

H/G-PD-Ramona Leone Mooney to Everyone 9:06 AM

I am Ramona Leone Mooney from Grand Blanc, MI

HW - G (H soon) Heather Cameron to Everyone 9:14 AM

Do you have links to these recommendations?

G~HW -Rosemary Hayda to Everyone 9:15 AM

Will you repeat the Fbk group please ?

HW Diana Lidstone HG, Workless,PROFITmore to Everyone 9:15 AM

I'll ask her for links a little later!

W (Entrp's.) G/H - Gabriella aka "Gab" to Everyone 9:16 AM

podcast collab club

G~HW -Rosemary Hayda to Everyone 9:16 AM

Thank you Diana. Will we receive the slides?

HW Diana Lidstone HG, Workless,PROFITmore to Everyone 9:17 AM

As a member of Grand Connections - you have access to replay and the slides.

Corrinne Walker to Everyone 9:18 AM

🐱 Hi everyone Corrinne if you like to advertise on my podcast this is the link
https://sponsorship.podbean.com/podcaster/profile/id/NeL3ezi0Kuk7?utm_source=ads_affiliate&utm_campaign=ad_profile_share#.Y-xYTOGB_sl.linkedin

GC-Tina Baxter H/G, The Nurse Shark Academy Show to Everyone 9:19 AM

Yes please put them in the chat.

HW - G (H soon) Heather Cameron to Everyone 9:19 AM

Can you put them as I'm getting errors on your links.

PD - Pamela Thompson - G to Everyone 9:20 AM

That was really helpful @Michelle. Thanks!

HG - PD/W-Michelle Abraham to Everyone 9:20 AM

Michelle Abraham

Amplifyou Podcasting Inc

Podcast Launching - Managing - Monetizing - Guesting

Michelle@amplifyou.ca

www.amplifyounetwork.com

Join our FB group

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

LinkedIn

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

IG: <https://instagram.com/amplifyou.ca>

FB: <https://www.facebook.com/MichelleAbraham2.0>

FB Page: <https://www.facebook.com/AMPLIFYOU.ca>

Grab Your Podcast Success Blueprint:

<https://amplifyou.com/blueprint>

G - PD Laura Doman to Everyone 9:20 AM

Thank you, Michelle. Terrific content!

H-H G Pat Little Lifevantage to Everyone 9:20 AM

AWESOME INFORMATION MICHELLE THANK YOU

G-PD Zeina (zay-nuh) Kronfol @searockcoaching to Everyone 9:21 AM

Thank you, Michelle!

G - Iris Culp www.yourlinkedinexpert.com to Everyone 9:21 AM

Excellent information Michelle!! Thank you!

G Mary E. Knippel, Book Mentor to Everyone 9:21 AM

the link for the blueprint fails

H/G - Melody Owen, Author Nation to Everyone 9:21 AM

This is the link for the blueprint <https://www.amplifyou.com/blueprint>

G~HW -Rosemary Hayda to Everyone 9:21 AM

Shalom Michelle, that was the best bullet point encouragement I've heard about podcasts ever. Thank you

HW - G (H soon) Heather Cameron to Everyone 9:21 AM

Michelle Your link <https://amplifyou.com/blueprint> is giving an erro

HG - PD/W-Michelle Abraham to Everyone 9:21 AM

<https://www.amplifyou.com/blueprint>

HW - G (H soon) Heather Cameron to Everyone 9:22 AM

It worked the second time.

G Mary E. Knippel, Book Mentor to Everyone 9:22 AM

got it now :-) Thank you

HG: Hanna to Everyone 9:23 AM

I've had that happening too! People hear podcast and assume that it means anyone who's done anything cool!

Mary Scott to Everyone 9:24 AM

gotta go. see you next time businessriff@gmail.com

GC-Tina Baxter H/G, The Nurse Shark Academy Show to Everyone 9:25 AM

I am open to guesting and I am looking for guests for my show. I interview nurse business owners. Connect here. <https://linktr.ee/baxterprofserv>

PD Monty Ritchings Life Force Creative Inc to Everyone 9:25 AM

MOnty Ritchings Life Force Creative

PD Sandy Warren G to Everyone 9:25 AM

COACHSANDY@WELLNESS-WITH-ATTITUDE.COM Guest, Women's Empowerment coach

G Mary E. Knippel, Book Mentor to Everyone 9:25 AM

Mary E Knippel, Book Mentor, looking to be a guest on podcasts.

<https://calendly.com/maryeknippel/chat-with-mary>

H/G-PD-Ramona Leone Mooney to Everyone 9:26 AM

Hello, I am the author of Tapping Into The Power of Your Intuition, Guidance to Reach Beyond Limits for Exceptional Results. I am a Brain Trainer and NeuroEncoding Specialist.

I show people how to reach a level trust within themselves enabling the use their intuition every day. With self-trust we begin to heal our brain. I suggest certain foods, temporary supplements, exercise and social interaction. Tools to use everyday. I intend for 100,000 people to rely on their Intuition in every major metropolitan area. 2023 is the advent of The Age of Intuition.

My target audience are those who are in charge of other's development, like parents, grandparents, team leaders and CEOs, performance coaches, trainers, teachers and marshal artists' instructors.

I have two talks prepared, Imaginative Problem Solving and Introduction to Your Superpower: Intuition. And a popular keynote.

There are two more openings for speakers on my YouTube Platform. Looking for people to interview. This will be a video you can use in your own marketing as well.

G-PD Zeina (zay-nuh) Kronfol @searockcoaching to Everyone 9:35 AM

Would love to connect with you all! I am looking to be a guest, I am a Career Transitions Coach and Consultant

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

PD Jerry Sullivan - Deep & Wide Communication - Producer to Everyone 9:35 AM

Is someone managing the mics?

PD - G - Nadine Hanchar to Everyone 9:36 AM

Nadine Hanchar

Counsellor, Consultant, Facilitator

Developer of the PEP Personality Process

Author of Knowing Me Knowing You The PEP Personality Process

Talk about relationships, heart consciousness, Personality styles

Nadine@progressiveplus.com

www.progressiveplus.com

PD Monty Ritchings Life Force Creative Inc to Everyone 9:37 AM

Monty Ritchings Life Force Creative Inc looking for guesting opportunities on parenting and personal growth shows. My background in writing is in metaphysics and spirituality.

lifeforcecreative@gmail.com. Available after July 1

G~HW -Rosemary Hayda to Everyone 9:37 AM

~~~~~

Shalom !

I am Rosemary Hayda ~

Financial Empowerment Coach, Fiduciary & Speaker

Fruitful Finances

For You, For Your Family, and Your Generations. I am believing to be a guest; let's connect:

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

<https://calendly.com/meetwithrosemary/30minintroductions>

(908) 788-2678 , E.S.T, in N.J., U.S.A

~~~~~

H/G - Melody Owen, Author Nation to Everyone 9:37 AM

Love that @Michelle

G - Iris Culp www.yourlinkedinexpert.com to Everyone 9:38 AM

Guest - Marketing Strategy & LinkedIn Consultant Iris L. Culp, M. Ed., SPHR, SHRM- SCP

<https://www.linkedin.com/in/ic-growth/>

<http://yourlinkedinexpert.com/>

You to Everyone 9:38 AM

how do you finding the best places to be a guest

H/G-PD-Ramona Leone Mooney to Everyone 9:38 AM

I need two more guests for my always available YouTube Channel Ramona

<https://calendly.com/pashasaloncoaching/collaboration-networking>

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

<https://www.linkedin.com/in/ramona-mooney-3185403/>

HW G Judy M. Baker, The Abundant Author Solution to Everyone 9:38 AM

Podmatch.com and matchmaker.fm are two great directories for podcasting

You to Everyone 9:38 AM

short intro

HG: Hanna to Everyone 9:39 AM

Hi all! I have to go as I have a prior appointment! Please feel free to follow me

www.linkedin.com/in/hzarour.

You to Everyone 9:57 AM

Reminder on the renaming: H/G=host guest and GC=Grand Connection Member Put in your name and podcast. How to rename: click on the 3 dots top right of your image.

R HG GC - Denise Belisle | Serenity Expert to Everyone 9:57 AM

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.

=====

Denise Belisle, Serenity Expert and Positive Intelligence Specialist

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

Denise@Denisebelisle.com

<https://www.denisebelisle.com>

=====

PD - Pamela Thompson - G to Everyone 9:57 AM

Great tip @Michelle!

PD Monty Ritchings Life Force Creative Inc to Everyone 9:58 AM

Is it common for podcasts to be audio only?

Pat Little to Everyone 9:58 AM



PAT LITTLE

Patlittle.lifevantage.com

patlittle555@gmail.com

604-803-1778

WEALTH IS YOUR HEALTH



G Mary E. Knippel, Book Mentor to Everyone 9:59 AM

Gotta run. Thank you :-)

H-W HG: GC Joe Matz | Espresso JAMs to Everyone 9:59 AM

Joe Matz : Gapologist.com

Download your free Podcast Guesting Success pocket guide here:

<https://snip.ly/The-PGS-Guide>

I'm on a mission to help 10,000 solopreneurs and small business owners add \$10,000 to their business with podcast guesting. Even if you have never been on a podcast before.
HW G Judy M. Baker, The Abundant Author Solution to Everyone 9:59 AM
Judy M. Baker

My mission is to help nonfiction authors make real money from their books.

Free Gifts: <https://bookmarketingmentor.com/resources>
April 3, 2023 is the start day for From Book to Clients
<https://bookmarketingmentor.com/booktoclients>

Judy M. Baker
The Book Marketing Mentor
judyb@bookmarketingmentor.com
<https://bookmarketingmentor.com>

Mobile: 707.210.6696
Maria Belanic Unapologetic Grievors to Everyone 9:59 AM
Maria Belanic
Shifts happen...unravelling the
grief knot with love.

www.mariabelanic.com
<https://calendly.com/mariabelanic/15min>
R - Eve Carter to Everyone 10:00 AM
I speak about the shock & trauma from a health diagnosis of a life-limiting or terminal illness for patients and their caregiving family members right through to bereavement for the family.
<https://griefsupport.co/> Email: contact@griefsupport.co
G - PD Laura Doman to Everyone 10:00 AM
Podcasters, do you want a professional intro/outro?
Voice actor here!

Website: <https://www.LauraDoman.com>
Email laura@lauradoman.com

I also do a lot of on-camera work, hosting, and interviewing.

Podcast guest, speaking about:

1) Making your own videos? Learn how to get more comfy on camera and use it to your best advantage.

2) Reinventing yourself later in life ... successfully. Hey, I used to be a corporate IT sales exec. Now I've turned my true passion for creative communications into a business.

R GC Barb Ashcroft G to Everyone 10:00 AM

Barb Ashcroft - guesting on podcasts for Renewed Purpose and Getting Your Shenigans in order - my one sheet with contact info.

G - Pam Weiser - Be The Wiser to Everyone 10:00 AM

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.

If you have a podcast, I'd love to be a guest, especially if your clients focus on productivity - time management, prioritization, organization, or delegation.

Ideal clients: CEOs, solutions and service based startups, entrepreneurs, business leaders

pam@bethewiser.net

<https://www.bethewiser.net>

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

HG - PD/W-Michelle Abraham to Everyone 10:01 AM

Add them to the chat!!!

HW- H + G - Christine Campbell Rapin to Everyone 10:01 AM

Here's a group that I've both found guests and opportunities to be a guest

<https://www.facebook.com/groups/234007497618342>

H/G - Melody Owen, Author Nation to Everyone 10:01 AM

Melody Ann, Author Nation

We help leaders, experts, entrepreneurs write and integrate books into their businesses.

Email: melody@authornationtube.com

Community: <http://authornation.community>

Resources: <http://authornation.online>

PD - Pamela Thompson - G to Everyone 10:02 AM

Hi Everyone,

Pamela Thompson, President, Female Wave of Change Canada – <https://fwoccanada.com> – feminine leaders catalyzing change and “being the change they want to see in the world” & author, speaker, facilitator/trainer on “The Art of Change” supporting women mid-life and beyond to navigate life transitions with ease, grace and playfulness through <https://pamela-thompson.com> – Seasoned podcast guest sharing stories and practical strategies on topics including: navigating life transitions, embracing change, feminine leadership, preventing burnout, work/life balance, reinventing yourself. email: pam@creativelivingcommunity.com

H/G - Melody Owen, Author Nation to Everyone 10:02 AM

Nice one sheet @Barb

G-W -Linda Rhinehart to Everyone 10:02 AM

Collaborative Business Support is a network of B2B professional advisors who help organizations grow through customized expertise. We are just launching however, but I can connect you with a variety of guests. Please connect with me if you need guests:

<https://www.linkedin.com/in/lindarhinehart/>, 712-301-1673 or:

<https://calendly.com/linda-rhinehart>.

HG - PD/W-Michelle Abraham to Everyone 10:03 AM

YESSSSSS!!!!

Health Diane Wolf-G (host soon) to Everyone 10:03 AM

Diane Wolf, MBA, RP

Psychotherapist, speaker, former business professor.

Looking to be a guest.

I translate neuroscience into practical strategies for recognizing and disarming the negative impacts of stress on mental, physical, and emotional health.

<https://dianewolf.com>

Email: diane@dianewolf.com

G - Iris Culp www.yourlinkedinexpert.com to Everyone 10:03 AM

Podcast guest Iris L. Culp, M. Ed., SPHR, SHRM- SCP

<https://www.linkedin.com/in/ic-growth/>

<http://yourlinkedinexpert.com/>

Bonita Joy The Humor Alchemist to Everyone 10:03 AM

Good one, Barnsely!

Pat Little to Everyone 10:04 AM



PAT LITTLE

Patlittle.lifevantage.com

patlittle555@gmail.com

604-803-1778

WEALTH IS YOUR HEALTH



I am looking to be a guest on a podcast.

Barnsley Brown to Everyone 10:04 AM

Thanks @Bonita!

GC-Tina Baxter H/G, The Nurse Shark Academy Show to Everyone 10:04 AM

I need to run. Thanks everyone. Connect here. <https://linktr.ee/baxterprofserv>

HH GC Marla Ulstad to Everyone 10:04 AM

Hi, my name is Marla Ulstad with LoveME Healing.

Our mission is to provide tools & community to those in a breast cancer journey and their support partners so that together they can define and navigate meaningful support & healing.

<https://lovemehealing.org>

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

https://www.instagram.com/loveme_healing/

email me at marla@lovemehealing.org

Collaborator & supporter on new podcast (coming end of March 2023):

Heal Inside & Out, Real & Raw in Breast Cancer

<http://www.healinsideandout.com/>

R- Richard Morden (G) to Everyone 10:05 AM

Richard Morden

The Divorce Optimist

Do you want to create a new foundation for yourself by reinterpreting your divorce experience? Would you like to manifest the relationship of your dreams? Unlock the power to make life-altering decisions and feel good about them! The Divorce Optimist is here to help.

rmorden77@protonmail.com

Ph: 1 604 262 9537

<https://linktr.ee/richardm777>

Looking to be a guest on Podcasts.

HG - PD/W-Michelle Abraham to Everyone 10:05 AM

Links from my slides

https://docs.google.com/document/d/19M4IzhSSStSPx-KxPdRiPVit-XTXa3sfHI_vLpDQiBV4/edit?usp=sharing

H/G-PD-Ramona Leone Mooney to Everyone 10:05 AM

There are two more openings for speakers on my YouTube Platform. Looking for people to interview. This will be a video you can use in your own marketing as well.

LINKS

<https://calendly.com/pashasaloncoaching/collaboration-networking>

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

<https://www.linkedin.com/in/ramona-mooney-3185403/>

HW- H + G - Christine Campbell Rapin to Everyone 10:05 AM

Christine Campbell Rapin

Business Advisor & Mentor for Small Business

CLEAR Acceleration Inc.

Get Clear. Gain Confidence See Results

Helping service based business owners improve their client conversion rate and scale to the next level with high paying clients.

Tel: (+1) 587-434-9944

Contact@christinecampbellrapin.com

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

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

<https://tidycal.com/christinecampbellrapin/30-minute-meeting>

HW HG Val Low ~Map It to Everyone 10:05 AM

Hi I'm Val Low

Focus & Freedom for Entrepreneurs Podcast

All about entrepreneurs and business

<https://ca.linkedin.com/in/val-low>

PD Jerry Sullivan - Deep & Wide Communication - Producer to Everyone 10:06 AM

I'll help you produce a flawless event, or will do it for you!

Let's talk! Click the link to set up a short (up to :30 minutes) conversation.

<https://www.dynamotv.com/calendar.html>

Call/text/Whatsapp: 1-312-286-3962 Email: js@dcom.tv

More information at <https://www.linkedin.com/in/jerryjsullivan/>

Barnsley Brown to Everyone 10:06 AM

Dr Barnsley Brown here, speaking on how to multiply your profits right now and other kickass profit boosting topics for women in business and small biz owners. Text me at 919 357 2559 or email drbarnsleync@gmail.com

R - Eve Carter to Everyone 10:06 AM

Would someone be sending the chat later? I'm on a phone.

PD HG Candy Motzek - She Coaches Coaches to Everyone 10:07 AM

I'm Candy Motzek, The Coach for Coaches. I help new and struggling coaches go from start up to fully booked with my Create Framework and I'm the host of She Coaches Coaches info@candymotzek.com

HG - PD/W-Michelle Abraham to Everyone 10:07 AM

Michelle Abraham

Amplifyou Podcasting Inc

Podcast Launching - Managing - Monetizing - Guesting

Michelle@amplifyou.ca

www.amplifyounetwork.com

Join our FB group

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

LinkedIn

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

IG: <https://instagram.com/amplifyou.ca>

FB: <https://www.facebook.com/MichelleAbraham2.0>

FB Page: <https://www.facebook.com/AMPLIFYOU.ca>

Grab Your Podcast Success Blueprint:

<https://amplifyou.com/blueprint>

Ready to Launch Your Podcast or Get Booked on Podcasts

<https://go.amplifyou.ca/bookacall>

JOIN OUR COMMUNITY: <https://amplifyou.circle.so/getting-started>

HW - G (H soon) Heather Cameron to Everyone 10:08 AM

He is great

PD-HG-The DEAN of Success! to Everyone 10:08 AM

Stu is a Rockstar!

Barnsley Brown to Everyone 10:08 AM

P.S. I also interview others who serve entrepreneurial audiences and broadcast simultaneously to FB, Linked In, and my YouTube channel, then I share to my email list of over 3000.

H/G-PD-Ramona Leone Mooney to Everyone 10:09 AM

I need a link to Stu McClaren for my program director attendance. Please help

You to Everyone 10:09 AM

Join our Grand Connection FB Group

<https://www.facebook.com/groups/grand.connection>

Upcoming Grand Connection Events

<https://grandconnection.ca/category/events/>

Podapalooza <https://grandconnection.ca/apr-26-hottest-podcasting-event-podapalooza/>

GC-Dina Legland-Host of Heal Inside & Out to Everyone 10:09 AM
Dina Legland - The Inner Warrior Coach
RN & Certified Transformational Health & Life Coach
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 in less time!

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

Email - Dina@wellnesswarriorsforlife.com

Phone # - 631-356-3611

Website - <https://wellnesswarriorsforlife.com/>

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

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

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

Personal FaceBook - <https://www.facebook.com/dinagiordanolegland>

You to Everyone 10:10 AM

Submit your podcast For our collaboration program (for members)

<https://forms.gle/oPa5DBtLaiNdZhVq6>

JOIN THE GRAND CONNECTION NOW 

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

HG - PD/W-Michelle Abraham to Everyone 10:10 AM

Links From Grand Connection

Places to find guests/podcasts

<https://podapalooza.com/>

<https://www.podcastingforpartners.com/connect-and-collaborate>

<https://entrepreneursrocketfuel.com/speakers-playhouse/>

<https://grandconnection.ca/mar-14-the-grand-podcasters-group-meeting-find-guests-and-get-booked-easily-guest-host-matchup/>

Reach out to Podcasters here: amplifyournetwork.com

Book our Clients on shows! <https://www.amplifyyou.com/amplifyyouguests>

Some Example of a Guest Listing

<https://www.amplifyyou.com/guest-jackietroller>

Get listed

<https://podmatch.com/>

<https://guestio.com/>

Connect with Amplifyyou

<https://www.amplifyyou.com/bookacall>

<https://www.amplifyyou.com/blueprint>

Barnsley Brown to Everyone 10:10 AM

Would someone kindly save and email the chat after to drbarnsleync@gmail.com? (On my phone)

You to Everyone 10:10 AM

HEALTH

WEALTH

RELATIONSHIPS

PERSONAL DEVELOPMENT

Bonita Joy The Humor Alchemist to Everyone 10:11 AM

Humor could fit into all.

You to Everyone 10:11 AM

Join our Grand Connection FB Group

<https://www.facebook.com/groups/grand.connection>

GC-Dina Legland-Host of Heal Inside & Out to Everyone 10:11 AM

Unfortunately I have to leave I have another meeting to attend. Thank you so much. This was AMAZING!

PD-HG-The DEAN of Success! to Everyone 10:11 AM

Be Gentle... I'm a Newbie Here.

Barnsley Brown to Everyone 10:11 AM

Can't find rename on my phone but put me in H-W please

PD GC Allan Roberts Mindset to Everyone 10:12 AM

allanroberts@hotmail.com

Bonita Joy The Humor Alchemist to Everyone 10:13 AM

My topic: Tickle Their Funny Bone: Use Humor to Leverage Your Business.

<https://bonitajoyoder.com> for a complimentary Humor Journal go to

<https://joy.funandfunnier.com>

R - Eve Carter to Everyone 10:13 AM

Please could you email the chat to me at sbcarter@brinternet.com? I'm a guest. Thanks.

Bonita Joy The Humor Alchemist to Everyone 10:13 AM

Michelle what is that blueprint link again?

HG - PD/W-Michelle Abraham to Everyone 10:14 AM

Bonita - Grab Your Podcast Success Blueprint:

<https://amplifyou.com/blueprint>

You to Everyone 10:26 AM

JOIN THE GRAND CONNECTION NOW 

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

<https://grandconnection.ca/category/events/>

HH Chris Buckley to Everyone 10:31 AM

Thanks so much for the events - they look great. Time for me to get back to image review.

Thanks!

W (Entrp's.) G/H - Gabriella aka "Gab" to Everyone 10:35 AM

Hey hey, I'm Gab from GabTalks

#GabTalks

If you would be interested in being interviewed, please fill out this form here:

<https://forms.gle/a3AMiSpjDkUek5sX6>

You to Everyone 10:37 AM

CALENDAR

<https://grandconnection.ca/event-instructions-grand-connection-business-networking/monthly-themes/>

You to Everyone 10:40 AM

GIVEAWAY <https://grandconnection.ca/spring-grand-giveaway-may-15-june-15/>

R - Eve Carter to Everyone 10:40 AM

Please could you send the chat to sbcarter@btinternet.com?

PD Sandy Warren G 10:43 AM

please share a link to joining, benefits, costs etc. CoachSandy@wellness-with-attitude.com