

00:03:06 Sophie Lechner: Nice to see you Diane!
00:03:50 Diane Wolf: Replying to "Nice to see you Dian..."

Yes, lovely to see you too Sophie!!!

00:04:38 Avital Spivak -- AskAvital.com: [CHAT DROP]

BREAKOUT ROOM Shortest hair is the timekeeper, and speaks last. Each person: your name, where you are (and where you're from, if you like), and what you do, in two sentences. Then: Which one tool in your business do you rely on most? And which one do you wish you could fire?

00:05:03 Deborah Henson-Conant ("DHC") [Zoom #2]: I'm from the Boston area

00:05:04 Filomena, Wealth & Wellness Coach: Old Orchard Beach MAINE

00:05:14 Diane Wolf: Peterborough, Ontario, Canada

00:05:44 Avital Spivak -- AskAvital.com: Rename yourself: GC = Grand Connection member · G = Guest. You're only a C away

00:06:16 Sophie Lechner: I'm Sophie Lechner, I'm in New Jersey and I help entrepreneurs who hate marketing to attract their ideal clients without self-promotion.

<https://linkedin.com/in/sophielechner>

<https://themagnetmodel.com>

00:13:41 G - Jay Leber - TOTALSPEED is all you need!: Jay S. Leber,
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00:14:07 Sheila Jaggard: Jay i am so sorry to not hear your whole message. i would love to hear more. I see you info above. thanks

00:14:59 G - Jay Leber - TOTALSPEED is all you need!: Me too Sheila. You can book a 1-1 with me at <http://BookTotalspeed.com>. I've got lots of availability.

00:17:01 Carolyn Dennis Johnson: Good afternoon, everyone!

Carolyn Dennis Johnson, MBA – Your Hiring Guide

Guiding Small Business Owners in Hiring Winning Teams

Email: carolyn@yourhiringguide.com

Coffee Date/Consultation: <https://calendly.com/carolyndjohnson>

Website: <https://yourhiringguide.com/>

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

Substack: <https://substack.com/@carolyndjohnson>

00:19:20 Carolyn Dennis Johnson: I had the same issue, Jay!

00:19:34 G - Jay Leber - TOTALSPEED is all you need!: Reacted to "I had the same issue, Jay!" with 😊

00:21:47 Diane Wolf-GC: 🌻🌻🌻

Diane Wolf, Peterborough, Ontario, Canada

I work with high achieving women whose performance is externally strong, but who know their current pace is not sustainable. I help them identify the 'check engine lights' their brain is sending to them so that they can strengthen the biological systems that protect long-term health and cognitive clarity.

I'm a psychotherapist, speaker, author, neuroscience educator, and retired professor. In my psychotherapy practice I work primarily with First Responders overcoming PTSD.

My book 14 Nights to Better Sleep is now available as a Kindle book on Amazon. It's a systematic plan to improve sleep quality over the course of two weeks.

My background is 40+ years studying neuroscience, an MBA in Knowledge and Learning Management, and a Master's degree in Clinical Counselling.

I would love to connect!

Email: diane@dianewolf.com

Linked In: <https://www.linkedin.com/in/dianewolf/>

00:23:43 Sophie Lechner-G: 10

00:23:53 G: Filomena, Wealth & Wellness Coach: 3

00:24:06 Diane Wolf-GC: 6

00:27:33 G - Jay Leber - TOTALSPEED is all you need!: 100 +

00:29:30 Krista Giannak, Wise Words That Matter GC: Some tools can fall under both V and C

00:35:10 Avital Spivak -- AskAvital.com: Visibility. That's how people find out you exist, and what you offer. It's not about being everywhere, just being where your people can actually find you.

Connections. These are the bridges between visibility and delivery, where conversations happen and people take action, like booking a call or signing up for something. This one splits in two: one-to-one, like a scheduler, and one-to-many, like an email list or a webinar.

Delivery. This is everything that smooths your client's path once they're in, onboarding, communication, how your service actually gets experienced.

Info and storage. Think of this as your digital house, where your important information lives, and how easily you or your team can find what you need when you need it.

Pay and get paid. Your ability to take payments without friction, and manage the money side with confidence and clarity.

Five needs. Every tool you use exists to meet one of these, sometimes more than one.

00:35:38 Avital Spivak -- AskAvital.com: Replying to "Some tools can fall under both V and C"

Absolutely!

00:35:48 Avital Spivak -- AskAvital.com: Reacted to "100 +" with 🤖

00:40:54 Krista Giannak, Wise Words That Matter GC: Ooh, forgot about how
Subtitle doesn't communicate with socials!
00:41:43 Avital Spivak -- AskAvital.com: Reacted to "Ooh, forgot about how
Subtitle doesn't communicate with socials!" with 
00:56:34 Avital Spivak -- AskAvital.com: Want my eyes on your map? Book your
clarity call: <https://calendly.com/meetavital/tech-clarity-session->
You can always find me at AskAvital.com

Tech Success Space: coworking with Q&A. Every second Thursday, 10 to 12 Eastern. Next
one: Sept 10. Register: <https://vitalweave.kit.com/tech-success>

NOTE: I'm building a fillable version, with an AI guiding prompt. If you want to be the first to
get it once it's ready, drop your email in chat.

Next GTC: October 1st. What switching tools, or bringing a new one onto the team, really
costs you. It's not just the money, and free isn't free.

00:57:15 Krista Giannak, Wise Words That Matter GC:
<https://www.linkedin.com/in/kristagiannak>
00:57:29 Carolyn Dennis Johnson: carolyn@yourhiringguide.com
00:57:29 Avital Spivak -- AskAvital.com: What's one action you're going to take
today?
00:57:43 Avital Spivak -- AskAvital.com: ✨ I work with accomplished
professionals who know their stuff but can't quite make the online world work for them.

The gap between who you are and how you show up online? That's the gap I close.
Start here → <https://AskAvital.com/>

Let's connect:

- <https://calendly.com/meetavital/focused-intro>
- <https://www.linkedin.com/in/avitalspivak/>
- avital@vitalweave.com

00:57:59 Diane Wolf-GC: If I encounter a new tool that is recommended, I will
look at what need it fills, who is filling it now, and do I need to replace.
00:58:51 Diane Wolf-GC: Have to run, thanks Avital!!!
00:59:15 Avital Spivak -- AskAvital.com: Reacted to "If I encounter a new tool that
is recommended, I will look at what need it fills, who is filling it now, and do I need to
replace." with ✨
00:59:29 Sophie Lechner-G: Yes, I will think of which circle a new tool would go into
to determine whether I really need it.
01:00:05 G: Filomena, Wealth & Wellness Coach: Filomena T. Day
Wealth & Wellness Coach
207=777-3232
01:04:42 G: Filomena, Wealth & Wellness Coach: Nice to meet the group: see you
in a future group. packing up for a short one day trip and today's session has been helpful to
provide more confidence I'm on the right path to relieve "decision fatigue".

01:04:56 Sophie Lechner-G:

<https://www.acb.org/independent-visually-impaired-entrepreneurs-ivie>

01:06:36 Sophie Lechner-G: <https://www.facebook.com/groups/403659606871919/>

01:07:16 Sophie Lechner-G: The above 2 links are for Krista