



LIZ DIMARCO WEINMANN

Business Leader ~ Strategist ~ Executive Advisor

Marketing Specialist ~ Author

Disconnect to Connect!

By Liz Di Marco Weinmann

So, my over-40 women friends, what is underneath the new myriad ways to connect: cell phones, text messages, Facebook updates and Twitter tweets? We humans have a need, a yearning for connection, which is surely the underlying attraction going on here. And it does serve our purpose in the business world – never have we been so able to conduct business everywhere, anywhere, at any time.

But what about our personal time? Has it infringed on our personal intimacy and connection time with real people? Is it sometimes true that virtual social networking keeps us apart from other people? Is there an illusion going on, of intimacy, because of all these light connections? Does this illusion actually blind us to the need for real connectedness – real intimacy?

DARE to Disconnect! Get off the screens. Stop. Take a breath instead of blizzarding through your life without real moments and real connections... All this electronic dandruff of life really gets in the way – as useful as it can be. But you need to *employ* it, not have it run you or your life.

So, ask yourself, “What do I really want to do today?” Make that your top priority, instead of allowing your time to be frittered away on Facebook and Twitter. Call an old friend you have not spoken with in a while. Buy a beautiful card and send it your aunt in a nursing home. Get together for coffee with a neighbor and share gardening ideas.

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About Liz:

Liz DiMarco Weinmann is the Founder and CEO of The **DARE**-Force Corporation (www.thedareforce.com), an educational resources company founded to inspire all women over 40 who want to pursue, develop and lead new and fulfilling ventures in

their personal lives, careers and communities. She is the author of the new book, *Get **DARE** From Here! – 12 Principles and Practices For Women Over 40 To Take Stock, Take Action and Take Charge of the Rest Of Their Lives* – available on Amazon.com (paper and Kindle), on bn.com, and in bookstores everywhere.