



Chat Transcript - Week 5 Inner Circle: Strategies That Build Individual & Organizational Resilience

12:01:25 - Jim Collison:
Welcome friends

12:02:35 - Lori Thomas:
Welcome everybody!
As a reminder, you can access recordings and resources here:
<https://shop.welcoa.org/event-resources/>
You will need to make sure you are logged in to view them. Please contact me at
lthomas@welcoa.org if you experience any issues accessing them.

12:05:01 - Lori Thomas:
My kids get so embarrassed! I talk to everybody!

12:05:47 - Chase Sterling (she/her) The Partners Group:
Lori I am SUCH a talker - I make friends everywhere I go, I love people

12:05:57 - Pam O'Reilly:
I have multiple lists....

12:05:59 - Julie Stiles:
Oh that's good Jim - yes

12:06:05 - Amanda Hesser:
@Chase maybe that's why I love you!

12:07:02 - JoJo Ogg:
aim fire ready!

12:07:06 - Amanda Hesser:
I am in-between those two

12:07:40 - Chase Sterling (she/her) The Partners Group:
@Amanda haha I'll need to introduce you to Megan Flanagan who is also here!

12:08:07 - Amanda Hesser:
I met her last week!

12:08:39 - Megan.Flanagan@pacificsource.com:
Great to meet you, Amanda! Love making new connections through groups like these :)

12:08:39 - Chase Sterling (she/her) The Partners Group:
yay! I love meeting awesome wellbeing folks through things like this



12:11:30 - Lori Thomas:
I LOVE this chat!! <3

12:22:41 - Adam Paige:
Spider-Man has "Spider-sense." Lori has "empath-sense."

12:24:40 - Lori Thomas:
Individualization, Positivity, Developer, Empathy, Activator

12:24:47 - Nichole:
Analytical

12:24:49 - Natalie Spencer:
Achiever, Learner, Command, Activator, Arranger

12:24:55 - Chase Sterling (she/her) The Partners Group:
Responsibility, Strategic, Intellection, Activator, and Communication

12:24:57 - Jim Collison:
Arranger, Woo, Maximizer, Communication, Activator

12:25:02 - Pam O'Reilly:
Connectedness, Input, Intellection, Responsibility, Learner

12:25:07 - Eric Ziarek:
Harmony, Activator, Arranger, Includer, Ideation

12:25:10 - Amanda Hesser:
Woo Communication, Includer, Maximizer, Achiever

12:25:13 - Dawn:
harmony, ideation, positivity

12:25:34 - Adam Paige:
Responsibility, Relator, Achiever, Consistency, Strategic

12:25:52 - JoJo Ogg:
activator, woo, positivity, individualization, includer

12:26:10 - Julie Stiles:
I've done it a couple times and got different results. Curiosity, love of learning, honesty, perspective, social intelligence have shown up

12:26:11 - Jim Collison:
Except Woo. Woo is the best. :)

12:26:21 - Julie Stiles:
Woo sounds fun. I want some woo.



12:26:29 - Amanda Hesser:
Woo has the best name for sure!

12:26:42 - Lori Thomas:
It's fun to say

12:27:17 - Jim Collison:
Stands for Winning others over

12:29:00 - Jim Collison:
For those who have taken CS, we just crossed over the 25 million mark a few weeks ago

12:29:39 - Amanda Hesser:
Finding new ways to use strengths gives a boost in happiness!

12:30:53 - Jim Collison:
Yes indeed @amanda. Esp coming out of the pandemic with the workplace changing like it is

12:31:19 - Lori Thomas:
Work that uses our strengths feels so fulfilling

12:34:45 - Lori Thomas:
1. How have you overcome challenges?
2. What are your future hopes and dreams?
3. What do you feel proud of?

12:46:33 - Lori Thomas:
Keep conversations going in our private LinkedIn group!
<https://www.linkedin.com/groups/12515582/>

12:48:49 - Amanda Hesser:
This is very fitting, I'm giving a lunch n learn today that touches on signature strengths. I got some good tidbits to add so far.

12:49:04 - Lori Thomas:
That's awesome, Amanda!

12:51:09 - Obi-Ron Kim-obi:
It is a good example Ryan. It seems like many of the physical type initiatives we may have seen or led have an opportunity to get transformed into something more inclusive.

12:57:21 - Nichole:
Nice to interact today!

12:57:24 - Nichole:
Love the groups

12:57:37 - Heidi Mason:
Thank you!



12:57:46 - Pam O'Reilly:
Thank you!

12:57:48 - Chase Sterling (she/her) The Partners Group:
Yes! So great to get to meet and connect with more people

12:57:50 - Eric Ziarek:
Make it a great day everyone!

12:57:53 - Julie Stiles:
Thanks all!

12:58:05 - Nichole:
Have a great day!

12:58:09 - Amanda Hesser:
Thank you!

12:58:46 - Ginger Hill:
Yes - Book club!