



**Mid-Year Retreat Chat
Day One: January 7, 2022
Leadership Quest Class of 2022**

Welcome & Power of Words Session

10:53:22 From Meldon Jenkins-Jones to Everyone:
Good Morning, Everyone! Happy New Year!!!

10:54:25 From Cathy Buckenmaier / Program Mgr to Everyone:
Annette has the MOVES!

10:54:53 From Cari to Everyone:
Concerts and shows will be returning the region at the GreenCity arena! Stay tuned :)

10:55:34 From Annette Ross to Everyone:
You're too kind! Thank you! It's a good way to burn off calories!

10:57:05 From JoAnn Adrales-Ruh to Everyone:
Good morning , everyone! Happy New Year.

10:57:20 From Gena Reeder to Waiting Room Participants:
Can the guest with Austin pls let us know your name? Thanks!

10:57:29 From GRASP-Anne Michie to Everyone:
Good morning!

10:57:33 From Patrick Duke to Everyone:
Thanks Cari. We need that in Richmond.

10:58:51 From Leslie Crabbs to Everyone:
Walking on Sunshine was our walk in song for our wedding!

10:59:00 From Laura Faison to Everyone:
How fun!!!

11:00:18 From Bailey Martin to Everyone:
Hope everyone is doing well! Excited to see everyone again. Sorry it's not in person!

11:00:20 From Leslie Crabbs to Everyone:
My husband is in the next room and is wondering if I am really in "school"

11:00:42 From Colleen Garriso / Operations Coordinator to Everyone:
@Leslie fantastic :D

11:00:49 From GRASP-Anne Michie to Everyone:
Just saw that Sidney Poitier has passed on. What a treasure!

11:01:40 From Anita Johnson to Everyone:
Good morning Happy New Year to All

11:03:26 From Patricia A. Perry to Everyone:
Way to go Bailey!!!

11:03:39 From Patricia A. Perry to Everyone:
Happy birthday Kipton!

11:03:41 From Abbi Haggerty to Everyone:
Happy Birthday, Kipton!

11:03:47 From Anita Johnson to Everyone:
Happy Birthday

11:03:53 From Bailey Martin to Everyone:
Happy Birthday!

11:03:54 From Jamaal Ellison to Everyone:
Happy Birthday Kipton!!!

11:03:58 From Laura Faison to Everyone:
WOOHOO!!!!

11:04:02 From Verenda Cobbs to Everyone:
Yayyyy Robbin!

11:04:04 From Patricia A. Perry to Everyone:
YEAH Robbin - Congrats!

11:04:11 From Anita Johnson to Everyone:
Congrats

11:04:17 From Jamaal Ellison to Everyone:
Congratulations Robbin!!!

11:04:23 From Patricia A. Perry to Everyone:
Congrats on the Library Award Carolyn!

11:04:27 From Bailey Martin to Everyone:
Congrats! That's great news! Nothing like a new home just before the Holidays!

11:04:32 From Kim Young to Everyone:
It's my birthday too! Happy Birthday my fellow Capricorn Kipton!

11:04:41 From Abbi Haggerty to Everyone:
Happy Birthday, Kim!

11:04:46 From Bailey Martin to Everyone:
Happy Birthday Kim!

11:04:49 From GRASP-Anne Michie to Everyone:
Wonderful!

11:04:52 From Jamaal Ellison to Everyone:
Happy Birthday Kim!!!

11:04:53 From Hannah Qizilbash to Everyone:
Awesome Jenn!

11:04:54 From Marisa Day to Everyone:
HAPPY BIRTHDAY Kim and Kipton and congrats everyone!!!

11:04:56 From Patricia A. Perry to Everyone:
Great job Jennifer!

11:05:09 From Hannah Qizilbash to Everyone:
Yay Leslie!

11:05:16 From Marisa Day to Everyone:
wow! great news!

11:05:27 From GRASP-Anne Michie to Everyone:
Fabulous!

11:05:30 From Jamaal Ellison to Everyone:
Wonderfull!!!

11:05:32 From GRASP-Anne Michie to Everyone:
Cool!!

11:05:33 From Verenda Cobbs to Everyone:
WOWWWW

11:05:33 From Annette Ross to Everyone:
Congratulations Robbin!

11:05:34 From Marisa Day to Everyone:
WOW!!! TIFFANY! Congrats!

11:05:42 From Jamaal Ellison to Everyone:
Congrats Tiffany!!!!

11:05:42 From Anita Johnson to Everyone:
Yes Leslie go gurl

11:05:49 From Patricia A. Perry to Everyone:
Yeah Tiffany - proud of your son! He will be an excellent Page!!!

11:06:02 From GRASP-Anne Michie to Everyone:
Congrats!

11:06:04 From Marisa Day to Everyone:
YAY! Great news JoAnn!

11:06:05 From Patricia A. Perry to Everyone:
Excellent program at W&M!!!

11:06:17 From Tiffany Harris-Greene to Everyone:
Thank you!! He's sooooo excited

11:06:20 From Marisa Day to Everyone:
Yay Sarah!

11:06:25 From GRASP-Anne Michie to Everyone:
How nice!

11:06:29 From Anita Johnson to Everyone:
Yes Congrats Sarah

11:06:30 From Patricia A. Perry to Everyone:
Bravo Sarah!!!! Worthy cause.

11:06:34 From Jamaal Ellison to Everyone:
Thats great Sarah!!!

11:06:44 From Patricia A. Perry to Everyone:
Thanks for the fun fact Mel!

11:07:37 From Anita Johnson to Everyone:
Good Morning Mel

11:08:05 From Annette Ross to Everyone:
Tiffany, Congratulations!

11:08:11 From Verenda Cobbs to Everyone:
YAYYY!!!!

11:08:15 From Marisa Day to Everyone:
YAY!!! CONGRATS!

11:08:19 From Patricia A. Perry to Everyone:
Congratulations Yahusef!!!! Thank you for your service.

11:08:23 From Anna Page to Everyone:
Congrats, Yahusef!!

11:08:24 From Jamaal Ellison to Everyone:
Congratulations Yahusef!!!!!!

11:08:27 From Annette Ross to Everyone:
Yahusef! Congratulations!

11:08:27 From Anita Johnson to Everyone:
Congrats Yahusef

11:08:28 From Verenda Cobbs to Everyone:
Congrats bro!

11:08:32 From Kim Young to Everyone:
Congrats yahusef!

11:08:34 From Leslie Crabbs to Everyone:
Yahoo Yahusef

11:08:36 From Bailey Martin to Everyone:
so much great news!

11:08:38 From Yahusef Medina to Everyone:
Thank you!

11:08:43 From Tiffany Harris-Greene to Everyone:
Congratulations Yahusef!

11:08:45 From Robin Jones - The DFG Project to Everyone:
Congratulations Yahusef

11:08:52 From Mel Smith - Genworth to Everyone:
That's what up @yahusef

11:09:12 From Meldon Jenkins-Jones to Everyone:
Wow! CONGRATULATIONS to everyone with Good News!!!

11:09:31 From Robbin Mouton to Everyone:
Way to go team!!! Awesome things are happening in our lives. Stay positive and a great influence to all!!

11:12:04 From Cathy Buckenmaier / Program Mgr to Everyone:
Respond Tell Me More or What Else

11:12:25 From Cathy Buckenmaier / Program Mgr to Everyone:
Describe a time when you felt seen, heard, and respected.

11:12:48 From Cathy Buckenmaier / Program Mgr to Everyone:
Describe a time when you felt unseen, unheard, and disrespected.

11:30:47 From GRASP-Anne Michie to Everyone:
Nice to have your cat join us, Jess!

11:31:58 From Colleen Garriso / Operations Coordinator to Everyone:
Please go to <https://www.menti.com/> and use the following code: 2139 4615

11:32:59 From Kristin to Everyone:
I don't see the link.

11:33:03 From Scott Dodson (he/him) to Everyone:
Same

11:33:16 From Colleen Garriso / Operations Coordinator to Everyone:
menti.com Code: 2139 4615

11:33:16 From Scott Dodson (he/him) to Everyone:
What is the site address again?

11:33:34 From Kim Young to Everyone:
<https://www.menti.com/>

11:33:48 From Jess Burgess to Everyone:
Positive or Negative Trigger?

11:33:50 From Jess Burgess to Everyone:
Or both?

11:36:11 From Leslie Crabbs to Everyone:
I wish I could add more!

11:36:33 From Laura Faison to Everyone:
YES to emotional! Should have added that one, too!

11:37:38 From Robbin Mouton to Everyone:
Me too Leslie! Yes Laura!!

11:37:57 From Leslie Crabbs to Everyone:
And I want to shout out for some of those words! Amen and Are!

11:38:00 From Leslie Crabbs to Everyone:
Ase

11:38:05 From Annette Ross to Everyone:
I'm here, the sun in my room is extremely bright and you won't see me until it moves.

11:38:18 From Meldon Jenkins-Jones to Everyone:
I would also add WAIT

11:40:41 From Colleen Garriso / Operations Coordinator to Everyone:
https://docs.google.com/spreadsheets/d/1MK_sokxAqiHJu6elacq1u8JxTtI3RICEwtdnPzKJkz4/edit#gid=0

11:42:14 From Jess Burgess to Everyone:
Are we using the words from the word cloud?

11:42:31 From Vikki Keszey / Operations Director (LMR '18) to Everyone:
Yes, @Jess Burgess, choose words from the word cloud

11:42:44 From Vikki Keszey / Operations Director (LMR '18) to Everyone:
The words you choose are determined by your group

12:17:53 From Lorraine's iPad to Everyone:
Excellent recap Bailey. Excellent!!!

12:18:50 From Bailey Martin to Everyone:
I tried. I hope I did your thoughts and comments justice! I thought it was a great discussion thank you for you insights.

12:19:27 From Annette Ross to Everyone:
Anna! Great Summary! Thank you!

12:21:40 From Madison Nardone to Everyone:
thanks, Leesa! great summary of our discussion

12:21:45 From Kim Young to Everyone:
Great job Leesa!

12:21:57 From Norma Lee to Everyone:
Great job Leesa!

12:25:00 From Virginia Community Voice to Everyone:
Thanks for reporting Karen!

12:25:05 From Patrick Duke to Everyone:
Thanks Karen. Nailed it!

12:25:06 From Jennifer Kell to Everyone:
Awesome job Karen!

12:25:12 From Scott Dodson (he/him) to Everyone:
Great job!

12:26:48 From Leslie Crabbs to Everyone:
So many of these words are not labeling people negatively!

12:27:35 From Meldon Jenkins-Jones to Everyone:
@Leslie, Absolutely! and Listening is needed.

12:28:14 From Verenda Cobbs to Everyone:
Good job Cari! You did great!

12:28:18 From Patricia A. Perry to Everyone:
@Cari, great job! Thank you.

12:28:40 From Cari to Everyone:
Thanks team

12:29:57 From Cari to Everyone:
LOL at the phat

12:30:17 From Karen to Everyone:
In my house-silence denotes consent...

12:30:24 From Patrick Duke to Everyone:
Whoever typed in Phat wins the day!

12:31:03 From Verenda Cobbs to Everyone:
PHAT can also be a trigger depending on the context used

12:31:37 From Patricia A. Perry to Everyone:
@Verenda - sooooo true!

12:33:59 From Hannah Qizilbash to Everyone:
Great job Katie!

12:34:11 From Lacey Huszcza to Everyone:
Thanks, Katie! Great job!

12:34:14 From Tiffany Harris-Greene to Everyone:
Thank you Katie!

12:34:15 From Mervyn Han to Everyone:
<https://www.youtube.com/watch?v=0YjSHbA6HQQ>

12:34:53 From Katie Moody to Everyone:
<https://www.youtube.com/watch?v=Dkk9gvTmCXY>

12:37:34 From Leslie Crabbs to Everyone:
Being mindful!! So important!

12:37:45 From JoAnn Adrales-Ruh to Everyone:
Thanks for discussing "Whatever." That's one I am guilty of, in personal conversations, so I'm glad you brought that one up.

12:41:26 From Yahusef Medina to Everyone:
Great job! Thanks for repping Group 10 Ann!

12:42:34 From Robbin Mouton to Everyone:
Great Job to everyone; Thanks Annie for note taking and speaking up my Group 10.

12:42:35 From Cari to Everyone:
definitely concur with crazy

12:43:04 From Steve Gaidos to Everyone:
Great job Mel!

12:43:20 From Leslie Crabbs to Everyone:
Say what you mean, be direct and do not diminish!

12:43:35 From Laura Faison to Everyone:
Great conversation, all!

12:43:37 From Verenda Cobbs to Everyone:
This was so good!

12:43:52 From Virginia Community Voice to Everyone:
what time?

12:55:18 From Victor McKenzie, Jr. to Everyone:
1pm

Polarity Management Session

13:02:07 From Robbin Mouton to Everyone:
Thanks LMR for playing some of my favorite songs. We are all so truly blessed!!

13:03:27 From Anita Johnson to Everyone:
Great Job to all the reporters representing their group

13:04:06 From Meldon Jenkins-Jones to Everyone:
We need to LISTEN to people!

13:04:14 From Stacy Thomas to Everyone:
For me, just keeping perspective in mind— consider the intent, who is saying, why, and how

13:04:21 From Verenda Cobbs to Everyone:
@Meldon agreed

13:09:09 From Meldon Jenkins-Jones to Everyone:
We are quick because we are taking decisive action after quick reflection!

13:09:28 From Robbin Mouton to Everyone:
It can be both depending on you define success.

13:09:35 From Jamaal Ellison to Everyone:
Good one Meldon

13:09:48 From Leslie Crabbs to Everyone:
Dont' see the results

13:09:53 From Jess Burgess to Everyone:
No results

13:10:09 From Carolyn Sears to Everyone:
yes Robbin!

13:10:33 From Meldon Jenkins-Jones to Everyone:
That was really a trick question.

13:10:40 From Annette Ross to Everyone:
Great questions! Wow!

13:10:50 From Tiffany Harris-Greene to Everyone:
I agree Meldon

13:10:56 From Patricia A. Perry to Everyone:
Love these questions!

13:11:39 From Meldon Jenkins-Jones to Everyone:
I call this Pandemic Pondering.

13:11:44 From Erica to Everyone:
That one is hard....why can't we do both :-)

13:11:50 From Patricia A. Perry to Everyone:
Great one Meldon!

13:12:26 From Meldon Jenkins-Jones to Everyone:
What a pivotal question!

13:12:33 From Annette Ross to Everyone:
That was hard too!

13:13:23 From Leslie Crabbs to Everyone:
I only saw one!

13:13:35 From Jennifer Kell to Everyone:
Both/and for most of them seemed the best answer

13:13:40 From lefaison to Everyone:
Same, Leslie - my poll window disappeared :/

13:14:01 From Annette Ross to Everyone:
Will we have the results in the LMR platform.

13:14:14 From Leslie Crabbs to Everyone:
Well said Patrick!

13:14:53 From Meldon Jenkins-Jones to Everyone:
I agree. Thanks for summing up all the questions!

13:14:59 From lefaison to Everyone:
Agreed - acknowledge the "norms" while looking forward.

13:15:49 From Patrick Duke to Everyone:
Thanks Leslie.

13:16:36 From Patricia A. Perry to Everyone:
Annette, we have the same tradition.....but I actually like black eyed peas and only one son who likes them too. The other won't eat them. LOL

13:16:40 From Stacy Thomas to Everyone:
Me too Annette! So many memories of holding my nose and trying to choke down the nasty good luck peas!

13:17:08 From Leslie Crabbs to Everyone:
Bacon helps!

13:17:17 From Meldon Jenkins-Jones to Everyone:
The way I cooked them this year made them taste much better.

13:17:17 From Veronica Blount to Everyone:
I don't like blackeye peas either , they taste like dirt

13:17:34 From Robbin Mouton to Everyone:
It depends on who is cooking them. gumbo is our tradition for Christmas!!1

13:17:37 From Stacy Thomas to Everyone:
@Leslie- Bacon helps everything

13:17:53 From Robbin Mouton to Everyone:
Bacon and onion is key!!

13:17:54 From Faith/ RVA Rapid Transit to Everyone:
Yassss @LESLIE

13:18:04 From Vikki Keszey / Operations Director (LMR '18) to Everyone:
My son always chants BMEB "Bacon Makes Everything Better!"

13:18:09 From Meldon Jenkins-Jones to Everyone:
@Stacy, Yaaaassss

13:18:21 From Jason Ancarrow (CarMax) to Everyone:
You cook them with left over ham bone and some chunks of ham. Delish.

13:18:40 From Robbin Mouton to Everyone:
I love grapes too!!! Yes wine counts!!

13:18:52 From JoAnn Adrales-Ruh to Everyone:
In many Asian families, duck on NYE is lucky

13:19:11 From Sarah Bennett to Everyone:
Negative, technology glitch!

13:19:11 From lefaison to Everyone:
Technical difficulty here - my poll box disappeared!@

13:19:42 From Julie Timm to Everyone:
I felt strongly about both sides. Neither answer was more correct than another.

13:19:53 From Patrick Duke to Everyone:
Agree Julie

13:19:56 From Robbin Mouton to Everyone:
Agreed

13:20:16 From Kerry Swarr to Everyone:
The work vs. family one was difficult.

13:20:34 From Cari to Everyone:
Agreed Kerry. I struggled with that one.

13:20:50 From Meldon Jenkins-Jones to Everyone:
Chicken or egg?

13:21:13 From Verenda Cobbs to Everyone:
Well said Laura

13:23:05 From Stacy Thomas to Everyone:
Not for me

13:23:42 From Veronica Blount to Everyone:
For me , focusing on family helped me to make job , school or career decisions , because I was focused on priority and would not choose a job or career that would not allow me certain flexibility. I realize all may not be able to do that , but as the single mom of 1 incredible person , that was my focus.

13:25:07 From Faith/ RVA Rapid Transit to Everyone:
same

13:25:26 From Patricia A. Perry to Everyone:
Same as Veronica. SMILE

13:26:26 From Faith/ RVA Rapid Transit to Everyone:
that's wonderful

13:28:35 From Robbin Mouton to Everyone:
Thanks Veronica for sharing!! Family is so important to me!!

13:31:01 From Marisa Day to Everyone:
two people looking at eachother

13:31:05 From Leslie Crabbs to Everyone:
Both

13:31:07 From lefaison to Everyone:
Two faces

13:31:09 From Leslie Crabbs to Everyone:
The urn as well

13:31:12 From Patricia A. Perry to Everyone:
Hour Glass AND two Faces

13:31:14 From Cari to Everyone:
a vase and two faces

13:31:16 From Simeon Harris to Everyone:
A table 😊

13:31:17 From Iefaison to Everyone:
OR a vase

13:31:18 From Katie Moody to Everyone:
two people facing each other

13:31:18 From Raven Bates to Everyone:
both

13:31:18 From Matt Scaparro - BHC to Everyone:
2 faces

13:31:19 From Erica to Everyone:
Two people

13:31:19 From Tom Klein to Everyone:
2 different things

13:31:19 From Stacy Thomas to Everyone:
People (about to drink from a giant wine glass!)

13:31:23 From Annette Ross to Everyone:
First, two ladies faces, then I see a vase.

13:31:23 From Verenda Cobbs to Everyone:
A table and 2 faces facing each other

13:31:34 From Scott Dodson (he/him) to Everyone:
The Electric Company :)

13:31:37 From Hannah Qizilbash to Everyone:
2 faces and a chalice

13:31:44 From Meldon Jenkins-Jones to Everyone:
White table surrounded by black space which are the two faces facing each other.

13:32:07 From Kerry Swarr to Everyone:
The tv show!

13:32:37 From Kristin to Everyone:
The vase or chalice looks like it might be usable in two directions.

13:33:33 From Meldon Jenkins-Jones to Everyone:
Yes

13:33:38 From Hannah Qizilbash to Everyone:
Nodding

13:35:27 From Annette Ross to Everyone:
Please provide the Barry Johnson booklist before we end the session. Thanks.

13:36:25 From Leslie Crabbs to Everyone:
Shifting from difficulties to opportunities

13:37:53 From Meldon Jenkins-Jones to Everyone:
@ Leslie, Yes!

13:39:00 From Kerry Swarr to Everyone:
Oxygen

13:39:01 From Hannah Qizilbash to Everyone:
O2

13:39:02 From Jason Ancarrow (CarMax) to Everyone:
oxygen

13:39:02 From lefaison to Everyone:
Fresh oxygen

13:39:03 From Lacey Huszcza to Everyone:
energy

13:39:03 From Stacy Thomas to Everyone:
Energy, invigoration

13:39:03 From lefaison to Everyone:
lol

13:39:03 From Marisa Day to Everyone:
oxygen to your blood stream

13:39:21 From Meldon Jenkins-Jones to Everyone:
Get oxygen needed for blood, etc.

13:39:21 From Hannah Qizilbash to Everyone:
pass out

13:39:25 From Jason Ancarrow (CarMax) to Everyone:
co2 build up/death

13:39:27 From Marisa Day to Everyone:
build up of carbon?

13:39:52 From Meldon Jenkins-Jones to Everyone:
Carbon dioxide poisoning.

13:39:57 From Patrick Duke to Everyone:
Need to exhale to relax

13:40:24 From Hannah Qizilbash to Everyone:
suffocate

13:42:32 From Patrick Duke to Everyone:
Keeps your mind right

13:42:33 From Jason Ancarrow (CarMax) to Everyone:
mental health

13:42:36 From Kerry Swarr to Everyone:
Oxygen

13:42:37 From Matt Scaparro - BHC to Everyone:
keeps you healthy

13:42:37 From Patricia A. Perry to Everyone:
Increased blood flow

13:42:39 From Bailey Martin to Everyone:
health benefits

13:42:39 From Marisa Day to Everyone:
health benefit, mental health benefit

13:42:40 From Iefaison to Everyone:
Exercise, physical activity

13:42:40 From Hannah Qizilbash to Everyone:
exercise. accomplishment

13:42:43 From Bailey Martin to Everyone:
cardio

13:42:44 From Verenda Cobbs to Everyone:
Decrease stress level

13:42:49 From Bailey Martin to Everyone:
endorphins

13:42:53 From Annette Ross to Everyone:
energized

13:42:57 From Patrick Duke to Everyone:
Very good Veronica

13:42:57 From Hannah Qizilbash to Everyone:
fatigue

13:43:11 From Madison Nardone to Everyone:
burn out

13:43:27 From Annette Ross to Everyone:
injury

13:43:56 From Jamaal Ellison to Everyone:
Replenishment

13:43:57 From Hannah Qizilbash to Everyone:
recovery

13:43:58 From Patricia A. Perry to Everyone:
Healing Power

13:44:01 From Kerry Swarr to Everyone:
mindfulness

13:44:01 From Iefaison to Everyone:
Physical recovery

13:44:08 From Annette Ross to Everyone:
Positive thoughts

13:44:10 From Verenda Cobbs to Everyone:
Peace of mind

13:44:28 From Verenda Cobbs to Everyone:
Depression

13:44:30 From Patricia A. Perry to Everyone:
couch potato

13:44:30 From Annette Ross to Everyone:
Nothing would get done!

13:44:31 From Kerry Swarr to Everyone:
Not motivated

13:44:33 From Hannah Qizilbash to Everyone:
boredom

13:44:36 From Bailey Martin to Everyone:
atrophy

13:44:39 From Meldon Jenkins-Jones to Everyone:
Things would fall apart!

13:48:26 From Cari to Everyone:
What are your thoughts on political polarities?

13:48:57 From Yahusef Medina to Everyone:
Good question!

13:49:16 From Iefaison to Everyone:
@Cari - def. The elephant in the room these days - thanks for bringing up!

13:49:41 From Verenda Cobbs to Everyone:
I agree @Faith

13:49:53 From Patricia A. Perry to Everyone:
100% Agree with Faith - Dr. Deaton is the BEST!!!!

13:50:01 From Stacy Thomas to Everyone:
Sorry for your loss Faith

13:50:14 From Karen to Everyone:
So sorry Faith...

13:50:18 From Virginia Community Voice to Everyone:
Sorry Faith :(

13:50:34 From Verenda Cobbs to Everyone:
Sending my condolences to you Faith

13:50:38 From Erica to Everyone:
Sorry for your loss Faith

13:50:42 From Veronica Blount to Everyone:
Love to your family Faith

13:50:52 From GRASP-Anne Michie to Everyone:
Thank you for sharing Faith!

13:50:52 From Annette Ross to Everyone:
Excellent presentation! Thank you Dr. Deaton and LMR! This is great!

13:50:52 From Iefaison to Everyone:
Highly recommend, even if you don't have kids! <https://movies.disney.com/inside-out>

13:50:53 From Jamaal Ellison to Everyone:
Faith, you have my deepest condolences.

13:50:55 From Robin Jones - The DFG Project to Everyone:
Sorry for your loss

13:51:11 From Bailey Martin to Everyone:
sorry for your loss Faith

13:51:26 From Tom Klein to Everyone:
Faith, thank you for sharing

13:51:36 From Lorraine's iPad to Everyone:
Peace and blessings to you and your family

13:52:03 From Anita Johnson to Everyone:
thank you for sharing Faith my condolences to you and your family

13:52:15 From Iefaison to Everyone:
The deeper that sorrow carves into your being, the more joy you can contain. - Kahlil Gibran

13:52:33 From Robbin Mouton to Everyone:
Prayers for the family. My Grandmother was our glue.

13:56:17 From Annette Ross to Everyone:
Patrick, you have more "shading" than your hand shows! I hope you're laughing!

13:57:05 From Patrick Duke to Everyone:
I am Annette. Let me find the right hue for me.

13:57:12 From Annette Ross to Everyone:
Faith, My thoughts and prayers are with you and your family.

13:58:00 From Robbin Mouton to Everyone:
Punishment is a new trigger word!

13:58:41 From Patrick Duke to Everyone:
Should punishment be a trigger word? What would be the alternative?

13:59:17 From Robbin Mouton to Everyone:
Rehabilitation maybe

13:59:33 From Patrick Duke to Everyone:
Option for sure

14:00:40 From Robbin Mouton to Everyone:
no experience with this but hearing the word took me somewhere. Is punishment the answer?

14:02:17 From Leslie Crabbs to Everyone:
How how Restorative?

14:04:30 From Robbin Mouton to Everyone:
I like that better..

14:05:29 From Patrick Duke to Everyone:
Punishment indicates an action being taken as retribution. Just using it on its own implies there is not further action, growth or restoration possible. We know with human beingd those things are possible.

14:05:55 From Florencia Fuensalida She/Her to Everyone:
sorry I have to step out to pick up son from school! Will log back on as soon as I get back!

14:19:07 From Patricia A. Perry to Everyone:
Heart vs. Head

14:19:23 From Leslie Crabbs to Everyone:
Thanks Pat! I heard wrong!

14:21:00 From Tiffany Harris-Greene to Everyone:
Not the only right answer...

14:22:10 From Verenda Cobbs to Everyone:
So good @Patrick

14:24:29 From Tom Klein to Everyone:
Anne - good job portraying our discusion

14:24:45 From Hannah Qizilbash to Everyone:
Thank you Anne

Polarity Discussion with Immersion Teams

15:01:46 From Jason Ancarrow (CarMax) to Everyone:
I'll share

15:02:09 From Karen to Everyone:
Watching for my son to get of the bus...stepping away for a sec

15:02:12 From Patrick Duke to Everyone:
I will share for our group

15:02:12 From Mel Smith - Genworth to Everyone:
I'll share

15:02:32 From Hannah Qizilbash to Everyone:
Team B - we did this on paper. I will share.

15:02:42 From Leslie Crabbs to Everyone:
Can you send Stability and Change a chart!

15:03:27 From Tiffany Harris-Greene to Everyone:
I'll share. We did ours on paper

15:03:49 From Leslie Crabbs to Everyone:
Thank you - I will type our written in - can we be last?

15:07:37 From Jamaal Ellison to Everyone:
Great job Dan!!!

15:11:42 From Verenda Cobbs to Everyone:
Great job Tiffany!

15:12:06 From Patricia A. Perry to Everyone:
Thanks Patrick - great work!

15:12:17 From Patrick Duke to Everyone:
Thanks Pat

15:12:48 From Tiffany Harris-Greene to Everyone:
Thank you!

15:14:35 From Norma Lee to Everyone:
Great job Meldon!

15:15:41 From Faith/ RVA Rapid Transit to Everyone:
looks good

15:16:01 From Verenda Cobbs to Everyone:
Great innovation Mel

15:16:01 From Yahusef Medina to Everyone:
Nice innovation Mel!

15:16:32 From Yahusef Medina to Everyone:
Same time @ Verenda 😊

15:16:58 From Verenda Cobbs to Everyone:
Love it @ Yahusef!!

15:17:41 From Patricia A. Perry to Everyone:
Well done Mel - creative interpretation on the fly!

15:17:47 From Madison Nardone to Everyone:
Thanks for representing our group, Mel! Perfect summary

15:18:01 From Meldon Jenkins-Jones to Everyone:
Thanks, Norma.

15:18:04 From Mel Smith - Genworth to Everyone:
Thanks

15:19:19 From GRASP-Anne Michie to Everyone:
Thanks Annette!

15:19:20 From Bentley Chan to Everyone:
Great work, Annette! Thanks!


15:20:04 From Verenda Cobbs to Everyone:
Love it!

15:20:06 From Patricia A. Perry to Everyone:
Love it Hannah!

15:20:13 From lefaison to Everyone:
Your group wins the creativity lol

15:20:20 From Erica to Everyone:
Thanks Hannah!!

15:20:25 From Carolyn Sears to Everyone:
well done Hannah!

15:20:39 From Hannah Qizilbash to Everyone:


15:26:04 From Tom Klein to Everyone:
Ann, great points about how diverse viewpoints can help an individual advocate.....some come see blind spots we can't or don't see

15:29:59 From Hannah Qizilbash to Everyone:
Thank you Ann! This has been energizing!

15:30:21 From Meldon Jenkins-Jones to Everyone:
Think outside the box by using the 4 boxes.

15:30:29 From Robbin Mouton to Everyone:
Great Session!!

15:30:42 From Lorraine's iPad to Everyone:
It's about collaboration and appreciating different voices.

15:30:55 From lefaison to Everyone:
Great info to take back and further conversations! VERY timely!

15:31:06 From Tiffany Harris-Greene to Everyone:
We have to enter the conversation wanting to listen and learn. We already know how we feel

15:31:20 From Veronica Blount to Everyone:
"We could both be right"

15:31:24 From lefaison to Everyone:
(And our group loved your BOTH strategically placed behind you, Ann 😊)

15:31:25 From Annette Ross to Everyone:
Great session! Excellent time to talk about the topic.

15:31:57 From Verenda Cobbs to Everyone:
Well spent time

15:32:04 From Jamaal Ellison to Everyone:
This was excellent....Thank you so much Dr. Deaton!!

15:32:07 From Patricia A. Perry to Everyone:
Great session! Thanks Dr. Deaton!!!!

15:32:08 From Iefaison to Everyone:
Thank you, Dr. Deaton!

15:32:15 From Cari to Everyone:
Thank you so much! You provide so much insight

15:32:17 From Bentley Chan to Everyone:
Great session! Thanks, Dr. Deaton!

15:32:18 From Yahusef Medina to Everyone:
Thank you Dr. Deaton!

15:32:19 From Virginia Community Voice to Everyone:
Thank you so much!!!!

15:32:29 From Faith/ RVA Rapid Transit to Everyone:
this was wonderful...thank you! You can come back

15:32:38 From Annette Ross to Everyone:
Thank you Dr. Deaton!

15:32:40 From Ann Deaton to Everyone:
Thank you all. You are brilliant!

15:32:44 From Anita Johnson to Everyone:
Thank you and I enjoyed

15:32:45 From Robbin Mouton to Everyone:
Enjoyed every minute of the discussions. the group outs were great.

15:33:08 From Norma Lee to Everyone:
Thanks Ann!

16:16:20 From Leslie Crabbs to Everyone:
Kipton! Taco shop?

16:18:43 From Kerry Swarr to Everyone:
How long is tomorrow again?

16:19:02 From Iefaison to Everyone:
12:15

16:19:11 From Hannah Qizilbash to Everyone:
Thank you everyone! So good to see you all

16:19:15 From Colleen Garrison / Operations Coordinator to Everyone:
Tomorrow will run from 8:50am - 12:15pm!

16:19:23 From Yahusef Medina to Everyone:
Thank you!

16:19:34 From Cari to Everyone:
CAN'T WAIT TO CRUSH SOME BOXES

16:20:06 From Veronica Blount to Everyone:
Great seminar today