

00:19:51 Bonnie McDonald Dixon: Bonnie McDonald Dixon
Lifewave Consultant
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LifeWave Wellness Products
From: \$79

Make an appointment <https://healthywealthycamper.com/bonnie/>
LinkedIn
<https://www.linkedin.com/in/bonniemcdonaldixon>
Facebook

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

00:20:05 Susan Jarema | Grand Connection: Jeff wrote our opening credit song for the GC Podcast: <https://grandconnection.ca/podcast/>

Apple - <https://podcasts.apple.com/us/podcast/grand-connection-podcast/id1858359038>

Spotify - <https://open.spotify.com/show/5N1oEc9gVERRF2dLH63sQg>

High Vibe Podcast Network (Michelle Abraham)

<https://network.highvibepodcastnetwork.com/podcast/grand-connection-podcast>

00:20:28 Mike Vardy - GC: Here's my GC profile:

<https://grandconnection.ca/gcmembers/members/productivityist/profile/>

Here I am on LinkedIn: <https://www.linkedin.com/in/mikevardy/>

And you can subscribe to my weekly emails, get my podcast, etc. here:

<https://kit.mikevardy.com/>

00:20:38 Garland Coulson | "Captain Time - GC:

<https://ca.linkedin.com/in/ebusinesstutor>

00:20:53 Susan Jarema | Grand Connection GC: Susan Jarema, Grand Connection and New Earth Marketing
Vancouver, Canada

<https://grandconnection.ca/>

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

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

My Grand Ask: Looking for like-minded business organizations, thought leaders, or communities to collaborate with for our Grand Mixers.

00:21:07 George M Montgomery: I had a business and tax planning career for 40 years. I have now retired for the 3rd time in order to write novels and short stories.

00:21:14 Mike Vardy - GC: Reacted to "I had a business and..." with a 🙌,

00:21:20 Susan Jarema | Grand Connection GC: Happy New Year Danielle!!!

00:21:21 Jeff McQuilkin | JetstreamSONIC -GC: Hi, I'm Jeff McQuilkin with JetstreamSONIC. I help small businesses drive more sales by helping them become top-of-mind with their target market, improving brand recall by up to 98 percent by giving their brand a unique, distinctive sound. Become the first company they think of when someone needs what you offer!

Currently working on sonic branding for the Grand Connection! (Starting with the podcast)

Simply put: Better brand recall = more sales!

Would love to meet coaches, consultants, podcasters, service business owners, and any other business owners looking to amplify their brand.

Examples at jetstreamdigitalstrategies.com.

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

To schedule a FREE one-hour strategy session on content marketing and sonic branding: visit MeetJeffMCQ.com

00:21:22 Mike Vardy - GC: Replying to "I had a business and..."

LOVE this!

00:22:01 Mike Vardy - GC: The Grand Connection now has a podcast. You can find it at the following...

Apple Podcasts:

<https://podcasts.apple.com/us/podcast/grand-connection-podcast/id1858359038>

Spotify: <https://open.spotify.com/show/5N1oEc9gVERRF2dLH63sQg>

High Vibe Podcast Network:

<https://network.highvibepodcastnetwork.com/podcast/grand-connection-podcast>

Not a member yet? Use this link to join today:

<https://community.grandconnection.ca/membership>

00:22:14 Bonnie McDonald Dixon~GC: So good to see you Danielle!

00:24:48 Mike Vardy - GC: Welcome Harshal!

00:24:59 Bonnie McDonald Dixon~GC: Reacted to "Welcome Harshal!" with "âœ“"

00:25:01 Harshal Saraiya: Reacted to "Welcome Harshal!" with "ðŸ™"

00:25:25 Danielle Benzon GC: Danielle Benzon, always happy to connect ðŸ™™,

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

Join me: Inspire 2026 Summit 21 Jan (free, no sales, pure inspiration and insight)

https://power.theinspiredspeaker.com/inspire_2026

00:25:40 Danielle Benzon GC: Replying to "So good to see you D..."

And you!!!! ðŸ™³

00:25:42 Mike Vardy - GC: Iâ€™™ keep tabs on questions in here if youâ€™™ve got â€œem!

00:26:02 Danielle Benzon GC: Replying to "Happy New Year Danie..."

Happy New Year! So wonderful to see you!!!!

00:26:11 Danielle Benzon GC: Reacted to "Iâ€™™ keep tabs on qu..." with "â€œ"

00:26:40 Bonnie McDonald Dixon~GC:Reacted to "Happy New Year! So w..." with ðŸŽ‰

00:27:05 Harshal Saraiya: Reacted to "Danielle Benzon, alw..." with ðŸ’€

00:31:05 Harshal Saraiya: Hello Everyone - Happy New Year 2026! I would love to connect with you all on LinkedIn, <https://www.linkedin.com/in/harshalsaraiya/>

00:31:13 Mike Vardy - GC: Reacted to "Hello Everyone - Hap..." with â ƒĩ,

00:38:35 Danielle Benzon GC: Grand Connection has a group for everything!

00:39:58 Mike Vardy - GC: Reacted to "Grand Connection has..." with ðŸ’€

00:40:27 Bonnie McDonald Dixon~GC:Reacted to "Grand Connection has..." with ðŸŽ‰

00:41:22 Mike Vardy - GC: Even a bullet journal - analog tools work well too!

00:41:31 Danielle Benzon GC: Reacted to "Even a bullet journa..." with â ƒĩ,

00:45:19 Bonnie McDonald Dixon~GC:Garland what is the plant eh!

00:45:40 Danielle Benzon GC: Ooooo I like the precut veggie rule!

00:45:49 Bonnie McDonald Dixon~GC:Reacted to "Ooooo I like the pre..." with ðŸŽ‰

00:46:36 Susan Jarema | Grand Connection GC: whats the best habit tracker you like?

00:46:57 Mike Vardy - GC: James Clear has one called Atoms that is solid. Habitica is another solid choice.

00:47:05 Danielle Benzon GC: Friend-ectomy lol

00:48:07 Mike Vardy - GC: Remember: AI cannot replace everything a VA can do for you.

00:48:20 Danielle Benzon GC: Reacted to "Remember: AI cannot ..." with ðŸ’€

00:50:54 Susan Jarema | Grand Connection GC: thank-you garland!

00:52:08 Zoie McIntyre: Replying to "whats the best habit..."

The one that works for you ;)

00:54:38 Susan Jarema | Grand Connection GC: Garland is in Edmonton!

00:59:15 Zoie McIntyre: Garland it is cool that you are in Edmonton, I am as well.

00:59:58 Susan Jarema | Grand Connection GC: GHL offer for GC Members Through the Productivity Hub \$49 <https://go.productivityhub.tech/grandconnection>

01:01:54 Mike Vardy - GC: Reacted to "GHL offer for GC Mem..." with â ƒĩ,

01:08:14 Garland Coulson | "Captain Time - GC: Bonnie, the plant is lovage

01:08:27 Zoie McIntyre: Reacted to "Bonnie, the plant is..." with ðŸ’€

01:10:14 Mike Vardy - GC: Reacted to "Bonnie, the plant is..." with ðŸ’€

01:11:25 Susan Jarema | Grand Connection GC: I know michael coss, he's very inspirational.

01:12:08 Danielle Benzon GC: Multipassionate ðŸ™,

01:12:14 Susan Jarema | Grand Connection GC: how old is your son?

01:12:16 Bonnie McDonald Dixon~GC:Replying to "I know michael coss,..."

Yes he is amazing! I met him at the Physical Therapist on 6 th and Pine 2011.

01:12:34 Bonnie McDonald Dixon~GC:Reacted to "Multipassionate ðŸ™," with ðŸŽ‰

01:12:36 Zoie McIntyre: Reacted to "Yes he is amazing! I..." with ðŸ’€

01:12:54 Mike Vardy - GC: ðŸ’€—Welcome New Guests!Â

New? You are welcome to come to 3 other events as a Guest. Grab a guest pass <https://grandconnection.ca/free-guest-pass/>

OR JOIN NOW **SAVE 4+ MONTHS ON ANNUAL!**
Lock in your membership rate. Your first month is donated to our chosen charity to support orphans in Uganda <https://grandconnection.ca/gcmembers/join>

Grand Connection Welcome links for the day!
There is so much to share that we have organized it all here for you!
<https://grandconnection.ca/welcome-links/>

Member Reminders for January 2026 <https://grandconnection.ca/member-reminders/>
01:13:06 Harshal Saraiya: Replying to "how old is your son?"

10
01:13:21 Mike Vardy - GC: Next Month's Session: The Strategic Journal:
How Reflection Becomes a System

Journaling isn't just a personal habit it's the backbone of sustainable planning. In this session, we'll explore how reflective practice becomes a thinking environment for better decisions, clearer priorities, and systems that actually hold up under real-world pressure. You'll learn simple approaches that turn journaling into a strategic advantage.

01:13:52 Harshal Saraiya: @Susan Jarema | Grand Connection GC, do we need to sign up for all the events that we want to attend?

01:15:51 Susan Jarema | Grand Connection GC: contribute your gift:
<https://app.eventraptor.com/apply/grand-giveaway-winter-2512>

01:16:15 Susan Jarema | Grand Connection GC: Grab your gifts:
<https://grand-giveaway-winter-2512.eventraptor.com/>