



3 Part Podcast Series

The 3 C's to Live Life, Love Life and Be Your Best RESILIENT Self!

COURAGE | CONNECT | COMMUNICATE

Welcome to Episode 2 of my 3 Part Podcast Series where you will learn the 2nd of the **3 C's to Live Life, Love Life and Be Your Best Resilient Self. Connect**

In this 3 Part Series, we talk about how to have Courage, how to Connect and how to Communicate.

My name is Pix Jonasson, Host of The Couragepreneur Podcast.

As mentioned, in this Episode we talk about Connection.

WHY IS THIS REALLY IMPORTANT?

I don't like seeing people not realizing their potential because of either:

1. A lack of awareness or knowledge of the ins and outs of connection. I want to fill in these knowledge gaps for you; or
2. They believe things to be true that are quite simply false about connections.

I want to explain the truth about what your life can be like and how to create it with the right connections.

My ultimate massive purpose and goal here for sharing the **3 C's to Live Life, Love Life and Be Your Best Resilient Self** is to make a positive impact and influence worldwide.

Not knowing how to our make the right connections can lead to poorer mental health, something I am personally extremely passionate about.

Poor mental health is something that can lead to unhappiness, disconnection, isolation, loneliness, depression, suicidal ideation and tragically, suicide.

This training is also very important because.....

- I know exactly what you are going through as this was me a few years ago;

- I truly understand where you are at;
- I feel your feelings of being disconnected, being isolated, ;
- I completely get that feeling of going it alone and not know where or how to connect.

I want you to develop your COURAGE muscle, to find your purpose, to grow your mental and physical toughness and strength by developing the right connections.

My gift to you is to inspire faith in you and help you uncover your unlimited possibilities and potential to triumph over abuse and adversity, tragedy and trauma.

When you do the inner work on yourself.

Don't battle things on your own. I want you to be the courageous connector. From solo survivor to terrific thriver.

In times such as these, leaders need to lead, so here we are.

I want you to live your true potential and grow into your true, authentic self.

Congratulations for being on the training. And now, onto **EPISODE 2 CONNECTION**

WHAT YOU ARE GOING TO LEARN TODAY

○ Three things you will cover today:

- What connection is and the types – define connection dive in deeper
- Problems with a lack of connection
- How to connect - Connection online/offline - dive in deeper

○ The outcomes of connecting with people

- Pix - Point A to Point B
- Global connections

○ We touch on what you will be learning in Episode #3: COMMUNICATE

- I touch on the valuable information you will receive when we dive deeper into in Episodes 3, as well as the tools I have created for you and how these can help you to **Live Life, Love Life and Be Your Best Resilient Self.**

Throughout I share my personal journey of how, being an entrepreneur, I connect and what is happening now in my life and business;

So stay tuned so you'll find out where you can access the third episode, checklist and workbook.

HOW YOU ARE GOING TO LEARN IT

This is your space, your time.

You will learning by doing. By experiential learning. I can't do your push ups for you!

Knowledge is powerful and applied knowledge is even more powerful.

I will train you, but it's YOU who will do the work.

There is a **COURAGEOUS CONNECTIONS LITTLE GOLD BOOK**

What is CONNECTION?

A connection is a relationship in which a person or thing is linked or associated with something else.

More specifically, human connection is an energy exchange between people who are paying attention to one another. It has the power to deepen the moment, inspire change and build trust.

○ Types of Connections

In our global, digital economy, we have both online and offline connections.

I would also like to add that we have connections to self and your purpose, connections to others

Human connections or relationships have 4 primary dimensions: body, mind, heart and spirit.

1. Body connections include anything physical, such as touch, cuddling, hugging, kissing and sex.
2. Mind connections include communicating and sharing ideas; this is the mental or philosophical aspect of a connection.
3. Heart connections include the sharing of emotions, including developing feelings for the other person, a sense of intimacy and falling in love.
4. Spirit connections include helping each other grow and a sense that we're together for a greater purpose or to share a spiritual journey.

○ The problems that you and others face with disconnection and how this negatively impacts

Connecting with others is more important than you might think. Social connection can lower anxiety and depression, help us regulate our emotions, lead to higher self-esteem and empathy, and actually improve our immune systems. By neglecting our need to connect, we put our health at risk.

1. Humans are one of the most social species on the planet. Social connection is essential to nearly every aspect of health and well-being.
2. Not having quality CONNECTIONS leads to that feeling of isolation, low self-worth and self-esteem.
3. Lack of connection, or loneliness, has been linked to inflammation, accelerated aging and cardiovascular health risk, suicide and all-cause mortality.

4. Lack of connection leads to that feeling of not Living Life, Loving Life or Being Your Best Resilient Self.

Different cultures have different beliefs about how important social connection and interdependence are to our lives. In the West, we like to think of ourselves as relatively immune to others around us while we each pursue our personal destiny. This seems to be a story we tell ourselves rather than what really happens.

According to the Scientific American, across many studies of mammals, from the smallest rodents all the way to us humans, the data suggests that we are profoundly shaped by our social environment and that we suffer greatly when our social bonds are threatened or severed. When this happens in childhood it can lead to long-term health and educational problems. We may not like the fact that we are wired such that our well-being depends on our connections with others, but the facts are the facts.

○ How to connect - Connection online/offline

In addition to the written word, I love the power of the spoken word.

Personally, I aim to take communication offline as soon as I can. I use my voice – to connect on a deeper level with the other party. Whether than be on my social media sites (Facebook, LinkedIn, Insta) or a dating site – yes, I said a dating site.

After initial connection and communication such as emailing or texting, I will endeavour to do the following:

- Leave a voice message;
- Ask if they want to communicate over the phone/device; or
- Offer to have a virtual video conversation.

This can take some people by surprise. However, I have developed my own COURAGE Muscle to have the confidence to connect and communicate at a much deeper level early on. This always results in saved time and less assumptions or misunderstandings.

○ The outcomes of connecting with people

- Pix - Point A to Point B – interviewed global thoughtleaders, pre sales of my book in 20 countries, referrals;
- Global connections; and
- Enriched my life, enabling me to pay it forward.

I now have the **courage** to **connect** and **communicate** with some of the world's leading experts in verbal and non-verbal communication. Some of these incredible minds will be featured on **The Couragepreneur Podcast** and in my coaching and trainings.

WHAT IF YOU HAD MORE CONNECTIONS PERSONALLY AND PROFESSIONALLY?

I want you to really think about this.

We are going to have a lot of fun with here getting creative and enjoying the journey.

It will challenge you and you may struggle, but when you decide and commit with discipline, focus, determination, you will triumph.

You will feel the hero, uncovering wonderful connections.

You will be the Courageous Connector.

You will develop your own personalised **Courageous Connections Little Gold Book**.

○ In Episode Three, we dive deeper into the remaining C of the 3 C's to Live Life, Love Life and Be Your Best Resilient Self, **COMMUNICATE**.

We cover:

- What communication is;
- Types of communication;
- How to communicate;
- The tools I have created for you.

The three components, COURAGE, CONNECT and COMMUNICATE combine to build out your COURAGE Muscle to **Live Life, Love Life and Be Your Best Resilient Self**.

Here's to uncovering your COURAGE Muscle to Live Life, Love Life and Be Your RESILIENT Best.

This has been Pix Jonasson, The Couragepreneur.

Much love and big Aussie hugs.

In Success,



Pix Jonasson

The Couragepreneur / Resilience Coach

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Disclaimer: This document provides no guarantees of ensuring your success.
