FREE TEAM-BUILDING GUIDE

The Missing Piece Most Network Marketers Never Find

Stop jumping from shiny object to shiny object. Here's what a real long-term team, weekly training and a simple duplication system look like, with no hype.



SHARED WITH YOU BY Keith Gonsisko

Zilara Power Team

1. Why So Many People Keep Starting Over

If you've been in network marketing for a while, you probably know this feeling. You join something new. You're excited. You message friends, you post online, you go to a few calls. Then a few weeks or months later, things go quiet. The energy fades. And before long, you're looking at the next opportunity, starting from zero again.

Here's the honest truth: **this usually isn't because you're lazy, unmotivated or "not cut out for it."** Most people who keep starting over are hard-working, hopeful people who simply never had the right support around them.

> 💡 **Key idea:** Most people don't fail in network marketing because of the company or the product. They stall because there's no system to follow, no team that shows up, and no training that keeps going after week one.

The three gaps most people fall into

- ✅ **No clear system.** You're told to "just share it," but nobody shows you what to say, who to say it to, or what to do next.
- ✅ **No ongoing training.** There's a big welcome call, then silence. Skills never get built, so confidence never grows.
- ✅ **No real team.** You're technically "in a team," but you feel like you're on your own. When things get hard, there's nobody to talk to.

Every time you start over, you lose more than time. You lose the contacts you built, the skills you were beginning to learn, and a little bit of belief in yourself. The good news is that all three gaps can be fixed. That's what this guide is about.

2. The Shiny Object Trap

The industry is full of noise. New launches, "ground floor" opportunities, flashy screenshots and promises that this one is different. It's easy to see why people jump around. When something isn't working, a brand-new opportunity feels like a fresh start.

But here's the catch: **the new thing usually has the same missing pieces as the old thing.** No system, no training, no real team. So the same pattern repeats, just with a different logo.

How to spot the trap before it costs you another year

⚠️ Shiny object signs	✅ Long-term foundation signs
Big promises about what you'll earn	Honest talk about effort, time and realistic expectations
"Hurry, get in before everyone else"	A company and team built to last for years

Lots of hype, very little training	Training that happens every week, not just at launch
You're expected to figure it out alone	A team that shows up and a system anyone can follow
Products that are hard to explain or use	Products people actually use and reorder as part of their routine

Ask yourself: "Would I still be glad I joined this in three years' time?" If the answer depends on hype, keep walking. If it depends on a team, a system and products you believe in, you might have found something worth building on.

3. What a Real Duplication System Needs

"Duplication" is a word you hear a lot in this industry. It simply means this: **whatever you do, the people you bring in can easily do too.** If your approach only works because you're a natural salesperson or you have a huge social following, it won't duplicate. If it's simple, repeatable and supported, it will.

A real duplication system has five parts working together:



1. Stop starting over

Choose one foundation and build on it. Every conversation, every skill you learn and every person you help adds to what you already have, instead of being wiped out by the next switch.

2. Beat shiny object syndrome

Focus beats novelty. When you commit to one path, you finally get to see what consistent effort over months, not weeks, can look like.

3. Weekly team training

Skills grow with practice and support. Training that happens every week means you're never stuck for long. You learn alongside others, ask questions and keep improving step by step.

4. Simple duplication tools

Good tools take the guesswork out. Instead of writing everything from scratch, you share ready-made resources (like this guide) that do a lot of the explaining for you. Your new team members

can use the exact same tools from day one.

✅ 5. Your first 30 days

A clear, simple starting plan builds early momentum. When people know exactly what to do in their first month, they're far more likely to stick with it.

> 💡 **Key idea:** The goal isn't to find the "perfect" opportunity. It's to find a team and system you can follow, teach and grow with for the long term.

4. A Simple, Realistic First 30 Days

Here's what a calm, steady start can look like. No overwhelm, no pressure to be an expert. Just small, repeatable actions, one week at a time.

WEEK 1	**Get set up and get comfortable.** Create your free account, try the products for yourself, and join your first weekly team training. Write down why you're doing this and who you'd love to help.
WEEK 2	**Learn the basics.** Get familiar with the simple sharing tools and resources. Make a short list of people who might genuinely benefit from better health and wellness or a team to belong to.
WEEK 3	**Start sharing, gently.** Share a resource like this guide with a few people on your list. No hard selling. Just "I found this helpful and thought of you." Bring questions to the weekly training.
WEEK 4	**Review and repeat.** Look at what worked. Keep the habits that felt natural. If someone joins, help them start their own Week 1. That's duplication in action.

Small daily habits that add up

- ✅ **One genuine conversation a day.** Not a pitch, just a real conversation with someone you care about.
- ✅ **Fifteen minutes of learning.** A training replay, a resource, or a question to your upline.
- ✅ **Show up every week.** The weekly training is where skills, confidence and friendships grow.
- ✅ **Be patient with yourself.** Lasting teams are built over months and years, not days.

✨ **Keep it real:** Everyone moves at a different pace. Some people share a lot, some share a little, and many simply enjoy the products. All of that is fine. What matters is steady progress that fits your life.

5. Why Zilara and the Power Team

A system is only as strong as the foundation underneath it. Here's why we chose to build our long-term team with Zilara.

A company built for the long term

- ✅ **Debt free.** Zilara was formed in 2026 when two established companies (founded in 2011 and 2017) merged.
- ✅ **Available in 200+ countries,** so you can share with people almost anywhere.
- ✅ **Quality you can trust.** Products are made in a GMP facility in Cincinnati, Ohio, with lot-code traceability since 2011.
- ✅ **Clean formulas.** No synthetic vitamin isolates, no artificial colours, flavours, sweeteners or preservatives, and no GMOs.

A plan with low barriers to start

- ✔️ **Free to join.** No associate fees, no monthly fees and no annual fees.
- ✔️ **Commissions paid daily** through a hybrid plan with matrix and binary features.
- ✔️ **Binary volume never flushes,** and there's no cap on binary pay. Your effort is never wiped away.
- ✔️ **A 7-day holding tank** so new members can be placed strategically within the team.
- ✔️ **Customers who enrol one person become a consultant at no cost,** and there's 30% on customer orders with no order required.
- ✔️ **A 100 CV autoship** unlocks star, rank and check-match bonuses, a free product every month from the Vault, and 10 × $25 gift cards per month to share.

> 💡 **Why this matters for duplication:** When joining is free and there are no monthly fees, it's simple for new people to say yes and simple for them to invite others. Volume that never flushes means steady, long-term effort keeps counting.

📝 What the Power Team adds

The company gives you the foundation. The **Zilara Power Team** gives you the missing pieces on top:

- ✴️ **Weekly team training,** every week, so you're always learning and never stuck for long.
- ✴️ **Ready-made sharing tools,** including guides like this one with your own link built in.
- ✴️ **A simple system anyone can follow,** whether you're brand new or have years of experience.
- ✴️ **Real people who show up.** A team that supports you, answers questions and grows alongside you.

6. Is This Right for You?

This isn't for everyone, and that's okay. We'd rather be honest with you now than have you join for the wrong reasons.

This could be a great fit if you…

- Are tired of starting over
- Want a team that trains every week
- Value clean, quality wellness products
- Are happy to build steadily over time

This probably isn't for you if you…

- Want overnight results
- Don't want to learn or be coached
- Plan to switch again next month
- Are only chasing hype

> **The bottom line:** If you've been looking for something long-term, a team you can belong to, and a system that keeps supporting you week after week, this might be the missing piece. You can start for free and see for yourself.

Questions first? **Message Keith on WhatsApp**. No pressure, just a friendly chat.

Your next step is free

Create your Zilara account: $0 to join, no monthly fees.

Sign Up Now For FREE!

Or click here to create your free account

Earnings are not guaranteed and individual results vary. These statements have not been evaluated by the Food and Drug Administration. Products are not intended to diagnose, treat, cure, or prevent any disease. Independent member resource; not the official Zilara website.