



## Chat Transcript: Fireside Chat with Sara Martin

13:02:18 - Casey :

hi all - i don't have my laptop today so won't be able to join via video but glad to be here!

13:02:48 - Stephanie Jones:

I will have to leave early, but am excited to be on for as long as I can :)

13:04:38 - Lori Thomas:

Learn more about Stuart here: <https://www.welcoa.org/welcoa-connect/idea-collective-agenda/fireside-chats-emcee/>

13:06:27 - Nereida Yanez:

Kelsey - I love your coworker

13:06:31 - Pamela O'Reilly:

Kelsey your dog is adorable.

13:06:42 - Kelsey Lang :

He gets very needy in the afternoons HAHA

13:06:51 - Lori Thomas :

We all love Jack! <3

13:24:51 - Lori Thomas:

That just gave me chill bumps!! <3

13:28:11 - Stephanie Jones :

I have to jump off, I will be on the entire session tomorrow! Thank you!!!!

13:30:33 - Pamela O'Reilly:

I'm reading about rituals now. Book is "The Power of Ritual: Turning Everyday Activities into Soulful Practices" by Casper Ter Kuile. Haven't gotten into it very far yet, but so far it's good.

13:40:16 - Nereida Yanez:

I have to jump off early for an appointment but nice to see/meet everyone! Excited to see what tomorrow's meeting brings :)

13:47:36 - Kristen Lippencott:

In our group we basically echoed everyone else's thoughts - all 3 of us are trying to get back to the rituals we know make us feel better!

Kari specifically mentioned personal accountability.

13:47:46 - Tiffany Iliadis:

Yeah Our group, too, we talked about a morning running routine and seeing nature's beauty, yoga, hot baths, and meditation



13:48:32 - Stuart Chittenden:  
Thanks for sharing these other rituals here.

13:50:55 - Lori Thomas:  
I have noticed that the times where I get lost in the 'weeds' of the details of the work, those are the times that I lose sight of the big picture of the purpose of my work and start to lose that 'fire'. That is usually when I need to take a breath, re-center myself, and reach out for help so I don't burnout.

14:00:23 - Kelsey Lang:  
It's hard sometimes to not have a separation when working from home.

14:01:38 - Julie Stiles:  
Need that end of the day routine of planning out the next day - and need to hop to a meeting so thank you so much for this!

14:01:40 - Casey Shambayati:  
finding balance

14:01:41 - Stuart Chittenden:  
What Jim said: Make a list to do the next day

14:01:49 - Kristen Lippencott:  
Tomorrow's to-do list at the end of today is something I used to do but definitely forgot about until now!

14:01:52 - Tiffany Iliadis:  
I think this session is a reminder to express gratitude and to prioritize self-care. Also, thank you to everyone who was on this call, as it helped to create a safe space to share and to feel supported. Have a great rest of your week, everyone!

14:02:03 - Cynthia:  
Rituals -- exploring this question with my team. And, some ideas for quick "coffee breaks" with members of my the overall company.

14:02:04 - Kelsey Lang:  
Creating new connections with people I haven't thought about initiating a conversation with before

14:02:14 - Pamela O'Reilly:  
My biggest issue is understanding what I can control and what I can't. I think I'm just going to go old school and make a list of those things that I can refer to and follow.

14:03:14 - cbeaman:  
I apologize for having to drop off while Stuart is talking about supporting each other...Bye

14:03:21 - Lori Thomas :  
That was from Michelle Spehr's session!!



14:03:39 - Tiffany Iliadis:

I think another thing I'm taking away is the reminder that it's ok to inquire with colleagues about how they're doing emotionally. Sometimes that can be a tricky line to navigate, especially if you're in management, but we need to remember and recognize that we're all human beings having a very human experience.

14:03:52 - Madison Jones:

Find a routine/ritual that fits my 'no plan, easy breezy' life; also find someone to talk about decisions I have to make that won't be affected by it.

14:04:04 - Tiffany Iliadis:

thank you, everyone!

14:04:13 - Pamela O'Reilly:

Thank you everyone! This was so great. I needed this break in the day!

14:04:41 - Tricia Zamora:

Thanks for allowing us to share what is going on at a human level. As a wellness professional we are used to caring for others...not always sharing our story

14:04:42 - VGalvan:

I check in with my manager every day and this is something that helps us keep on track and focus on our daily activities.

14:04:51 - Lori Thomas:

Please take a moment to complete the survey for today's session

<https://www.surveymonkey.com/r/20210223-fc-martin>

14:05:08 - Sara Martin:

feel free to reach out to me at [smartin@welcoa.org](mailto:smartin@welcoa.org)

14:05:35 - Tricia Zamora:

thank you!