

REVISTA DIGITAL

# CONEXTION

"¡CREA EN TI Y TU POTENCIAL!"



CONOCEME

EMPRENDEDORES  
DIGITALES

COACHING

LIFE COACHING &  
MOTIVATIONAL COACHING

# Nota del editor

Bienvenidos a Conexión, una revista digital para conocer a emprendedores y empresarios. Conocer sus historias y tener la oportunidad de conectar con ellos por las redes sociales y crear colaboraciones.

Espero que las historias y conocimientos de estos grandes ejemplos os inspiren tanto como me lo han hecho a mí.

*Mila Zimunhu*

EDITOR-IN-CHIEF





# CONOCEME

POR ISABEL GARCIA RAMOS

Hola, Hola! mi nombre es Isabel G. Ramos Soy de Colombia y vivo en España hace 20 años.

Estudie la carrera de turismo en Colombia y vine a España a hacer la especialidad de agente de viajes y me quede Trabaje durante muchos años en agencias de viaje y ahora me reinvente y trabajo con marketing De Afilados Para quien no lo conozca, en breves palabras es recomendar productos y servicios ya sea físicos o digitales y cuando se produce una venta ganas la comisión. Es como trabajar con un enorme catalogo y recomendar a tus clientes, familiares y amigos.

Debido a la pandemia la venta de productos digitales se ha aumentado y cada vez más las personas buscan diferentes servicios que les permitan hacer un cambio ya sea en su vida personal, laboral o familiar.

Las ventajas de trabajar con este tipo de marketing es que te permite emprender sin mucho conocimiento técnico, sin un producto propio y que puedes abarcar varios nichos, de los cuales los más importantes son los de Salud, Ganar dinero por internet y relaciones personales. Yo me ha dedicado a promover productos y servicios que de verdad aporten un cambio y que suponga la solución a tu problema.

Los cursos de marketing digital han aumentado considerablemente y ahora mismo contamos con un amplio abanico de posibilidades que si hacemos las cosas bien y trabajamos con inteligencia y de manera profesional podemos lograr esos ingresos extra que tanto anhelamos. La formación es indispensable para emprender y en el marco digital es incluso más delicado porque no tenemos el contacto directo y es probable que cueste un poco más lograr esa confianza y crear una comunidad que te siga y acepte tus sugerencias. Crear un proyecto que escale y que puedas automatizar y delegar te dará mucha libertad y podrás dedicarte a acciones diferentes.

El marketing de afiliados me ha permitido lograr un cambio a nivel personal y profesional, porque he aprendido desde cero una actividad que ahora me encanta y de la cual sigo aprendiendo cada día.

## Conectamos



# MUSINGS AND GUIDANCE FROM A MATURE LIFE PURPOSE COACH.

by Debra Griggs



Intuition and You.

There can be no doubt, the world is changing and the outcome of all the resulting upheaval of the current pandemic, will not be known for many years.

Perhaps during these uncertain times, you feel that you are changing or feel an urge to create change in your life.

It may be just a shift in your perspective or it may be a full blown desire to improve, alter or just enhance your life.

## ***What is your intuition whispering to you?***

It may be a small yet insistent voice or it may feel like a restless urge to make changes and manifest the new, into your life.

We all have had a 'gut' feeling at some time in our lives and this may even have made you stop and think twice about something you were about to do.

It may even have been a strong feeling or a 'knowing' about someone and if you listened to your intuition, you may have said at a later date, thank goodness, I didn't get involved with them.

Your intuition may come to you as thoughts, feelings, dreams, symbolic imagery or just flashes of inspiration.

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However your intuition kicks in, it is trying to raise your awareness and is asking you to pay attention.

One way to use your intuition as a guidance tool, is to use your intuition in reverse and ask yourself.

### **What do I NOT want to do? Where do I NOT want to go? Who do I NOT want to be with?**

Try this simple technique, you may be surprised that the answers your subconscious reveals to you.

Things often happen to us in three's and the first time may be a gentle nudge, the second time a push, then the third time may be the harshest shove from our intuition.

Your subconscious mind is using your intuition to guide you. Don't ignore the message.

"The breeze of dawn has secrets to tell you.

Don't go back to sleep.

You must ask for what you really want.

Don't go back to sleep.

People are going back and forth, where the two worlds touch.

The door is round and open.

Don't go back to sleep."

Jalal Uddin Rumi (1207 - 1273)

Persian poet and Sufi mystic."

Debra Griggs

Producer of Cafe Clairvoyance TV Spiritual Shows.

Hypnotherapist - Psychotherapist - NLP - Life Purpose Coach - Reiki - Energy Healing Practitioner.



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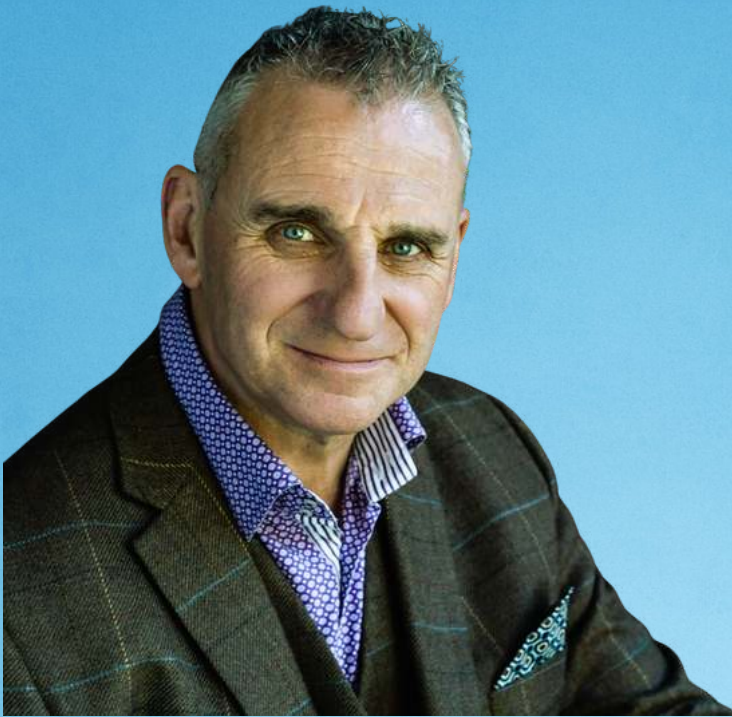


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# MOTIVATION

by Phil Griggs

First of all what is motivation.

The definition of Motivation by Google is “reasons or reason for acting or behaving in a particular way”.

The Cambridge Dictionary describes this as “enthusiasm for doing something”.

I work as a motivational coach and tutor and I mentor individuals in the process of ‘how to discover their motivation’.

Motivation to do something can be broken down into parts.

Firstly, to become motivated, there is often a goal or aim to reach. Then comes the question, is this achievable?

It’s our ‘behaviour’ that is the dynamic emotion behind motivation and then comes the thought, how we are going to achieve our goal?

We also have to consider what level of enthusiasm is required.

There are some deeper rooted emotions that really trigger the motivation, that I discuss on my motivational course.

Firstly let's take a look at the acronym of MOTIVATE which may support us in building the enthusiasm for motivation.

Let's say there is a goal in mind?

M - **Mind**, how do you feel about motivation at this present time? Are you a motivated person? What can we do to increase your levels of motivation?

O - Look at the '**Opportunities**' being motivated may bring you?

T - **Tactics** maybe there's a plan A and a plan B? Tactics also may be marker posts along the way that help to keep you motivated, just like playing baseball at school as we run between each marker post with the aim to get back to base.

I - **Inventive** our minds love creativity, its more powerful than logic so look at ways to be inventive, this may stimulate your motivation further.

V - **Velocity** how quickly are you going to achieve this, what's the best desired speed for you, be honest here, as we don't want to be the sprinter when we really need to be the long distance runner or vice versa?

A - **Ambitious** excites us when we think we can achieve something

T - **Trust** in yourself

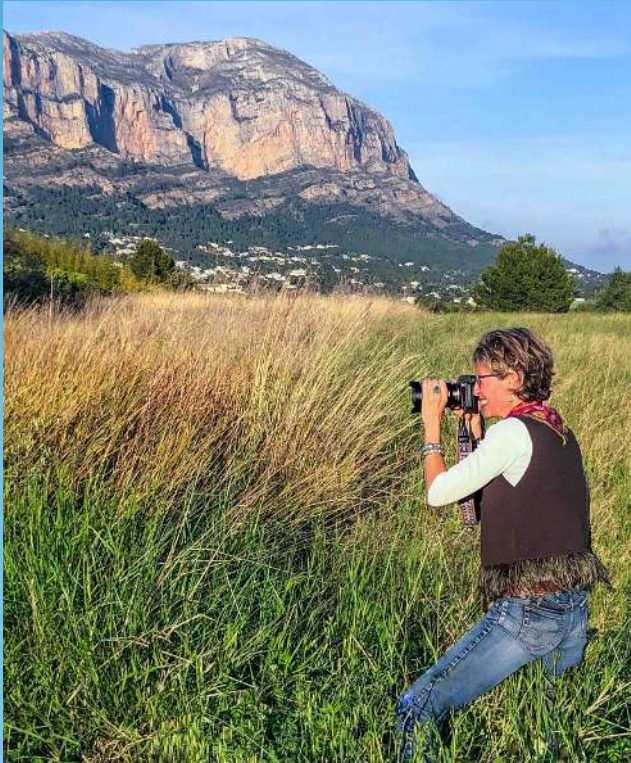
E - **Enjoy** the feeling of being motivated, happiness helps to remove perceived blocks which most of the time we create ourselves.

If you would like to join me on this motivational journey then let's begin to MOTIVATE



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# BIOGRAPHY

BY CECILIA INNES - PHOTOGRAPHER

HELLO! My name is Cecilia and I'm a contemporary portrait photographer working out of The Costa Blanca in Spain.

I'm also a Magician! Of sorts... Beauty is my alchemy, I live and breathe it. Every day I see the magical transformation of my clients as they gain confidence and strength as I bring forth the power and beauty of their unique selves.

The pictures I take are of everyday people, women, professionals, mom's daughters and grandparents. They weave a tapestry of experience that tells the story of who you are, where you belong, where you are going and who you want to become. They are testimonies that bring one back to a moment in time, reminding one not just to look, but to see and upon seeing recognise the connection to yourself and your loved ones.

My portrait sessions are an opportunity to honour these very special relationships, for one day the art we have created together will be priceless. Your children will hold these pictures dear to their heart, remembering you as you are today, beautiful and strong and they will be treasured forever.

My mission is to uplift, elevate and make each person shine through art that conveys feeling, emotion and tells a story. I am passionate about providing a space where people can feel secure enough to push past their blocks and fears, show up as whoever they want to be and connect to their potential. By rediscovering what makes us special, we can anchor our self-worth, elevate our self-confidence and become a light to future generations.

My career as a content producer on documentaries and leading international magazines such as Vogue, Elle & Marie Claire has taught me how to plan photoshoots, edit pictures and create beautiful images based on great lighting & styling. I've now wrapped this up into a transformative experience I want to share with you.

I invite you to exist in photographs, for yourself, your children and your loved ones. Come and fill the blank canvas with the beauty and power of your own light.

# Contact me to schedule your session



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# REVISTA DIGITAL CONEXTION



## PODCAST



ENTREVISTAS EN PODCAST  
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# REVISTA DIGITAL CONEXTION

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Escrito por Emprendedores y Dueños de Pequeños Negocios para Dueños de Pequeñas Negocios que desean inspirar y ser líderes en sus industrias.

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