiling water from the coffee pot)
- Refillable water bottle to easily stay hydrated
- Cell phone, charger and portable charger to help keep your phone charged all day
- Conference ticket printout
- Hotel reservation information (address, phone number, confirmation number)
- Drivers license or another form of ID
- Airline tickets (download your airline app on your phone)
- Airport transportation information (car rental, taxi, shuttle, Uber, Lyft, etc.)
- Swimsuit, flip-flops, sunglasses, sunscreen (for the hotel pool/spa)
- Comfortable shoes for lots of walking
- Sweater or light jacket (air-conditioned buildings can be chilly)
- Earplugs, hand mirror and an extension cord come in handy when room sharing
- Snacks (apples, grapes, tangerines, carrots, celery, muffins, nuts, pretzels, popcorn, Complete bars, granola bars, trail mix, dried fruit, chocolate, Juice Plus+ chewables).
You won't want to miss any of the trainings standing in line to buy food!
- Napkins and hand wipes/sanitizer
- Pre-addressed cards/postcards (a great way to let your customers and team members who couldn't come know what's inspired you and what you're learning about)
- An extra travel bag (or leave some empty space in your suitcase) for all the goodies that you buy from the Juice Plus+ Promotions' store. (If you're flying, take into consideration extra baggage weight limits/fees)
- Kleenex for all those emotional, yet inspiring National Marketing Director speeches
- iPad/Tablet or pens, highlighters and paper to take lots of notes
- Your Juice Plus+ business cards to exchange with other reps that you meet. (Jot down what you talked about on the back to help you remember them)
- Print 3 Memory Joggers (1=Tower Gardens, 1=Juice Plus+ products and 1=Business)
As you're listening to the speakers and people come to mind, write them down immediately!

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