



**Mid-Year Retreat Chat
Day Two: December 8, 2022
Leadership Quest Class of 2022**

Welcome & Beyond the Box Session

08:20:16 From Tech Support - KickStart Specialists to Waiting Room Participants:

Good morning! We will be right with you.

08:39:46 From Cathy Buckenmaier / Program Manager to Everyone:

Good morning LQ class of 2022!

08:46:10 From Tech Support - KickStart Specialists to Everyone:

Good morning! Welcome to the BoxLore™ Beyond the Box workshop!

08:46:33 From Veronica Blount 7 to Everyone:

Good Morning everyone

08:50:19 From Patrick Duke to Everyone:

Morning. It's the Climb ya know.

08:50:51 From Patrick Duke to Everyone:

Ain't no party like a Miley party cause a Miley party won't stop.

08:54:26 From Patrick Duke to Everyone:

We got that Saturday energy after the first Friday of the year kinda thing going on.

08:54:57 From Anne Chamberlain-Kickstart Specialists to Everyone:

Yeah, Patrick!

08:55:23 From Hannah Qizilbash to Everyone:

Mmm hmmm

08:55:45 From Bailey Martin to Everyone:

morning!

08:55:54 From Hannah Qizilbash to Everyone:

Shake it (2021) off!

08:56:07 From Patrick Duke to Everyone:

Haters gonna hate. But, we all just shake, shake, shake

08:56:07 From Cathy Buckenmaier / Program Manager to Everyone:

Yes Hannah!!!

08:56:09 From Bailey Martin to Everyone:

Amen!

08:56:18 From Anne Chamberlain-Kickstart Specialists to Everyone:

Who's dancing at this very moment?

08:56:23 From Patrick Duke to Everyone:

Moi

08:56:31 From Hannah Qizilbash to Everyone:



08:56:43 From Laura Faison to Everyone:

Lol my camera is still off for a reason! 🙄

08:56:57 From Hannah Qizilbash to Everyone:

Wanna see those moves Laura

08:56:57 From Patrick Duke to Everyone:

Now the blood is flowing. People are bobbing.

08:57:14 From Bailey Martin to Everyone:

not there yet....caffeine coming...

08:57:17 From 8 Meldon Jenkins-Jones to Everyone:

@Patrick,,, hahahaha

08:57:20 From Patrick Duke to Everyone:

This is the peak of energy we have had thus far. There is hope for all of us.

08:57:52 From Patrick Duke to Everyone:

I see ya Leslie

08:58:14 From Leslie Crabbs to Everyone:

Hahaha! It is my jam!

08:58:21 From Hannah Qizilbash to Everyone:

HAHHAHA!

08:58:29 From Laura Faison to Everyone:

Burrrrrnnnn....

08:58:30 From Laura Faison to Everyone:

lol

08:59:18 From Hannah Qizilbash to Everyone:

We are playing...guess that song

08:59:23 From Bailey Martin to Everyone:

just saw your name Marisa...I've been getting it wrong this whole time...Im sorry....

08:59:28 From Laura Faison to Everyone:

I'm just happy to have something other than "We Don't Talk About Bruno" in my head now!

08:59:44 From Patrick Duke to Everyone:

LOL

08:59:46 From Bailey Martin to Everyone:

I just watched that last night with my girls too!

08:59:54 From Vikki Keszey / Operations Director (LMR '18) to Everyone:

LOL Laura...I feel you...

09:00:00 From Hannah Qizilbash to Everyone:

I LOVE that song! I have seen Encanto 5 times at least!

09:00:15 From Hannah Qizilbash to Everyone:

We are making a video to it later today! But about grass!

09:00:26 From Tech Support - KickStart Specialists to Everyone:

Good morning, all! Welcome to the BoxLore™ Beyond the Box workshop!

09:00:41 From Vikki Keszey / Operations Director (LMR '18) to Everyone:

@Hannah I need that in my life <3

09:00:56 From Hannah Qizilbash to Everyone:

I will send it along Vikki!

09:01:03 From Vikki Keszey / Operations Director (LMR '18) to Everyone:

woohoo!

09:01:30 From Tech Support - KickStart Specialists to Everyone:

Morning! Please make sure your camera is on and you are muted in the main session if you can.

09:01:40 From Annette Ross to Everyone:

Good Morning Everyone! Happy New Year!

09:02:09 From 8 Meldon Jenkins-Jones to Everyone:

Woohoo! for HS Seniors

09:02:36 From Hannah Qizilbash to Everyone:

Best Class Ever!

09:02:57 From Anita Johnson11 to Everyone:

Good Morning

09:04:30 From Stacy Thomas to Everyone:

I haven't put hard pants on in two years

09:04:36 From Verenda Cobbs to Everyone:

Love it! 😂😂

09:04:42 From 9 Tarvaris McCoy to Everyone:

lol

09:04:58 From Veronica Blount 7 to Everyone:

FYI it said no longer being recorded

09:05:00 From Patricia_Perry to Everyone:

@Stacy LOL

09:05:53 From 8 Meldon Jenkins-Jones to Everyone:

Recording?

09:06:18 From Leslie Crabbs to Everyone:

@Stacy THAT is funny!

09:06:22 From Stacy Thomas to Everyone:



09:06:24 From Tiffany Harris-Greene 2 to Everyone:



09:06:30 From 4- Katie Moody to Everyone:



09:06:33 From Jess Burgess to Everyone:



09:06:35 From Patricia_Perry to Everyone:



09:06:46 From Daniel Obrien to Everyone:



09:06:48 From 8 Meldon Jenkins-Jones to Everyone:



09:06:50 From Simeon Harris to Everyone:



09:06:51 From Jason Ancarrow to Everyone:



09:06:55 From Annette Ross to Everyone:



09:07:00 From Brittany Schaal to Everyone:



09:07:05 From brian maltby to Everyone:



09:07:08 From Lacey Huszcza to Everyone:



09:07:14 From Leslie Crabbs to Everyone:



09:07:39 From Bailey Martin to Everyone:



09:08:09 From Kristin to Everyone:

Are you recording or not recording? If yes, for whose use/why?

09:08:22 From Cathy Buckenmaier / Program Manager to Everyone:

Not recording today

09:08:31 From Kristin to Everyone:

Thanks!

09:08:35 From 8 Meldon Jenkins-Jones to Everyone:

Thanks, Cathy.

09:08:36 From Andre Minns - Kickstart Specialists to Everyone:

We are NOT recording

09:09:05 From Tech Support - KickStart Specialists to Everyone:

Yes - recording was turned OFF! Thank you all!

09:09:22 From Veronica Blount 7 to Everyone:

My niece is a Duke

09:09:28 From Bailey Martin to Everyone:

Go Dukes! Have one daughter that graduated and a Junior there.

09:09:46 From Andre Minns - Kickstart Specialists to Everyone:

Yes!! DUKES!!

09:10:20 From 8 Meldon Jenkins-Jones to Everyone:
Hooray for 2nd careers

09:14:47 From Tech Support - KickStart Specialists to Everyone:
Please text 443-745-3081 if any issues.

09:17:02 From Tech Support - KickStart Specialists to Everyone:
Please switch your view to Gallery View for this activity top right – it is at the top right hand corner of Zoom screen.

09:17:15 From Yahusef Medina to Everyone:
Parent

09:22:03 From Leslie Crabbs to Everyone:
Mean girl 😞

09:22:25 From Kerry Swarr to Everyone:
Not any more, Leslie

09:22:54 From Florencia Fuensalida - She/Her to Everyone:
now or in the past?

09:23:08 From Leslie Crabbs to Everyone:
Thanks Kerry - growing and learning the hard way!

09:23:17 From Leslie Crabbs to Everyone:
@Florencia - in the PAST!

09:23:37 From Florencia Fuensalida - She/Her to Everyone:
what are we supposed to do with the peace of paper? Sorry! just got here

09:24:05 From Anne Chamberlain-Kickstart Specialists to Everyone:
Hold your paper up and when you hear a question you relate to, take it down.

09:24:23 From Leslie Crabbs to Everyone:
Put your paper up if you do not fit in with the comment

09:24:34 From Florencia Fuensalida - She/Her to Everyone:
ok! And the paper has to say something?

09:25:09 From Leslie Crabbs to Everyone:
What Box you fit in - parent, millennial, boomer, Gen X, parent single divorced

09:25:22 From Cari Tretina to Everyone:
Triggered

09:25:26 From Laura Faison to Everyone:
limited

09:25:29 From Madison Nardone 1 to Everyone:
outnumbered

09:25:30 From Leslie Crabbs to Everyone:
I don't like to be singular

09:25:30 From Anne Michie to Everyone:
the boxes seemed random and small

09:25:32 From Leesa Christian to Everyone:
restricted

09:25:32 From 8 Meldon Jenkins-Jones to Everyone:
PROUD!

09:25:32 From Kerry Swarr to Everyone:
Limiting

09:25:33 From Chris Beach to Everyone:
Proud

09:25:33 From Yahusef Medina to Everyone:
limited

09:25:33 From MaryAnn Fatheddin to Everyone:
limited

09:25:33 From Brittany Schaal to Everyone:
Agree with Laura, limited

09:25:34 From Patricia_Perry to Everyone:
Limited

09:25:34 From Patrick Duke to Everyone:
I did not like the box.

09:25:34 From Sarah Bennett to Everyone:
Limited---did not really realte to any

09:25:34 From Stacy Thomas to Everyone:
linited

09:25:35 From Verenda Cobbs to Everyone:
Annoyed and vulnerable

09:25:36 From Tom Klein to Everyone:
somewhat conflicted

09:25:36 From Steve Bleile/VCDC to Everyone:
great!

09:25:37 From Carolyn Sears to Everyone:
limited

09:25:39 From Alexis Fisher-Rizk to Everyone:
limited

09:25:39 From Jay Shively to Everyone:
Focused

09:25:39 From Kristin to Everyone:
Frustrated!

09:25:39 From Veronica Blount 7 to Everyone:
I felt limited to onlychose one

09:25:39 From Scott Dodson (he/him) 6 to Everyone:
fine

09:25:39 From Tiffany Harris-Greene 2 to Everyone:
limited

09:25:40 From Kim Young to Everyone:
Rebellious

09:25:41 From Anita Johnson11 to Everyone:
Lonely

09:25:41 From Melody Hackney to Everyone:
Conflicted

09:25:43 From Annette Ross to Everyone:
The categories didn't apply. Excluded.

09:25:44 From Erica Holmes to Everyone:
limited

09:25:46 From Anna Page to Everyone:
Proud

09:25:46 From brian maltby to Everyone:
wondered about those that fit none

09:25:47 From JoAnn Adrales-Ruh to Everyone:
not the whole me

09:25:54 From Simeon Harris to Everyone:
Limited

09:25:57 From Patrick Duke to Everyone:
What is GenX

09:25:58 From Hannah Qizilbash to Everyone:
incomplete

09:26:01 From Bailey Martin to Everyone:
felt good. It was an easy choice for me and not a thing that bothers me

09:26:30 From Bailey Martin to Everyone:
the others were not boxes I would choose to identify myself...

09:26:45 From Annette Ross to Everyone:
Surprised that divorce was a category.

09:26:48 From Madison Nardone 1 to Everyone:
surprised a relationship option wasn't "married/in a relationship"

09:26:51 From Leesa Christian to Everyone:
Enlightening

09:26:54 From Chris Beach to Everyone:
really didn't think twice about it

09:26:54 From Brittany Schaal to Everyone:
Agree, I was surprised by divorce

09:26:57 From Anita Johnson11 to Everyone:
Suprised

09:26:57 From Hannah Qizilbash to Everyone:
I was excited to see the diversity

09:26:59 From Tiffany Harris-Greene 2 to Everyone:
I agree with annette

09:27:00 From Melody Hackney to Everyone:
Didn't look at all

09:27:02 From Stacy Thomas to Everyone:
Several boxes applied but I didn't want to identify as some that applied

09:27:03 From Erica Holmes to Everyone:
interesting

09:27:08 From Brittany Schaal to Everyone:
I had to look up Gen X and Mil...

09:27:10 From Kerry Swarr to Everyone:
Lots of parents

09:27:11 From Veronica Blount 7 to Everyone:
I didn't look to see what others were especially if my paper was up

09:27:15 From 8 Meldon Jenkins-Jones to Everyone:
Not concerned about how others see themselves--it's okay.

09:27:23 From Patricia_Perry to Everyone:
I agree with Meldon

09:27:34 From Laura Faison to Everyone:
Yes, absolutely

09:27:37 From Hannah Qizilbash to Everyone:
yes

09:27:39 From Patrick Duke to Everyone:
Yes

09:27:40 From Bailey Martin to Everyone:
never really tied my generation to a significant part of my identity..

09:27:40 From Verenda Cobbs to Everyone:
We all have uncurious bias

09:27:41 From brian maltby to Everyone:
of course, we all do

09:27:42 From 8 Meldon Jenkins-Jones to Everyone:
Yes, we all do.

09:27:43 From Patricia_Perry to Everyone:
we all have unconscious bias

09:27:44 From Alexis Fisher-Rizk to Everyone:
we all do

09:27:45 From Leslie Crabbs to Everyone:
Absolutely and I fight it every day

09:27:45 From Cari Tretina to Everyone:
yes, it is bias you are not consciously acting on

09:27:48 From Annette Ross to Everyone:
Method that eliminates others.

09:27:49 From Bailey Martin to Everyone:
a bias you're not aware of

09:27:51 From Verenda Cobbs to Everyone:
Unconscious*

09:27:51 From Marisa (rhymes with Lisa) to Everyone:
Yes we all

09:27:55 From Tiffany Harris-Greene 2 to Everyone:
Bias we are not aware of

09:27:56 From 10- Steve Gaidos to Everyone:
You're not aware of how your words and actions impact others

09:27:58 From Yahusef Medina to Everyone:
Exhibiting bias without knowing you do it, and yes

09:27:59 From Tom Klein to Everyone:
making assumptions

09:28:00 From Veronica Blount 7 to Everyone:
Everybody has unconscious bias,

09:28:01 From Laura Faison to Everyone:
Preconceived notions of people or situations

09:28:01 From Kim Young to Everyone:
Overly used

09:28:01 From 9 Tarvaris McCoy to Everyone:
we all have that snap judgment

09:28:02 From Hannah Qizilbash to Everyone:
applying stereotypes without realizing

09:28:03 From Madison Nardone 1 to Everyone:
subconscious perceptions

09:28:06 From JoAnn Adrales-Ruh to Everyone:
We all have UB...the way we help sort the world

09:28:09 From Annette Ross to Everyone:
See world through your lens or experiences.

09:28:09 From Patrick Duke to Everyone:
Gravitate towards those who are more like you

09:28:14 From Jennifer Kell to Everyone:
Thoughts that influence your interactions that you don't consciously consider

09:28:16 From Patricia_Perry to Everyone:
Behaving in a divisive way, unintentionally

09:28:18 From Annette Ross to Everyone:
experiences!\

09:28:19 From Simeon Harris to Everyone:
Preconceived notion

09:28:22 From Anita Johnson11 to Everyone:
What it mean to me is an assumption

09:28:24 From Chris Beach to Everyone:
Our words matter

09:28:30 From Kipton Currier 12 to Everyone:
Preconceived thoughts or ideas around a group or type - we do not know we are doing it.

09:28:46 From Annette Ross to Everyone:
We're aware of the biases after the incident. Oh my!

09:28:59 From Lorraine's iPad to Everyone:
Making assumptions = unconscious bias

09:29:25 From Hannah Qizilbash to Everyone:
limits relationships

09:29:28 From Marisa (rhymes with Lisa) to Everyone:
Limits your relationships with others because you don't see people fully

09:29:30 From 8 Meldon Jenkins-Jones to Everyone:
Organic carrots?

09:29:33 From Hannah Qizilbash to Everyone:
causes friction

09:29:33 From Lorraine's iPad to Everyone:
Puts up walls

09:29:35 From Patricia_Perry to Everyone:
Limits potential, possibilities and performance

09:29:39 From Anita Johnson11 to Everyone:
Division and seperation from others

09:29:41 From Verenda Cobbs to Everyone:
It causes tension

09:29:41 From Annette Ross to Everyone:
Negative impact!

09:29:43 From 10- Steve Gaidos to Everyone:
we have to think before acting/speaking

09:29:46 From Lacey Huszcza to Everyone:
Keeps one from having a real authentic conversation.

09:29:48 From brian maltby to Everyone:
causes inclusion or exclusion

09:29:48 From 8 Meldon Jenkins-Jones to Everyone:
Racial disharmony.

09:29:48 From Laura Faison to Everyone:
Limits conversation

09:29:49 From Stacy Thomas to Everyone:
Offends others and limits potential

09:29:51 From 9 Tarvaris McCoy to Everyone:
It liits relationships

09:29:53 From Tom Klein to Everyone:
discount views

09:29:54 From Kerry Swarr to Everyone:
Have to work hard to avoid because it can cause a lot of damage to working relationships.

09:30:03 From 9 Tarvaris McCoy to Everyone:
limits relationships*

09:30:07 From Anne Michie to Everyone:
We have to keep working to move bias from unconscious to conscious and then blow it up

09:30:13 From Veronica Blount 7 to Everyone:
It doesn't allow you to be as considerate as you should be

09:30:19 From 10- Steve Gaidos to Everyone:
challenge your first impression

09:30:51 From Kristin to Everyone:
Leads to certain ideas not being taken seriously; wrong people getting credit for good idea; damages organization.

09:31:19 From Stacy Thomas to Everyone:
Missed opportunities come to mind, related to Norma's comment

09:31:31 From Annette Ross to Everyone:
Excluded.

09:31:34 From Hannah Qizilbash to Everyone:
community

09:31:35 From Madison Nardone 1 to Everyone:
unity

09:31:37 From Anne Chamberlain-Kickstart Specialists to Everyone:
Great comments, all! Yes, yes, yes.

09:31:38 From Chris Beach to Everyone:
real

09:31:40 From Laura Faison to Everyone:
Situations can affect anyone, regardless of their box

09:31:41 From Leslie Crabbs to Everyone:
More alike than we are different

09:31:41 From Bentley Chan to Everyone:
connected

09:31:42 From Alexis Fisher-Rizk to Everyone:
connected

09:31:42 From Anna Page to Everyone:
vulnerable

09:31:46 From Anita Johnson11 to Everyone:
acceptance

09:31:48 From Tiffany Harris-Greene 2 to Everyone:
Curious

09:31:50 From Hannah Qizilbash to Everyone:
belonging

09:31:51 From Kim Young to Everyone:
Still disconnected

09:31:52 From MaryAnn Fatheddin to Everyone:
it felt okay

09:31:54 From Dianne Wilmore to Everyone:
revealing.

09:31:59 From Kerry Swarr to Everyone:
Didn't mean as much now that we know a lot more about people

09:32:01 From Cari Tretina to Everyone:
it made me uncomfortable the only way people could see me each time was one category

09:32:07 From Dianne Wilmore to Everyone:
revealing

09:32:10 From 8 Meldon Jenkins-Jones to Everyone:
I could focus on more important questions, instead of What's in the box?

09:32:21 From brian maltby to Everyone:
happy to see faces again when signs when down

09:32:25 From brian maltby to Everyone:
went

09:32:39 From Veronica Blount 7 to Everyone:
The exercise still did not make us know each other any better

09:32:45 From Annette Ross to Everyone:
Definitely more than the label!

09:32:52 From Annette Ross to Everyone:
Freedom!

09:32:55 From Bailey Martin to Everyone:
I hear that Cari. We are all more than just people's initial impressions

09:32:57 From Florencia Fuensalida - She/Her to Everyone:
vulnerability

09:32:57 From Kerry Swarr to Everyone:
See we have more in common with other people than we thought.

09:33:00 From Lorraine's iPad to Everyone:
Growth

09:33:02 From Dianne Wilmore to Everyone:
liberating

09:33:03 From Hannah Qizilbash to Everyone:
compassion, understanding

09:33:09 From 8 Meldon Jenkins-Jones to Everyone:
I could see others when I took down my (limiting) label.

09:33:11 From Bentley Chan to Everyone:
open to possibilities

09:33:13 From Anita Johnson11 to Everyone:
permission

09:33:14 From Leslie Crabbs to Everyone:
Life is richer when you step outside your box and into someone else's box

09:33:14 From Verenda Cobbs to Everyone:
We are able to build authentic relationships with others

09:33:15 From 9 Tarvaris McCoy to Everyone:
true relationships start to form

09:33:16 From brian maltby to Everyone:
we learn about ourselves and on another

09:33:19 From Karen Wells to Everyone:
Active listening

09:33:20 From Patrick Duke to Everyone:
We thrive

09:33:33 From 10- Steve Gaidos to Everyone:
Overcoming your initial bias is freeing

09:33:38 From 9 Tarvaris McCoy to Everyone:
complexity also happens

09:34:07 From Bailey Martin to Everyone:
yes

09:34:09 From 8 Meldon Jenkins-Jones to Everyone:
It's hard, because we learn I versus Other as toddlers.

09:34:25 From Verenda Cobbs to Everyone:
I agree @ Tavares!

09:34:25 From Cari Tretina to Everyone:
intersectionality

09:34:38 From Tiffany Harris-Greene 2 to Everyone:
Yes Meldon

09:34:43 From Patrick Duke to Everyone:
Spot on Tarvaris

09:34:52 From Anne Chamberlain-Kickstart Specialists to Everyone:
Yes, Meldon. The boxes start early in life!

09:34:52 From Annette Ross to Everyone:
Thanks Tarvaris!

09:34:55 From Andre Minns - Kickstart Specialists to Everyone:

@Cari...Yess!

09:34:57 From Daniel Obrien to Everyone:

I'm losing video connection & audio, need to log off and rejoin.

09:35:16 From Kristin to Everyone:

A type of vulnerability.

09:35:25 From Veronica Blount 7 to Everyone:

Yes , Cari, at the intersectionality of everything, exactly

09:35:53 From Bailey Martin to Everyone:

I'm frequently pleasantly surprised that just a deeper conversation with people will often reveal things about them that you would have never gathered by putting them in boxes based on surface judgements

09:36:30 From Hannah Qizilbash to Everyone:

Beliefs about being in a box

09:36:31 From Annette Ross to Everyone:

Myths around labels

09:36:40 From Bailey Martin to Everyone:

the overused term of thinking outside the box?

09:36:43 From Anne Michie to Everyone:

sounds like story-telling

09:36:44 From Kipton Currier 12 to Everyone:

Stories that fit in a tidy box

09:36:46 From Patricia_Perry to Everyone:

Feelings about being in a box and "labeled"

09:36:46 From Stacy Thomas to Everyone:

Maybe misconceptions around labels/definitions?

09:36:47 From 10- Steve Gaidos to Everyone:

The story behind how we put ourselves and others in boxes

09:36:48 From 8 Meldon Jenkins-Jones to Everyone:

Defining the world based on stereotypes?

09:36:49 From Leslie Crabbs to Everyone:

The stories we tell ourselves or have been told about the boxes we put ourselves in

09:36:51 From Kipton Currier 12 to Everyone:

"Should"

09:36:51 From Laura Faison to Everyone:

Like folklore - stories that may not be true, but are often retold

09:36:51 From JoAnn Adrales-Ruh to Everyone:

categories we are in/ boxes, stories

09:37:17 From Melody Hackney to Everyone:

lenses through which we view the world and others

09:37:19 From brian maltby to Everyone:

how our beliefs/stories may constrain us

09:37:31 From 8 Meldon Jenkins-Jones to Everyone:
There is life outside the box? Matrix?

09:37:45 From Andre Minns - Kickstart Specialists to Everyone:
@Meldon....totally true....from birth

09:37:46 From Marisa (rhymes with Lisa) to Everyone:
unconscious bias leading us make assumptions about people and ideas (maybe ourselves too?) that limits our relationships and beliefs

09:37:48 From Dianne Wilmore to Everyone:
indentifying boxes

09:39:00 From Veronica Blount 7 to Everyone:
A culture of relating to life according to our own life lens, without considering that there may be another perspective

09:39:05 From Dianne Wilmore to Everyone:
yes

09:41:14 From 8 Meldon Jenkins-Jones to Everyone:
Not a walk in the park.

09:41:24 From Anita Johnson11 to Everyone:
compramizing to connect

09:42:47 From 8 Meldon Jenkins-Jones to Everyone:
Anita, yes, my thoughts exactly. Would the husband gone to chef school to relate to his stay at home mom wife?

09:43:31 From Florencia Fuensalida - She/Her to Everyone:
AMAZING!!!! Reminds me of the andes in Chile (where I grew up!)

09:43:32 From Chris Beach to Everyone:
You just put her husband in a box. Know many men who do things like that!

09:43:43 From Verenda Cobbs to Everyone:
Wow!!

09:43:56 From Marisa (rhymes with Lisa) to Everyone:
Beautiful but also terrifying

09:43:59 From Tom Klein to Everyone:
Would you do it again?

09:44:04 From Laura Faison to Everyone:
Well now I want to go climb a Swiss alp

09:44:18 From Erica Holmes to Everyone:
My question.....Are you still married?

09:44:22 From Patricia_Perry to Everyone:
AMAZING!!! Way to conquer a fear.

09:44:28 From Hannah Qizilbash to Everyone:
This music makes me feel like I can do anything!

09:44:29 From 8 Meldon Jenkins-Jones to Everyone:
True, Chris, but not the average relationship in today's world even though things are changing.

09:44:43 From Lorraine's iPad to Everyone:

You really loved your husband

09:44:50 From Lacey Huszcza to Everyone:



09:45:05 From Faith/ RVA Rapid Transit to Everyone:

crazy badass

09:45:09 From Veronica Blount 7 to Everyone:

Awesome Kate

09:45:23 From Anne Chamberlain-Kickstart Specialists to Everyone:

She'll get there, Erica...

09:47:00 From Annette Ross to Everyone:

I'm stuck on why the Blue Ridge is not defined as a mountain.

09:47:20 From Brittany Schaal to Everyone:

As am I Annette. Feels like our skyline got put in a box

09:47:44 From Bailey Martin to Everyone:

Brittany! Ha!

09:47:57 From Verenda Cobbs to Everyone:

OH MYGOSH!

09:48:02 From 8 Meldon Jenkins-Jones to Everyone:

Did you have to stand up for 3 hrs.

09:48:03 From Annette Ross to Everyone:

IT ranges from PA to GA.

09:48:04 From Anne Chamberlain-Kickstart Specialists to Everyone:

Great points! Blue ridge still = mountain.

09:48:31 From Anita Johnson11 to Everyone:

Wow what courage you have

09:48:45 From Stacy Thomas to Everyone:

I can relate to trying extreme things to save something ultimately not able to be saved

09:48:54 From Jamaal Ellison to Everyone:

Bingo!!!

09:48:56 From Verenda Cobbs to Everyone:

That part!

09:48:59 From Victor McKenzie, Jr. to Everyone:

WOW

09:49:06 From Faith/ RVA Rapid Transit to Everyone:

wow

09:49:07 From Veronica Blount 7 to Everyone:

Exactly, how could he leave ?

09:49:10 From Jamaal Ellison to Everyone:

Lol @ Verenda

09:49:14 From Gena Reeder/LMR Board Engagement Mgr to Everyone:
EXACTLY! He LEFT you there!??? Who does that?

09:49:17 From Anne Chamberlain-Kickstart Specialists to Everyone:
Yes, Stacy!

09:49:20 From Yahusef Medina to Everyone:
Thank you for sharing this story

09:49:27 From Marisa (rhymes with Lisa) to Everyone:
Wow, incredible story

09:49:29 From Patricia_Perry to Everyone:
That part - to be left alone on a ledge - WOW!!! Defining moment.

09:49:31 From Anita Johnson11 to Everyone:
Amen

09:49:35 From Verenda Cobbs to Everyone:
You are powerful!!! WOW!

09:49:41 From Annette Ross to Everyone:
Thank you for sharing your story!

09:49:47 From Laura Faison to Everyone:
Annette - the highest peak of the Blue Ridge Mountains is only about 2,037m (so less than half of the Alp she climbed).

09:49:49 From Bailey Martin to Everyone:
wow. Thank you for sharing. Powerful story.

09:49:52 From Patricia_Perry to Everyone:
What courage and strength....thanks for sharing your story.

09:50:03 From 8 Meldon Jenkins-Jones to Everyone:
Staying in a marriage can be a mountain, too.

09:50:09 From Veronica Blount 7 to Everyone:
Yes Kate , God showed you who to trust

09:50:13 From Florencia Fuensalida - She/Her to Everyone:
Beautiful story thank you!!!

09:50:15 From Stacy Thomas to Everyone:
@meldon AMEN

09:50:16 From Patricia_Perry to Everyone:
YES Meldon!

09:50:16 From Jay Shively to Everyone:
Amazing story!

09:50:21 From Bailey Martin to Everyone:
truth Meldon!

09:50:38 From Anita Johnson11 to Everyone:
Great revelation

09:50:41 From Anna Page to Everyone:

WHAT A STORY! I had a very similar (and very different) experience climbing Cotopaxi in Ecuador. Thank goodness for BREAKING OUT!

09:50:50 From Bailey Martin to Everyone:

doesn't always have to be though....

09:50:54 From Veronica Blount 7 to Everyone:

Kate you are more than a conqueror

09:50:59 From Karen Wells to Everyone:

Thanks for your vulnerability in sharing that

09:51:03 From Faith/ RVA Rapid Transit to Everyone:

yassss

09:51:07 From Anne Chamberlain-Kickstart Specialists to Everyone:

True, Bailey.

09:51:46 From 8 Meldon Jenkins-Jones to Everyone:

I don't want to race cars or climb a mountain.

09:52:12 From Kipton Currier 12 to Everyone:

I'm with you, Meldon...

09:52:19 From 10- Steve Gaidos to Everyone:

Stories

09:52:22 From Verenda Cobbs to Everyone:

@ Meldon agreed :)

09:52:34 From Patricia_Perry to Everyone:

Stories about being in a BOX

09:52:38 From Florencia Fuensalida - She/Her to Everyone:

hahahaha...me neither Meldon! But as Bailey said, it doesn't have to be so hard...maybe a metaphorical mountain!

09:53:24 From Hannah Qizilbash to Everyone:

self limiting beliefs. self rejection

09:53:31 From 8 Meldon Jenkins-Jones to Everyone:

Thanks to my mom's teaching, male-dominated was child's play to me.

09:53:35 From Andre Minns - Kickstart Specialists to Everyone:

@Florencia....those are the mountains that are really the hardest to climb

09:53:43 From Anne Chamberlain-Kickstart Specialists to Everyone:

Yes, Hannah. THat's exactly right.

09:53:46 From Patricia_Perry to Everyone:

@Meldon - YES!!!

09:54:33 From Florencia Fuensalida - She/Her to Everyone:

@Andre yep...internal mountains

09:54:39 From Verenda Cobbs to Everyone:

YES!!!

09:54:46 From Tiffany Harris-Greene 2 to Everyone:

That stubbornness...

09:55:30 From Veronica Blount 7 to Everyone:
Boxes are always popping up

09:56:06 From Annette Ross to Everyone:
Anita, Precious! Who's the little one gaining all of this knowledge!

09:56:43 From Hannah Qizilbash to Everyone:
assigned gender

09:57:09 From Kim Young to Everyone:
Before we born we are told what we are

09:57:21 From Hannah Qizilbash to Everyone:
exactly Kim

09:57:23 From Anne Chamberlain-Kickstart Specialists to Everyone:
Yes, Kim!

09:57:32 From Patricia_Perry to Everyone:
Yes Kim!

09:57:33 From Verenda Cobbs to Everyone:
YES @Kim

09:57:35 From Tiffany Harris-Greene 2 to Everyone:
Yes Kim

09:57:37 From Kristin to Everyone:
Media plays a huge role in creating boxes !

09:58:10 From Verenda Cobbs to Everyone:
YESSSS

09:58:28 From Brittany Schaal to Everyone:
SURVIVOR not victim

09:58:31 From Anne Chamberlain-Kickstart Specialists to Everyone:
Yes! Media!! Huge.

09:58:32 From Kim Young to Everyone:
Yes Kristin! Policies too!

09:58:34 From Andre Minns - Kickstart Specialists to Everyone:
@Kim....100%

09:59:17 From Kipton Currier 12 to Everyone:
Carol Dweck -Mindset book

10:00:16 From Anne Chamberlain-Kickstart Specialists to Everyone:
Love that book, Kipton!

10:00:17 From Veronica Blount 7 to Everyone:
These daily boxes thrown at me, built my resilience, and resourcefulness, and have served me well, because I did not allow myself to be boxed in. My parents instilled in us that we could do and be anything we want

10:00:19 From Kim Young to Everyone:
Control

10:00:27 From brian maltby to Everyone:

safety

10:00:28 From Jennifer Kell to Everyone:

Comfort, predictability

10:00:29 From 3Robin Jones - The DFG Project to Everyone:

Protection

10:00:31 From Kerry Swarr to Everyone:

Quickly make sense of a complex world.

10:00:32 From Kipton Currier 12 to Everyone:

To operate in life - our "instruction" manual

10:00:34 From Anne Michie to Everyone:

boxes help us sort the deluge of data thrown at our brains

10:00:35 From 9 Tarvaris McCoy to Everyone:

simplicity

10:00:35 From Stacy Thomas to Everyone:

We are inclined towards "order" or patterns

10:00:36 From Patricia_Perry to Everyone:

Control and Power Barriers

10:00:37 From Hannah Qizilbash to Everyone:

organization

10:00:39 From Jay Shively to Everyone:

Too easy

10:00:39 From Marisa (rhymes with Lisa) to Everyone:

I think sometimes people feel comfort in boxes

10:00:40 From Lacey Huszcza to Everyone:

Connection to others

10:00:41 From Laura Faison to Everyone:

organization

10:00:41 From Tiffany Harris-Greene 2 to Everyone:

Control

10:00:43 From Verenda Cobbs to Everyone:

Structure

10:00:44 From Leesa Christian to Everyone:

societal pressure

10:00:45 From 9 Tarvaris McCoy to Everyone:

convenience

10:00:46 From Scott Dodson (he/him) 6 to Everyone:

Its easier to make basic decisions when there are labels

10:00:52 From Madison Nardone 1 to Everyone:

neurological "shortcuts" that save us time/evolutionary urge to quickly assess a situation

10:00:55 From 10- Steve Gaidos to Everyone:

Boxes are mental shortcuts - they can make things easier to understand in complex world

10:00:59 From Mel Smith to Everyone:

safety

10:01:07 From Hannah Qizilbash to Everyone:

but they apply stereotypes

10:01:11 From Anne Chamberlain-Kickstart Specialists to Everyone:

Yes, Madison!

10:01:11 From Annette Ross to Everyone:

For Boomers I and II boxes saved lives during segregation. My parents told us we were more than what the culture defined people of color.

10:01:15 From Andre Minns - Kickstart Specialists to Everyone:

@Tarvaris...so true for most people

10:01:18 From Anita Johnson11 to Everyone:

What we have experienced and told growing up

10:01:50 From Anne Chamberlain-Kickstart Specialists to Everyone:

Powerful, Annette.

10:01:53 From 8 Meldon Jenkins-Jones to Everyone:

Consider a Polarity Map: Boxes AND Freedom?

10:02:04 From Laura Faison to Everyone:

Limitations

10:02:15 From Kipton Currier 12 to Everyone:

Limits growth

10:02:21 From Patricia_Perry to Everyone:

Divisiveness and Inefficiencies

10:02:21 From Lorraine's iPad to Everyone:

Limits ourselves and others

10:02:29 From Patricia_Perry to Everyone:

Declined performance and missed opportunity

10:02:33 From Simeon Harris to Everyone:

Limit your team's potential

10:02:34 From brian maltby to Everyone:

lack perspective and opportunities for collaboration

10:02:37 From Cari Tretina to Everyone:

or you overspent the budget

10:02:38 From 9 Tarvaris McCoy to Everyone:

Maintains the status quo

10:02:42 From Madison Nardone 1 to Everyone:

quick perceptions are not always accurate, need to peel back the layers

10:02:45 From Verenda Cobbs to Everyone:

Limits creativity and decreases morale

10:02:45 From Erica Holmes to Everyone:

Missed opportunity

10:02:51 From Tom Klein to Everyone:

barriers to progress develop

10:02:53 From Lacey Huszcza to Everyone:

limited perspective

10:02:54 From 9 Tarvaris McCoy to Everyone:

self fulfilling prophecies

10:02:55 From 8 Meldon Jenkins-Jones to Everyone:

@Annette Yes!

10:02:56 From Daniel Obrien to Everyone:

Blind spots

10:02:57 From Annette Ross to Everyone:

Limits creativity! Limits growth.

10:03:00 From Hannah Qizilbash to Everyone:

decreased morale

10:03:01 From Anita Johnson11 to Everyone:

Hinder the process and progress

10:03:17 From Lacey Huszcza to Everyone:

makes life boring

10:03:22 From Laura Faison to Everyone:

When someone is very good in their current area, there's tendency to want to keep them there "But you're so good at XYZ" - maybe we want to try something other than XYZ...

10:03:25 From Annette Ross to Everyone:

Supports ...isms!

10:03:38 From Anne Chamberlain-Kickstart Specialists to Everyone:

So true, Laura!!

10:03:46 From 8 Meldon Jenkins-Jones to Everyone:

Yes, Laura.

10:04:01 From Andre Minns - Kickstart Specialists to Everyone:

@Laura +1000000

10:04:10 From Bailey Martin to Everyone:

Laura, I also think we do that to ourselves sometimes because it feels good to be good at something and there's fear that we might not be as good if we try other things

10:04:12 From Erica Holmes to Everyone:

Yes, Laura.

10:04:26 From 8 Meldon Jenkins-Jones to Everyone:

Picture on video is static

10:04:31 From 8 Meldon Jenkins-Jones to Everyone:

Oh, better.

10:04:34 From Marisa (rhymes with Lisa) to Everyone:

@Laura and @Bailey - absolutely agree with both of what you are saying

10:04:40 From Bailey Martin to Everyone:
and not have that praise or confidence

10:04:53 From Laura Faison to Everyone:
@Bailey - absolutely.

10:05:15 From Anne Michie to Everyone:
Thanks for adapting for us

10:05:25 From 8 Meldon Jenkins-Jones to Everyone:
So far, you're doing well Kate and Anne

10:07:23 From Hannah Qizilbash to Everyone:
The Fox Outside The Box....you have an illustrated children's book on your hands to get this content in front of kids

10:07:38 From Vikki Keszey / Operations Director (LMR '18) to Everyone:
yes, Hannah!!!

10:07:39 From Laura Faison to Everyone:
HAHAH! We have a neighbor whose dog had a very similar experience this week - we looked out and he was in our front yard living his best life!

10:07:46 From Annette Ross to Everyone:
Thanks for that "fence" story!

10:07:52 From Bailey Martin to Everyone:
yes Hannah!

10:08:12 From 8 Meldon Jenkins-Jones to Everyone:
Box can be good, such as "Don't try drugs." Thankfully it was a fox and not Crack.

10:08:39 From Anne Michie to Everyone:
yes - boxes v boundaries - one seems bad and one good. How tell the difference?

10:08:42 From Andre Minns - Kickstart Specialists to Everyone:
@Meldon.....😂

10:09:26 From Bailey Martin to Everyone:
this reminds me of Clooney's backpack speech in "up in the air"

10:09:37 From Anne Michie to Everyone:
Yes!!

10:10:01 From 8 Meldon Jenkins-Jones to Everyone:
Hooray for homeschooling!

10:10:11 From Laura Faison to Everyone:
"Inner Workings" is a FANTASTIC Disney short that is very similar to this!

10:10:21 From Anne Chamberlain-Kickstart Specialists to Everyone:
Yes, Meldon!

10:11:19 From Anne Chamberlain-Kickstart Specialists to Everyone:
Thanks, Laura. Will check it out!

10:11:55 From 8 Meldon Jenkins-Jones to Everyone:
Baby Boomers rebelled! Yeah!

10:13:18 From 8 Meldon Jenkins-Jones to Everyone:

4th grade is when little boys get disinterested in school/indoctrination.

10:13:23 From Tom Klein to Everyone:

zapping enthusiasm leads to putting people into predictable, limiting situations; we all get negative feedback from others.

10:13:28 From Hannah Qizilbash to Everyone:

SMASH the boxes!

10:13:34 From Patrick Duke to Everyone:

Nice Tom

10:14:08 From 8 Meldon Jenkins-Jones to Everyone:

Hooray for career changers!

10:14:11 From Andre Minns - Kickstart Specialists to Everyone:

Great point @ Tom....and it's done so innocently

10:14:42 From Florencia Fuensalida - She/Her to Everyone:

so cute :)

10:14:47 From Bailey Martin to Everyone:

That was beautiful!

10:14:48 From Verenda Cobbs to Everyone:



10:15:03 From Patricia_Perry to Everyone:

"Forced" learning styles

10:15:09 From brian maltby to Everyone:

stifling of creativity

10:15:10 From Bailey Martin to Everyone:

too early for topics of this weight!

10:15:12 From Anita Johnson11 to Everyone:

Practical learning style

10:15:28 From Annette Ross to Everyone:

Yes, it was beautiful!

10:15:31 From Yahusef Medina to Everyone:

Too much structure

10:15:32 From Verenda Cobbs to Everyone:

Perfectionism

10:15:34 From Patricia_Perry to Everyone:

One dimensional work parameters

10:15:35 From 8 Meldon Jenkins-Jones to Everyone:

Same-abled.

10:15:38 From Florencia Fuensalida - She/Her to Everyone:

@bailey hahaha agreed

10:15:44 From Bailey Martin to Everyone:

beating people into conformity

10:15:53 From Bailey Martin to Everyone:

LQ2022

a little bit a time...

10:16:03 From Patricia_Perry to Everyone:

@Bailey - YES!!!!

10:16:05 From Tiffany Harris-Greene 2 to Everyone:

Generational perception

10:16:09 From Melody Hackney to Everyone:

stifling creativity and student voice

10:16:26 From 8 Meldon Jenkins-Jones to Everyone:

Yes, this is a portrait of real life for most people. That's why diversity is SO important.

10:16:35 From 9 Tarvaris McCoy to Everyone:

industrialization

10:16:35 From Melody Hackney to Everyone:

Default to traditional instruction when kids have told us for years it can be done better/differently

10:16:41 From Andre Minns - Kickstart Specialists to Everyone:

@Bailey...Wow...that's what happens...daily

10:16:44 From Melody Hackney to Everyone:

Compliance

10:16:45 From Verenda Cobbs to Everyone:

@Meldon YESSSSS

10:16:46 From Kerry Swarr to Everyone:

Sir Ken Robinson has a lot of great stuff around the need for more creativity in ed.

10:16:47 From Annette Ross to Everyone:

I'm thanking my parents for how they raised me and my sister!

10:16:56 From Anita Johnson11 to Everyone:

Robotic nothing change if nothing changes

10:17:04 From Laura Faison to Everyone:

If there was a silver lining to the past two years, it's taking a hard look at the "box" of a traditional workspace/work hours

10:17:07 From Hannah Qizilbash to Everyone:

Unconscious expectations perpetuated throughout generations.

10:17:11 From Melody Hackney to Everyone:

Resistance to innovation in K-12 ed

10:17:19 From Florencia Fuensalida - She/Her to Everyone:

colonialism and patriarchy

10:17:20 From 8 Meldon Jenkins-Jones to Everyone:

Annette, Yes!

10:17:33 From Bailey Martin to Everyone:

Parents often find themselves in a box to provide for their families and in process are separated from the things that bring us joy

10:17:34 From Mervyn Han to Everyone:

Agreed with all of these comments. I also see the issue of people at the top of the food chain not listening to those further down the chain

10:17:41 From Andre Minns - Kickstart Specialists to Everyone:

"If it doesn't challenge you, it doesn't change you!!

10:17:53 From Bailey Martin to Everyone:

and unknowingly subjugate our children to the same boxes...

10:18:07 From Victor McKenzie, Jr. to Everyone:

Katina is great!

10:18:30 From Kristin to Everyone:

Sometimes the invisible, unspoken boxes are the most powerful.

10:18:39 From Anne Chamberlain-Kickstart Specialists to Everyone:

Yes, the boxes get passed down unknowingly.

10:18:41 From Bailey Martin to Everyone:

Florencia...colonialism is such a big contributor than I ever realized....my revelations around that in the last year have been life changing.

10:18:50 From Anne Chamberlain-Kickstart Specialists to Everyone:

Indeed, Kristin!

10:18:54 From Annette Ross to Everyone:

Amen!

10:19:05 From Florencia Fuensalida - She/Her to Everyone:

@BAILEY RIGHT????

10:19:16 From Anne Chamberlain-Kickstart Specialists to Everyone:

Soooo much, Bailey!!

10:20:14 From Bailey Martin to Everyone:

my life in country has helped free me from some of that and get back to and appreciate living and the pandemic has helped free me and a lot of others from that box and many of us don't want to go back!

10:21:10 From Cathy Buckenmaier / Program Manager to Everyone:

"Change happens when the pain of staying the same is greater than the pain of change." -- Tony Robbins

10:21:23 From Cathy Buckenmaier / Program Manager to Everyone:

Wanted to preserve that quote in the chat!

10:23:52 From Anne Michie to Everyone:

Bailey - your perspective is refreshing

10:24:23 From Anne Michie to Everyone:

the pandemic needs to end - but then we go forward to new things not back to old boxes

10:25:00 From Patricia_Perry to Everyone:



10:25:06 From Cari Tretina to Everyone:

Capitalism is the bane of society

10:25:07 From Patricia_Perry to Everyone:

Definitely resonating.

10:25:13 From Jason Ancarrow to Everyone:



10:25:39 From Veronica Blount 7 to Everyone:

I know Katina

10:26:44 From Hannah Qizilbash to Everyone:

Audio is gone

10:26:45 From Melody Hackney to Everyone:

Can't hear

10:26:46 From Cari Tretina to Everyone:

i can't hear

10:26:49 From Florencia Fuensalida - She/Her to Everyone:

audio is low

10:26:58 From Veronica Blount 7 to Everyone:

sound I very low

10:27:21 From Anne Chamberlain-Kickstart Specialists to Everyone:

We're working on it. Sorry about that.

10:27:46 From Melody Hackney to Everyone:

Thank you. Much better now.

10:27:49 From 8 Meldon Jenkins-Jones to Everyone:

yes

10:27:50 From Cari Tretina to Everyone:

better

10:27:51 From Scott Dodson (he/him) 6 to Everyone:

Kind ofl

10:27:52 From Jay Shively to Everyone:

Yes

10:27:53 From Verenda Cobbs to Everyone:

yes

10:27:56 From Laura Faison to Everyone:

Better now!

10:29:08 From 8 Meldon Jenkins-Jones to Everyone:

Coming from a very small family, I view the Black community as my extended family.

10:29:47 From Laura Faison to Everyone:

Coming from a rural town in Southwest VA, I can totally relate to wanting to go to school FAR away!

10:30:02 From Annette Ross to Everyone:

Meldon-Yes! Isn't it grand! The CIAA basketball tournament is the best family reunion!

10:34:00 From Bailey Martin to Everyone:

sorry having a couple issues with my mic. trying to sort out. be back shortly

10:34:31 From Anne Chamberlain-Kickstart Specialists to Everyone:

No worries, Bailey. Anything our tech person can help you with?

10:38:18 From Veronica Blount 7 to Everyone:

That box was everything for me (Baptist), taught me great faith. and courage.

10:41:30 From Bailey Martin to Everyone:

no I'm good. I restarted and think I'm straight now.

10:41:55 From Anita Johnson11 to Everyone:

Good morning Katina Im quite sure the work you do at Family Lifeline comes second nature being relatable to the families in which you serve I was a FSW for HFR for 10 years and talking about some boxes they were afraid to break out of

10:42:06 From Anne Chamberlain-Kickstart Specialists to Everyone:

Excellent, Bailey.

10:42:07 From Patricia_Perry to Everyone:

What an inspiring story!

10:42:16 From Anne Chamberlain-Kickstart Specialists to Everyone:

Yes, Anita!

10:43:36 From Bailey Martin to Everyone:

I think that's the trick of parenting, imparting knowledge and giving guidance but also giving your children room to grow and experience and view and explore the world in their own well and sometimes they break the boxes for you.

10:44:22 From Anne Chamberlain-Kickstart Specialists to Everyone:

Oh that's so true, Bailey!!

10:44:40 From Anne Chamberlain-Kickstart Specialists to Everyone:

My kids help me break my boxes all the time.

10:44:43 From Patricia_Perry to Everyone:

100% agree @Bailey

10:45:04 From Andre Minns - Kickstart Specialists to Everyone:

Bailey, this is the complex world in which we live. Breaking our boxes without putting our kids into pre-determined boxes

10:45:30 From Florencia Fuensalida - She/Her to Everyone:

@bAILEY 100%! How old are your kids?

10:45:48 From Bailey Martin to Everyone:

26,21,18,10,6 all girls

10:46:10 From Cari Tretina to Everyone:

do we just use the areas on the sheet? or can we come up with our own?

10:46:19 From Florencia Fuensalida - She/Her to Everyone:

oh wow, 5 kids! hero! lol

10:46:31 From Andre Minns - Kickstart Specialists to Everyone:

@Anne...kids will SURELY break all kinds of boxes and open our eyes.

10:47:09 From Florencia Fuensalida - She/Her to Everyone:

I? have two, 2 and 7. They are my daily box breakers

10:48:20 From Mervyn Han to Everyone:

Oh wow, kids seem great for getting us beyond the box. What's the catch?

10:51:19 From Bailey Martin to Everyone:

They are a lot of work! Worth it, but tiring at times! especially the early years and teens.. come on in the water's warm mervyn!

10:51:33 From Scott Dodson (he/him) 6 to Everyone:

Kids will certainly call out your boxes

10:51:51 From Scott Dodson (he/him) 6 to Everyone:

Often in public

10:52:05 From 8 Meldon Jenkins-Jones to Everyone:

Kids are definitely worth it. Great way to self-discovery!

10:52:11 From Vikki Keszey / Operations Director (LMR '18) to Everyone:

@Bailey I've got an 8 year old daughter going on 28, might need some wisdom ;-)

10:53:15 From Bailey Martin to Everyone:

There are no absolute answers, but I'm always happy to share what I have learned...

11:05:01 From Cathy Buckenmaier / Program Manager to Everyone:

It looks like Mark has brought in his own Tech Support

11:05:24 From Laura Faison to Everyone:

Confidence was a theme!

11:05:35 From Leslie Crabbs to Everyone:

That so many of the boxes I live in are ones I put myself in with negative talk

11:05:45 From Patricia_Perry to Everyone:

Financial Equity.....increased wealth creation & transfer, with more access to capital and credit

11:05:51 From Lorraine's iPad to Everyone:

Race, religion, relationships

11:06:22 From 8 Meldon Jenkins-Jones to Everyone:

Age was a big box for me.

11:06:30 From Patrick Duke to Everyone:

Communication, Unconscious Bias, Trust

11:06:42 From Hannah Qizilbash to Everyone:

Our group talked about confidence in balancing parenthood and career drive.

11:06:48 From Tom Klein to Everyone:

I shared that my financial obligations resulting from a prior divorce have limited my risk taking in my business endeavors

11:07:10 From Mel Smith to Everyone:

Team, it was great to be here and see you all again but I have to jump. I have a 11:00 but didn't want to miss the break out. Enjoy the rest of your weekend.

11:07:19 From Annette Ross to Everyone:

Discovered today, I'm a Boomer II. Who knew!

11:07:29 From Bailey Martin to Everyone:

see you Mel! Have a great weekend!

11:07:37 From 9 Tarvaris McCoy to Everyone:

we talked about The Competition/ Traditional Leadership box

11:07:44 From Jamaal Ellison to Everyone:

Take care Mel.

11:08:24 From Patricia_Perry to Everyone:

Empty Nester Club - liberating!!!!

11:08:44 From Anita Johnson11 to Everyone:

Singe and how that limits me is being self reliant and lack of trust to let others and ask for help

11:08:49 From Melody Hackney to Everyone:

Expectations of excellence for students of Hopewell (misperceptions related to their socio-economic backgrounds)

11:08:59 From Cathy Buckenmaier / Program Manager to Everyone:

Patrick had his hand up

11:09:07 From Annette Ross to Everyone:

Defined by Husband's career- church culture.

11:10:02 From Patricia_Perry to Everyone:

Yeah for the 'straight talkers'

11:10:34 From 10- Steve Gaidos to Everyone:

Looking at three boxes of communication, relationship and confidence, for me, it seemed to overlap with a common theme of the fear of vulnerability (Brene Brown ism)

11:10:59 From Annette Ross to Everyone:

Straight no Chaser- Great Jazz song! Thelonius Monk.

11:11:07 From Patrick Duke to Everyone:

Thanks Matt and Veronica

11:11:11 From Leslie Crabbs to Everyone:

@Steve - love your Brene Brown vulnerability!

11:11:12 From Patricia_Perry to Everyone:

YES Annette

11:11:28 From JoAnn Adrales-Ruh to Everyone:

@Steve G- I appreciate that point. Thanks!

11:11:40 From Stacy Thomas to Everyone:

That movie was YIKES!!!

11:11:40 From Anne Chamberlain-Kickstart Specialists to Everyone:

Brene Brown is a GREAT resource for unboxing!!

11:11:51 From Leslie Crabbs to Everyone:

I could not finish Don't Look Up - too much reality

11:12:15 From Anne Michie to Everyone:

Yes - I keep thinking Don't Look UP as I watch the news - folks fearing the "looking up"!

11:12:25 From Patrick Duke to Everyone:

Well said Bailey

11:12:41 From Jay Shively to Everyone:

I saw that movie.

11:12:58 From Anita Johnson11 to Everyone:

I must break out the box of Being mindful of spaces and people when I am being outspoken

11:12:59 From Verenda Cobbs to Everyone:

I couldn't get into it...I will try to watch again

11:13:01 From JoAnn Adrales-Ruh to Everyone:

As an aside-- Don't Look Up broke the Netflix viewing record

11:13:01 From Stacy Thomas to Everyone:

100%— also strikes me that it's about how scary and hard is is for us to consider others' perceptions

11:13:22 From Stacy Thomas to Everyone:

Especially when they are at odds with ours

11:13:30 From Verenda Cobbs to Everyone:

I can relate @Anita! This is a HARD one for me

11:14:03 From Anita Johnson11 to Everyone:

yes lets do it on the buddy system

11:14:13 From Anne Chamberlain-Kickstart Specialists to Everyone:

Love that, Anita!

11:14:21 From 8 Meldon Jenkins-Jones to Everyone:

Partially true.

11:14:31 From Verenda Cobbs to Everyone:

Lets do it @Anita! One day at a time

11:14:41 From Annette Ross to Everyone:

erica

11:15:08 From Verenda Cobbs to Everyone:

OUCH! That makes so much sense

11:15:28 From 9 Tarvaris McCoy to Everyone:

THAT'S IT!!

11:15:36 From Tiffany Harris-Greene 2 to Everyone:

I'm with you Verenda!

11:16:42 From Anne Michie to Everyone:

Pandemic has given us that pause time to reflect

11:17:00 From Cathy Buckenmaier / Program Manager to Everyone:

It bears repeating... Pause long enough to listen to the red flags.

11:17:27 From Verenda Cobbs to Everyone:

This is SO good!

11:17:27 From Cari Tretina to Everyone:

I am not sure that is entirely true, Anne. My professional and personal lives have never been so busy or complicated because of the pandemic.

11:18:00 From Anne Michie to Everyone:

Good for us to realize how different all of our days can be

11:18:08 From 10- Steve Gaidos to Everyone:

Consultant mantra - fake it till you make it.

11:18:14 From Cari Tretina to Everyone:

absolutely

11:18:43 From Stacy Thomas to Everyone:

I helped bounce those red balls around downtown when Play was launched!

11:19:27 From 8 Meldon Jenkins-Jones to Everyone:

@Steve, what happened to authenticity and transparency?

11:19:30 From Anne Michie to Everyone:

I'd have respected your opinions even without your suit jackets!

11:19:41 From Kipton Currier 12 to Everyone:

Recognize, regret, reorient

11:20:23 From 8 Meldon Jenkins-Jones to Everyone:

@Kipton, yes, I like that approach.

11:20:32 From Andre Minns - Kickstart Specialists to Everyone:

@Kipton...the new 3R's?

11:21:02 From 10- Steve Gaidos to Everyone:

@meldon - that consultant mantra is partly a joke and partly true. You are expected to know more than clients but the reality is you can't know everything.

11:21:19 From Brittany Schaal to Everyone:

What about a different work for regret? Review?

11:21:28 From Brittany Schaal to Everyone:

*word

11:21:38 From 8 Meldon Jenkins-Jones to Everyone:

Absolutely, my creativity is limited by having to perform my job. Lol.

11:21:44 From Stacy Thomas to Everyone:

realize

11:21:55 From Bailey Martin to Everyone:

Cari, I feel that assessment, personally I've never been more busy, but it has been great to see the benefits of my family being home together more has been such a great experience and helped me manage the heavier workload better! You have a serious job during a serious time and we appreciate your contributions!

11:21:55 From Andre Minns - Kickstart Specialists to Everyone:

@Brittany...I love the change there...much more positive

11:22:00 From Madison Nardone 1 to Everyone:

thanks for sharing, Anne! your experience resonates with me and I am still in process of shredding the "perfectionist" box

11:22:41 From Bailey Martin to Everyone:

probably Patrick!

11:22:48 From Laura Faison to Everyone:

Movement snack!

11:22:50 From Patrick Duke to Everyone:

Not me this time

11:22:53 From 8 Meldon Jenkins-Jones to Everyone:

Regret is humbling.

11:22:54 From Verenda Cobbs to Everyone:

Lauryn Hill has a song called I GET OUT and she's talking about breaking out of boxes...one of my faves

11:22:56 From Kim Young to Everyone:

I do believe that it is important to recognize that there is still *danger* associated with "courage culture" or "boxes", Dr. Cary Yazeed provides an alternative perspective of "courage culture" for black and brown folk.

11:23:03 From Kim Young to Everyone:

<https://drcareyyazeed.com/the-dangers-of-courage-culture-and-why-brene-brown-isnt-for-black-folk/>

11:23:30 From Verenda Cobbs to Everyone:

Thanks for sharing this @Kim

11:23:36 From Veronica Blount 7 to Everyone:

Thanks Kim

11:23:47 From Annette Ross to Everyone:

The sound just did something!

11:23:55 From Jamaal Ellison to Everyone:

Thanks Kim

11:24:03 From Annette Ross to Everyone:

Never colored inside the lines!

11:24:14 From Stacy Thomas to Everyone:

Thanks Kim- good reminder

11:24:18 From Erica Holmes to Everyone:

Thanks Kim for sharing.

11:24:20 From Patricia_Perry to Everyone:

@Kim, thanks for sharing.

11:24:26 From Bailey Martin to Everyone:

Thanks Kim! You always bring fresh perspective!

11:24:39 From Anne Chamberlain-Kickstart Specialists to Everyone:

Thanks for that, Kim. yes.

11:24:50 From Lacey Huszcza to Everyone:



11:25:56 From Annette Ross to Everyone:

Almost!

11:26:15 From 10- Steve Gaidos to Everyone:

I have to admit - I've seen this before

11:26:43 From Leslie Crabbs to Everyone:

@Steve - me too and yet I could not do it again!

11:27:14 From Anne Michie to Everyone:

Yes Kim - I have thought about systemic, boxes, institutional boxes as I listen and think - thanks for bringing your perspective up

11:27:44 From Kim Young to Everyone:

Thinking or behaving "outside of the box" can cost someone their life, jobs, housing, stability etc... this stuff is complex and I'm concerned we are oversimplifying these concepts.

11:28:42 From Erica Holmes to Everyone:

Kim can you share more

11:28:56 From Karen Wells to Everyone:

Kim is making a very interesting and GOOD point!

11:31:12 From 8 Meldon Jenkins-Jones to Everyone:

Kim, that may be why I became less enamoured with Brene Brown; couldn't put my finger on it before. Thanks.

11:31:22 From Carolyn Sears to Everyone:

FAIL = First Attempt in Learning

11:31:41 From Dave Gau 0 to Everyone:

Love that Carolyn!

11:32:12 From Bailey Martin to Everyone:

sometimes there are real and heavy consequences for breaking out of systemic boxes others put us in.

11:32:17 From Lorraine's iPad to Everyone:

Carolyn that's a keeper

11:32:21 From Bailey Martin to Everyone:

thanks Kim

11:43:08 From Kim Young to Everyone:

I have to hop off, y'all have a wonderful weekend!

11:44:13 From Karen Wells to Everyone:

I love this one-but I don't know the words

11:44:59 From Karen Wells to Everyone:

These words don't seem right

11:47:07 From Verenda Cobbs to Everyone:

Same Laura

11:52:56 From Jamaal Ellison to Everyone:

Need some Icy Hot!!!

11:53:04 From Simeon Harris to Everyone:



11:53:10 From Florencia Fuensalida - She/Her to Everyone:

only I knew about 2 songs of the whole list!!!! :(

11:53:16 From Annette Ross to Everyone:

Yes, BioFreeze!

11:53:17 From Patricia_Perry to Everyone:



11:53:21 From Tiffany Harris-Greene 2 to Everyone:



11:53:22 From Greg Baka to Everyone:

crazy ppl do karaoke

11:53:22 From Jay Shively to Everyone:

That was fun!

11:53:38 From Steve Gaidos to Everyone:
unsure

11:53:40 From Chris Beach to Everyone:
AWESOME!!!!

11:53:41 From Leslie Crabbs to Everyone:
Happy

11:53:44 From Madison Nardone 1 to Everyone:
energized

11:53:44 From Annette Ross to Everyone:
Excited to talk to my Team!

11:53:46 From brian maltby to Everyone:
thought we were going to talk

11:53:48 From Tom Klein to Everyone:
wondered what we would be talking about

11:53:48 From Bailey Martin to Everyone:
what were the other groups

11:53:48 From Patricia_Perry to Everyone:
Energized!!!

11:53:48 From Florencia Fuensalida - She/Her to Everyone:
I was like "holy shit karaoke"! lol

11:53:50 From Jamaal Ellison to Everyone:
Feeling Good!!!

11:53:52 From Leslie Crabbs to Everyone:
Karaoke rocks

11:53:52 From Alexis Fisher-Rizk to Everyone:
It was fun!

11:53:55 From Erica Holmes to Everyone:
Going in I was like not this again

11:53:56 From Lorraine's iPad to Everyone:
Apprehensive

11:53:59 From Anita Johnson11 to Everyone:
curious

11:54:02 From Bailey Martin to Everyone:
line dancing!

11:54:03 From Andre Minns - Kickstart Specialists to Everyone:
@Floencia...I got you next time!

11:54:05 From 8 Meldon Jenkins-Jones to Everyone:
I am relieved it was not a self-probing about our fears and the box.

11:54:05 From Verenda Cobbs to Everyone:

Unsure, but open

11:54:22 From Bailey Martin to Everyone:

I feel like our answers about dancing earlier were used against us!

11:54:25 From Florencia Fuensalida - She/Her to Everyone:

what were the other groups?

11:54:26 From Dianne Wilmore to Everyone:

NERVOUS

11:54:33 From Patricia_Perry to Everyone:

Line Dancing = FUN FUN FUN!!!

11:54:38 From Stacy Thomas to Everyone:

Like a rock star, obvs.

11:54:39 From 9 Tarvaris McCoy to Everyone:

relieved. but it was fun

11:54:41 From Anita Johnson11 to Everyone:

laughter joy

11:54:42 From Kristin to Everyone:

Amused. Energized!

11:54:42 From Mark Zaruba to Everyone:

I just ordered origami paper

11:54:44 From Verenda Cobbs to Everyone:

Relaxing-YOGA

11:54:46 From Melody Hackney to Everyone:

Pleasantly surprised

11:54:48 From Chris Beach to Everyone:

People think I have something wrong with me 😞

11:54:49 From Tiffany Harris-Greene 2 to Everyone:

It was fun!

11:54:50 From Bailey Martin to Everyone:



11:54:52 From Madison Nardone 1 to Everyone:

oh wow i'm glad i was in improv and not karaoke

11:54:53 From Anna Page to Everyone:

Motivated to try new things

11:54:55 From Florencia Fuensalida - She/Her to Everyone:

COOL! glad I didn't have to do dancing! lol

11:54:55 From Erica Holmes to Everyone:

It was great! Good way to end this session.

11:54:59 From Annette Ross to Everyone:

Sleepy. Relaxed!

11:54:59 From Laura Faison to Everyone:

SO glad I was in the yoga group 😊

11:54:59 From Jamaal Ellison to Everyone:

Feeling a bit refreshed - Yoga

11:55:05 From Patrick Duke to Everyone:

Yoga Group - Feel terribly inflexible and out of shape. Enjoyed this moment of reckoning

11:55:06 From 8 Meldon Jenkins-Jones to Everyone:

Great to laugh!

11:55:11 From Cari Tretina to Everyone:

i wish i could have been in another group. i do yoga every day, so it wasn't different for me

11:55:12 From Bailey Martin to Everyone:

actual picture of me line dancing 🕺

11:55:17 From Veronica Blount 7 to Everyone:

fun

11:55:25 From Florencia Fuensalida - She/Her to Everyone:

@bailey LOL!!!

11:55:30 From Mervyn Han to Everyone:

Loved the line dancing. Great to get up off the chair!

11:55:33 From Hannah Qizilbash to Everyone:

enjoyed creating something

11:55:34 From Laura Faison to Everyone:

Victoria was great!!

11:55:37 From Jess Burgess to Everyone:

I've made origami birds, but it was cool to learn the box

11:55:43 From Alexis Fisher-Rizk to Everyone:

the yoga was refreshing but also not new to me :)

11:55:45 From Daniel Obrien to Everyone:

Fun way to end the session!

11:55:47 From Patrick Duke to Everyone:

Harder by myself

11:55:48 From Anita Johnson11 to Everyone:

yes

11:55:49 From Laura Faison to Everyone:

Def. More fun with other people!

11:55:51 From Chris Beach to Everyone:

Not as much fun!

11:55:52 From Cari Tretina to Everyone:

i miss being around other humans

11:55:52 From 9 Tarvaris McCoy to Everyone:

impossible to do improv alone

11:55:54 From Bailey Martin to Everyone:

that would have been a lot harder in person...

11:55:55 From 9 Tarvaris McCoy to Everyone:

lol

11:55:56 From Verenda Cobbs to Everyone:

Easier by myself I think

11:55:58 From Patrick Duke to Everyone:

Would have never chose Yoga

11:56:00 From Tom Klein to Everyone:

easier because we all had to participate

11:56:00 From Patricia_Perry to Everyone:

FUN doing it as a group.....great company!

11:56:01 From brian maltby to Everyone:

certainly different - change in anxiety level in person

11:56:01 From 8 Meldon Jenkins-Jones to Everyone:

Improv would have been impossible alone.

11:56:02 From Steve Gaidos to Everyone:

definitely more fun with a group

11:56:04 From Tiffany Harris-Greene 2 to Everyone:

We needed everyone to complete the task

11:56:06 From Annette Ross to Everyone:

Same results regarding yoga!

11:56:13 From Steve Bleile/VCDC to Everyone:

yoga would not have happened, fact.

11:56:18 From Jay Shively to Everyone:

Great as a group - in-person would have been better.

11:56:19 From Alexis Fisher-Rizk to Everyone:

It was really fun to see everyone else doing yoga. I've done online exercising during the pandemic but not any classes where I could see everyone else.

11:56:34 From JoAnn Adrales-Ruh to Everyone:

glad I was line dancing in this room by myself!

11:57:18 From Chris Beach to Everyone:

Just put guys in a box

11:57:30 From Stacy Thomas to Everyone:



11:57:39 From Anita Johnson11 to Everyone:

fun fun fun

11:57:40 From Bailey Martin to Everyone:

I liked being forced into something new...

11:57:49 From Anna Page to Everyone:

(@Erica and @Mark - makes me think of our convo earlier...the anticipation is way worse than actually doing that thing for TEN MINUTES!)

11:58:09 From Bailey Martin to Everyone:

but also resented it! 😞

11:58:15 From Florencia Fuensalida - She/Her to Everyone:

Yes anticipation is the worst part

11:58:28 From Erica Holmes to Everyone:

Yes, Anna. I'm going to email you because we are getting out of our box in 2022.

11:58:42 From Anna Page to Everyone:

I'm with you!

11:59:09 From Bailey Martin to Everyone:

what was your activity Anna?

11:59:22 From Cari Tretina to Everyone:

I am still blown away your ex left you clipped to a mountain. I hope you BURNED that box.

11:59:44 From Laura Faison to Everyone:

@Cari - RIGHT.

11:59:46 From Anna Page to Everyone:

We did origami in the last group. @Cari - DITTO.

11:59:55 From Bailey Martin to Everyone:

yes!

12:00:04 From Veronica Blount 7 to Everyone:

I agree Cari

12:00:59 From Florencia Fuensalida - She/Her to Everyone:

love this homework

12:01:01 From Erica Holmes to Everyone:

Look at that Anna.....we already got our homework plan.

12:01:21 From Tech Support - KickStart Specialists to Everyone:

Please share the step you will take to start breaking out of your identified box.

12:01:59 From Laura Faison to Everyone:

Speak up and advocate for myself and my abilities (that Confidence box!)

12:02:01 From Norma Lee to Everyone:

Start a conversation

12:02:24 From Kerry Swarr to Everyone:

Meditation or Yoga 2x a week AND quality fun family time once a week.

12:02:30 From Jennifer Kell to Everyone:

Start using a budget

12:02:38 From Patricia_Perry to Everyone:

30 Minutes self care 3x/week

12:02:38 From Patrick Duke to Everyone:

Understanding the power of words and choosing them according to my audience to be more effective.

12:02:39 From Jason Ancarrow to Everyone:

relationships

12:02:42 From Anne Michie to Everyone:
Listen more, talk less

12:02:43 From Cari Tretina to Everyone:
Identify a volunteer opportunity

12:02:52 From Alexis Fisher-Rizk to Everyone:
Advocate for myself

12:02:53 From brian maltby to Everyone:
listen

12:02:53 From 3Robin Jones - The DFG Project to Everyone:
Stop spending

12:03:01 From Hannah Qizilbash to Everyone:
Begin a health and vitality regimen

12:03:02 From Mervyn Han to Everyone:
Ignoring after-hours work emails

12:03:02 From Jess Burgess to Everyone:
Work life balance

12:03:02 From Marisa (rhymes with Lisa) to Everyone:
Focusing on work confidence this year - step one reviewing my resume to see all that I've accomplished so far :)

12:03:02 From Scott Dodson (he/him) to Everyone:
Lower unrealistic expectations

12:03:04 From Florencia Fuensalida - She/Her to Everyone:
Move my body more. At least twice a week

12:03:06 From Sarah Bennett to Everyone:
Stop by 7:30 pm at least one weeknight

12:03:16 From Kipton Currier to Everyone:
Roar

12:03:17 From Karen Wells to Everyone:
Get more comfortable highlighting skills on social media

12:03:20 From Anita Johnson11 to Everyone:
Not be as outspoken

12:03:22 From 8 Meldon Jenkins-Jones to Everyone:
Find 7 scriptures that support finishing and publishing my book, to review daily.

12:03:25 From Hannah Qizilbash to Everyone:
Yes Kipton!!!!

12:03:26 From Annette Ross to Everyone:
Speak to that feeling when I think about it!

12:03:30 From JoAnn Adrales-Ruh to Everyone:
journal a few minutes each day, including writing/drawing each entry

12:03:33 From Verenda Cobbs to Everyone:
Negative Thinking- Confidence

12:03:35 From MaryAnn Fatheddin to Everyone:
Walking practice

12:03:36 From Carolyn Sears to Everyone:
work on my big goals instead of fixing everyone else's stuff

12:03:39 From Veronica Blount 7 to Everyone:
self care

12:03:40 From Dianne Wilmore to Everyone:
SPEAKING UP

12:03:41 From Tiffany Harris-Greene 2 to Everyone:
Walk @ least 2 week

12:03:55 From Chris Beach to Everyone:
Not being everything to everybody

12:03:55 From Florencia Fuensalida - She/Her to Everyone:
@tiffany YES!!

12:04:15 From Bailey Martin to Everyone:
take the first step

12:04:26 From Erica Holmes to Everyone:
@Chris.....saying "NO" is okay


12:04:44 From Veronica Blount 7 to Everyone:
get non profit started

12:04:49 From Verenda Cobbs to Everyone:
This has been timely for where I am in my life journey

12:04:56 From Greg Baka to Everyone:
Find a way to set and get a meeting with a business owner been trying to reach who has previously said No.


12:05:34 From Chris Beach to Everyone:
And KARAOKE in person!!!!

12:05:49 From Patricia_Perry to Everyone:
Yeah Chris = KARAOKE!!!!

12:06:02 From Simeon Harris to Everyone:


12:06:11 From Verenda Cobbs to Everyone:
We need a LMR Karaoke night

12:06:16 From Cathy Buckenmaier / Program Manager to Everyone:
https://lmronline.formstack.com/forms/lq2022_mid_year_retreat_evaluation

12:06:17 From Patricia_Perry to Everyone:


12:06:35 From Patricia_Perry to Everyone:
H-A-P-P-Y

12:06:36 From Cathy Buckenmaier / Program Manager to Everyone:

Please fill out the evals before we say goodbye!

12:06:43 From Anne Michie to Everyone:

Smart Growth team - we were going to "hang around" but we'll probably be kicked off?

12:07:11 From Cathy Buckenmaier / Program Manager to Everyone:

See you next on February 2 at Lewis Ginter Botanical Garden, 9am - 1pm. If "in person" isn't possible, we will let you know in the coming weeks.

12:07:15 From Cari Tretina to Everyone:

Anne - i sent out a link to your email

12:07:24 From Cari Tretina to Everyone:

you can join by computer or phone

12:07:40 From Tech Support - KickStart Specialists to Everyone:

Thank you all! Don't forget to complete the evaluation!

12:07:50 From Anne Chamberlain-Kickstart Specialists to Everyone:

Thanks, Cari!

12:07:54 From Cathy Buckenmaier / Program Manager to Everyone:

Thank you Kate, Anne, and Bob!!

12:08:00 From 8 Meldon Jenkins-Jones to Everyone:

Please save the Chat!

12:08:03 From Verenda Cobbs to Everyone:

Can someone repost the link

12:08:06 From Tech Support - KickStart Specialists to Everyone:

Will do!

12:08:15 From Anne Michie to Everyone:

Got it - I'll go to the smart growth link

12:08:23 From Tech Support - KickStart Specialists to Everyone:

https://lmronline.formstack.com/forms/lq2022_mid_year_retreat_evaluation

12:08:27 From Laura Faison to Everyone:

Thanks all!

12:08:48 From Anne Chamberlain-Kickstart Specialists to Everyone:

Chat is saved, Meldon!

12:08:51 From Lacey Huszcza to Everyone:

Bye! Have a great weekend everyone!

12:09:08 From Leslie Crabbs to Everyone:

Thank you!

12:09:13 From Tom Klein to Everyone:

I appreciate everyone I've met in our class!

12:09:15 From Leesa Christian to Everyone:

Have a great weekend!

12:09:25 From Patricia_Perry to Everyone:

Excellent session! Have an awesome day!!!!

12:09:32 From Erica Holmes to Everyone:

LQ2022

Not bad for an early Saturday morning! Have a good weekend!

12:09:47 From Florencia Fuensalida - She/Her to Everyone:
Great workshop!!! Thank you all!!!!

12:10:23 From Marisa (rhymes with Lisa) to Everyone:
Thank you everyone!

12:10:26 From Verenda Cobbs to Everyone:
That's my song!!!

12:10:28 From Patricia_Perry to Everyone:
Dirty Dancing - YES!!!!

12:10:37 From Patricia_Perry to Everyone:
@Verenda - me too!!!!

12:10:38 From Jamaal Ellison to Everyone:
Nobody put Baby in a corner

12:10:44 From Vikki Keszey / Operations Director (LMR '18) to Everyone:
Where the dancers at?

12:10:45 From Anne Chamberlain-Kickstart Specialists to Everyone:
Y'all are cracking me up!

12:10:57 From Anne Chamberlain-Kickstart Specialists to Everyone:
Verenda, feel free to dance!

12:11:05 From Verenda Cobbs to Everyone:
Yasss honey!

12:11:08 From Anne Chamberlain-Kickstart Specialists to Everyone:
Oh I see you already are!

12:11:13 From Hannah Qizilbash to Everyone:
Jamaal - I think you mean in a box! ;)

12:11:17 From Patricia_Perry to Everyone:
Verenda - may I have this dance?????

12:11:18 From Anne Chamberlain-Kickstart Specialists to Everyone:
Others are bobbing, too.:)

12:11:19 From 8 Meldon Jenkins-Jones to Everyone:
Thanks, Anne!

12:11:30 From Yahusef Medina to Everyone:
Thank you everyone! See you all at the next session.

12:11:39 From Jamaal Ellison to Everyone:
You are totally correct Hannah!!!!

12:11:42 From Hannah Qizilbash to Everyone:
:)

12:11:43 From Jamaal Ellison to Everyone:
Lololol

12:11:43 From Myra Smith to Everyone:

Thank you all for an outstanding morning! Now, go have some fun! Smile more, Love deeper! Laugh out loud!

12:11:48 From Cathy Buckenmaier / Program Manager to Everyone:

Who is going to do the lift?!

12:11:58 From 8 Meldon Jenkins-Jones to Everyone:

History Team, see you tomorrow!

12:12:03 From Bailey Martin to Everyone:

have a great weekend everyone! Thanks for all the stories and insight. Best class ever!

12:12:04 From Patricia_Perry to Everyone:

@Cathy - Not ME

12:12:05 From Vikki Keszey / Operations Director (LMR '18) to Everyone:

That's a hard pass on me, Cathy...

12:12:11 From Marisa (rhymes with Lisa) to Everyone:

Yes, see you tomorrow Meldon!

12:12:14 From Kerry Swarr to Everyone:

Have a great weekend....I'm line dancing into it..... 😊

12:12:18 From Jamaal Ellison to Everyone:

Thanks to the "Box Masher" and the "Box Crusher" for the great session.

12:12:24 From Cathy Buckenmaier / Program Manager to Everyone:

Steve B.!!!

12:12:29 From Anne Chamberlain-Kickstart Specialists to Everyone:

Yeah, you are, Kerry!

12:12:43 From Jamaal Ellison to Everyone:

Have great weekend everyone!!! Stay safe!!!

12:12:59 From 8 Meldon Jenkins-Jones to Everyone:

Thanks for another great session! Happy weekend everyone! Stay safe!

12:13:24 From Anne Chamberlain-Kickstart Specialists to Everyone:

Our pleasure, Jamaal Box Squisher Ellison!

12:14:20 From Anne Chamberlain-Kickstart Specialists to Everyone:

Yeah, Verenda!!! Get it, girl!

12:14:26 From Annette Ross to Everyone:

Yes, this was another great learning retreat! I want to go out in my front yard, look up to the sky, and do a Diana Ross move!!

12:14:31 From Cathy Buckenmaier / Program Manager to Everyone:

Pat and Verenda, you are making my day!

12:14:50 From Annette Ross to Everyone:

Take good care everyone! See you in 2 weeks@

12:14:55 From Verenda Cobbs to Everyone:

Yesss Pat!! My dance partner!

12:15:01 From Verenda Cobbs to Everyone:

Have a good weekend yall!

12:15:08 From Patricia_Perry to Everyone:

WELL DONE!!! Thanks Verenda.

12:15:35 From Anne Chamberlain-Kickstart Specialists to Everyone:

Hard to leave this music!!