

00:13:50 Rachael Barish: hi
00:14:06 Eden: Thank you, hi 🌞
00:16:03 Eden: Using my work break so no camera zone. Will that disrupt the session?
00:22:08 Grand Connection Events:
https://docs.google.com/document/d/1tcPEQU3tkZEaiVYQP_-YdOPx2sUpgLpTOI9sxoawOVs/edit?usp=sharing
00:23:37 Rachael Barish: 4
00:27:33 Grand Connection Events:
https://docs.google.com/document/d/1tcPEQU3tkZEaiVYQP_-YdOPx2sUpgLpTOI9sxoawOVs/edit?usp=sharing
00:29:44 Rachael Barish: Sales & Biz
00:30:20 Eden: Can you repeat the title of #2, please?
00:30:25 Grand Connection Events: i really want to work on 9.
00:30:27 Ghia Clark: Change & Self Mastery
00:30:30 Grand Connection Events: 8 is my lowest score!
00:31:26 Amy: 10
00:32:10 Eden: thank you
00:32:27 Eden: is self awareness meant to be in the moment?
00:33:10 Eden: here
00:33:32 Eden: can't use audio, at work on break
00:34:30 Eden: self awareness, I would get it after the conversations, not so much in the moment.
00:42:28 Eden: brainwashing 🌀
00:42:44 susan Jarema Grand Connection: Reacted to "brainwashing 🌀" with 😂
00:50:26 susan Jarema Grand Connection: peace
00:51:35 Amy: peace for me too :-)
00:51:44 Eden: joy
00:52:41 Eden: have this super big smile on my face 😊
00:53:02 Rachael Barish: no word
00:53:02 Ghia Clark: peace
00:58:00 Eden: are the networks in the actual physical locations you touch?
00:59:26 Eden: so, would physical damage change how they work?
01:00:10 susan Jarema Grand Connection: Replying to "so, would physical damage change how they work?"

ill bring this up later. good question

01:00:37 Eden: Replying to "so, would physical damage change how they work?"



01:07:56 Eden: yes

01:08:50 Susan Jarema Grand Connection: Key Reminders:

Slow down

Relax

Soften your tone

Speak briefly

Pause often (access meta awareness)

Focus on what matters

Your brain - and theirs - will do the rest.

01:10:02 Susan Jarema Grand Connection: To prepare for a mindful conversation:
Relax - Take a moment to notice your breath, or stretch and yawn.

Meta Awareness - Notice your own experience in the present moment

Access a Value - Savor what is truly important to you.

Slow down - Give your full attention to your value.

Warm tone of voice - A calm, gentle tone signals safety.

Facial softness - A slight smile quietly invites connection.

01:10:16 Susan Jarema Grand Connection: Use simple, clear language - Speak briefly and pause often. When you use less words, you become more clear.

Create a Value-based intention - When you consciously focus on a value (like clarity, connection, or growth), your brain uses it as a filter - helping you notice what matters, organize decisions, and act with intention instead of reacting automatically.

Increase positivity - Accessing a positive thought, expressing gratitude and appreciation - sets the stage for positivity.

01:11:17 Susan Jarema Grand Connection: Key Reminders:

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01:12:35 Eden: make sure to skip me for the breakout room so everyone gets a good experience ☀️

01:12:46 Susan Jarema Grand Connection: Reacted to "make sure to skip me for the breakout room so everyone gets a good experience ☀️" with 👍

01:18:39 Susan Jarema Grand Connection: mindful minutes- stretch and yawn, self sooth. share your value word. write down the words you share. 2. stretch and yawn again. write a sentence with the 2 words and share it. read it, and listen non judgementally

01:20:23 Eden: yes, that was fun. that's okay I talk to myself all the time!

01:21:48 Eden: that's funny. I was thinking the same thing ,

01:22:15 Susan Jarema Grand Connection: joy brings me peace

01:22:28 Susan Jarema Grand Connection: peace leads to joy in life

01:23:05 Rei McColley Neuro Coach GC: Joy opens the door to peace of mind

01:24:20 Eden: chocolate cake

01:25:07 Eden: oh I have zero social media footprint

01:25:47 Eden: on rapport and values, is that what they tell you or you discern from what they say

01:26:31 Eden: okay

01:26:32 Rei McColley Neuro Coach GC:

<https://tidycal.com/reimccolley/brain-network-switching-basics>

01:26:38 Ghia Clark: Great Session with Amy!!!!

01:29:05 Eden: can you eat

01:29:22 Eden: you answered it

01:37:30 Susan Jarema Grand Connection: Key Reminders:

Slow down

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01:38:51 Susan Jarema Grand Connection: connect

01:39:00 Susan Jarema Grand Connection: connect

01:39:05 Rei McColley Neuro Coach GC: joy

01:39:10 Rachael Barish: helpful

01:39:11 Amy: Harmony

01:39:15 Ghia Clark: Easy

01:40:04 Eden: I love this stuff!

01:40:37 Eden: Yay, Susan 🥳

01:40:46 Ghia Clark: THIS IS A GREAT CLASS!!!

01:42:20 Susan Jarema Grand Connection: <https://grandconnection.ca/neuro>

01:43:07 Susan Jarema Grand Connection:

<https://docs.google.com/document/d/1xyb3R8ccWXU3nyJGRFtqnP93JoPjaQNMgj55RWBOkhE/edit?usp=sharing>

01:46:56 Amy: Thank you everyone! I enjoyed being here today :-) Peace to you all.

01:48:38 Amy: I have to leave now. Susan - I'll email you later

01:50:58 Eden: Thank you both so much, so glad I came. Have to get back 🙏

01:51:34 Ghia Clark: Thank you so much!!! i have to leave. 💕

01:51:44 Rachael Barish: thanks everyone.