

**YOUR  
ULTIMATE  
GUIDE  
TO:**

**COMMUNICATING  
WITH  
CONSCIOUSNESS  
& CONFIDENCE**

**CONNECTING  
AUTHENTICALLY**

**LEADING  
GREATLY**



**4  
MISTAKES  
THAT  
PROFESSIONALS  
MAKE  
THAT  
STOP  
THEM  
FROM  
CONNECTING  
DEEPER**

**SO YOU CAN HAVE THE INCREDIBLE  
PROFESSIONAL & PERSONAL RELATIONSHIPS  
YOU WANT**



# YOUR ULTIMATE GUIDETO KNOWING HOW TO MAKE MEANINGFUL RELATIONSHIPS, COMMUNICATE WITH CONFIDENCE & OVERCOME CONFLICT

4 mistakes professionals make that stop them from making & maintaining strong, meaningful connections in life

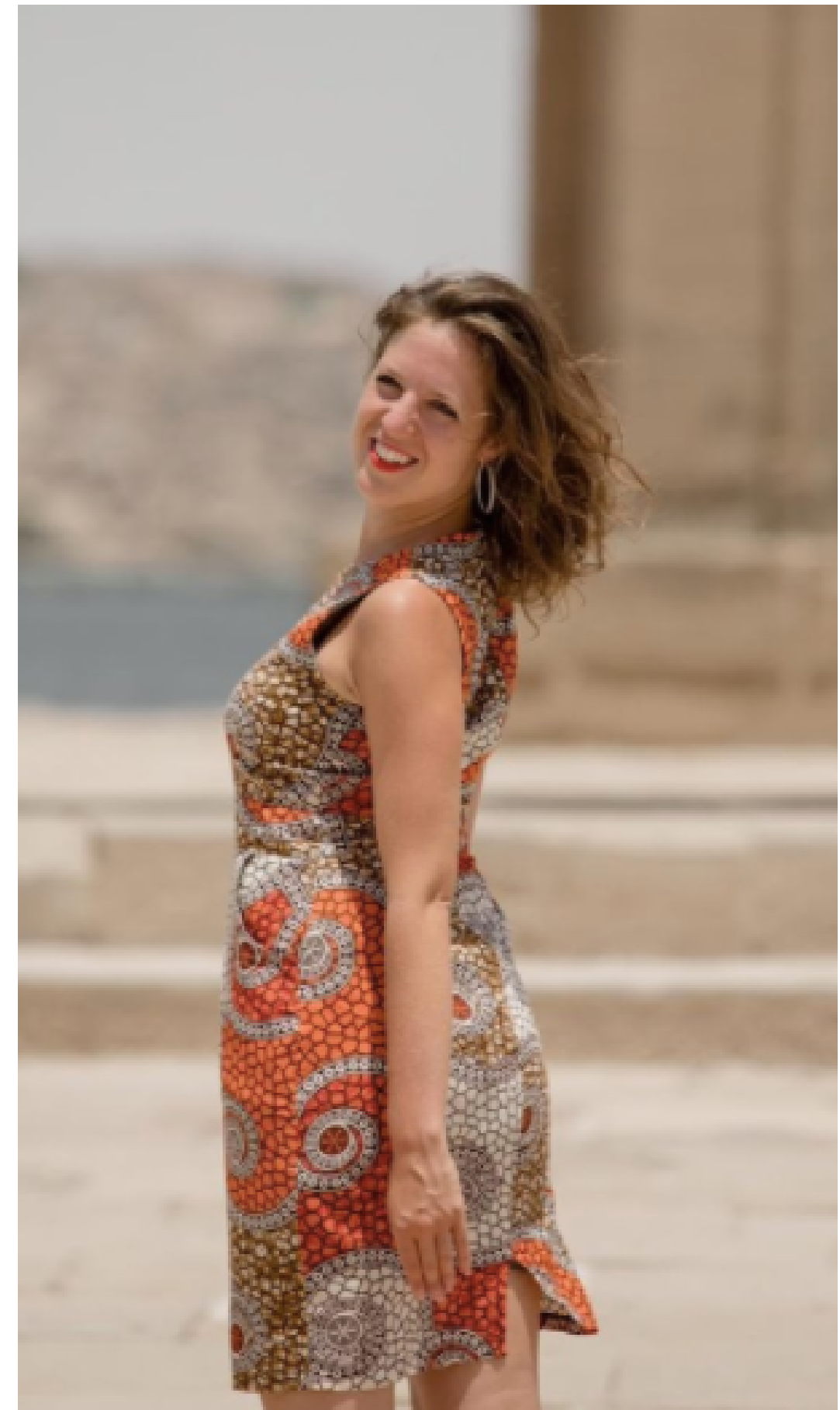
## Hey there!

I'm Giovanna Elias!

As a Human Connection Expert, I help you *feel empowered to build relationships* with anyone, anywhere, at anytime; to *communicate in any environment with confidence*, and to *overcome any conflict* in your professional and personal relationships.

As a kid and into my teenage years, I was painfully shy, riddled with anxiety, hospitalized for an eating disorder, and fell victim to sexual abuse. After travelling the world for over 10+ years, getting in touch with my family roots in Italy, the Middle East, and on the Northern Native Reserves in Canada, alongside living in Brasil, and backpacking South America, I had come to discover one thing.. All humans desire the same things- to be appreciated, acknowledged, respected, supported, loved and to have deep, meaningful connections in their relationships. I believe that the quality of our lives is directly related to the quality of our relationships. This is why I have gone on to passionately teach communication, interpersonal relationship and emotional intelligence skills that we all need in order to thrive and feel fulfilled in this life!

This **ultimate guide** will start you on your journey to gaining consciousness, clarity, and confidence first within yourself. These are the first three keys to the my 9-key **Connection Code™ Method**. This guide will lead you to implement key tools and skills in your life in order to make and maintain meaningful relationships both professionally and personally.



## IN THIS ULTIMATE GUIDE YOU WILL DISCOVER HOW TO

- ✓ GAIN GREATER SELF AWARENESS TO COMMUNICATE BETTER, LEAD GREATER AND CONNECT DEEPER
- ✓ EXPERIENCE A CLEARER MIND TO MAKE & MAINTAIN HEALTHIER RELATIONSHIPS
- ✓ FEEL CONFIDENT TO ATTRACT OPPORTUNITIES IN YOUR CAREER, FINANCES, WHEN NETWORKING, MAKING FRIENDS, MEETING ROMANTIC PARTNERS, CONNECTING WITH FAMILY, TALKING TO STRANGERS, DOING BUSINESS, TRAVELLING, ETC.
- ✓ BUILD EFFECTIVE COMMUNICATION SKILLS TO MAKE MEANINGFUL CONNECTIONS, RESOLVE CONFLICTS, LEAD GREATLY & BUILD THE RELATIONSHIPS YOU WANT

**HAPPY TRANSFORMATION!**

*Giovanna FJM Elias*



# DISCOVER YOUR BLINDSPOT™

*When you become more conscious of what you think, feel, do, and communicate verbally + non-verbally, you can recognize if those thoughts, feelings, actions and communication leads to greater CONNECTION or CONFLICT with others. By gaining greater self awareness, you can finally understand what no longer works well so you can make the changes necessary to build meaningful relationships with others.*

# 1

## CONSCIOUS

### WHAT:

This is about getting conscious to what is in your blind spot. Get ready to gain awareness on what works and what doesn't! That way you can walk away from every social interaction with both your cup and theirs full!

### COMMON MISTAKES:

\*Your thoughts, feelings and vibration are out of alignment...leading you to communicate poorly and struggle to connect

\*You are unconscious of what thoughts you continue to repeat daily that do not serve you

\*You are unconscious of how your body feels

\*You are unconscious of what energy you exude out into the world and what effect that has



### DAILY ACTIONS:

✓ **Ask yourself:** "What am I thinking right now? How does that make me feel? Do I want to live with these feelings forever?" - Set an alarm & check in with yourself 4x a day.

✓ **Pay attention:** Are you present and mindful of the communication and interactions you have with yourself and others daily?

✓ **DO:** Think of 1 thing that energizes you. Pair that feeling with a vision of your ideal future. Do it daily upon waking up.



**\*Set an alarm 4x a day (@9am, 1pm, 4pm, 8pm)**

**Ask yourself:**

1. What am I thinking right now?
2. How does this thought make me feel?
3. Where do I feel this in my body?
4. Do I want to live with this feeling forever?
5. What energy am I putting out into the world?
6. Is it serving me?

# 1

CONSCIOUS

### • Rise & Shine Future Creator

1. Do this first thing when you wake up
2. Close your eyes, get into a relaxed seated position, and breathe in and out
3. Think of the thing you love that energizes you and brings joy to your spirit. Envision it clearly in your mind. Feel the sensation of it, as if you were doing it in that moment. Allow your body to be consumed by the feeling and vision of that thing.
4. Now allow that feeling to live strongly in your body, and envision your ideal future. See yourself doing whatever it is that brings you pleasure. Do not question or doubt what you see. Just allow whatever it is that comes up first in your mind to show itself to you. Pair that vision with the earlier feeling you had in your body and remain in this place for a few minutes.
5. Repeat every morning before starting your day. Take this energy with you into every interaction you have with others.





## 2

### CLARITY

#### WHAT:

This is about being intentional about the types of relationships you attract, build and foster in your life. Get ready to get laser clear on what connection means to you and what type of energy you attract into your life.

#### COMMON MISTAKES:

\*You allow everyone and anyone to have your time, energy and attention rather than setting clear boundaries and being intentional about who you want in your life

\*You are afraid to say NO, and drain yourself trying to make others happy instead

\*You keep toxic people around you, even though you know they do not make you feel good or add to your personal development



#### DAILY ACTIONS:

- ✓ **Ask yourself:** “What and who energizes me?” - write a list.
- ✓ **Pay attention:** to who and what energizes & drains you and your time.
- ✓ **DO:** The things on your list that energize you daily. Be aware of how these things/people make you feel.
- ✓ **REMOVE:** anything and anyone in your daily life that extracts energy from you.



## Put into Practice

# 2

## CLARITY

**What does connection mean to me? How do I recognize it when I experience it with someone?**

**What & Who energizes me?**

**How do I feel when I do these things or see these people that energize me?**

**How often do I implement these things and people into my week?**

**What & Who drains energy from me?**



**How often do I engage with these draining things and people in my week?**

**In what ways can I reduce or change these draining interactions?**



Self-Criticism, self-sabotage and self-doubt have a grand impact on the actions we take on a daily basis. When we feel confident within ourselves, we actively take steps that beneficially impact our careers, family life, romantic relationships, sex life, financial status, ability to network, make friends and connect with strangers.

# 3

## CONFIDENCE

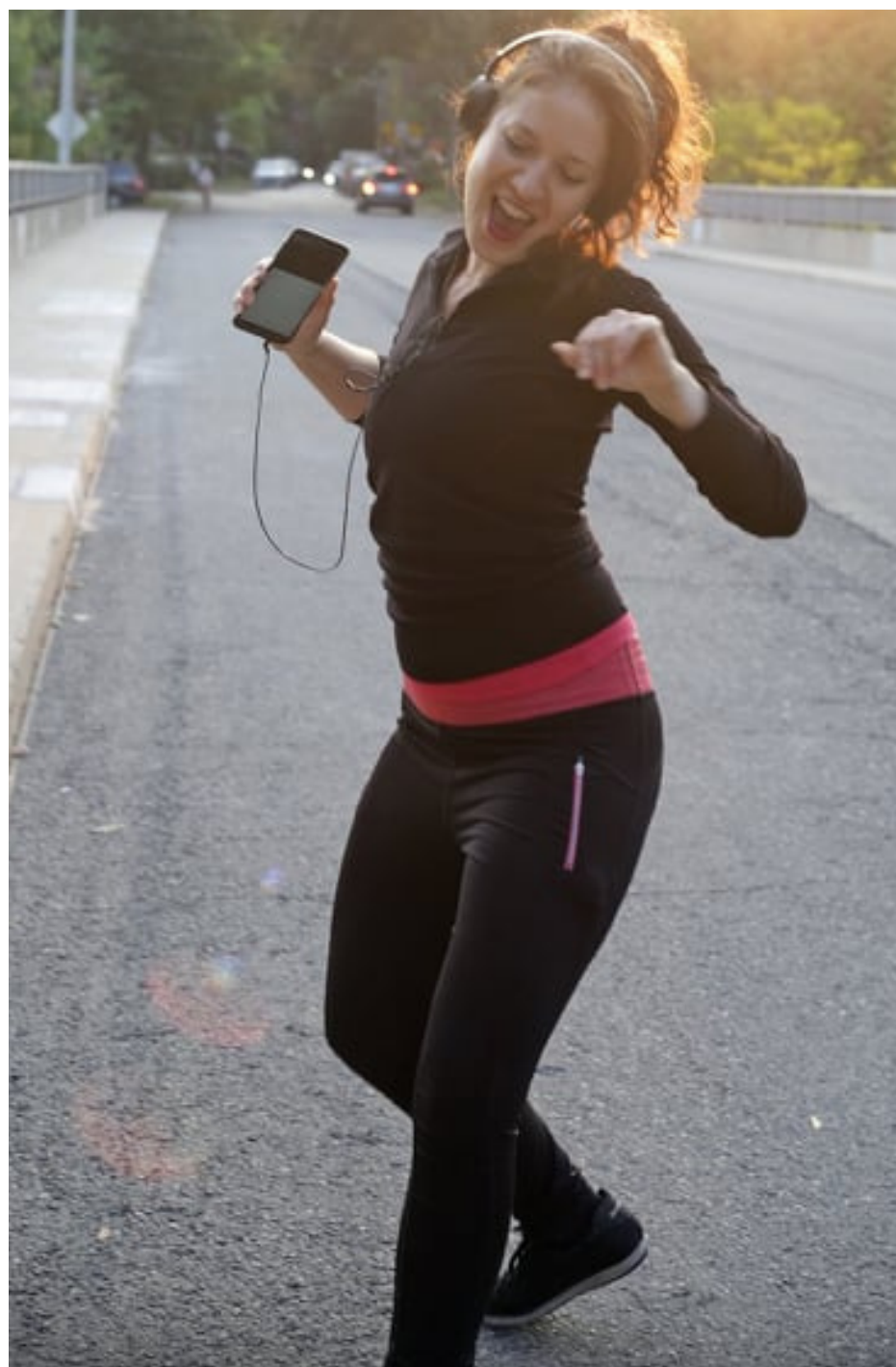
### WHAT:

This is about looking fear, stress, worry, doubt, judgement and self criticism straight in the eye, and actively choosing to:

1. Acknowledge the fear and let it go
2. Take action
3. Step into a new you

### COMMON MISTAKES:

- \*You criticize and second guess yourself daily
- \*You are afraid of what other people think about you and how you will look to them
- \*You shy away from expressing your opinions, needs, desires and boundaries
- \*You let opportunities slip past you because you convince yourself that you're not good enough for the part



### DAILY ACTIONS:

✓ **Ask yourself:** "Am I playing small? Am I hiding behind fear? Do I believe I am worthy of having joy, success and happy relationships in my life?"

✓ **Pay attention:** To your communication with yourself and whether you are criticizing or showing compassion for your efforts.

✓ **DO:** Complete 1 small task/challenge daily that is working towards a grander goal or vision of yours. Whether you complete it all or just a part of it, tell yourself "I forgive you. I'm sorry. Thank you. I love you"



# 3

CONFIDENCE

How many times did I play small today by doubting myself, criticizing myself, sabotaging myself, refraining from expressing myself, or hiding behind fear? (Check the # of times)

1 2 3 4 5 6 7 8 9 10

I completed my 1 task of the day that is working towards my grander goal and mission! (Check the below answer)

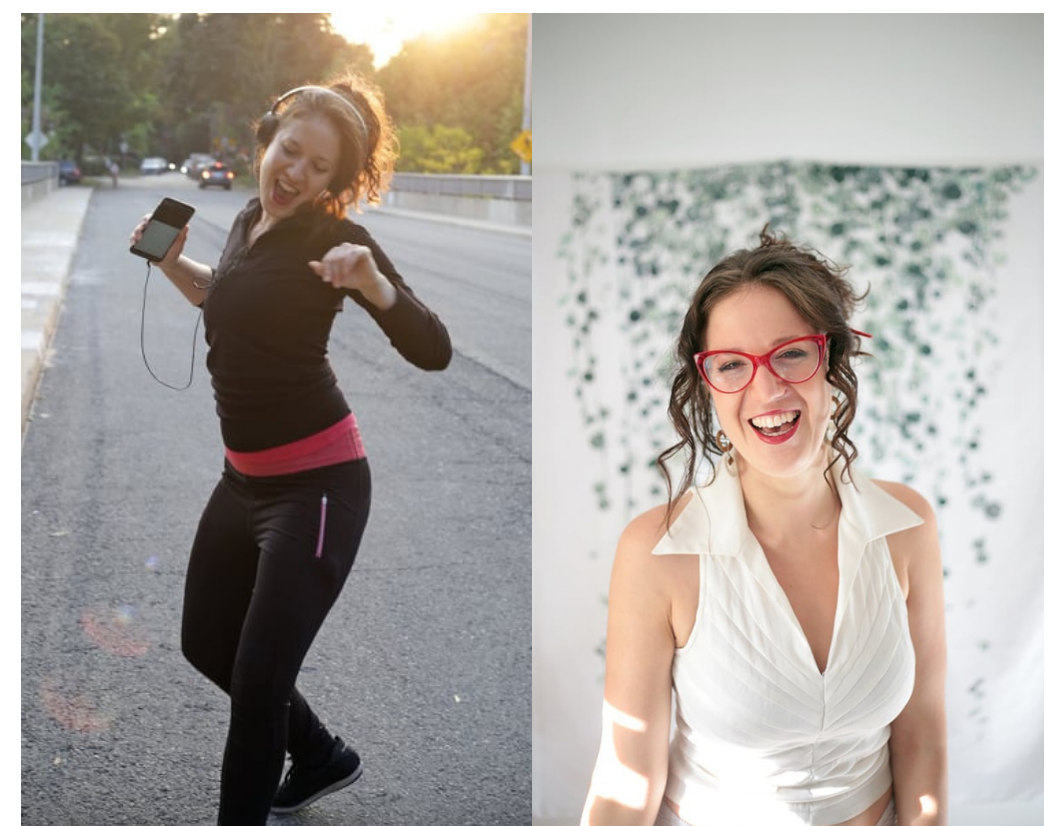
YES

NO

I congratulated myself each time I tried something new, expressed myself openly, offered an opinion or stepped outside of my comfort zone today! (Check the below answer)

YES

NO







# BREAK THE ICE & CONNECT™

The relationships and connections we build throughout our lives are the very thing that aid in our growth and open doors of opportunity for us. In order to build these strong relationships, we must eloquently break the ice, and be effective, charismatic communicators. When your communication is thriving, so too are you!

## 4

### CHARISMATIC COMMUNICATION

#### COMMON

#### MISTAKES:

- \*Minimal energy & engagement with others
- \*Fear is sitting in the way of breaking the ice or asking for what you want and deserve
- \*Not putting yourself out there to be seen
- \*Not actively listening or asking quality questions

#### WHAT:

This is about communicating competently, confidently, and with charisma, to take all areas of your life to the next level. When our energy is of a higher vibration and our communication is crystal clear and at its finest, people can feel, see & hear it. This is the change-maker between landing the new job, new relationship, new promotion, new opportunity, new raise, or not.



#### DAILY ACTIONS:

- ✓ **Ask yourself:** "Am I present, engaged, actively listening, and asking quality questions?"
- ✓ **Pay attention:** To both yours and their body language, tone, energy, content & engagement when communicating.
- ✓ **DO:** Challenge yourself daily to move beyond small talk & make connections on a deeper level with someone at work, online, at a cafe, at home, etc.



# BREAK THE ICE & CONNECT™

Put into Practice Daily

# 4

CHARISMATIC  
COMMUNICATION

I made a conscious effort to remove all distractions, be present and actively listen today! (Check the below answer)

YES

NO

I made a conscious effort to exercise my curiosity and ask quality questions today! (Check the below answer)

YES

NO

I made a conscious effort to create a comfortable, welcoming and safe environment through open and receptive body language today! (Smiling, arms by my side with chest open, eyes on the person, attentive, etc.)

YES

NO

I made a conscious effort to learn something new about someone and their life today! (Check the below answer)

YES

NO



# YOUR ULTIMATE GUIDETO KNOWING HOW TO MAKE MEANINGFUL RELATIONSHIPS, COMMUNICATE WITH CONFIDENCE & OVERCOME CONFLICT



4 mistakes men & womyn make that stop them from making & maintaining strong, meaningful connections in life

I trust that this **ultimate guide** has given you a taste of the consciousness, clarity, confidence & charismatic communication tools you needed! And it is just barely scratching the surface to so much more!

If you currently struggle with feeling anxious, awkward or shy in social settings OR you experience conflict in any of your relationships in life, and you would like to feel peace of mind, confident, capable of expressing yourself and deep connection again, then a **connection call** is a great next step for you!

In this connection call, we will connect with each other and you'll further discover how to **overcome fears and frustrations** so you can talk to anyone and have the healthy meaningful relationships you want!

It is easy to connect. Simply **click the button below**, and find a time. I look forward to supporting your next successful steps forward in life!



*Giovanna FJM Elias*

**SCHEDULE YOUR  
CONNECTION  
CALL**