

01:00:46 G-Nene Dabo: Happy Birthday Carolyn 🎂

01:02:11 FGC - Bonnie Chomica - The Content Creation Mentor: Meow!

01:02:13 GC Hope Campbell: 🥳👏 Happy Birthday Carolyn (forgot to press Send)

01:02:14 FGC - Denise Belisle | Serenity Expert: yes

01:02:52 FGC Maria Belanic: Today is your BIRTHDAY - 🎂 Carolyn, Happy Birthday 🥳

01:03:12 FGC Steven Q. Logreira Sales Process Consultant: Steven Logreira
Business Automation Consultant
Specializing in Sales Process Consulting and Automation
Founder of Coaches and Consultants Follow Up System
to set a time to chat click here: <https://automatemysalesprocess.com/spa-strategy-session/952-373-1835>

01:04:40 FGC - Denise Belisle | Serenity Expert: If you are a member, put GC in front of your name
If you are a facilitator, put FGC in front of your name
If you are a guest, Put G in front of your name

01:05:54 GC - Randy D. Penner - Winnipeg: Randy Penner — PPLSI (formerly LegalShield) Independent Associate — Organizer, Promoter, & Administrator of Biz Net Sparks - randydpenner@gmail.com - 204-962-2974

01:08:22 FGC - Cassie Clayton - StargazersUnite.com: Yes!!

01:08:54 FGC Steven Q. Logreira Sales Process Consultant: Guilty

01:09:35 Marleen Marleen: love meeting new people

01:09:36 FGC - Bonnie Chomica - The Content Creation Mentor: I love my social communities!

01:09:56 G Judy Baker, Book Marketing Mentor: Since I shifted in how I show up, good things keep coming my way

01:11:16 FGC Jackie Maclean - Energy Innovator | Clinical Hypnotherapist: @Judy Baker. Love this Judy! 😊

01:18:44 FGC - Cassie Clayton - StargazersUnite.com: Breakout Questions:
Who are you talking to?
What is the struggle you help them with?
What is the transformation you offer?

01:19:11 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++: I LOVE that Diana..
It's the difference btwn I "get to do.. XYZ thing..:"
Instead of I HAVE to do XYZ..thing/stuff..
It applies to EVERY thing!

01:32:41 Patrice Porter TheGardeningGrandma.com: Patrice Porter AKA the Gardening Grandma www.TheGardeningGrandma.com I love introducing kids to the world of gardening also I run the Bright Futures Family Program serving entrepreneurial parents getting their kids on track to being well adjusted with bright futures.
Contact abundance4u@xplornet.ca on LinkedIn <https://www.linkedin.com/in/patriceporter/>
Book a chat on my calendar at: <https://calendly.com/abundance4u>

01:32:59 FGC - Bonnie Chomica - The Content Creation Mentor: BONNIE CHOMICA
The Content Creation Mentor
- Coaching solopreneurs to get more visibility through consistent content creation, so they can attract more clients and make more money

**

SEEKING VIRTUAL SPEAKING OPPS:

Summit presentations, panels, breakouts, podcast interviews, workshops, anything for a coach, consultant, service provider audience.

**

EMAIL: Bonnie@BonnieChomica.com

WEB: <https://www.BonnieChomica.com/>

01:33:26 FGC Maria Belanic: Maria Belanic

Certified Grief Educator 

Transforming chaos to inner calm

Let's connect over coffee

<https://calendly.com/mariabelanic/30min>

<https://www.linkedin.com/in/maria-belanic/>

01:33:36 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++:

Ha..I need to get a Pirate hat again..!

.. Pilates Pirate Adventures..

01:33:37 FGC Christine Campbell Rapin- CLEAR Acceleration Inc.: Christine

Campbell Rapin

CLEAR Acceleration Inc.

Get Clear. Gain Confidence See Results

Helping service based business owners scale a 6+ figure business through high ticket offers.

Tel: (+1) 587-434-9944

Contact@christinecampbellrapin.com

<http://www.linkedin.com/in/christinecampbell1>

<https://www.facebook.com/groups/chasingdreamsandmakingapositiveimpact>

Learn how to find clients that want what you have and are willing to pay for it, attend the Client Growth Delivered Masterclass on 26/27th October 2022:

<https://client-growth-delivered-summit-2210.eventraptor.com/>

Come to the Health Sharing Open House to learn about a not-for-profit alternative to Healthcare which could save you 50-70% off your current health insurance costs. Thursdays at 4:30pm PST / 5:30pm MST/ 7:30pm EST: Zoom: <https://us02web.zoom.us/j/2063560448>

01:33:44 GC - Randy D. Penner - Winnipeg: I'm absolutely loving this event, and wish I didn't need to leave, but I have to drive vulnerable people through city traffic, and I must keep my attention on the road. Take care, and have a great remainder of the event!

01:33:50 FGC - Cassie Clayton - StargazersUnite.com: Cassie Clayton - Stargazers Unite

Helping Spiritual Business Owners to Develop Websites, Logos & Branding Materials so you can attract your ideal client and focus on the connection with your client!

Set up a FREE 15 Minute Consult to see if we are a fit to work together:

<https://stargazersunite.com/book-with-me/>

Subscribe to my YouTube Channel for Tips and Shows:

<https://www.youtube.com/c/StarGazersUnite>

Let's connect on Social: <https://stargazersunite.com/lets-connect/>

01:33:56 G - Joe Iovenitti: Joe Iovenitti, Iovenitti Asset Protection Consultants – Business Owner Cost Savings to increase profitability | Commercial Business Loans | Defer Capital Gains Tax | 510-290-9247 | joeiov1@outlook.com |

<https://www.linkedin.com/in/jiovenitti> | <https://calendly.com/joeiov1>.

01:34:04 FGC Jackie Maclean - Energy Innovator | Clinical Hypnotherapist: Jackie Maclean

Energy Innovator | Clinical Hypnotherapist

1 604 551 4986 (Vancouver, Canada)

<https://www.ThePowerWithin.ca>

<https://www.linkedin.com/in/jackiemaclean1/>

<https://calendly.com/jackiemaclean/compcconversation>

01:34:57 GC Sheri Mills: Happy Birthday Carolyn!!! ❤️🥰.

01:35:34 Pat Little: PAT LITTLE

MY DIGITAL BUSINESS CARD

<https://www.4mycard.net/u/0bi3/Pat-Little>

I am very grateful to be a Independent Distributor with LifeVantage as my mission statement is totally aligned with LifeVantage.

MISSION STATEMENT.

To leverage the power of relationships to unlock the Health & Wealth of every life we touch♥️

01:35:42 GC Joe Matz - APEX-able.com: **Joe Matz: Business Transformation Gapologist and the creator of the APEX-able Business System.**

Trailblaze your knowledge, experience, and expertise into a unique signature program and monetizing roadmap. Attract more of your ideal clients, make a bigger impact, and charge higher fees.

Email: Joe@APEX-able.com

Connect with me here:

LinkedIn: <https://www.linkedin.com/in/joe-matz>

01:35:50 FGC Steven Q. Logreira Sales Process Consultant: Steven Logreira
Business Automation Consultant

Specializing in Sales Process Consulting and Automation

Founder of Coaches and Consultants Follow Up System

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01:37:54 FGC Steven Q. Logreira Sales Process Consultant: Are you sharing your screen?

01:38:34 GC Carolyn Cooper-McOuatt - Grand Connection & Inspired Business:
Make sure its on Speaker View

01:39:26 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++:
Oh..Happy Equinox folx..

Sept 22, 2022! (officially tonight @ 6:58 MDT or whatever your timezone math is.. 🔥)

01:40:35 GC - Linda Rhinehart: I do not see her shared screen.

01:40:52 FGC - Denise Belisle | Serenity Expert: She's not sharing her screen
01:41:06 G-Nene Dabo:what's the last one?
01:41:16 FGC Jackie Maclean - Energy Innovator | Clinical Hypnotherapist: 50% Brand myself
40% Educate, inspire, motivate
10% Promote
01:42:46 FGC Jackie Maclean - Energy Innovator | Clinical Hypnotherapist: CARE: Connect Acknowledge Respond Engage
01:42:58 FGC - Bonnie Chomica - The Content Creation Mentor: Commenting is having a conversation, build relationships, supporting others.
01:44:41 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++:
Michelle Marcicki / Unity Integration Studios
AND..
--> I'm the Wellness Wonder Woman!

-->I'm an Expert in Fitness (Pilates), Breathing, Self-Care, Health & Wellness.& Nutrition
(..with Certified Vegan & BCorp AMAZING products)!

I support/advise & train/coach other Entrepreneurs in their Fitness, Health, Wellness, Nutrition, & Self-care, so they can be in OPTIMAL HEALTH to run their business(es) & their life!

--> What are you doing to stay active, healthy & THRIVE, right now?
How can I help YOU..TODAY?!

You can connect w/me HERE:
--> OR Email (or Text - I have INTL Texting)
C: 587-889-3100
E: UnityIntegration@gmail.com

LinkedIn: <http://linkd.in/LinkedInMMarcicki>

--> Schedule a 30 mins *Meet & Greet" Call
(Pls NO pitching/presentations / Let's connect FIRST):
https://bit.ly/Unity_Acuity_GC_DiscoveryCall_30

(FYI..I'm back to doing some in-person events..!!
So come CONNECT if you're in YYC!

& reach out IF you don't see a time.

Email or Msg on LinkedIn.

& I can get you my SECRET Client Calendar.. 😊)

01:46:49 G-Nene Dabo:the rabbit hole. That's me

01:47:48 G-Nene Dabo:4 hours later I'm still doing "research"- wink wink. And I almost always end up on Amazon. 🤖🤖

01:47:57 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++:
YES!

Social media for Introverts

I took a bunch of time OFF rather than post, b/c it was over whelming..(& I lost my "purpose" or reasons to post..as seeing so much blah, or boring..or non-relevant stuff.. lacking authenticity..)

01:48:54 FGC - Denise Belisle | Serenity Expert: Good morning, I specialize in working with people 50 and over to empower them to rock the second half of their lives so that they can thrive and not dive. Shifting from Crisis to oasis.

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Denise Belisle, Serenity Expert and Positive Intelligence Specialist

<https://www.linkedin.com/in/denise-belisle/>

=====

My gift for you

<http://tiny.cc/CleanYourBrain>

Spring Cleaning For Your Brain

The easy 3-step process to detox your cluttered mind.

We are cleaning our house, cleansing our body, why aren't we detoxing our brain too?

01:49:08 GC Carolyn Cooper-McOuatt - Grand Connection & Inspired Business:

Save time, \$ and energy

01:49:22 Lynn Lee: Lynn Elena Lee, travel concierge

Sparkling Life Journeys

> Luxurious culinary and wellness travel experiences for professional women (and their travel companions) who love food, wine, and living a vibrant, healthy life.

> Independent Wine Ambassador for The Boisset Collection, which unites Old World & New into the One World of Wine.

I offer fabulous wines, tastings, custom wine labels, and more.

Wellness advocate for Healy - an amazing bio-energetic medical device

lynn@sparklinglifejourneys.com

<https://sparklinglifejourneys.com>

<https://my.boissetcollection.com/lynn.elena.lee/>

603-496-6302

Find a time to chat: <https://go.oncehub.com/LynnLee>

01:51:12 G-Nene Dabo: Diana would you recommend a completely separate account or would an official FB page do.

01:52:31 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++:
LOL..

YouTube is the only one that doesn't "exhaust" me at times..for social media..

But I can listen to music forever, & it invigorates me.

(I.e. Listen to The Boomtown Rats - I Don't Like Mondays (Live Aid 1985):

<https://bit.ly/3IFiSVo>

IF you are ever having a "bad day" or tough moment..
It will SHIFT you..)

And sorry if I start you on a Rabbit hole.. 😊 LOL..

01:54:47 Christy Metcalf: Christy Metcalf, CEO Learning Systems.

My clients call me the money guru. I love teaching service based business owners how to double their revenue in 100 days without creating fancy funnels, buying complicated technology, or living on social media all day long.

<https://www.linkedin.com/in/christy-metcalf/>

01:55:10 Lynn Lee: I have to leave -- I'll catch the rest in reply. Sorry to miss the breakouts.

01:55:20 FGC - Cassie Clayton - StargazersUnite.com: Breakout Questions:

Share your passion for your business & your Why?

What is your core message?

What is your social media about?

How do you want to inspire others?

01:56:06 GC Dorothy Knauss | Redox UP!: What if.... you could be more energized &

didn't have to feel the aches of getting older?

Dorothy Knauss |

dtknauss@comcast.net | 302-383-2270


<https://calendly.com/dtknauss/1-1-30-minutes>

<https://www.linkedin.com/in/dorothy-knauss/>

02:10:39 GC Joe Matz - APEX-able.com: Social media Automation scheduling:

<https://postoplan.contentive.com/>

02:10:55 GC Dorothy Knauss | Redox UP!: Sorry I have to leave a bit early today also... such a great topic.

02:11:15 G-Nene Dabo: Christine & Deb were phenomenal. Big hugs to you both 

02:11:25 GC Barb Ashcroft: Barb Ashcroft Hope Evangelist FREE Compassion Toolkit and Guide is available <https://bit.ly/What-to-say-or-do>

LinkedIn: <https://www.linkedin.com/in/bjashcroft>

250-951-2554 / BarbAshcroft@shaw.ca

<https://Barbashcroft.ca>

Facebook: <https://www.facebook.com/barb.ashcroft>

MY ASK: What expert do you know that Barb should interview?

Would your podcast be a good place to have Barb as a Guest?

02:12:06 GC Sheri Mills: is that Meta? I am still trying to figure that out. lol

02:12:09 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++:
Social Media (Support) Tools came up a bit as well..

- I have used Hootsuite (but they have LOST any connections to smaller biz)

So I use mostly Publer..now..they are affordable, & responsive
(& FB scheduling,,especially for groups..)

02:12:19 Julz www.DigitalPR.Works ...GC member: JULZ VITALITY with
<http://digitalPR.Works>

Helping Conscious Entrepreneurs amplify their digital footprint.

AS A STAGE HOST:

#1) Business Scaling Workshop Series looking for experts in business marketing, leads, tech, sales, content creation, etc.

#2) Always looking for contributors for my podcast and magazine on Self-Improvement.

#3) Weekly Social Media Posting Parties to drive our connections and Engagements.

Connect via the Collaboration Form on my link tree, and follow on all social media.

<http://Linktr.ee/pitv> / email at vital.lesson@gmail.com OFFER: FREE PR Strategy session for all in attendance:

<https://app.10to8.com/book/osczadkdvkhgipzfd/1725512>

02:13:18 Julz www.DigitalPR.Works ...GC member: Julz Vitality: Open to SPEAK/
Podcast GUEST on topics: "Attract targeted leads through visibility and credibility", "Lead Generation with Digital PR", "Law of Attraction in Business". I'm open to free stages or cross-collabs. All my contact on my <http://LinkTr.ee/PITV>

02:15:16 GC Barbara Ingrassia: what about putting links into FB messgaes? FB seems to be discouraging

02:15:45 FGC - Bonnie Chomica - The Content Creation Mentor: Important to have people experience you.

02:16:39 G Judy Baker, Book Marketing Mentor: Organic first

02:18:33 G-Nene Dabo: It's like the time FB went down for a day. So much chaos and panic

02:19:38 FGC - Bonnie Chomica - The Content Creation Mentor: Stats show that email converts higher than social media for promotions

02:20:04 G Judy Baker, Book Marketing Mentor: Email returns approximately \$36 for every \$1 you invest

02:21:58 FGC - Cassie Clayton - StargazersUnite.com: General Offer: Free Gift Whole Heart Marketing Report

Non-tekky Strategies in Plain English to Grow Your Online Presence!

<https://wholeheartmarketing.com/blog/>

02:26:09 GC Carolyn Cooper-McOuatt - Grand Connection & Inspired Business: YES the Grand Connection!

02:27:25 G Judy Baker, Book Marketing Mentor: 5+

02:29:10 FGC - Cassie Clayton - StargazersUnite.com: WholeHeartSpeak Intensive Live Virtual Retreat

Social Media Success

<https://wholeheartmarketing.com/wholeheartsspeak/>

\$47

02:29:21 FGC - Cassie Clayton - StargazersUnite.com: VIP

WholeHeartSpeak Intensive Live Virtual Retreat

Social Media Success

AND

30 Minute "Laser" Coaching Session

<https://wholeheartmarketing.com/wholeheartspk/>
\$47

02:29:42 G - Joe Iovenitti: I need to respond to a text. Great meeting. I look forward to the next meeting.

02:32:09 FGC - Cassie Clayton - StargazersUnite.com: Breakout Questions:
Who are you going to play with on Social Media?
Describe your power partners!
Where are you playing on Social Media?

02:35:04 GC Carolyn Cooper-McOuatt - Grand Connection & Inspired Business:
<https://grandconnection.ca/gcmembers/join/>

02:46:50 G Judy Baker, Book Marketing Mentor: I am joining GC - this has been one of the best groups I have experienced

02:47:00 GC - Marion McCool: Marion McCool
LegalShield Business Solutions

Located in Alberta, Canada - Servicing Canada and the US

Making equal access to the Justice System a reality rather than just a phrase.

Helping Entrepreneurs, Business owners, and Families with access to an affordable, easy system for business and personal advice, privacy and security/identity theft protection, What keeps you awake at night?

(825) 733-1649

LSinfo@marionmccool.ca

<https://calendly.com/marionmccool/15min>

<https://www.linkedin.com/in/marionmccool/>

Instagram: LegalShield by Marion

FB: Marion McCool, LegalShield Independent Associate

Brag line: Wherever you have access to your phone, you have access to your firm.

02:47:13 FGC - Bonnie Chomica - The Content Creation Mentor: Welcome Judy Baker. You'll love it here!

02:47:36 FGC - Cassie Clayton - StargazersUnite.com: General Offer: Free Gift
Whole Heart Marketing Report

Non-tekky Strategies in Plain English to Grow Your Online Presence!

<https://wholeheartmarketing.com/blog/>

WholeHeartSpeak Intensive Live Virtual Retreat

Social Media Success

<https://wholeheartmarketing.com/wholeheartspk/>

\$47

VIP

WholeHeartSpeak Intensive Live Virtual Retreat

Social Media Success

AND

30 Minute "Laser" Coaching Session

<https://wholeheartmarketing.com/wholeheartspk/>

\$47

02:47:54 FGC Christine Campbell Rapin- CLEAR Acceleration Inc.: Another great GC event!! So good.

02:48:26 FGC - Cassie Clayton - StargazersUnite.com: The Big Pivot Summit - <https://www.eventbrite.com/e/big-pivot-and-uplevel-summit-tickets-422571561917?aff=CarolynCooperMcOuatt>

02:48:44 FGC - Cassie Clayton - StargazersUnite.com: The Fresh Inspiration Show Sept 29th -

<https://www.eventbrite.com/e/fresh-inspiration-show-virtual-symposium-09292022-tickets-192367023947?aff=erelexpmlt>

02:49:44 FGC - Bonnie Chomica - The Content Creation Mentor: @Diana Morgan thank you for so many nuggets today. Intentional Social Media - love it!

02:50:19 GC Diana Morgan Whole Heart Marketing: @Bonnie! You are so welcome!

02:50:28 FGC - Cassie Clayton - StargazersUnite.com: Join Grand Connection: <https://grandconnection.ca/gcmembers/join/>

02:50:30 FGC Maria Belanic: @Diana Morgan, thank you for sharing so many nuggets and tips.

02:50:32 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++: Looking fwd to this recording..I couldn't take notes fast enough..

02:50:41 Patrice Porter TheGardeningGrandma.com: Thanks Diana for the inspiration and motivation plus your generous gift!

02:50:49 FGC - Cassie Clayton - StargazersUnite.com: Business From the Heart Awards - You can vote ONCE A DAY, please help us when you can. (ends on September 30th).

<https://businessfromtheheart.ca/>

02:51:24 FGC - Cassie Clayton - StargazersUnite.com: new FLIPBOOK - <https://grandconnection.ca/flip-book-recipes-2022/>

02:51:33 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++: Wow.. How do you get nominated for those awards?!

02:52:02 FGC - Cassie Clayton - StargazersUnite.com: Grand Giveaway - <https://grandconnection.ca/grand-giveaway-fall-winter-2022/>

02:52:30 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++: YES..Got to get on the Giveaway..I have a new system to get set up for that for my email..!

02:52:40 GC Diana Morgan Whole Heart Marketing: @Patrice Porter! You are so welcome!

02:52:58 FGC - Cassie Clayton - StargazersUnite.com: The Grand Podcasters Group - <https://grandconnection.ca/oct-11-grand-podcasters-group-meeting/>

02:53:02 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++: Thanks for that workshop..so great to have that training & direction...1

02:54:08 FGC Maria Belanic: Thank you @Carolyn for this amazing session today. Appreciate everything you do and want to give a shout out to your team and helpers.

02:54:23 FGC - Cassie Clayton - StargazersUnite.com: Creating Lead Magnet Workshop for Giveaway - Register here:

<https://grandconnection.ca/oct-17-creating-effective-lead-magnet-and-giveaway-workshop/>

02:55:50 FGC Christine Campbell Rapin- CLEAR Acceleration Inc.: She has an awesome community

02:56:11 FGC - Cassie Clayton - StargazersUnite.com: Join Grand Connection:

<https://grandconnection.ca/gcmembers/join/>

02:56:12 GC Diana Morgan Whole Heart Marketing: So many amazing programs!!1

02:56:13 G Judy Baker, Book Marketing Mentor: Wow!

02:56:52 G-Nene Dabo: Thank you so much. This was great!

02:57:18 GC - Marion McCool: Thank you, Diana

02:57:19 Luckson: Thank you everyone who's solidly behind the success of this great connection.

I need a change and total turnaround which is to build a business partnership- Used items from oversea is a very lucrative business here in Africa. Anyone interested please get in touch luckstabor@gmail.com

02:57:22 GC Diana Morgan Whole Heart Marketing: You are so welcome

03:01:53 G Marleen Redhead: Luckson, raise your hand so that Diane can speak to you.

03:03:30 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++: I think what is meant by links..

As most social platforms..don't want links that go OFF their platforms.. which is why put in the comments..

03:05:11 GC Diana Morgan Whole Heart Marketing:

<https://www.facebook.com/groups/wholeheartmarketingwithdianaconcoffmorgan>

03:05:41 FGC - Denise Belisle | Serenity Expert: There is no promotion at the moment.

03:05:47 G Marleen Redhead: Luckson says I need a change and total turnaround which is to build a business partnership- Used items from oversea is a very lucrative business here in Africa. Anyone interested please get in touch luckstabor@gmail.com

03:07:08 G Judy Baker, Book Marketing Mentor: Thank you for a jumpstart on repositioning my networking and social interactions.

03:08:23 G-Nene Dabo:Diana is awesome. Thank you so much

03:08:39 GC Diana Morgan Whole Heart Marketing: Thanks Nene!!!

03:09:12 GC-Michelle Marcicki/The Wellness Wonder Woman/Pilates+Arbonne++: Thx Diana.. we NEED to meet again..it's been a min! :)

03:09:18 FGC - Denise Belisle | Serenity Expert:

<https://grandconnection.ca/gcmembers/join/>