



## Chat Transcript - Week 4

### Inner Circle: Workplace Wellness That Works for Everyone

12:00:09 - Marisa Jacobs:  
Hello!

12:00:18 - GinaC:  
Gina from Vermont!

12:00:22 - Lyta:  
Good morning from Vallejo

12:00:29 - Cynthia Grajeda-James:  
Hello from New Mexico!

12:00:34 - Alison Hernandez:  
Hello! Alison from Boston, MA :)

12:00:39 - twest:  
Teresa from Nebraska

12:00:42 - Theresa Cross (she, her, hers):  
Theresa from the state of Washington!

12:00:45 - Stephanie Jones:  
Little Rock AR

12:00:45 - Patty de Vries:  
Greetings from the Santa Cruz Mountains in Northern, CA

12:00:59 - Stanyale Riley:  
Hi from St. Louis, MO

12:02:25 - Lori Thomas:  
Welcome everybody!

12:03:12 - Theresa Cross (she, her, hers):  
Sorry I'll miss the reception. I'll be on my way to get vaccinated with the COVID vaccine!

12:03:29 - Lori Thomas:  
That is so exciting Theresa - congratulations!

12:04:12 - Stephanie Jones:  
good for you Theresa!

12:04:59 - Jermey Taylor:  
jermeyt@gmail.com



12:05:22 - Lori Thomas:  
What was your top Character Strength?  
Reply at slido.com with #522413

12:05:40 - GinaC:  
Humor

12:07:00 - Lori Thomas:  
Keep them coming! We have 17 so far

12:07:30 - Faith Simmons:  
screen is spinning

12:07:51 - Lori Thomas:  
@Faith, try to refresh

12:08:11 - Faith Simmons:  
got it. thank you!

12:15:52 - Lori Thomas:  
The full video can be found here: [https://www.youtube.com/watch?v=lghpTEp\\_VpI](https://www.youtube.com/watch?v=lghpTEp_VpI)

12:19:32 - Lori Thomas:  
NOTE: If you are dialed in and logged in through video - please merge the two or message me which number you are dialed in from so I can do it for you. That way I don't put you in two different breakout rooms!

12:32:56 - Lori Thomas:  
1. What stood out for you most in these two case studies?  
2. Based on these two case studies, what is something you might do to engage your managers – both in terms of well-being and DEIS?

12:50:38 - Leslie Ritter:  
[leslieritter@mac.com](mailto:leslieritter@mac.com)

12:54:07 - Stanyale Riley:  
When have you ever felt unheard?

12:54:18 - Brandi Hunter:  
What do you feel challenges your efforts to be healthier or have greater quality of health?

12:54:22 - GinaC:  
What has prevented you from being at your best?

12:54:28 - Theresa Cross (she, her, hers):  
What do you think is missing (if anything) from our wellness efforts or approach?

12:54:30 - Stephanie Jones:  
What is the biggest barrier you face on a daily basis?



12:54:33 - Kelly Boeldt:  
What keeps you up at night?

12:54:41 - Heather Sittler:  
When have you felt that someone else has given up their advantage to help you take a next step?

12:54:58 - Debbie Hammer:  
What are you most afraid of?

12:55:12 - Lyta:  
What would help you feel more supported at work?

12:58:11 - Faith Simmons:  
Hi everyone, I need to hop off for a 2pm meeting. Thank you so much for today's session. See you next week!

13:00:34 - GinaC:  
Thank you Jermey! Great job!

13:00:46 - Lori Thomas:  
If you are able to - stay on for the reception!

13:01:19 - Trish Isaak:  
Have fun at reception! I have another meeting.