

00:19:06 Jennifer Urezio: Hello Andrea!  
00:21:05 Carolyn Cooper-McOuatt - Grand Connection & Inspired Business:  
Please add GC at the end of your name & business as a member. If you are a guest please  
add "G" at the end 🙌

00:21:48 Andrea Leigh Austin- mycw.ca - GC: Hi Jennifer 😊 good to see you here  
today...

00:23:23 Jennifer Urezio: Reacted to "Hi Jennifer 😊 good t..." with ❤️

00:36:17 Andrea Leigh Austin- mycw.ca - GC: Say your name and hello  
How do you serve people?

How do you envision or practice the mind-body-spirit connection in your health and overall  
well being? Which aspect of mind, body or spirit are not getting your attention? Which one  
speaks to you the most? Which is your passion and why?

00:57:28 Susan Jarema - Grand Connection GC: we love to share grand  
connections! and carolyn is interviewing people too on this!!!

00:57:36 Pat Little: ❤️❤️❤️

Pat Little

Patlittle555@gmail.com

604-803-1778

Lifewave.com/patlittle

Stem cell Technology

<https://www.facebook.com/pat.little.58>



00:58:46 Linda B Kaye: Replying to "we love to share gra..."

I may have something to share but I won't know how it will turn out for at least a month...

00:58:58 Lynn Lee: Lynn Elena Lee, travel concierge

Sparkling Life Journeys

Luxurious culinary and wellness travel experiences for busy women (and their travel  
companions) who love food, wine, and living a vibrant, healthy life. In addition to planning  
vacations, I also arrange group travel for business owners, practitioners, and organization  
leaders who want to lead trips, cruises, or retreats for their tribe - their customers, clients,  
members, or teams - to make deeper connections, learn, and have fun together.

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

I speak about the many ways that travel keeps us healthy and happy.

I'd love to connect with referral partners and potential JV partners to do projects together,  
livestream swaps, and podcast discussions.

[lynn@sparklinglifejourneys.com](mailto:lynn@sparklinglifejourneys.com)

<https://sparklinglifejourneys.com>

<https://LinkedIn.com/in/LynnElenaLee>

<https://www.facebook.com/SparklingLifeJourneys>

603-496-6302

Find a time to chat: <https://calendly.com/lynn-lee>

01:00:54 Angela Irwin-Joyful Life Solutions-GC: Angela Irwin, MBA  
Confidence Coach, Speaker & Workshop Facilitator—Joyful Life Solutions  
www.joyfullifesolutions.com

Email: [angela@joyfullifesolutions.com](mailto:angela@joyfullifesolutions.com)

Watch my TEDx here:

<https://bit.ly/2S3vHxH>

My nonprofit organization: Joyful Life Cochlear Implant Fund ([www.jlcif.org](http://www.jlcif.org))

01:01:19 Sheri Mills: "1 in 4 adults grapple with chronic pain, but you don't have to be one of them. I'm Sheri Mills, your guide to a pain-free, vibrant life. No more frustration, no more medications. After living in my own chronic pain for 27 years, I finally found a way to heal myself and get off 12 prescriptions. This inspired me to go back to school for functional medicine and nutrition so I can serve others.

To learn more about me and my why, click here:

<https://myvaiapp.com/vid/your-wellness-redefined...-with-sherri-mill/1118>

Would love to connect!

<https://yourwellnessredefined.com/home>

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

<https://calendly.com/yourwellnessredefined/access-a-healthier-you>

01:02:16 Jennifer Urezio: Check out my free tool 3 Keys to Energetic Profound Success  
<https://soul2business.mykajabi.com/energetic-profound-success>

01:02:52 Deborah Myers GC: Deborah Myers

Deborah Myers Wellness

Acupressurist & Jin Shin Jyutsu practitioner

<https://www.deborahmyerswellness.com>

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

Mobile at 707-484-5515

30 minutes to get-to-know-each-other

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

I'm looking for ways to get the word out about my school programs and workplace wellness programs. I love to share how everyone can be a better partner with their body!

My FREE gift — an animated video of a self-help acupressure flow that's great for ALL ages! Learn how to easily let go of stress, boost your productivity, and boost your immune system — all at the same time!

<https://www.deborahmyerswellness.com>

<https://bit.ly/DMW-video>

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

<https://www.facebook.com/DeborahMyersWellness>

<https://www.facebook.com/deborah.myers.7982>

01:02:54 Barb Ashcroft GC: "At the heart of the Barb Ashcroft Brand is a commitment to holistic wellness and purposeful living. With a rich tapestry of experience as Compassion in Action, Author, Mentor, Encourager, Grief Literacy Speaker, Your Renewed

Purpose Facilitator, Natural Health Instructor, and Thought Leader, Barb Ashcroft embodies the ethos that 'to do well, you must BE well'. WeChangeLives@shaw.ca 250-752-5499  
01:03:33 Susan Jarema - Grand Connection GC: please complete the poll at the end.

01:04:15 Maria Belanic - Unravelling Grief -GC: Maria Belanic,  
Unravelling Grief

Discover how to release self-doubt, and self-judgement, and connect to the whispers of intuition

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

01:05:17 Deanne Duffin - Strategic Advisor GC: Gift for everyone and your networks

Complimentary More Profits While Working Less

Workshop <https://deanne-duffin.systeme.io/moreprofitswhleworkinglessworkshop>

01:05:35 Ingrid McKnight - imvas.biz - GC: Ingrid McKnight – Virtual Assistant – Admin Professional

Find me at: <https://linkedin.com/in/ingrid-mcknight>

<http://imvas.biz>

[imcknight@hotmail.ca](mailto:imcknight@hotmail.ca)

01:05:36 Patrice Porter | PatricePorter.online GC: Patrice Porter Certified Educational Associate, Parent Support Coach visit PatricePorter.online, Garden Consultant, Author, & Speaker After 15 yrs working as an EA having hundreds of children under my care and being in a position to see the potential in the children, nurture it & see kids blossom, I continue to work with youth thru families to see them grow to their greatest potential.

Contact me at [patrice@thegardeninggrandma.com](mailto:patrice@thegardeninggrandma.com) on LinkedIn

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

<https://calendly.com/abundance4u>

01:05:45 Debi Voris: Debi Voris -Certified Wholistic Health Coach. I revitalize people's health. My niche is women who are stressed, have hormones issues, and want to release weight.

<https://www.linkedin.com/in/debi-voris-certified-wholistic-health-coach-11743265/>

01:06:32 Debi Voris: I have a Radio & TV Show - Debi Changes Lives on my YouTube - Debi Changes Lives

01:11:37 (GC) Ellen, Rev Dr Barner - Lightness1All: Some wanted information on intermittent fasting with Simple app, Get a 14-day trial + 25% off a subscription. Join me on my health and wellness journey with Simple App! Offer expires in 3 days.

[https://simple-life-app.com/?from=referral\\_ios\\_v1&safe&promocode=REFERRAL25](https://simple-life-app.com/?from=referral_ios_v1&safe&promocode=REFERRAL25)

01:12:07 Melissa Deally - Your Guided Health Journey - GC: Melissa Deally  
Your Guided Health Journey

I am your friendly toxin slayer! My mission is to help heal the world, detoxing the physical, mental, emotional and spritual bodies, to attain optimal health, while training others to do the same. I am an integrative Health Practitioner and Trainer of NLP, Time Line Therapy® and Hypnotherapy.

I love working with the tools of the unconscious mind and guiding people on their health journey. I also use functional medicine lab testing mailed to your home to get to the root cause of your health issues.

My Link Tree: <https://linktr.ee/yourguidedhealthjourney>

[melissa@yourguidedhealthjourney.com](mailto:melissa@yourguidedhealthjourney.com)

GIFT: Virtual Card Deck with Daily Suggestions For Your Unconscious Mind:

<https://welcome.yourguidedhealthjourney.com/Suggestions>

01:12:20 Stephanie Dalfonzo - The Voice of CALM: Would love to connect - LOVED our breakout room group! <https://www.linkedin.com/in/stephaniedalfonzo/>

01:12:27 Colleen Lowe GC: [makesoap.ca](http://makesoap.ca)

Enfleurage Organics

41-577-6111

01:12:36 Marion McCool - GC: Marion McCool

Crossfield, Alberta,

Digital Assets & Lifestyle Protection Specialist

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

Helping Business owners, their employees, as well as families with access to an affordable system for business and personal advice, privacy and security/identity theft protection,

Your privacy is your business and my business is to protect it.

(825) 733-1649

[LSinfo@marionmccool.ca](mailto:LSinfo@marionmccool.ca)

[www.marionmccool.ca](http://www.marionmccool.ca)

<https://calendly.com/marionmccool>

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

FB: Marion McCool, LegalShield Independent Associate

01:12:49 Stephanie Dalfonzo - The Voice of CALM: And Thursday night come play in my free monthly SelfHypnosis Masterclass [HypnosisWithSteph.com](http://HypnosisWithSteph.com)

01:13:02 Kelley O'Hara - GC SpeakerTunity: Kelley O'Hara - SpeakerTunity We help speakers, healers, entrepreneurs find the RIGHT stages to share their message, grow their business and their community. [Kelley@speakertunity.com](mailto:Kelley@speakertunity.com) or

<https://www.calendly.com/kelleyohara> Would love to chat when its right for you!

01:13:45 Stephanie Dalfonzo - The Voice of CALM: Same day every month

01:13:47 Stephanie Dalfonzo - The Voice of CALM: ?

01:13:55 Linda B Kaye: <https://coursemarketingsuccess.com> TEXT: 603-860-6565

01:13:56 Patrice Porter | [PatricePorter.online](http://PatricePorter.online) GC: Just wanted to mention an event coming up the Spiritually Aware Families Virtual Summit March 3 – 10

Register at <https://spirituallyawarefamilies.com/>

01:14:08 Dan Stege - GC: <https://www.linkedin.com/in/DanStege/>

other links at <http://DanStege.com>

01:14:31 Stephanie Dalfonzo - The Voice of CALM: This was great - thank you!

01:14:44 Angela Irwin-Joyful Life Solutions-GC: Great first event—I learned a lot and truly enjoyed it! Thank you all!

01:14:45 Allan Roberts Mindset GC: Mindset Coach

[allanroberts@hotmail.com](mailto:allanroberts@hotmail.com)

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


<https://www.linkedin.com/in/allan-roberts-183a49104/>

Worcestershire UK

01:15:07 Melissa Deally - Your Guided Health Journey - GC: Thank you Stephanie for coming - yes 3rd Tuesday of every month.

01:15:13 Kelley O'Hara - GC SpeakerTunity: This was GREAT! Thank you so much Carolyn and Susan for bringing us together, as well as our leaders today

01:15:44 Susan Jarema - Grand Connection GC: GRAND CONNECTION  
MEMBERSHIP: We'd love you to join! You can come as our guest to 2 events before joining.  
Or join today and get started.

JOIN NOW  Special offer to receive one bonus month if you sign up in the next 2 hours +  
Our New Member Bonus Bundle (worth > \$500) AND your first month's membership  
supports directly our chosen charity in Uganda.

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

New Member Bonus Bundle (Worth > \$500!)

<https://grandconnection.ca/new-member-bonus-bundle-vip-gifts/>

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

Value and inclusions in your membership: <https://grandconnection.ca/gcmembers/benefits/>

01:15:53 Permelia Parham | The Healing Institute GC: Permelia Parham –  
Founder/CEO of The Healing Institute

The Healing Institute is a virtual global Hub connecting clients with holistic practitioners.

We are on a BIG mission to Heal The World!

Check us out:

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

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

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

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

Let's chat – here is my Calendar Link: <https://healing-institute.as.me/Permelia-Parham>

01:16:02 Patrice Porter | PatricePorter.online GC: Love this - so happy to be able to  
take part of this new Grand Connection Group - thanks so much!

01:16:10 Susan Jarema - Grand Connection GC: Join our Grand Connection FB  
Group

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

Get the Grand Connections Chrome Extension: Referral Networking App (Free for all)

<https://chrome.google.com/webstore/detail/grand-connection-networki/bbmdjlmkgkmgppeobhnignjplfhmki>

Meet Our Members, Get Gifts from our Latest Grand Connection Magazine

<https://grandconnection.ca/magazine/>

Upcoming Grand Connection Events

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

DON'T FORGET TO SAVE THE CHAT – CLICK ON THE 3 DOTS.

PLEASE SHARE AND GROW OUR COMMUNITY ☺

PS LOVED our event today? Give us a review

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

01:16:43 Permelia Parham | The Healing Institute GC: Thank you everyone for supporting this new Grand Wellness Group!

01:17:18 Kelley O'Hara - GC SpeakerTunity: Grand Connection is an incredible group and Susan and Carolyn are the most authentic leaders out there. This is the group to join!

01:17:47 (GC) Ellen, Rev Dr Barner - Lightness1All: Reacted to "Grand Connection is ..." with ❤️

01:18:37 Mike Stewart- GC- Elephant in the Room Coach: Thank you everyone, have a blessed day!

01:18:41 Melissa Deally - Your Guided Health Journey - GC: Yes Susan, I did add in a listing.

01:19:01 Susan Jarema - Grand Connection GC: See you tomorrow! Feb 21 | How to Put More Systems and Processes to Work in Your Coaching Business This Year Hosted by the Grand Coaches Group  
<https://grandconnection.ca/feb-21-how-to-put-more-systems-and-processes-to-work-in-your-coaching-business-this-year/>

01:19:24 Susan Jarema - Grand Connection GC: Thursday! Feb 22 | The Productivity Diet: Mastering Efficiency in Work and Life With Mike Vardy | Master Class  
<https://grandconnection.ca/feb-22-the-productivity-diet-mastering-efficiency-in-work-and-life-with-mike-varDY-master-class/>

01:19:49 Maree Piplovick: Thank you all - I feel the Body, Mind, Spirit connection right here!

01:19:58 Ingrid McKnight - imvas.biz - GC: Reacted to "Thank you all - I fe..." with ❤️

01:19:58 Melissa Deally - Your Guided Health Journey - GC: Reacted to "Thank you all - I fe..." with ❤️

01:20:00 Patrice Porter | PatricePorter.online GC: Reacted to "Thank you all - I fe..." with ❤️

01:20:04 Carolyn Cooper-McOuatt - Grand Connection & Inspired Business: Reacted to "Thank you all - I fe..." with ❤️

01:20:14 Susan Jarema - Grand Connection GC: Melissa's Fundraiser! Mar 8 - Your Super Hero Success Summit LIVE!  
<https://grandconnection.ca/gcmembers/listings/mar-8-your-super-hero-success-summit-live/>

01:20:28 Susan Jarema - Grand Connection GC: save the chat!

01:20:41 Ingrid McKnight - imvas.biz - GC: Thank you lovely ladies for starting this group