

00:39:49 Lila Andrews: Hello everyone 🙌

00:40:08 MARY WANJA: hello

00:40:16 Radavie Riom:

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=====  
Radavie - For over 30 years I have supported my clients in  
awakening from the dis-ease of human conditioning that has affected their business, health  
and relationships. Also offering you a 20 min complementary  
conversation. Requesting to be a podcast guest. [www.radavie.net](http://www.radavie.net)  
radavie01@gmail.com LinkedIn: [www.linkedin.com/in/radavie-riom-35b48511/](http://www.linkedin.com/in/radavie-riom-35b48511/)  
Let us connect on 1 on 1.  
=====

00:40:30 LeWahn -VirtuallyDoneServices: Hello From Washington, DC!

00:40:59 Carol Metz Murray: Good morning everyone, from Coquitlam BC

00:41:02 Beverly Henry: Hello, everyone!

00:41:13 1GC Susan Jarema - Grand Connection & New Earth Marketing: Please  
rename with initials at the start: G, GC, GCF

1 = Business

2 = VA

G=Guest

GC=Grand Connection Member

T= Tawnya's Group VA Networking

Eg Susan is1GC

00:41:59 2T Tawnya Sutherland - VAnetworking.com: Hi Carol, I'm in Maple Ridge ;)

00:42:22 1GC Susan Jarema - Grand Connection & New Earth Marketing: Please  
rename with initials at the start: G, GC, GCF

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Eg Susan is1GC

00:42:52 Marija Mikic: Marija Mikic

00:42:57 Cindy Peters - Lusion Creative: What if we're both

00:42:57 Cindy Peters - Lusion Creative: ?

00:43:16 Cindy Peters - Lusion Creative: I'm a freelance graphic designer.

00:43:33 2T Tawnya Sutherland - VAnetworking.com: Hi Cathy Baillargeon, great to  
see you here!

00:43:37 Kathy Van Winkle: 2T Kathy Van Winkle

00:43:43 2T Tawnya Sutherland - VAnetworking.com: Hi Dianne!

00:43:49 1GC Sandy Goe: Thank you Carolyn and Susan. I may not be able to  
engage throughout as working in the office at the same time : )

00:43:56 Beverly Henry: 2TBeverly Henry

00:43:57 Lilian Muthoni: 2 Lilian Muthoni

00:43:59 2T -Cathy Baillargeon - Virtual Cathy: Thank you so much for the invitation, Tawnya!  
00:44:04 Natasha Sande: 2T Natasha Sande  
00:44:46 2T Tawnya Sutherland - VAnetworking.com: Hi Ingrid! ;)  
00:45:06 Nicholas Kyanda Freelancer: Sorry what do you before your name if you are a freelancer?  
00:45:11 2T Tawnya Sutherland - VAnetworking.com: Hey Melissa Irvin! Great to so so many familiar faces :)  
00:45:20 Lila Andrews: 2T  
00:45:40 2G Ingrid McKnight: Hi Tawyna, great to see you again!  
00:46:02 Steven Q. Logreira: Steven Logreira

Business Automation Consultant

Specializing in Sales Process Consulting and Automation

Let's connect:

<https://automatemysalesprocess.com/spa-strategy-session/>

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

952-373-1835 USA 778-708--7489 Canada

[steven@automatemysalesprocess.com](mailto:steven@automatemysalesprocess.com)

00:46:14 1GCNadine Hanchar: Nadine Hanchar [www.progressiveplus.com](http://www.progressiveplus.com)

00:47:22 2- Brittney - Creative Dynamics Virtual Services: Hi, my name is Brittney and I started Creative Dynamics to help moms work from home. Our all-female, Canadian team is made up of virtual assistants, OBMs, CRM specialists, marketing gurus and more. Get ready to be the CEO of your powerfully impactful and profitable business!

[creativodynamicsva.com/](http://creativodynamicsva.com/)

<https://www.instagram.com/creativodynamicsva/>

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

Learn more about my WHY and it's not what you think -

<https://gosolo.subkit.com/brittney-ashley/>

00:57:08 KOMOMOH OFEM: hello everyone good to be here

00:57:09 1GCF Joe Matz - Gapologist.com: Free events and pocket guides about Podcast guesting: [www.gapologist.com](http://www.gapologist.com)

00:57:10 1GC Susan Jarema - Grand Connection & New Earth Marketing: Please rename with initials at the start: G, GC, GCF

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Eg Susan is1GC

00:57:45 Lila Andrews: Houston

00:57:46 2G Marija Mikic: Serbia

00:57:46 2T Tawnya Sutherland - VAnetworking.com: Maple Ridge, BC, Canada!

00:57:46 1G - Sam Liebowitz | [www.TalkRadio.nyc](http://www.TalkRadio.nyc): NYC!

00:57:48 2GAndrea Djafri: Orange County, CA

00:57:49 1GC Meilin Ehlke - Moving To Oneness podcaster: Germany

00:57:50 2T-Preethi Balasubramanian: Toronto

00:57:50 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach:  
Johannesburg South Africa

00:57:51 1GC Susan Jarema - Grand Connection & New Earth Marketing: vancouver  
Canada

00:57:51 1G - Heather Cameron: Ottawa Canada

00:57:52 2T LeWahn -VirtuallyDoneServices: Washington, DC

00:57:52 1GCF Joe Matz - Gapologist.com: Raleigh NC USA

00:57:52 1GC - Cindy Peters - Lusion Creative: Canadian currently in Oklahoma,  
USA

00:57:53 1 Phoebe \_The Dove Virtual: Kenya

00:57:53 2 Rhonda Quade: Asheville, NC

00:57:53 2GC Pam Weiser - Be The Wiser: Northern Colorado

00:57:54 1GC F - RichardKaye.com: Taos, New Mexico

00:57:55 2T Prince B-Y: Ghana

00:57:55 Stephanie Barnes: Birmingham Alabama

00:57:55 2T Kyle Sheldon-Chandler: Colorado

00:57:56 2T MARY WANJA: Nairobi, Kenya

00:57:56 1GC Pat Little Lifevantage: Vancouver

00:57:56 1GC 1GCF Margaret Johnson Women & Money Inc.: Maple Ridge BC

00:57:56 Lilian Muthoni: Kenya

00:57:57 milicamarkovic: Toronto, Canada

00:57:57 2T Anna - Annka VA: England

00:57:58 1GC Lynn Lee: Florida

00:57:58 2T - Laisha Richardson: Barcelona, Spain

00:57:58 2T Rahama: Lagos, Nigeria

00:57:58 1G - Lee-Anne Webster: Cape Town

00:57:59 1GCNadine Hanchar: Victoria BC Canada

00:57:59 1T Linda Henslee: California

00:57:59 Kathy Van Winkle: Ventura, CA USA

00:57:59 2T Kaydia: Jamaica

00:57:59 2T -Cathy Baillargeon - Virtual Cathy: Vancouver (not BC), Washington  
(not DC)

00:57:59 Cheniece Patrick: Mississippi

00:57:59 2GCT Melissa Irvin: Murphy, Texas, USA

00:58:00 1G - Clare Kumar: toronto

00:58:01 1GC Allan Roberts Mindset: UK

00:58:01 1GC Romilla Ready Beyond Distress Use stress to your advantage:  
England

00:58:01 2T Trenice, from CA: Sacramento, CA

00:58:02 2G Ingrid McKnight: Alberta Canada

00:58:02 1GCF Maria Belanic- mentor: Vancouver, BC

00:58:03 brian caldwell: RC

00:58:04 1G Paige Beyer: DC- MD

00:58:04 1 Laurie Katapski - marketing: Phoenix

00:58:04 1 GC Patrice Porter TheGardeningGrandma.com: Boreal forest of  
Saskatchewan Canada

00:58:04 Lucy: Nairobi

00:58:05 2T Kristin Lobdell: San Francisco

00:58:06 1JB @executivehelpnw: Atlanta, GA  
00:58:07 2T Jermaine: Philippines  
00:58:07 1GC Deborah Myers: Sonoma County No. Calif  
00:58:07 2T - Jessica Hurtado: New Orleans  
00:58:07 2Andrea Ballenger: Rural Iowa!  
00:58:07 2 Jitin Sipahimalani: Mumbai, India  
00:58:08 Jordan Eaton: British Columbia Canada  
00:58:08 Ellen Barner: Steubenville OH USA  
00:58:08 Natasha Sande: Nairobi  
00:58:08 brian caldwell: Los Angeles  
00:58:09 1GC Sandy Goe: Attention Virtual Assistants: please feel free to add yourself to our Directory Connect on our Memorable Connections website - where we connect business owners and resources as well as provide programs to support personal and professional growth. add yourself to our Directory to Connect on our Memorable Connections website. I'd love to have you included! It makes it easier for us to refer people to each other, and to connect and collaborate 😊

Here's the link:

<https://www.memorable-connections.com/directory-to-connect#!directory/map>

00:58:09 2T - Tyler Rosenthal: Maple Falls, WA  
00:58:10 1G - Lee-Anne Webster: Cape Town  
00:58:11 1G Carl Mazur Terra-Mars: Vancouver  
00:58:12 GC Bonita Joy (785) 550-4944: Lawrence Kansas and Lyons Colorado  
00:58:12 1GC Marion McFall, EnerJoy!: Edmonton Canada in -25C  
00:58:13 KOMOMOH OFEM: Abuja Nigeria  
00:58:13 Brittany Robbins: Northern Virginia (USA)  
00:58:13 2G Rhomel: Philippines 🇵🇭  
00:58:14 1GC-Dina Legland: Southern Florida  
00:58:16 2T - Jessica Hurtado: Meeeeeeeeeeee  
00:58:17 1T Linda Henslee: Sure  
00:58:18 1GC Sandy Goe: Santa Barbara CA  
00:58:20 Beverly Henry: Jamaica  
00:58:21 Estylily: Lagos, Nigeria  
00:58:26 2-Miriam Mwangi: Nairobi, Kenya  
00:58:27 1GCF Permelia Parham [www.the-healing-institute.com](http://www.the-healing-institute.com): Vancouver Island, British Columbia, Canada  
00:58:28 1 Helene Bertrand: North Vancouver  
00:58:54 Sharon Love: BECOME A SUCCESSFUL RETREAT SPEAKER. Get paid to travel the world and inspire kindness. For free online events and gifts, click <https://www.SpeakInspire.com>  
00:59:17 2GC Pam Weiser - Be The Wiser: Hi! I'm Pam Weiser! I'd love to connect! I'm a Business Operations Manager. I partner with overwhelmed and overworked busy professionals, who think they need to do it all themselves, but realize they can't. I help them scale their business, manage projects, and delegate tasks so that they can create time in their schedules, save money, lower their stress, increase their efficiency and get back to focusing on what's most important - building their business.

Take my free time management assessment here  
<https://www.bethewiser.net/time-management-assessment.html>

[pam@bethewiser.net](mailto:pam@bethewiser.net)

<https://www.bethewiser.net>

[www.linkedin.com/in/pamweiser](https://www.linkedin.com/in/pamweiser)

[https://www.instagram.com/be\\_the\\_wiser](https://www.instagram.com/be_the_wiser)

01:00:11 Sharon Love: I can work with all of the VAs as affiliates!

01:00:23 2GCT Melissa Irvin: I love collaborating with other VAs!

01:00:36 Lila Andrews: Collaborating is definitely a game changer!

01:00:56 2T Anna - Annka VA: I think each VA has different skills, different specialization so we can collaborate

01:00:59 2GAndrea Djafri: It is all about having the abundance mindset. There is enough for everyone!

01:01:02 2GC Pam Weiser - Be The Wiser: It's not so much a competition. Many VAs and other freelancers have specialized skills

01:01:07 1T Linda Henslee: I would love to connect with all the VA's here. Connect with me at [linda@lindahenslee.com](mailto:linda@lindahenslee.com). Would love to collaborate.

01:01:19 2T Tawnya Sutherland - VAnetworking.com: We aren't competitors as VAs, we each have unique skillsets to help you. You'll find the ultimate VA or 2 for you ;)

01:01:36 2GCT Melissa Irvin: my VA niche is marketing and I really enjoy working with other marketing people. Never too many ideas!

01:01:41 1G - Heather Cameron: The more specialized you are as VA, the easier it is for your future clients to know "You are the one".

01:01:49 Sharon Love: I CAN HIRE YOU ALL as affiliates and pay 25% for people that you invite to [SpeakInspire.com](https://www.speakinspire.com) ... up to \$100,000 per referral.

01:01:57 1GCF Permelia Parham [www.the-healing-institute.com](http://www.the-healing-institute.com): Hello, I'm excited to be here. Permelia Parham with The Healing Institute ~ A virtual global platform connecting clients with holistic practitioners. Looking to speak on Podcasts, Summits and Conferences.

Website: <https://www.the-healing-institute.com/>

Facebook: <https://www.facebook.com/THIWorld/>

Instagram: <https://www.instagram.com/holistic.world.healing/>

LinkedIn: <https://www.linkedin.com/in/permelia-parham/>

01:02:02 2T Kristin Lobdell: Aloha! Love to connect Kristin Lobdell

VA + Travelpreneur

Owner, ▽△ KNL CO

[kristinnicolelobdell@gmail.com](mailto:kristinnicolelobdell@gmail.com)

[kristinnicolelobdell.com](http://kristinnicolelobdell.com)

808-347-8164

<https://calendly.com/kristinnicolelobdell>

01:02:24 2T Tawnya Sutherland - VAnetworking.com: Hi Kristin, great to see you here ;)

01:02:26 Pat Little: PAT LITTLE

[Patlittle.lifevantage.com](http://Patlittle.lifevantage.com)

[patlittle555@gmail.com](mailto:patlittle555@gmail.com)

604-803-1778

01:02:29 2G Marija Mikic: Hi I am Marija and I offer Project Management and OBM and d Digital Marketing would like to connect: <https://www.linkedin.com/in/marijamikic/>

01:02:37 1 GC Patrice Porter TheGardeningGrandma.com: Patrice Porter AKA the Gardening Grandma I love introducing kids to the world of gardening with my "Got Dirt? Gardening for Kids" program also I run the Fabulous Family Futures Program serving entrepreneurial parents or those working from home, to stop sacrificing their time spent with their children for working, to focus on you and your child growing to your greatest potential

Contact me at [abundance4u@xplornet.ca](mailto:abundance4u@xplornet.ca) on LinkedIn

<https://www.linkedin.com/in/patriceporter/> Book a chat on my calendar at:

<https://calendly.com/abundance4u>

01:02:40 2T Kristin Lobdell: Hi Tawnya!! Great to see you too!

01:03:01 2T Rahama: Hi Tawnya! Thank you for sharing this opportunity.

01:03:05 1G - Sam Liebowitz | [www.TalkRadio.nyc](http://www.TalkRadio.nyc): Sam Liebowitz

Executive Producer

<http://talkradio.nyc/>

[Sam@TalkRadio.nyc](mailto:Sam@TalkRadio.nyc)

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

01:03:22 1GC Susan Jarema - Grand Connection & New Earth Marketing: Please rename with a number and initial at the start:

1 = Business

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GC=Grand Connection Member

T= Tawnya's Group VA Networking

Eg Susan is 1GC

01:03:31 2GAndrea Djafri: Hello, My name is Andrea and I'm a Facebook certified community manager. I help my clients with their Facebook groups, admin and customer service support.

01:03:32 GCF - Steven Q. Logreira Sales Process Automation Consultation:

Steven Logreira

Business Automation Consultant

Specializing in Sales Process Consulting and Automation

Let's connect:

<https://automatemysalesprocess.com/spa-strategy-session/>

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

952-373-1835 USA 778-708--7489 Canada

[steven@automatemysalesprocess.com](mailto:steven@automatemysalesprocess.com)

01:03:39 1G - Lee-Anne Webster - LWebster VA: Lee-Anne Webster

Virtual Assistant at LWebster Virtual Assistant

Specializing In Virtually All You Need At A Click

E: [leeanne@lwebsterva.com](mailto:leeanne@lwebsterva.com)

W: [www.lwebsterva.com](http://www.lwebsterva.com)

T: 083 723 4978

<https://www.linkedin.com/in/lee-anne-webster/>

Welcome to schedule a meeting using my e-calendar: <https://calendly.com/lwebsterva01>

01:03:41 2T Trenice, from CA: Trenice Murphy

Virtual Assistant

I help female coaches grow their businesses by handling the back-end office tasks such as email and calendar management, document creation, and building customer relationships.

Ways to connect with me:

30min Discovery Call

<https://calendly.com/tmurphyvirtualassist>

Email: [trenicevaoffice@gmail.com](mailto:trenicevaoffice@gmail.com)

Linkedin:

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

Instagram: [https://www.instagram.com/tmurphy\\_virtualassist/](https://www.instagram.com/tmurphy_virtualassist/)

Facebook: <https://www.facebook.com/T.MurphyVirtualAssist/>

01:03:58 Sharon Love: What's your business, everyone?

01:04:00 1 Laurie Katapski - marketing: Laurie Katapski - LKAT Marketing Services

Helping businesses develop an impactful marketing strategy, marketing plans, and lead marketing teams

[www.linkedin.com/in/lauriekatapski](http://www.linkedin.com/in/lauriekatapski)

[www.marketingthatdelivers.com](http://www.marketingthatdelivers.com)

[lkatapski@gmail.com](mailto:lkatapski@gmail.com)

01:04:04 1GCF Maria Belanic- mentor: COMMENT: all the VA's have special skills and to share what you are an expert on.

01:04:07 1GC Deborah Myers: Hi I'm Deborah.  
I'm looking forward to connecting!!

Acupressurist & Jin Shin Jyutsu practitioner Health Care Educator teaching self-help acupressure to relieve stress & reduce pain & create energetic balance for changes to take place — physically, mentally, emotionally and spiritually. Discover how YOU can heal whatever you want to change in your life and your body!!

[Deborah@deborahmyerswellness.com](mailto:Deborah@deborahmyerswellness.com)

<https://www.deborahmyerswellness.com>

707-546-5692

Mobile at 707-484-5515

Workshops & programs for kids, schools and the workplace

AND offering individual sessions — in person and virtually....

Discover how to BE in the space of boosting your mindset to be ALL you want to BE!!

30 minute to get-to-know-each-other

<https://www.deborahmyerswellness.com/private-acupressure-sessions/>

01:04:11 1GCF Joe Matz - Gapologist.com: Joe Matz

I provide service based businesses a step by step process for building a unique signature program and monetizing roadmap to differentiate their business, stand out from the crowd, and attract their ideal clients.

Get the best ROI and engagement with podcast guesting.

Website and contact info: <https://gapologist.com/>

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

Podcast: <https://apex-able.com/espresso-jams/>

01:04:17 2G Andrea Djafri: Hello, My name is Andrea and I'm a Facebook certified community manager. I help my clients with their Facebook groups, admin and customer service support. [Andrea@aedvirtualseervices.com](mailto:Andrea@aedvirtualseervices.com)

01:04:24 Sharon Love: What's your website? I'd like to speak at your conference...

01:04:52 2GC Pam Weiser - Be The Wiser: GC is a great community!! Thank you so much Carolyn and Susan!

01:05:09 1GC-Dina Legland: Dina Legland - The Inner Warrior Coach  
RN & Certified in Life & Wellness Transformation  
Wellness Warriors for Life LLC

Cancer Saved My Life.....And Fear Almost Killed Me!

Are TOXIC Fears PARALYZING us from living everyday as if it was our LAST!

I help women in remission who feel judged by others, invisible & misunderstood, with a total loss of control, learn how to let themselves feel loved, appreciated & liberated so they can choose themselves 1st guilt free!

Let's Chat - <https://my.timetrade.com/book/RWF6S>

LinkedIn - <https://www.linkedin.com/in/dinalegland-rn-bsn-chc-clc/>

Email - [Dina@wellnesswarriorsforlife.com](mailto:Dina@wellnesswarriorsforlife.com)

Phone # - 631-356-3611

Website [www.wellnesswarriorsforlife.com](http://www.wellnesswarriorsforlife.com)

Business Facebook - <https://www.facebook.com/wellnesswarriorsforlife>

Instagram - <https://www.instagram.com/wellnesswarriorsforlife/>

01:05:16 1GC Marion McFall, EnerJoy!: What are you doing to boost your immune system? Are you getting your 10-12 servings of fruits & veggies each day? Take the guesswork out of nutrition and fill the gap in your food choices! I've seen so many people replace exhaustion, depression & chronic illness with...hope, vitality, a revitalized mindset, and a new lease on life!

Let's meet & see how we can support each other.

Here's my calendar link:

<https://meetings.hubspot.com/m2mcfall>

Marion McFall, EnerJOY! Live your best life!

780.995.2689

[m2mcfall@gmail.com](mailto:m2mcfall@gmail.com)

<https://marionmcfall.kyani.com/ca/>

01:05:17 1T Linda Henslee: It would be great to be able to receive the chat also with the recording.

01:05:44 2GC Pam Weiser - Be The Wiser: You can save the chat...click on the 3 dots in the upper right of the comment section and "save chat" will come up.

01:05:56 milicamarkovic: Thank you Pam!

01:06:09 1GC - Cindy Peters - Lusion Creative: Hello! Cindy of Lusion Creative. I'm a graphic designer and a brand identity specialist. I help businesses maximize their marketing through strategic branding and graphic design.

email: [cindy@lusioncreative.ca](mailto:cindy@lusioncreative.ca)

website: <https://www.lusioncreative.ca/>

instagram: <https://www.lusioncreative.ca/>

01:06:27 1T Linda Henslee: Thank you Pam.

01:06:36 2T Andrea Winter: Hello! I'm Andrea, a Virtual Assistant working with small businesses and entrepreneurs handling the support tasks needed to run a business, leaving you feeling less overwhelmed and stressed. I take care of essential, recurring, and tedious tasks you either don't want to do or simply don't know how to do, and I allow you more time and energy to focus on the core mission of your business.

[andreavaservice@gmail.com](mailto:andreavaservice@gmail.com)

01:06:39 1GCF Maria Belanic- mentor: Maria Belanic -mentor  
Thriving through a Grieving Heart

Free Event

COPING through the Holidays

[mariabelanic.com](http://mariabelanic.com)

[linkedin.com/in/maria-belanic/](https://www.linkedin.com/in/maria-belanic/)

01:07:00 Sharon Love: BECOME A SUCCESSFUL RETREAT SPEAKER. Get paid to travel the world and inspire kindness. For free online events and gifts, click <https://www.SpeakInspire.com>

01:07:14 2- Brittney - Creative Dynamics Virtual Services: Hi, my name is Brittney and I started Creative Dynamics to help moms work from home. Our all-female, Canadian team is made up of virtual assistants, OBMs, CRM specialists, marketing gurus and more. Get ready to be the CEO of your powerfully impactful and profitable business! Many of us came together to come under one name to help business owners. It's all about collaboration, [creativedynamicsva.com/](http://creativedynamicsva.com/)

<https://www.instagram.com/creativedynamicsva/>

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

Learn more about my WHY and it's not what you think -

<https://gosolo.subkit.com/brittney-ashley/>

01:07:21 2T Tawnya Sutherland - VAnetworking.com: <https://VAnetworking.com/findava>

01:07:54 Cheniece Patrick: You can find me at [www.cheniece.com](http://www.cheniece.com). I help with website building, email newsletters, and social media.

01:08:00 2T-Preethi Balasubramanian: I am a Virtual Executive Assistant with 15 years of experience as a C-Suite EA. I current support Speakers and Coaches.

Portfolio - <https://preethithewondereaa.blogspot.com/>

LinkedIn - <https://www.linkedin.com/in/preethib-ea>

01:08:13 Cheniece Patrick: [www.cheniece.com](http://www.cheniece.com)

01:08:52 Jordan Eaton: [bossassistants.com](http://bossassistants.com), we work with Realtors, coaches and marketing professionals

01:09:00 1GC Susan Jarema - Grand Connection & New Earth Marketing: the clearer you can be in what you want, the easier it is to find the right help.

01:10:02 2G Lucy: Hello! I'm Lucy, working with individuals and small businesses, helping them stay organized and woke. I help with administrative tasks which include email management, scheduling and calendar management.

01:11:01 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach: Natalie Clack

Executive Virtual Administrator

<https://calendly.com/natalie-justbe>

<https://www.natalie-clack.com>

<https://www.linkedin.com/in/natalie-clack-b7884725/>

!! We do ALL "the things" !!

01:11:39 2T - Tyler Rosenthal: Hi, my name's Tyler and I'm a VA that works in Social Media Marketing and Management, and Content Creation with a main focus on Facebook, Instagram, and Discord.

Website: <https://tylerdeanstudios.wixsite.com/tyler-dean-studios>

Facebook: @tylerdeanstudios

Instagram: @tylerdeanstudios

01:12:01 2T Anna - Annka VA: Hi, I'm Virtual Assistant from the UK (England). I'm saving entrepreneurs time. I specialize in administration, life management and PA duties. I also building websites

[www.annkaoffice.com](http://www.annkaoffice.com)

01:12:17 Cheniece Patrick: I'd love to network:

<https://www.linkedin.com/in/cheniece1011/>

01:12:26 1GC Susan Jarema - Grand Connection & New Earth Marketing: Susan Jarema, Grand Connection and New Earth Marketing  
Coquitlam, British Columbia, Canada

<https://grandconnection.ca/>

<https://www.newearthmarketing.com/>

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

Looking for new ideas for collaborations.

\*\*\*\*\*

Carolyn Cooper-McOuatt Kelowna BC, Grand Connection and Inspired Business

<https://grandconnection.ca/>

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

Looking for:

Business leaders who want to start their own group/chapter within the Grand Connection community.

01:12:48 Lilian Muthoni: Hello, I am Lilian a Virtual assistant from Kenya.

01:13:00 2T -Cathy Baillargeon - Virtual Cathy: Hi, my name is Cathy, Chief "Cathy" Officer at Virtual Cathy, a US-based VA agency. We have over 20 amazing VAs who

help online business owners and nonprofit organizations grow and scale by supporting them with their admin and marketing tasks.

We provide on-demand project support, one-on-one executive assisting services, and full time remote admin staffing.

<https://virtualcathy.com>

01:13:10 Katunga Valerie: hello I am Valerie a virtual assistant from Kenya

01:13:22 Estylily: Hello!

I am Estylily, a Virtual Assistant. I work with individuals and businesses to take care of tasks that are needed for the smooth running of the business.

I offer general admin tasks, research, product research, article writing and lead generation services.

Having me on board means more time for you to rest and not be overwhelmed with work.

Please feel free to reach out to me via email - [johnsonestylily@gmail.com](mailto:johnsonestylily@gmail.com)

LinkedIn - <https://www.linkedin.com/in/estylily-johnson>

Looking forward to working with you.


01:13:49 Lila Andrews: Lila Andrews

OBM + VA Coach

I help female coaches reclaim their time by providing essential management solutions such as Project, Program, Community & Team Management.

I also assist new & aspiring VA's thrive in their business.

Website: <https://tap.link/TheTwelve22Experience>

Let's set up a  chat:

<https://thetwelve22experience.hbportal.co/schedule/6042e6b8fa5d5600289b585a>

01:13:57 1GC Susan Jarema - Grand Connection & New Earth Marketing: I ask my VA if they know that are good or other VA's

01:14:23 Lilian Muthoni: Hello, I am Lilian a Virtual assistant from Kenya.

I support busy senior executives, business owners, independent consultants, coaches, project/change managers, and entrepreneurs. This means they can 100 % focus on their core mandates which are making profit, cost reduction, and time management.

<https://www.chardalvirtualsolutions.com/>

01:14:25 2T-Miriam Mwangi: Hello, I'm Miriam a virtual assistant from Kenya.

01:15:19 2T - Jessica Hurtado: Hey everyone! I am a VA & Consultant specializing in growing heart-centered businesses through project management, digital marketing, and creative content. [www.auroravirtualseervices.com](http://www.auroravirtualseervices.com)

01:15:28 Cheniece Patrick: I specialize in attractive website building, email newsletter maintenance & creation, social media, light graphic design, and writing. Feel free to find me at <https://cheniece.com/> and book a free consultation on my calendar, or just send an inquiry (or just connect).

01:15:44 Susan De Robertis: Hi Everyone! I came in just now and see there are categories - !GC, 2T etc.

01:16:01 Susan De Robertis: Can someone tell me what they mean?  
01:16:11 Katunga Valerie: Hello I am Valerie a virtual assistant from Kenya....  
I support business owners with providing great services such as admin support, social media and research etc  
<https://msha.ke/thedoervirtualassistant.com>  
01:16:37 1GC Susan Jarema - Grand Connection & New Earth Marketing: Tawnya has 2 cute kittens!  
01:16:50 KOMOMOH OFEM: I am KOMOMOH OFEM a Virtual Assistant from Nigeria. its really difficult getting hooked up for VA jobs down here. Looks like the emphasis is on employers. How do we VA connect with prospective employers  
01:17:02 1GCF Maria Belanic- mentor: @Susan  
01:17:11 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach: Please rename with initials at the start: G, GC, GCF  
1 = Business  
2 = VA

G=Guest  
GC=Grand Connection Member  
T= Tawnya's Group VA Networking

Eg Susan is1GC

01:17:34 1GCF Maria Belanic- mentor: 1GC business grand connection 2T VA with Tawnya group  
01:17:37 brian caldwell: RC = 2  
01:17:42 2G Jermaine: Hi all, my name is Jermaine and it's my first time to join an online networking event like this. I'm a general VA - which is kind of like a Freelance Assistant helping small business owners and entrepreneurs save time and money by providing ad hoc and ongoing admin support so you can focus on scaling your business. If you currently have an SOP or a system of time-consuming tasks that you need help executing with, you can pass it on to me and I'll be happy to help! :)  
01:17:42 KOMOMOH OFEM: please is this session recorded, we wouldn't mind going through it again  
01:17:58 1 GC Robert Butwin Success Strategist: Wizard at Networking, Strategist for Attracting more Clients and Gaining Visibility,  
<http://linkedin.com/in/robertbutwin> To super size your Business...<http://www.calendly.com/butwin>  
01:18:08 1GC Susan Jarema - Grand Connection & New Earth Marketing: DWD - delegation with direction  
01:18:54 2 Nicholas Kyanda: Hello everyone i am a Website designer and host. I work with wordpress, ecommerce sites and also learning management systems. I also have a tech magazine i publish which can be found on my twitter handle @TersectionMag i can be contacted on [hopefirst@gmail.com](mailto:hopefirst@gmail.com) [www.linkedin.com/NicholasKyanda](http://www.linkedin.com/NicholasKyanda)  
01:18:58 GCF - Steven Q. Logreira Sales Process Automation Consultation: DWD is the routines I spoke about earlier  
01:19:43 Lila Andrews: Thank you Tawnya!  
01:19:46 2T Rahama Abdulkadir: Thank you, Tawnya!  
01:20:14 2T Kristin Lobdell: That was awesome Tawnya! Thank you!  
01:20:24 2T Trenice, from CA: Love the DWD method

01:20:29 2G Phoebe \_The Dove Virtual: Great tips. Thank you, Tawnya!  
01:20:43 KOMOMOH OFEM: 2= VA  
01:20:52 2 Nicholas Kyanda: Thank you Tawnya!  
01:20:58 1GC - Cindy Peters - Lusion Creative: Thank you!  
01:21:01 G2- Brittney - Creative Dynamics Virtual Services: create a possibilities wheel! make a pie and split into 8 and map out all your top to do items!  
01:21:23 2T Natasha Sande: Hi, I am a virtual assistant, I specialize in administration and graphic design. Looking forward to networking.  
<https://www.linkedin.com/in/natashase/>  
01:21:40 2T Dianne Bennett, May I Help You Virtual Service: I love the idea of a wheel of possibilities  
01:22:15 G2- Brittney - Creative Dynamics Virtual Services: Its like the Wheel of life!  
😊  
01:22:17 2T - Jessica Hurtado: 😊  
01:22:42 Bonita Joy: I am on my phone. is anyone else willing to email.chst with all these VA contacts? bonitajoyoder@gmail.com  
01:23:39 2G Ingrid McKnight: Hi! I am a long-term Admin Professional that has moved my services to Virtual. I offer various administrative services document and form creation, email management, etc. Check me out at:  
<https://www.linkedin.com/in/ingrid-mcknight/>  
01:23:58 Bonita Joy: I learned a lot by having three virtual high school interns last summer. the hard way  
01:25:27 1GC Susan Jarema - Grand Connection & New Earth Marketing: Please rename with initials at the start: G, GC, GCF  
1 = Business  
2 = VA

G=Guest  
GC=Grand Connection Member  
T= Tawnya's Group VA Networking

Eg Susan is1GC

01:27:57 Venkatesh's iPhone: Sorry there is some problem with zoom  
01:28:11 Venkatesh's iPhone: I am Venky from India  
01:28:31 Venkatesh's iPhone: Sure  
01:39:45 1GC Susan Jarema - Grand Connection & New Earth Marketing: Please rename with initials at the start: G, GC, GCF  
1 = Business  
2 = VA

G=Guest  
GC=Grand Connection Member  
T= Tawnya's Group VA Networking

Eg Susan is1GC

01:39:56 1GC Susan Jarema - Grand Connection & New Earth Marketing: Please rename with initials at the start: G, GC, GCF  
1 = Business

2 = VA

G=Guest

GC=Grand Connection Member

T= Tawnya's Group VA Networking

Eg Susan is1GC

01:40:11 Katunga Valerie: 2=VA

01:40:50 Katunga Valerie: yes

01:40:51 Ellen Barner: Yes

01:40:53 2G Rhomel: yes

01:40:55 Lila Andrews: Yes, made some connections

01:40:58 2T Rahama Abdulkadir: Yes!!

01:40:59 2T - Tyler Rosenthal: yes


01:41:13 Stephanie Barnes: 2 Stephanie Barnes

01:41:27 1G - Lee-Anne Webster - LWebster VA: I would love to do a 1-2-1

Please book sometime in my calendar <https://calendly.com/lwebsterva01>

01:41:51 2TGC Melissa Irvin: Melissa Irvin <https://tidycal.com/melissairvin>

I help small businesses organize and implement their marketing strategies and manage their online content.

01:42:03 1GCF Maria Belanic- mentor: Breakout rooms are  meeting super leaders in their field of expertise

01:42:07 GC - Debi Voris-Certified Wholistic Health Coach: Debi Voris – Certified Wholistic Health Coach

I empower women who are stressed, have hormone issues and lost themselves in their health to break through their beliefs of impossibility and guide them with a custom natural wholistic strategy.

DebiChangesLives.com

Debi@DebiChangesLives.com

657 464-7393

01:42:36 Ellen Barner: 

01:42:47 Kathy Van Winkle: 

01:42:55 Kathy Van Winkle: heart

01:43:01 Ellen Barner: 

01:43:04 1GC - Cindy Peters - Lusion Creative: I don't know how to do the hearts LOL

01:43:07 milicamarkovic: 

01:43:10 1GC F - RichardKaye.com: Gotta run Thank you.

01:43:11 1GC Deborah Myers: Deborah Myers Wellness. I'd love to connect!!!

Discover how to BE in the space of boosting your mindset to be ALL you want to BE!!

30 minute to get-to-know-each-other

<https://www.deborahmyerswellness.com/private-acupressure-sessions/>

Join me for my FREE Ultimate Holiday Survival Bootcamp A 90-minute interactive self-help acupressure workshop to be in calm & ease & joy! You will learn how to really enjoy your holidays!! Also — you will learn how to boost your immune system and FEEL BETTER! And, the tips work really well for travel!

Wednesday, Dec. 14th, 6:00 PST On zoom and it's recorded

What you learn — good for ALL ages! Kids love the experience and showing others!  
It's my gift to YOU! <https://conta.cc/3NJSaHY>

Questions?? contact me at [deborah@deborahmyerswellness.com](mailto:deborah@deborahmyerswellness.com) cell 707-484-5515

\*\*\*\*\*

01:43:16 lenovo x280: ❤️  
01:43:18 Kathy Van Winkle: ❤️  
01:43:19 2T Trenice, from CA: Trenice Murphy  
Virtual Assistant

I help female coaches grow their businesses by handling the back-end office tasks such as email and calendar management, document creation, and building customer relationships.

Ways to connect with me:

30min Discovery Call

<https://calendly.com/tmurphyvirtualassist>

Email: [trenicevaoffice@gmail.com](mailto:trenicevaoffice@gmail.com)

Linkedin:

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

Instagram: [https://www.instagram.com/tmurphy\\_virtualassist/](https://www.instagram.com/tmurphy_virtualassist/)

Facebook: <https://www.facebook.com/T.MurphyVirtualAssist/>

01:43:27 1T Linda Henslee: <https://bookacallwithlinda.as.me>

01:43:27 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach: Natalie Clack

Executive Virtual Administrator

<https://calendly.com/natalie-justbe>

<https://www.natalie-clack.com>

<https://www.linkedin.com/in/natalie-clack-b7884725/>

!! We do ALL “the things” !!

01:43:30 G2- Brittney - Creative Dynamics Virtual Services: Hi, my name is Brittney and I started Creative Dynamics to help moms work from home. Our all-female, Canadian team is made up of virtual assistants, OBMs, CRM specialists, marketing gurus and more. Get ready to be the CEO of your powerfully impactful and profitable business! Many of us came together to come under one name to help business owners. It's all about collaboration, [creativedynamicsva.com/](http://creativedynamicsva.com/)

<https://www.instagram.com/creativedynamicsva/>

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

Learn more about my WHY and it's not what you think -

<https://gosolo.subkit.com/brittney-ashley/>

01:43:42 Sharon Love: How do we join the Grand Connection?

01:43:43 2T Jitin Sipahimalani: ❤️

01:43:46 2G Rhomel: Hi I 'am Rhomel Regular i provide Virtual Assistant (VA) services to small businesses, startups and entrepreneurs. I create content and manage social media for clients, helping them market themselves online. I also design graphics for posters, presentation, business cards and many more.

I can show you my portfolio here:  
<https://rhomelregular.my.canva.site/>

You can contact me here:  
LinkedIn: [www.linkedin.com/in/rhomel-regular-081562201](http://www.linkedin.com/in/rhomel-regular-081562201)  
Email: [rhomelregular.work@gmail.com](mailto:rhomelregular.work@gmail.com)  
WhatsApp: (+63) 906 361 9028

Thank you

01:43:49 2T - Jordan Eaton: [bossassistants.com](http://bossassistants.com)

01:43:52 2T LeWahn -VirtuallyDoneServices: Hello! My name is LeWahn Wallace From Virtually Done Services based in Washington, DC. I help established CEOs focus on business-generating tasks while I efficiently manage clients and prospects lists to keep them current, active, and accessible! I also increase their visibility and showcase their expertise to their audience by eliminating the frustration and up-level their brand + More!  
[www.virtuallydoneservices.com](http://www.virtuallydoneservices.com)

01:44:05 2GC Pam Weiser - Be The Wiser: Hi! I'm Pam Weiser! I'd love to connect! I'm a Business Operations Manager. I partner with overwhelmed and overworked busy professionals, who think they need to do it all themselves, but realize they can't. I help them scale their business, manage projects, and delegate tasks so that they can create time in their schedules, save money, lower their stress, increase their efficiency and get back to focusing on what's most important - building their business.

Take my free time management assessment here  
<https://www.bethewiser.net/time-management-assessment.html>

[pam@bethewiser.net](mailto:pam@bethewiser.net)  
<https://www.bethewiser.net>  
[www.linkedin.com/in/pamweiser](http://www.linkedin.com/in/pamweiser)  
[https://www.instagram.com/be\\_the\\_wiser](https://www.instagram.com/be_the_wiser)

01:44:38 1GC Susan Jarema - Grand Connection & New Earth Marketing: Coupon - GrandVA1

01:44:43 1T Linda Henslee: Grand VA1

01:45:09 1GC - Christine Campbell Rapin: The giveaway opportunities are awesome!

01:45:18 Sharon Love: Can I give away my free events?

01:45:18 2GAndrea Djafri: Where do you go to join?

01:45:33 G2- Brittney - Creative Dynamics Virtual Services: I love meeting with VAs as well, if any VA here interested in connecting please send me an email  
[-info@creativodynamicsva.com](mailto:-info@creativodynamicsva.com)

01:45:33 2T LeWahn -VirtuallyDoneServices: <https://grandconnection.ca/>

01:45:54 1GC Meilin Ehlke - Moving To Oneness podcaster: Meilin Ehlke  
Podcast Host Moving To Oneness

<https://podcasts.apple.com/us/podcast/moving-to-oneness/id1527428361>

<https://www.youtube.com/channel/UCzEWKXR957EmpmXvG9Ygbhw>

Email: [meilin@movingtooneness.com](mailto:meilin@movingtooneness.com)

+49 152020 20768

Time together: <http://meetmeilin.com>

Facebook: <https://www.facebook.com/MeilinEhlke>

LinkedIn: <https://linkedin.com/in/meilinehlke>

web: <http://meilinehlke.com>

01:45:54 2Andrea Ballenger: Hello everyone! I'm Andrea Ballenger of A+ Assistant!

01:45:58 1GC Susan Jarema - Grand Connection & New Earth Marketing:

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

01:46:17 1GC - Cindy Peters - Lusion Creative: Have to run - great to see you all!  
Have a lovely day!

01:46:22 1GC Susan Jarema - Grand Connection & New Earth Marketing: GrandVA1

01:46:23 2T Jitin Sipahimalani: hello everyone, I am Jitin from Mumbai, India and new to VA world. Am kind of jack of all as have mostly worked as a technical support associate for companies. Looking for opportunities to work with solopreneurs or small businesses  
<https://www.linkedin.com/in/jitinrs>

01:46:59 2T - Jordan Eaton: <https://meetings.hubspot.com/jordan833> BOSS assistants work with Realtors, coaches and marketers

01:47:18 1GC Susan Jarema - Grand Connection & New Earth Marketing: Grand Giveaway: <https://grandconnection.ca/grand-giveaway-winter-2022/>

01:47:29 Ellen Ward - OBM: Ellen Ward from OnTime Assistants. I am an OBM specializing in helping Christian and NonFiction Authors and Speakers through the processes of producing, publishing, and promoting their book so they can focus on developing their message without distraction.

[www.ontime-assistants.com](http://www.ontime-assistants.com)

01:48:02 1G - Clare Kumar: i have to run. thanks very much for an interesting experience. have a great rest of your day!!

01:48:06 2G Rhomel: Hi I 'am Rhomel Regular i provide Virtual Assistant (VA) services to small businesses, startups and entrepreneurs. I create content and manage social media for clients, helping them market themselves online. I also design graphics for posters, presentation, business cards and many more.

I can show you my portfolio here:

<https://rhomelregular.my.canva.site/>

You can contact me here:

LinkedIn: [www.linkedin.com/in/rhomel-regular-081562201](http://www.linkedin.com/in/rhomel-regular-081562201)

Email: [rhomelregular.work@gmail.com](mailto:rhomelregular.work@gmail.com)

Thank you

01:48:38 1GC Susan Jarema - Grand Connection & New Earth Marketing: its everyone! we love you all

01:48:56 2Andrea Ballenger: Hello everyone, I'm Andrea Ballenger of A+ Assistant! I help solopreneurs and small business owners with back-end Administrative support, specializing in Invoicing/Accounts Payable, Email Management, Calendar/Scheduling Management, and Domestic Travel Coordination. Schedule a time to connect with me today! [https://www.canva.com/design/DAELn6A6R64/prISJSI\\_Z1k\\_Orhhl195Fg/view?website#1:schedule-consult](https://www.canva.com/design/DAELn6A6R64/prISJSI_Z1k_Orhhl195Fg/view?website#1:schedule-consult)

01:49:00 2T - Jessica Hurtado: If you have a heart-centered ❤️ business and need help with project management, digital marketing, and content creation copy my meeting link here <https://calendly.com/auroravida/aurora-virtual-services-strategy-call>

01:49:49 2T Andrea Winter: Hello! I'm Andrea, a Virtual Executive Administrator who is happy working on anything admin. My favourite areas of expertise include email management, email newsletters, Facebook group management, ordering copies & supplies, paying bills, research, scheduling management, social media management, Canva designs & posts, or any other tasks you need help with.

In addition to my advanced administrative skills. I am also a proficient customer service support representative who provides good listening skills, empathy and first call resolutions. I recently completed my Social Media Management course and embrace and adapt quickly to new responsibilities, I'm enthusiastic to gain new knowledge, skills, and techniques. I am a quick-learner, self-motivation and diligence are worthy personal strengths I possess.

<https://www.andrea-assist.com>  
andreavaservice@gmail.com

01:51:13 2T -Cathy Baillargeon - Virtual Cathy: I love talking about virtual assisting! If you're a business owner who is a little unsure of what to delegate, how to delegate, and what to look for, happy to be a resource for you!  
cathy@virtualcathy.com  
<https://virtualcathy.com>

01:51:39 lenovo x280: Hello everyone, my name is Lorraine, a virtual assistant expert. I specialize in General administrative tasks, SEO, digital marketing and customer service.

01:51:40 Bonita Joy: Is the chat available with the replays in the hub? dealing with a respiratory thing and laying low on the phone rather than sitting at computer. there are ao many v.a. posts in the chat and it would be nice to be able to review them later.

01:51:43 1G - Lee-Anne Webster - LWebster VA: Lee-Anne Webster  
Virtual Assistant at LWebster Virtual Assistant  
Specializing In Virtually All You Need At A Click  
E: leanne@lwebsterva.com

W: [www.lwebsterva.com](http://www.lwebsterva.com)

T: 083 723 4978

<https://www.linkedin.com/in/lee-anne-webster/>

Welcome to schedule a meeting using my e-calendar:

01:51:56 1G - Lee-Anne Webster - LWebster VA:  
<https://calendly.com/lwebsterva01>

01:52:31 2G Phoebe \_The Dove Virtual: Phoebe Paula

01:53:03 Jennifer madu: hello everyone. I am jennifer idiata from Nigeria. so glad to be here.

01:53:10 Bonita Joy: As a Grand Connecrion member I highly recommend this community. Give it a trial run!

01:53:19 1GCF Permelia Parham [www.the-healing-institute.com](http://www.the-healing-institute.com): Hello, I'm excited to be here. Permelia Parham with The Healing Institute ~ A virtual global platform connecting clients with holistic practitioners. Looking to speak on Podcasts, Summits and Conferences. Website: <https://www.the-healing-institute.com/>  
Facebook: <https://www.facebook.com/THIWorld/>  
Instagram: <https://www.instagram.com/holistic.world.healing/>  
LinkedIn: <https://www.linkedin.com/in/permelia-parham/>

01:53:23 1T Linda Henslee: Hello everyone, I'm a Project Manager who works with systems, websites and also provide mentoring services for VA's. You can find me at: <https://lindahenslee.com> and book an appointment with me @ <https://bookacallwithlinda.as.me/>

01:53:31 Lila Andrews: Slack is also an option

01:54:03 G2- Brittney - Creative Dynamics Virtual Services: My top fav systems - ClickUp, Dubsado, Slack and Canva! :)

01:54:47 2T Anna - Annka VA: Yes, slack is very good option to communicate. tasks can be pass by asana/trello

01:55:03 milicamarkovic: I personally use Slack with my other clients but Canva is big with Got Writer's Block! 😊

01:55:29 GCF - Steven Q. Logreira Sales Process Automation Consultation: Get clear on what you're trying to accomplish first, then pick the right tool to work together

01:56:50 1GC Romilla Ready Beyond Distress Use stress to your advantage: IN NLP the Feedback sandwich is brilliant 1- something positive 2 grounds for improvement (remember the spirit of Aloha) 3 something else positive.

01:57:08 2T Kaydia: <https://www.linkedin.com/in/kaydia-b-freelance-consult/> - solutions and strategy for executive level administrative and social research processes. I curate, customize and troubleshoot solutions based on individualized needs.

01:57:12 G2- Brittney - Creative Dynamics Virtual Services: Agree with Steven. Even though its my top fav tools to use I have my pro list of why it works within my company!

01:57:45 1GC Susan Jarema - Grand Connection & New Earth Marketing: <https://www.vanetworking.com/hire-a-virtual-assistant/>

01:58:11 2G Kaileigh Eaton: YES!!

01:58:20 1T Linda Henslee: YES!!

01:58:26 Lila Andrews: Totally agree!

01:58:32 2G Rhomel: Hi I 'am Rhomel Regular i provide Virtual Assistant (VA) services to small businesses, startups and entrepreneurs. I create content and manage social media for clients, helping them market themselves online. I also design graphics for posters, presentation, business cards and many more.

I can show you my portfolio here:  
<https://rhomelregular.my.canva.site/>

You can contact me here:  
LinkedIn: [www.linkedin.com/in/rhomel-regular-081562201](http://www.linkedin.com/in/rhomel-regular-081562201)  
Email: [rhomelregular.work@gmail.com](mailto:rhomelregular.work@gmail.com)

Thank you

01:58:51 1 Helene Bertrand: Helene Bertrand dr.hbertrand@gmail.com

QRcream.com I need marketing help!

01:59:06 2T Anna - Annka VA: some of people think that Virtual Assistant is some kind of Siri or Google Assistant

01:59:47 2G Phoebe \_The Dove Virtual: Phoebe Paula - Executive/Personal VA The Dove Virtual. I help the Alpha Female Executive; free their time so they can confidently and with focus run the SHOW. I am your sounding board and partner each step of the way. <https://calendly.com/paulaphoebe/15min>. Instagram; [www.instagram.com/thedovevirtual](http://www.instagram.com/thedovevirtual).

01:59:50 milicamarkovic: to be honest i usually associate VA with "voice actor" so I was admittedly confused when i first heard it 😊

02:00:11 2T -Cathy Baillargeon - Virtual Cathy: VA = veterans affairs is a common one lol

02:00:11 GCF - Steven Q. Logreira Sales Process Automation Consultation: Specialist, consultant

02:01:00 1GCNadine Hanchar: Then How do those of us who want a VA know who they are?

02:01:02 2G Phoebe \_The Dove Virtual: very true on the term. I've for sure struggled alot to create an expert title.

02:01:43 Jennifer madu: I am a Virtual Assistant||Administrative assistant|| customer service support.. I am a newbie but has learnt and acquire the necessary skills needed to work as a VA. although I have worked with various companies as a customer service representative, sales agent and in the administrative sector. I would be glad to assist you in any administrative tasks, as VA, and in customer service unit. I would also appreciate if you recommend me to anyone who might be in need of my help.

please connect

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

02:01:46 1 GC Patrice Porter TheGardeningGrandma.com: I've got a call scheduled so I have to run - great to meet all these new folks and have been given the confidence to let some things go even if at a little bit at a time!

02:01:46 GCF - Steven Q. Logreira Sales Process Automation Consultation: @Nadine, get clear on what you need help with first, then find a consultant or specialist in that field

02:03:13 2T LeWahn -VirtuallyDoneServices: If you need a VA, but are not sure what all you need assistance with or how to go about it; I'm happy to help! [Virtuallydoneservices@gmail.com](mailto:Virtuallydoneservices@gmail.com)

02:03:25 1GC Susan Jarema - Grand Connection & New Earth Marketing: Please rename with initials at the start: G, GC, GCF

1 = Business

2 = VA

G=Guest

GC=Grand Connection Member

T= Tawnya's Group VA Networking

Eg Susan is 1GC

Eg Tawnya as a VA is 2T

02:03:27 2T Anna - Annka VA: yes, you save money, that's right!

02:03:30 1GC - Christine Campbell Rapin: This was the first thing I outsourced in my business. Game changer!

02:03:34 GCF - Steven Q. Logreira Sales Process Automation Consultation:  
That's a great way to frame that @Tawnya

02:04:15 1GC Susan Jarema - Grand Connection & New Earth Marketing: you need to find good people that you know like and trust to outsource.... make grand connections!

02:04:32 GCF - Steven Q. Logreira Sales Process Automation Consultation:  
Steven Logreira

Business Automation Consultant

Specializing in Sales Process Consulting and Automation

Let's connect:

<https://automatemysalesprocess.com/spa-strategy-session/>

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

952-373-1835 USA 778-708--7489 Canada

[steven@automatemysalesprocess.com](mailto:steven@automatemysalesprocess.com)

02:04:51 1GC Susan Jarema - Grand Connection & New Earth Marketing:  
outsourcing my bookkeeping was my first big gamechanger.

02:04:55 2T -Cathy Baillargeon - Virtual Cathy: No time to create SOPs/DWDs if you're overwhelmed, making onboarding quite difficult.

02:05:18 2G Phoebe \_The Dove Virtual: Very true, outsourcing when burnt-out can be disastrous to your business...

02:05:46 1GC Susan Jarema - Grand Connection & New Earth Marketing:  
<https://www.vanetworking.com/hire-a-virtual-assistant/>

02:05:47 1GC Sheri Mills: Have to go. Great stuff and looking forward to connecting with a few.

02:06:34 2T-Preethi Balasubramanian: Very true! Starting to outsource after you are overwhelmed and burnt out is setting up for failure.

02:06:57 2G Kaileigh Eaton: The dream

02:07:14 1GC - Susan De Robertis: Susan De Robertis - 28 years experience as a financial leader and former CFO, I partner with CEO's and Business Owners looking for a bigger bottom line.

SDR Consulting / Success Driven Results / Business Coach & Advisor / Your CFO in Your Pocket

Overcome the stress and overwhelm of running your business. Have consistent cash flow. Don't Go It Alone. Know the next steps to reach your business goals. Develop your CEO Mindset.

You are either creating a Plan for Success or you are Planning to Fail.

<https://Linkedin.com/in/Susan-De-Robertis-71A8B017/>

Please hop on my calendar for a complimentary conversation.

<https://www.calendly.com/susanderobertis28>

susanderobertis28@gmail.com

914.450.9292

02:07:41 1GC - Susan De Robertis: Want help with building your business? reach out to me for a complimentary consult

02:08:47 1GC-Dina Legland: Sorry, I have to leave @ 3:30pm EST for another meeting! Thank you for all this AMAZING Info. Tawnya I loved all the great nuggets you shared. I already went to your website & downloaded the pdf.

02:09:14 1GC-Dina Legland: Thank you!

02:09:21 Estylily: Hello!

I am Estylily from Lagos Nigeria. I help individuals and businesses take care of tasks.

I offer general admin services, general research, product and market research, customer service and marketing services.

I understand the need for things to run smoothly in a business and I am dedicated to that.

Feel free to reach out to me via email - johnsonestylily@gmail.com and on LinkedIn - <https://www.linkedin.com/in/estylily-johnson>

02:09:55 milicamarkovic: If I save the chat now does that include new messages that come in or only what I got up to that point of saving?

02:09:57 1G Laurie Katapski - marketing: Thank you so much Carolyn, Susan and Tawnya! I appreciate the great insights and opportunity to meet some new folks

02:10:16 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach: You only get the chat up until when you leave

02:10:29 milicamarkovic: Ok I'll wait until the end then, thanks! 😊

02:10:47 1GC Susan Jarema - Grand Connection & New Earth Marketing: 30 Seconds:

- Each person introduces themselves one after another

2 Minutes:

- How do you communicate effectively with your VA / Business?

- Where can you improve?

02:25:58 Katunga Valerie: thank you for these meeting 🙏

02:26:01 1GCF Maria Belanic- mentor: Great conversations in rooms

02:26:07 2G Rhomel Regular: Hi I 'am Rhomel Regular i provide Virtual Assistant (VA) services to small businesses, startups and entrepreneurs. I create content and manage social media for clients, helping them market themselves online. I also design graphics for posters, presentation, business cards and many more.

I can show you my portfolio here:

<https://rhomelregular.my.canva.site/>

You can contact me here:

LinkedIn: [www.linkedin.com/in/rhomel-regular-081562201](https://www.linkedin.com/in/rhomel-regular-081562201)

Email: [rhomelregular.work@gmail.com](mailto:rhomelregular.work@gmail.com)

Thank you

02:26:11 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach: Natalie Clack Executive Virtual Administrator <https://calendly.com/natalie-justbe>  
<https://www.natalie-clack.com> <https://www.linkedin.com/in/natalie-clack-b7884725/> !! We do ALL “the things” !!

02:26:50 1GC Susan Jarema - Grand Connection & New Earth Marketing: Upcoming Events  
<https://grandconnection.ca/category/events/>

\*\*\*\*\*Dec 8 & 9 | Grand Connection Grand Giving Conference and Keynote Presentation by Amy McLaren  
<https://grandconnection.ca/grand-giving-conference-with-amy-mclaren/>

JOIN THE GRAND CONNECTION NOW 

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


GRAND CONNECTION MEMBERSHIP: We'd love you to join! You can come as our guest to 1 more event before joining. Or join risk free for \$1 for your first month using Tawnya's coupon GrandVA1

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

Bonus: New members can participate in the Grand Giveaway worth \$197 (no charge). Must get your gift in TODAY. <https://grandconnection.ca/grand-giveaway-winter-2022/>

02:26:58 1T Linda Henslee: Loved the breakout rooms, so nice to connect with so many people.

02:27:11 2GC Pam Weiser - Be The Wiser: I need to prep for my 2 PM meeting. Thank you everyone!! See you soon GC Community!

02:27:27 2T - Jessica Hurtado: Virtual Assistant & Consultant providing project management, digital marketing, and content creation for Heart-Centered Businesses   
<https://calendly.com/auroravida/aurora-virtual-services-strategy-call>

02:27:31 1G - Heather Cameron: Thanks, just joined today! What time does the giveaway submission close?

02:27:40 2T Kristin Lobdell: This has been really nice so great to meet all these wonderful people!

02:28:05 2G Phoebe \_The Dove Virtual: Phoebe Paula Executive/Personal VA.  
<https://calendly.com/paulaphoebe/15min>. [www.instagram.com/thedovevirtual](http://www.instagram.com/thedovevirtual).

02:28:33 milicamarkovic: Hi! I'm Mila, content strategist and copywriter at Got Writer's Block filling in for Jessica our founder today.

We are getting more requests for LinkedIn social media campaigns and email campaigns, and need help with building and design email campaigns with automations using Active Campaign, Mailchimp and Klayvio.

As well, we are looking for VAs to help corporate business clients with LinkedIn post scheduling and community management. Community managers need to be well-versed in leadership skills, business consulting etc. We are looking for a background like that so you can properly engage with high level posts.

If that sounds like you, please reach out to [workwithus@gotwritersblock.ca](mailto:workwithus@gotwritersblock.ca) with your services and rates and we can set up a meeting in the future.

And if you need copywriters and content strategists for email campaigns and LinkedIn or websites, we can help. We have writers in multiple niches like finance, beauty, fashion, health and wellness, business consulting, and technology.

02:29:22 1GC Susan Jarema - Grand Connection & New Earth Marketing: \*\*\*\*\*Dec 8 & 9 | Grand Connection Grand Giving Conference and Keynote Presentation by Amy McLaren

<https://grandconnection.ca/grand-giving-conference-with-amy-mclaren/>

02:29:27 1G Paige Beyer: Thank you so much! I have to jump off! All the best to the group!

02:29:53 2G Phoebe \_The Dove Virtual: ooh Great!!!

02:31:08 2T-Miriam Mwangi: this has been awesome!

02:32:54 1GC - Christine Campbell Rapin: Awesome look forward to being more active in the podcast group in the new year.

02:33:14 1GC Susan Jarema - Grand Connection & New Earth Marketing: Business Growth Buffet Flip Book <https://grandconnection.ca/flip-book-recipes-2022/>

02:33:18 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach: Yay, I love your talks Christine!!

02:34:50 1GC - Christine Campbell Rapin: Thanks Natalie!

02:35:19 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach: 🥰

02:35:20 1GC Susan Jarema - Grand Connection & New Earth Marketing: DON'T FORGET TO SAVE THE CHAT – CLICK ON THE 3 DOTS.

PLEASE SHARE AND GROW OUR COMMUNITY 😊

PS LOVED our event? Give us a review

<https://g.page/r/Ce0IPNkjrKmZEAI/review>

02:35:30 2G Rhomel Regular: Hi I 'am Rhomel Regular i provide Virtual Assistant (VA) services to small businesses, startups and entrepreneurs. I create content and manage social media for clients, helping them market themselves online. I also design graphics for posters, presentation, business cards and many more.

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You can contact me here:

LinkedIn: [www.linkedin.com/in/rhomel-regular-081562201](https://www.linkedin.com/in/rhomel-regular-081562201)

Email: [rhomelregular.work@gmail.com](mailto:rhomelregular.work@gmail.com)

Thank you

02:35:36 G2- Brittney - Creative Dynamics Virtual Services: Hi, my name is Brittney and I started Creative Dynamics to help moms work from home. Our all-female, Canadian team is made up of virtual assistants, OBMs, CRM specialists, marketing gurus and more. Get ready to be the CEO of your powerfully impactful and profitable business! Many of us

came together to come under one name to help business owners. It's all about collaboration,  
[creativodynamicsva.com/](https://www.instagram.com/creativodynamicsva/)

<https://www.instagram.com/creativodynamicsva/>

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

Learn more about my WHY and it's not what you think -

<https://gosolo.subkit.com/brittney-ashley/>

02:35:38 1GC - Christine Campbell Rapin: Exceptional event today! Thank you

02:35:40 G2- Brittney - Creative Dynamics Virtual Services: thank you everyone!

02:35:40 2TGC Melissa Irvin: Melissa Irvin <https://tidycal.com/melissairvin>

I help small businesses organize and implement their marketing strategies and manage their online content.

02:35:42 2T-Preethi Balasubramanian: Awesome mixer. Thank you!

02:35:58 2T Ellen Ward - OBM: Ellen of OnTime Assistants. I am an OBM specializing in helping Christian and NonFiction Authors and Speakers through the processes of producing, publishing, and promoting their book so they can focus on developing their message without distraction.

[www.ontime-assistants.com](http://www.ontime-assistants.com)

02:36:01 2T Jitin Sipahimalani: Thank you everyone

02:36:02 1GC Deborah Myers: I'm looking forward to connecting!!

Acupressurist & Jin Shin Jyutsu practitioner Health Care Educator teaching self-help acupressure to relieve stress & reduce pain & create energetic balance for changes to take place — physically, mentally, emotionally and spiritually. Discover how YOU can heal whatever you want to change in your life and your body!!

[Deborah@deborahmyerswellness.com](mailto:Deborah@deborahmyerswellness.com)

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Discover how to BE in the space of boosting your mindset to be ALL you want to BE!!

30 minute to get-to-know-each-other

<https://www.deborahmyerswellness.com/private-acupressure-sessions/>

02:36:09 2G Andrea Djafri: Thank you! It was nice to meet everyone. I have to go.

02:36:28 2Estylily: Hello!

I am Estylily from Lagos Nigeria. I help individuals and businesses take care of tasks.

I offer general admin services, general research, product and market research, customer service and marketing services.

I understand the need for things to run smoothly in a business and I am dedicated to that.

Feel free to reach out to me via email - [johnsonestylily@gmail.com](mailto:johnsonestylily@gmail.com) and on LinkedIn -

<https://www.linkedin.com/in/estylily-johnson>

02:36:29 1GC Marion McFall, EnerJoy!: What are you doing to boost your immune system? Are you getting your 10-12 servings of fruits & veggies each day? Take the guesswork out of nutrition and fill the gap in your food choices! I've seen so many people

replace exhaustion, depression & chronic illness with...hope, vitality, a revitalized mindset, and a new lease on life!

Let's meet & see how we can support each other.

Here's my calendar link:

<https://meetings.hubspot.com/m2mcfall>

Marion McFall, EnerJOY! Live your best life!

780.995.2689

[m2mcfall@gmail.com](mailto:m2mcfall@gmail.com)

<https://marionmcfall.kyani.com/ca/>

02:36:34 1GCF Permelia Parham [www.the-healing-institute.com](http://www.the-healing-institute.com): Awesome meeting! Thank you! Thank you!

02:36:47 1GC Deborah Myers: Deborah Myers Wellness.

Join me for my FREE Ultimate Holiday Survival Bootcamp A 90-minute interactive self-help acupressure workshop to be in calm & ease & joy! You will learn how to really enjoy your holidays!! Also — you will learn how to boost your immune system and FEEL BETTER! And, the tips work really well for travel!

Wednesday, Dec. 14th, 6:00 PST On zoom and it's recorded

What you learn — good for ALL ages! Kids love the experience and showing others!

It's my gift to YOU! <https://conta.cc/3NJSaHY>

Questions?? contact me at [deborah@deborahmyerswellness.com](mailto:deborah@deborahmyerswellness.com) cell 707-484-5515

02:36:59 2 Prince B-Y: Prince Boakye-Yladom: Graphic Designer/Content Writer. I provide creative support to businesses in the areas of Graphic designs such as logos, flyers, infographics, eBooks, and presentation design; and then writing blog articles. Reach out to me on LinkedIn and let's connect: <https://www.linkedin.com/in/princeboakyeyiadom>

02:37:17 1GC 1GCF Margaret Johnson Women & Money Inc.: Thank you everyone - this is amazing! Really enjoyed today.... gotta go to my next meeting..

02:37:55 2 Natalie Clack | Virtual Executive Administrator | JustBE Coach: How do you cut yourself in three? haha

02:38:17 1T Linda Henslee: Thanks everyone! This was great!

02:38:46 2T Kaydia: <https://www.linkedin.com/in/kaydia-b-freelance-consult/> - Administrator and Social researcher. Providing solutions and strategy for executive level administrative and research processes (incl. vendor management). I currently troubleshoot and/or create customized systems and processes. Reach out via LinkedIn and I will be happy to provide further details

02:39:34 GCF - Steven Q. Logreira Sales Process Automation Consultation: Steven Logreira

Business Automation Consultant

Specializing in Sales Process Consulting and Automation

Let's connect:

<https://automatemysalesprocess.com/spa-strategy-session/>

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

952-373-1835 USA 778-708--7489 Canada

[steven@automatemysalesprocess.com](mailto:steven@automatemysalesprocess.com)

02:39:45 2G Phoebe \_The Dove Virtual: Great to see Tawanya. I follow on socials

02:39:58 brian caldwell: I'll go technical

02:40:50 1GC Marion McFall, EnerJoy!: What was room 3 again??

02:41:28 Heidi Marsh: I'm just looking to get started as a VA. My specialty area would be admin. Should I go to that breakout room?

02:50:58 1GC Linda B Kaye: <https://www.linkedin.com/in/lindakayeh/>  
Free consultation: <https://lindatime.com>  
Tech Management / Marketing Mentor. Call text: 603-860-6565

02:56:01 1GC Susan Jarema - Grand Connection & New Earth Marketing:  
<https://app.eventraptor.com/giveaways/86>

02:58:17 Stephanie Barnes: Today's event has been encouraging and inspiring!  
Thank you!

03:04:41 Ellen Barner: I'm trying to join GC. the coupon works, but when I try to pay it says I need to create an account. Feel like I'm in a lopp

03:05:18 1GC Susan Jarema - Grand Connection & New Earth Marketing: Ellen, i can help you, can you share your screen?

03:07:15 J S: can anyone please share the code...is it GRANDVA. thank you

03:07:45 1GC Susan Jarema - Grand Connection & New Earth Marketing: GRandVA1

03:07:48 J S: ok thank you

03:08:33 1GC Susan Jarema - Grand Connection & New Earth Marketing:  
<https://grandconnection.ca/gcmembers/join/>

03:11:37 1GC Susan Jarema - Grand Connection & New Earth Marketing:  
<https://app.eventraptor.com/giveaways/86>

03:29:08 Jennifer madu: I've got to go. it was really nice here. I appreciate you all.

03:31:30 2T Kaydia: ok bye all, nice to meet you all. Please connect

03:31:52 2G Phoebe \_The Dove Virtual: Bye everyone

03:32:28 2T Kaydia: I have to practice too, this was nerve-wrecking. thanks much though this was appreciated