

00:12:14 michael porter: Hello
00:12:22 Serhii Borbotko: Hey, Captain!
00:13:06 michael porter: Same here David NYC
00:13:47 Dana Terry-Pettigrew (she/her): same thing - I am at work, so multitasking
00:13:51 Serhii Borbotko: My pleasure!
00:13:57 Dana Terry-Pettigrew (she/her): Hi from KC
00:14:46 Dana Terry-Pettigrew (she/her): Replying to "same thing - I am at..."

Plz plz plz make a recording available

00:14:54 michael porter: Used to live in KC...
00:15:33 Dana Terry-Pettigrew (she/her): Replying to "Used to live in KC..."

Cool! Been here my whole life (except for college)

00:15:36 Bonnie McDonald Dixon: Bonnie McDonald Dix...

[Full message cannot be displayed on this version]

00:16:29 michael porter: Replying to "Used to live in KC..."

2020-2024...

00:17:37 Garland Coulson | "Captain Time" | GC: 🕒 Garland Coulson, "Captain Time"

📖 Author of Amazon Best Seller "Stop Wasting Time"

🎯 AI Productivity Speaker & Trainer

💻 LinkedIn: <https://www.linkedin.com/in/captaintime/>

🌐 <https://CaptainTime.com>

☕ Book a Virtual Coffee with me:

<https://links.captaintime.com/widget/bookings/garlandcoulson>

✉ Email: Garland@CaptainTime.com

👑 Moderator, Reddit r/timemanagement

00:17:55 michael porter: <https://www.linkedin.com/in/michaelpporter/>

00:20:23 Grand Connection Events: Hello, nice to meet our new guests!

Connect with me <https://www.linkedin.com/in/susanjarema> or hello@grandconnection.ca

New? Grab a guest pass! <https://grandconnection.ca/free-guest-pass/>

Learn more about our Neuroscience Communication Self Mastery Program, the Neuro Science of Connection <https://community.grandconnection.ca/gc-infosession-optin>

Grand Giveaway still open for contributions (must be a GC member)

<https://grandconnection.ca/summer-grand-giveaway-2026-2/>

*** Join us! For our Grand Mixer this week!

<https://grandconnection.ca/jul-16-grand-connection-networking-mixer/>

00:20:54 michael porter: For me the audio has dropped twice.

00:21:06 Serhii Borbotko: I like this idea. As the founder says, with AI you can do five times more, but did you achieve five times more?

00:22:01 Grand Connection Events: Thats how i made my first GPT

00:22:19 Serhii Borbotko: Reacted to "Thats how i made my first GPT" with 🔥

00:26:06 Jessica Koch: do you have a trick on how to back up all your chats and export them to save?

00:28:12 Serhii Borbotko: Replying to "do you have a trick on how to back up all your chats and export them to save?"

Just ask your AI tool to do it))

00:28:26 Serhii Borbotko: 😊😊😊

00:30:31 Susan Jarema | Grand Connection: i need to do more of this, to go deeper

00:37:43 Serhii Borbotko: 😊

00:41:55 Serhii Borbotko: Amazing, thanks!

00:42:16 Robert: Lots of good information. Thanks!

00:42:32 Jessica Koch: Good stuff @Garland Coulson | "Captain Time" | GC

00:43:22 Veronica King: Veronica <https://www.linkedin.com/in/veronicaking2/>

00:44:16 yvonne provencal: Great presentation.

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

00:46:26 David Ashear: What to do when copilot and Claude lie. They said they did x yet they didn't do it. They answer whoops, sorry.

00:49:09 Bonnie McDonald Dixon: Garland I learned so much today!!

00:49:22 Bonnie McDonald Dixon: Thankyou Jessica for your input!

00:50:10 helenbirdsong: I missed the first 10 minutes sorry. You have recorded this? Do you share with us?

00:50:42 Garland Coulson | "Captain Time" | GC: It was recorded and will be shared with members, @helenbirdsong

00:50:50 Robert: Reacted to "It was recorded and ..." with 👍

00:51:08 Dana Terry-Pettigrew (she/her): what is the link to become a member?

00:51:17 Serhii Borbotko: Reacted to "It was recorded and will be shared with members, @helenbirdsong" with 👍

00:52:11 Bonnie McDonald Dixon:

<https://grandconnection.ca/new-to-the-grand-connection-start-here/>

00:52:13 Susan Jarema | Grand Connection: 😊 New? Grand Connection Welcome you.

There is so much to share that we have organized it all here for you to learn more:

<https://grandconnection.ca/welcome-links/>

Become a member today! We'd love to have you in this community.

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

🎧 Annual members get a podcast interview

📌 Member Reminders for June 2026 <https://grandconnection.ca/member-reminders/>

🧠 Learn about The Neuroscience of Connection (Starting Sept), that blends neuroscience, mindfulness, and community support to help you thrive in both life and business using the latest in brain network switching. Includes our Masterclass as a gift

<https://community.grandconnection.ca/self-mastery-info>

00:52:19 Serhii Borbotko: Thanks a lot, Garland! I'm really happy to see you again, and I believe I'll see you next time! All the best, everybody!

00:52:38 Susan Jarema | Grand Connection:

<https://grandconnection.ca/jul-16-grand-connection-networking-mixer/>

00:52:48 Susan Jarema | Grand Connection:

<https://grandconnection.ca/free-guest-pass/>

00:53:03 Garland Coulson | "Captain Time" | GC: Thanks @Serhii Borbotko, great to see you again as well!

00:53:17 Serhii Borbotko: Yes!

00:53:20 Serhii Borbotko: Thanks))

00:53:25 Serhii Borbotko: Reacted to "Thanks @Serhii Borbotko, great to see you again as well!" with ❤️
00:54:36 helenbirdsong: thank you for the link
00:55:43 Dana Terry-Pettigrew (she/her): Replying to "😊 New? Grand Conne..."

TY! ;)

00:56:02 Jessica Koch: <https://moneygratitude.info/main-page>
01:00:15 Bonnie McDonald Dixon: I must leave a now for an upcoming call. Susan I will reach out to you about the Warm Space ... will ask AI for name suggestions!!
01:01:45 Susan Jarema | Grand Connection: Jul 9 | How AI Memes Made Me Over \$100,000 With Earl Flormata at The Grand AI Group
<https://grandconnection.ca/jul-9-the-grand-ai-group/>
01:05:45 michael porter: Need to run, thanks.
01:08:16 Robert: I have a great time learning from you folks. I wish you all the best.
01:08:27 Jessica Koch: Reacted to "Thankyou Jessica for your input!" with ❤️
01:08:37 Jessica Koch: Replying to "Thankyou Jessica for your input!"

my pleasure!!

01:08:48 helenbirdsong: Is is possible to have a one on one?
01:09:20 Susan Jarema | Grand Connection: Jun 11 | Use Claude to Create Your Own Suite of Productivity Mini-Apps With Garland Coulson at The Grand AI Group
01:09:47 Garland Coulson | "Captain Time" | GC: 🕒 Garland Coulson, "Captain Time"

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✉ Email: Garland@CaptainTime.com

🏆 Moderator, Reddit r/timemanagement

01:09:53 Amy: Thank you!

01:10:20 Dana Terry-Pettigrew (she/her): not right now

01:14:35 Susan Jarema | Grand Connection: <https://calendly.com/susanjarema>

01:16:03 Susan Jarema | Grand Connection: podcast

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

01:16:39 Dana Terry-Pettigrew (she/her): gotta run - thanks