

- **Delina**

please add Adam's twitter handle

- **Sheila**

Camomile Tea

- **Bridget**

Adam's Twitter handle - @liveazenlife

- **Adam Timm**

@liveazenlife Twitter :)

- **Esther**

thank you

- **Joanne**

take 10 minutes out after work

- **shakeita**

SLEEP

- **Adam Timm**

I'm inspired by your commitment to "Me" time!

- **Angela**

yay! i can't wait

- **Cyndi**

Thank you so much for reaffirming what most of us probably already know. Great information

- **Adrienne**

I missed Adam's Twitter handle. Please repost.

- **Suzanne**

start meditating

- **Aretha**

Thanks Adam. I learnt a lot and will do something to celebrate.

- **Dianne**

Enjoy, Mary! Do a facial too!

- **Margaret**

be resilient

- **Ivon**

what is Adam's Twitter handle? I lost it in the sea of chat :)

- **Jen**

which jen? ;-)

- **Adam Timm**

Thank you!

- **Jean**

first thing I'm going to do is follow Adam on twitter!

- **Leatrice**

I didn't see his twitter info

- **Dawn**

Thanks for taking the time to help others achieve their dreams.

- **Barbara**

This has been an eye-opener for me!

- **Lynda**

Thanks for this webinar!!

- **Roz**

take 15 minutes

- **Renee**

Fantastic job Adam!!!! Great tips!!

- **Lisa**

thanks in advance for all the post webinar follow up info. Awesome webinar!

- **Mary**

Mani pedi I'm on vaca

- **Sheila**

S L O W D O W N

- **Evelyn Pierce**

Great session. I really enjoyed ot/

- **Mikki**

Exercise

- **Janis**

yga

- **Heather**

take a moment

- **Heather**

take a moment

- **Judi**

This was a fabulous webinar. Thanks so much

- **Dianne**

I will implement Robyn's idea of posting gratitude daily on Facebook

- **Tara**

share the joy

- **Evelyn**

I'm grateful for the time today, thanks!

- **Mary**

renew my thinking about self care

- **Tara**

teach a class in creativity

- **Theresa**

Be assertive!

- **Mary**

Such a great webinar, I got to slow down on vacation and attend!

- **Heather**

take a moment

- **Pat Wilkes**

Laugh alot; life's too short

- **Erica**

meditATE

- **Amethyst**

Jasmine, I will go shopping!!

- **Shelley Messersmith**

Breathe

- **Mary Roth**

take 10 mins and breath

- **Erica**

meidqte

- **Tara**

Garden

- **ST**

You have to take care of yourself so you can take care of others!

- **Heather**

take a momen

- **Adam Timm**

yay! You guys are great!!

- **Gilda**

Read your book!

- **Linda**

breath

- **Jody Suchan**

Water Arrobics!

- **Cyndi**

take time for my self

- **Chandra**

Journal & meditate

- **Veronica**

PICK VERONICA

- **Pat Wilkes**

Breathe

- **Elvie Atienza**

Meditate

- **Deb**

Take time for me!

- **Karen**

LAUGH

- **Jean**

go for a walk during lunch

- **Crystal**

meditate

- **Yolanda**

Say NO

- **Melissa**

go to your website. :)

- **Heather**

take a moment

- **Susan**

learn to celebrate the day

- **Tara**

Paint

- **Evelyn Pierce**

breathe, slow down, meditate

- **Cyndi**

take time for my self

- **Amethyst**

go shopping

- **Tess**

write a gratitude log

- **Heather**

take a moment

- **Cathy Kramer**

Say NO to two low priority tasks

- **Barb Unger**

Take a Breath!

- **Elsa**

15min being still

- **Lisa Nolan**

Breathe

- **Ivon**

Take a walk when tressed

- **Gerrie**

Take 10 min to read and relax from my day

- **Renee**
Find a battle buddy
- **Teresa**
journal
- **shakeita**
WINE
- **Anthony**
exercise
- **Irma Villarreal**
take 15 minutes for myself
- **Ceola**
Set in the bath for an hour
- **Adrienne**
I am going to celebrate my daily achievements
- **Esther**
meditate
- **wlpayne@us.ibm.com**
Meditate
- **La Tasha**
write about what i am thankful for
- **Diana L. Gavin**
Breath
- **Maria**

breathe

- **kristy cannon**

take time for myself! TODAY!

- **Martha LaFortune**

I'm going to leave on time, take a bubble bath and listen to music.

- **AnnMarie**

Meditation

- **Sammy Joie Mok**

enjoy the sunshine

- **Julie**

Start a journal and enter my first thing I'm grateful for.

- **Christina McGuire**

Breathe

- **Deborah**

self care

- **Ivon**

Take a deep breath

- **Heather**

take a moment

- **Keshia Dixon**

I am going to step away from my desk for 15 mins and breathe.

- **Tonya**

MEDITATE & JOURNAL

- **Sammy Joie Mok**

journal

- **Michelle**

tell my co-workers that I appreciate them

- **Shirley**

breath and prioritize

- **Melissa**

go to our website

- **Elvie Atienza**

Prioritize!

- **Donna**

Meditate

- **Laura Vedder**

go for a run

- **Anthony**

Thanks for the webinar, it was great!

- **Heather**

take a moment

- **Esther**

meditate

- **Jean**

pilattes

- **Kristine Dudley**

start a Journal

- **Kaitlyn**

watch this webinar!! :)

- **Leticia Roque**

think of fun things I enjoy

- **Brenda**

meditate

- **Amber Richards**

Make time for myself

- **Robyn**

slow down, breath and find fun

- **Nora**

Walk for 30 minutes

- **Heather**

take a momen

- **Tammy Hawkins**

meditater

- **Paula Collier**

Walk my cat!

- **Lori**

Take a nap!

- **Brenda**

I also do Daily Huddles with my boss. When I suggested it, he lit up like a Christmas Tree... he thought it was a wonderful idea.

- **Adam Timm**

No plans for audible version of the book just yet, sorry

- **Adrienne**

Thank you Susanne

- **Heather**

Thank you Adam, great advice!

- **Tonya**

Thank you, Adam, Joan, and Jasmine for this great webinar! :)

- **Mary Jane**

Thank you for a great webinar

- **Julie**

Adam, thank you for sharing your insights. Very timely!

- **Heidi**

Make those meetings with your manager count, though. Have an agenda, go through everything as quickly as possible, and be ready to pose solutions to problems you want to discuss

- **Barara**

schedule it and mark it urgent...

- **Judi**

I have found that the best time for me to get one-on-one time is after the office is quiet. It means I stay late, but the results is worth the extra time.

- **Roseann**

QUESTION: 3RD BOSS IN 4 YEARS how to deal with these changes

- **Shannon**

Great webinar! Thanks so much for putting this together! :)

- **Janie Bevens**

Thank you. Another great webinar.

- **Evelyn**

I'm definitely buying your book Adam -- I love your message.

- **Susanne**

Adrienne: Adam has a Facebook page that you can Follow.

- **Melissa**

Thank you for holding this webinar and letting us say yes to our self.

- **LK**

you are there to help your manager, so to meet w/ you, meeting w/ you helps them.

- **Robyn**

When I accepted my current job I took Joan's ideas of 'Daily Huddles' . Even if we only end up meeting for 5-10 minutes it has really helped getting us on the same page and working well together.

- **Alexa**

I would put some time on his or her calendar with an agenda included! cannot ignore something on the calendar

- **Ivon**

For Adam... will his book be available on Audible anytime soon?

- **joan**

I keep a tube of blow bubbles to help me smile when things are overwhelm.

- **Sharon**

Could we get book recommendations from Adam?

- **Taylor**

will this audio be posted on the office dynamics website? thanks, Taylor

- **Tara**

SUNNIE: Find a way to document your workload so they know how much time it really takes to meet their needs.

- **Joanne**

The book list would be great!!!

- **Dianne**

I am convinced the universe takes care of me! This webinar today has spoken directly to me as I was at the point of handing in my resignation!

- **Kristine Dudley**

One of our Business Units does a DJ Friday thing where employees suggest songs to the EA, and at 3 pm each Friday, she blasts the music out to the floor - folks really like it.

- **Melody**

Sunnie, focus on your processes. Both bosses might have different ways of doing things. Nail down how each likes to do things and form a process to follow and that will help you.

- **Angela Schnell**

I just bought your book! Thank you :)

- **Lovilla Bables**

Keep in mind.... "that we are not responsible for People Actions",. You can never please everyone!

- **Tonya**

I try not to assume people are being offensive - I certainly don't want to be taken as offensive when I'm down.

- **Cyndi**

I agree...I try to put myself in their shoes, especially at work. If my execs are "difficult" they are probably being pushed by the Board

- **Tara**

Love magic wands. I also have a "magic wand paintbrush" and keep watercolors at my desk so I can bring myself back to a positive "thought of the day" by putting color on paper with the quote written on it.

- **Nancy**

Only you can give yourself permission to feel inferior.

- **Janet**

Adam! I totally agree it's not personal but just formal.

- **Sunnie**

I just got promoted so on top of supporting my SVP, I now report to our CFO and he's my priority btm both execs. I'm worried that I may drop the ball due to the faster pace and increased workload. Any recommendations on what I could do so it doesn't get me stressed? Thanks.

- **Jackie Cossio Wilkins**

I post a Friday Dance every Friday on social media. It's amazing how many people get a great feeling from it!

- **Sylvia**

Amazing book - Viktor Frenkel - <http://www.brainpickings.org/2013/03/26/viktor-frankl-mans-search-for-meaning/>

- **Janie Bevens**

Adam is hitting the nail on the head. Excellent -- It is not personal. I've been trying to practice this and everytime I want to make it personal and it is helping! Thank you!

- **Cathy**

Audio is cutting off.

- **Paula Collier**

Roxann, I have two different 'magic wands' that make sounds and light up. My supervisor sometimes comes to me and says 'Wand me, please!'

- **RIZWANA**

Adam! Is it really so easy to say "NO" to people???

- **Minnie**

Heather, You manage your boss's calendar, make time for you to talk to him. Provide an agenda and this gives your boss a reason to meet with you. An agenda also provides you an opportunity to cover what you need and give your boss an opportunity to prepare to give you answers.

- **Barbara**

I like the magic wand prop!

- **Heidi**

Maria Resendes, I would encourage you to perhaps think about asking to transfer to another exec. It is your exec's job to put her own boundaries in place. She is never going to be truly successful if she continues down her current path.

- **Patricia Martin**

I was about to ask that question. How do you not take things personally

- **Patty**

We do a Friday dance and it really relaxes us and gets us pumped up to get on with our day and our tasks.

- **Roxann**

Our HR person has a magic wand that makes a funny sound when you wave it and it lights up. Every once in a while I go in there and tell her I need a little magic. It's corny but it's really helps :)

- **Nancy**

Gloria - yes, it is possible, but some people thrive on chaos and don't want to be helped.

- **Laura Vedder**

This week's quote: "Sometimes the tunnel is as much a gift as the light at the end of it." - Terah Cox

- **Cyndi**

realize...sorry

- **Gloria**

Is it possible to help someone be more resilient when that person is so resistant to change and can't get out of that 911 state which is on constant mode.

- **Adam Timm**

Sandy, it may be interesting to try to see what's happening before the overwhelm

- **Laura Vedder**

I have a small dry erase board at my desk, and each week I post a new quote for people to read when they walk by/stop by

- **Cyndi**

How do you manage your stress, when you do not realize you are stressed?

- **Heather**

Thanks everyone

- **Adrienne**

Adam, do you post your philosophies and techniques on social media?

- **Bo**

I've learned I can't take care of others if I am not healthy/taking care of myself. If I'm worn out, I am less/not able to have the strength needed to other people.

- **Paula**

Heather - communicate with him the way he prefers, if it's Yes/No answers he prefers, give him Yes, No Questions, If he doesn't like fluff, get right to the point. Don't take it personal though, they're busy and sometimes just deal differently than we do.

- **Kristine Dudley**

schedule 1:1 's with your manager/boss and close the door, perhaps lock the door so you have at least 30minutes of uninterrupted time to discuss issues. It can be weekly or i-weekly.

- **Hannelie**

Thank you very much. Have to go to work now. Signing out.

- **Sandy**

I handle stress pretty well, but sometimes I find that I go from feeling not stressed to overload with no apparent warning in between. Can you suggest some tips.

- **Kay**

I ask people to send me requests that include the level of priority and date they need a response by. Very helpful when trying to prioritize.

- **Heidi**

Agreed, Nancy

- **Maria Resendes**

How do you help your boss learn to say "No" to new projects. She is extremely stressed, which has a rippling effect.

- **Corinna**

Good idea Brenda. I'll try that next time.

- **Ivon**

Would love the list of book recommendations.... Can we get that???

- **Nancy**

When talking with your exec, be prepared. Have a list of items and don't chase rabbits. They will be much more in tune when they realize you are respecting their time.

- **Sheila**

Nice: "Self-Care, Itself". Could be a great mantra.

- **Judi**

I find that when I'm asked to do more than one thing at a time, to let the person know what is on your plate and ask which one of those things can be moved to accomplish what they need to have done. Of course in a very professional tone of voice.

- **Tara**

Heather: One thing I do is to come with scenario and ask for a yes or no - builds my boss's respect for me as a problem solver and takes burden of problem solving off of him/her

- **Brenda**

Corinna, I found the chat distracting and I put a couple of post-it notes over the chat so I didn't see it. It worked like a charm!

- **Corinna**

Actually just tried that, doesn't work :(

- **Roseann**

3RD BOSS IN 4 Years - how to deal with all this change...

- **Heather**

Q How do you get your boss to make time to talk to you? When I do talk to him I don't really feel like he takes me seriously with my questions/issues.

- **Kathy**

When I take time off from work - vacation or sick time - I feel guilty about the increased workload I'm putting on the other admins in the office.

- **Corinna**

thanks Jenn!!!

- **Nancy**

Communication is key. If you have multiple "fires", especially from one boss, ask up front which is first priority. Let them set the priority.

- **Kevi Jones**

Good Webinar...When is the next one??

- **Jenn**

Corrina - there is a Chat Mute button for the future

- **Jen**

How do I help others be stress resilient?

- **Dianne**

How do I de-stress without unloading my stress on others?

- **Kathy**

Exactly ... I do morning briefings

- **Monika**

Q- How to handle multiple fires and attitudes

- **Dianne**

Thanks, Jasmine. I look forward to the chat script to see what I missed. I appreciate the effort you put in.

- **Sheila**

How does one get time with the boss when the boss his or herself, does not have time?

- **joan**

book on kindle too

- **Amy**

Thanks Adam

- **Shelly Egan**

I'm not the only one stressed in my office, what can we do as a group?

- **Kevi Jones**

Aquatic aerobics works for me!

- **Corinna**

For the future, you may want to remove the chat box it is way to distracting!!!

- **Paula**

Love it Georgette!

- **Ivon**

Is this book on Audible? I listen to books on my commute and am very interested in getting it in that format

- **Georgette**

STRESS - Still Trying to Run the Entire Solar System

- **Evelyn**

What moment while you were a 911 operator, did you "wake up", decide to move on to other things? Is there a moment when resilience leads to positive change and what is it?

- **Debbie Bridge, CAP-OM, MOS**

Thank you so much.

- **Melissa**

Is there any suggestion not only to have self care but how to carry that to others in the office?

- **Janet**

We did not receive point #3 for the three keys.

- **Paula Collier**

Thank you Adam!

- **Dianne**

Lookinh forward to buying your book, Adam!

- **Keshia Dixon**

Thank you, Adam. Your correspondence was a Godsend.

- **Roseann**

3RD BOSS in 4 YEARS...how do I not fall into old habits with the new President...(thisis the way it used to be done attitude)

- **Jackie Cossio Wilkins**

Thank you Adam...great information! :)

- **Cyndi**

Thank you so much Adam....Great information shared

- **Adam Timm**

#3 Key was Celebrate Your Successes!

- **Teresa**

Re: Reminders to keep our feet on the ground. I have a note on my monitor from my co-worker in Israel that says "Nehederet" translated to "you are great."

- **Lisa**

Thank you Adam. This has been an extremely useful webinar. You have given me alot of good points and things to think about.

- **BETTY**

Thank you and he is describing me to a tee.

- **Ceola**

i timeout for about an hour.

- **Kevin**

What was the Adams # 3.

- **Jen**

QUESTION: How to help others be more resilient to stress?

- **Heather**

I have to leave this webinar early, but want to thank you all for another great webinar. I learn so much from my fellow admins. I look forward to future webinars.

- **Roxanne**

Would love to see how Adam handles calls that are #1 high Stress versus a non stressful callghhight

- **Kari**

Fantastic! Nice talk!

- **Mikki**

Ditto Karen.

- **Mariaq**

I take my lucnh hour and walk 3 miles, what a huge help!

- **Karen**

Thank you so much for talking about self care. I tend to put myself last.

- **Amy**

Thank you Jasmine. I love the support that everyone provides via Chat. It would be great to have a chat group for all of us to continue this - maybe a blog/chat

- **Christina McGuire**

Thank you Jasmine!

- **Mikki**

I would like to see a chat script to see how others are dealing with stress. Thank you.

- **Roxann**

I love that idea! I try to give myself time after work, be it just relaxing with a book or going to the gym when I can.

- **Kristine Dudley**

Thanks, Jasmine! I really like some of the idea's on the chatroom

- **Nicole**

The car ride home is a good time to just play music, breathe, and let go of work before you get home to your family

- **Mary Jane**

Thanks Jasmine.

- **Nancy**

Once you've proven yourself a true friend, then the other person will be more accepting of any advice you have to give.

- **Joanne**

Hatha Yoga works for me as well. Great to get rid of the stress of the day.

- **Jackie Cossio Wilkins**

Thanks, Jasmine! That will help! :)

- **Margaret**

love that - "slow down," "breath." Reminds me of a saying my mom used to say: "dress me slow, Im in a hurry." Going to fast, causes mistakes.

- **Theresa**

Thanks, Jasmine--looking forward to receiving it!

- **Laurie-Jean**

thank you Jasmine. it's hard to follow Adam and all the great chats!

- **Brittney Jarrell**

Thank You Jasmine!!!!

- **Dianne**

So true, Kevi!

- **Theresa**

I would love to get the chat script! Great idea.

- **Kathie Duso**

Thanks Jasmine!!

- **Brenda**

Thank you Jasmine!

- **Kevi Jones**

Let's not forget to laughFinding the humor for me, works!

- **Amy**

thanks Jasmine

- **Cindy**

Exercise is an excellent stress reliver! Zumba and Hatha Yoga do it for me. Hope this helps everyone!

- **Jan**

29 years of being and exec assitant....I am listening :-)

- **Jasmine Freeman**

I'll try to get a chat script sent within 48 hours along with your certificate of completion.

- **Cyndi**

I am fine when I am stressed, that is what is so difficult. I do not realize when I am stressed.

- **Ivon**

I do have a gratitude journal that hasn't seen me in over 2 months

- **Melissa**

will we get a copy of the chat messages how to listen and follow the comments

- **Ivon**

Cyndi, I like your idea of pasting the 'difficult' pages together.

- **Ivon**

I read positive quotes and they say that successful people wake up earlier... and I try, but I'm so tired from all of the things from the night before... that I don't get up earlier in the morning.

- **Gloria**

This is great info! I'm getting a lot from this guy!

- **Mary**

Excellent advice to slow down, I use this often. I also have a time in the day after 3 that i don't touch anything critical, mistake making time of day

- **RIZWANA**

“Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough.” ~Josh Billings

- **Yolanda**

Thank you,

- **Kathy**

I find that I do what the most difficult executive wants right away; it gives him comfort, and it removes him from me because his/her work is done.

- **Georgette**

when I've been given a priority and then asked to do something else. I ask which of the previous tasks they would like for me to put on the back burner. It makes them realize that they have given you so many conflicting or competing assignments.

- **Patty**

I love what Adam said, 'Try not to be conditioned by the past...angry customer ,etc.. Wow! Great advice.

- **Robyn**

Keisha-awesome suggestion to add self-care to our job description! I'll be talking to my boss about that!

- **Rosaline**

That's me sometime on auto pilot.

- **Cyndi**

That would be wonderful, Sheila. I am the only Exec Admin and am finding alot have the same issues as I

- **Cheryl**

thanks Tonya.

- **Theresa**

So true, Sheila!

- **Dianne**

Don't let bad habits triumph, Tara!

- **Paula**

I agree, reaching out to hear other people's viewpoints and issues in our own admin field is very helpful.

- **Kimberley**

Battle buddy...I like thar

- **Ivon**

I started to walk in the mornings and was doing great... then work and home and work and home kicked in and stopped. It's easy to go back into bad habits.

- **Dianne**

Thanks, Tara!

- **Sheila**

This is a great forum. Perhaps we need to schedule webinars just to communicate with each other about our life challenges.

- **Kathy**

I like this attitude of being open and untensed! Fabulous!!!

- **Yolanda**

what is the third key???

- **Tara**

Nice summaries, Dianne.

- **Cyndi**

It is difficult when you are the one in the office that all 150 come to because you will listen and truly care

- **Cathy**

I love Zumba and the way I feel afterwards. It's a good high and I love to dance.

- **Tonya**

@ Cheryl - (1) Slow down & be still (2) Dwell in a space of gratitude (3) Consciously celebrate daily achievements

- **Georgette**

Some executives don't even realize how demanding they are - you have to point it out

- **Dianne**

Self Care: 1. Meditate 2. What can you say "NO" to this week 3. Keep a Gratitude journal

- **Lisa**

Nancy - I agree. My executive is thankful for my ability to listen.

- **Jen**

Nancy - yes this is true

- **Keshia Dixon**

Admin Professionals administer to lots of things by definition alone. One idea would be to review your job duties and job description and redefine your position by adding Self Care.

- **Georgette**

Yes, having a "battle buddy" is important - everyone needs to vent from time to time

- **Cindy**

Exercise does help! It releases endorphins that help your body relax. Zumba and Hatha Yoga at my community center work for me!

- **Rosie**

Exercise always helps!!

- **Nancy**

Jen - sometimes just listening to the other person vent helps. They need to know a person they can trust not to gossip but to listen

- **Laurie-Jean**

Key #1: Sit Still - Meditate - Breathe!

- **Dianne**

Enhance resilience by: 1.Using social support 2. Have cognitive and emotional flexibility 3. Embrace realistic optimism

- **Cyndi**

Cathy - I agree...I have been at my max vacay time for months....don't want you off when they are there, don't want you off when they are not....Should be a compliment to your ability, but it is exhausting.

- **Laurie**

Thank you!!

- **Georgette**

Communication is the key, you have to communicate your priorities to your boss so that they will respect them

- **Ivon**

thank you

- **Jasmine Freeman**

Our tendency is to speed up but we likely need to slow down and ease up... and breathe.

- **Laurie-Jean**

Key #3: Make a conscious effort to Celebrate

- **Artie**

I logged in late. What was the first key Adam referenced?

- **Jen**

Yes, I agree Cyndi, sometimes it helps to write it down and then ...let it go. Sometimes I will write out something that's bothering me in a text message and since I always read before pressing send (thank goodness), I will delete it if I feel I only wrote it for the purpose of an emotional release

- **Kevi Jones**

I feel that adaptability is also key to supporting a very demand executive

- **Cathy**

It's hard to take time off from work when you support an executive. They want you to be there no matter what or to be able to find you when they need something.

- **Dianne**

THree keys: 1. Be Present 2. Be Alert 3. Be Clear

- **Cheryl**

Thank you Martha L

- **Jen**

QUESTION: How can we help others lower their stress level?

- **Joanne Fitzgerald**

Adam Timm

- **Alieca**

thanks Laurie

- **Amy**

Adam Timm

- **Lisa James**

Jasmine, what is the speaker's name again?

- **Nancy**

it is too easy to get stuck in ruts. don't wait for "someday" because it never comes. Why not do it now?

- **Laurie**

what was the third key?

- **Martha LaFortune**

Here are the three: 1. Enhance our resilience by using social support 2. Cognitive/mental flexibility – don't be rigid about your expectations when you go to work 3. Embracing realistic optimism

- **Laurie**

Gratitude is the cure for fear

- **Cathy**

We have a gym at work, I think I may start going again. No exercise or time for me is making it hard to function and getting less sleep.

- **Melissa**

Self-Serenity

- **Ivon**

could someone please copy and paste the three tips? I was typing 1. Enhance our resilience by using social.... (and yes, I'm missing 2 - 3)

- **Georgette**

even if you have to schedule it

- **Theresa**

Thank you, Cyndi. I truly appreciate it.

- **Georgette**

make yourself a priority Cyndi

- **Kimberly**

Go to the park and swing on the swings

- **Alieca**

Gratitude is the ??? of Fear?

- **Cyndi**

any advice on how I can make time for fun for me?

- **Marlene Nguyen**

Here are the three: 1. Enhance our resilience by using social support 2. Cognitive/mental flexibility – don't be rigid about your expectations when you go to work 3. Embracing realistic optimism

- **Kate**

I found a great journal app for my iPhone called Day 1; I can journal from anywhere, even if I don't have a lot of time and even if all I do is jot down what I'm grateful for or attach a picture.

- **Laurie-Jean**

FEAR - thanks Georgette!

- **Amber**

Cyndi that is a great idea! It helps to write things out but why should we re-visit the terrible days.

- **Cyndi**

Theresa, I am sorry to hear about your loss...I will keep you in my thoughts and prayers

- **Nancy**

be present, alert and clear

- **Cheryl**

Could you repeat the 3 steps Adam said in the beginning?

- **Lisa**

I like the acronym Georgette!

- **Theresa**

I love your idea, Cyndi. I lost my son 2 years ago, and I think that practice would greatly help with the grieving process.

- **Cyndi**

Thanks, Laurie

- **Lisa**

I read recently "fear is just a thought." Why should we be afraid of a thought?

- **Georgette**

F.E.A.R. - False Evidence Appearing Real

- **Cyndi**

Thanks Brenda. It works for me

- **Laurie**

I love that method Cyndi - paste the pages so no revisiting - love that!

- **Dianne**

Cyndi, that is a very good strategy. Thanks for sharing it!

- **Office Dynamics Webinar Admin**

Suzanne Try refreshing your browser

- **Brenda**

Cyndi.... I love the idea of glue the pages together.

- **Elizabeth**

at my old job we had hallway celebrations

- **Suzanne**

the video stopped working.

- **Dianne**

Intriguing idea, Robyn.

- **Robyn**

Then of course you have to keep it up each day after the 30 day project. Some days its harder than others but keep going...

- **Cyndi**

LOL - I love to journal...but I do go one step further. If I have a particularly difficult day, I write it out, and then paste the pages together, so I do not go back to revisit....It really does work. I started this when my husband passed away and it got me through some very difficult situations..

- **Lisa**

I agree. We should be thankful and grateful for the opportunities we have!

- **Karen**

Gratitude journal! Great idea!

- **Kristine Dudley**

Chicken Soup for the Soul books are Great to read as well

- **Heidi**

Love it, RObyn!

- **Rosa Nicks**

Will there be a handout I can have for this session

- **Robyn**

The Gratitude Project: For 30 days write down at least one thing you are grateful that day in a journal or post it on your Facebook or Twitter feed. It really does help!

- **Shelly Egan**

I try to find something I'm grateful for and not dwell on the negative

- **Melita**

Absolutley Georgette

- **Denise**

Gratitude - well said! I love focusing on what I'm grateful for than complaining about what I don't like.

- **Sheila**

This is some good stuff. Reminds me of Super Soul Sunday with Oprah! Yes, journaling and mindful meditation made the difference for me.

- **Tamye**

OMG Meditate is a great beginner meditation app

- **Dianne**

Don't just do something, stand there!

- **Georgette**

I train my folks on that all the time

- **Sandi**

100% gratitude helps to stay positive

- **Janie Bevens**

Great tip -- saying no to lesser priority. And Joan, love your practical advice. I value it greatly.

- **Georgette**

Have an attitude of gratitude

- **Kathie Duso**

If I do find time for myself, I don't know what to do with it since I'm always busy doing something @ home, so I stand around confused.....until I think of another task that needs done. I need some help! LOL :)

- **Theresa**

I love that comment, Jasmine!

- **Martha LaFortune**

Mary what app is it?

- **Adrienne**

"No" is not a frequently used word in my vocabulary. I need to work on that.

- **Aretha**

I totally agree with you Jasmine.

- **Ashlee**

When you're on a flight - before taking off, they tell you to put your oxygen mask on first - before helping anyone else. This resonates with me - reminding me that you can't take care of someone else and be at your best - if you don't take care of yourself first.

- **Cyndi**

Great advice, Jasmine.

- **Mary Marrone-Polo**

Where I work, they offer medication twice a week for a half hour. I also have an app on my cell phone to meditate daily. It's an awesome technique once you commit to it.

- **Jasmine Freeman**

For those of us who have become sick by not taking care of ourselves know that "it's harder to get well than it is to stay well."

- **Jenn**

ROCK ON JOAN!!! I did that years ago, now my family and husband understand that our house is a 50/50... Not all 100% on Mom

- **Cathy Kramer**

Saying No is the hardest thing for me

- **Gloria**

If you don't manage your schedule, someone else will.

- **Lisa**

Ivon - Exercise does help!!

- **Lori**

Yoga works great for me!

- **Debbie**

Self care also teaches our family and children to place themselves nearer the top of their own care-giving list as well.

- **Georgette**

All relationships are an opportunity to train the other person. You have to train them to respect you and your priorities for yourself!

- **Avena**

On my way to and from work, I listen to the radio on the train - just my headphone, close my eyes, and get lost in listening to the music on Praise 106.5

- **Heidi**

Love it, Melita!

- **Jen**

yes Shani - me too

- **Mariaq**

I got sick before I realized I needed self care. I'm so much better when I take the time to hit the gym, just 45 minutes makes a huge difference.

- **Shelly Egan**

I usually go on my treadmill for 1/2 each day to relax and be by myself

- **Cyndi**

Amen, Joan!

- **Amy**

Oh my Jaon... Thank you for that... We need to let our family know!

- **Shani**

i use my commute to come down from my day

- **Gloria**

Self care is a reflection of self respect and self worth.

- **Roseann**

With more conveniences today - that I wish I had when I raised my kids, I still found time for myself, wasn't much time but did it.

- **Melita**

I do my devotions while brushing my teeth in the morning and evening.

- **Sheila**

YES! communicate with your family. Mommy needs some me time

- **Cheryl**

Yes, the ocean!

- **Georgette**

Share with others that YOU are important too

- **Ivon**

Does exercise really help??

- **Cyndi**

Yes, Dianne. I am proud of you.

- **Brittney Jarrell**

Jen ME TOO!!!!

- **Georgette**

You have to make time for YOU

- **Dianne**

Works for me too, Cyndi! I wake up at 4:30 a.m. for my own time!

- **Jen**

my drive home from work is often my only me time

- **Dawn**

This is an amazing discussion. We all need to "self-care" in order to function correctly through our work life and our professional life.

- **Robyn**

Exactly Heidi!

- **Jen**

it's not that I necessarily feel guilty, but the only time I could find as "extra" time is during my sleep time - ugh life is so darn busy

- **Cyndi**

I wake up early every morning early, and do mediation and devotions BEFORE work. That is my only saving grace...by the time get home, too tired to do anything.

- **Karen**

I listen to the ocean when I need to "take a break" or meditate.

- **Jasmine Freeman**

and give it time.

- **Jessica**

Meditation for moms is a great help book for me and it come with a cd

- **Jasmine Freeman**

That's why it's a practice. We have to start where we are.

- **Kathie Duso**

easier said than done

- **Adrienne**

Self-care without guilt...YES!!! I totally agree!

- **Antoinette**

I have tried meditating however for some reason my mind continues to run.

- **Office Dynamics Webinar Admin**

Taking care of yourself is not a selfish act.

- **Heidi**

"Be still and know that I am God." I think this would be a great opportunity to give my cares to Jesus.

- **Jen**

exactly Brittney!

- **Kathie Duso**

It's hard to have time for self care when you work all day and then have to go home and take care of a husband and family (kids and dogs). I always feel guilty for doing anything for myself - just go home and do laundry, dinner, etc. then drop over by 10PM and start it all over again.

- **Amy**

`Headspace is a good app for that

- **Barbara**

Thank you whoever said, self care without guilt. Just thinking about it makes me feel guilty.

- **Maria Resendes**

Hello from Boston

- **Leatrice**

Hello from California

- **Tara**

Dianne: yes!

- **Cyndi**

Yes...I am up to 7 C-Level Employees as well as Employee Engagement Chair. Taking care of myself is definately at the bottom...

- **Brittney Jarrell**

It is so hard not to "self-care" when you have a five year old and four year old. You are working 24/7!!! Leave one job and onto the next!

- **Dianne**

Not just self care, but self care without guilt

- **Kathy**

I know that 'self care' is important, but my ideas of self care is different from another's. One size self-care doesn't exist.

- **Karen**

Thank you for addressing self care. Hardly ever hear about that!

- **Denise**

Is Joan talking about a "maternal martyr syndrome"? :-) we probably all suffer from that!

- **kharma**

I think i would like to hear more around developing empathy, particularly in interactions with not-so-positive people.

- **Adrienne**

Wow! I think you just said the one thing I really needed to hear. A focus on "self-care" may be the answer to the anxiety that I am currently experiencing in not only my professional life but also in my personal life. Thank you!

- **Sheila**

Cyndi: I get it - at my last job I developed an auto immune disorder as a result fo extreme stress. I left my old job and now have a really great job, no stress but still have the disorder

- **Cyndi**

I agree Antoinette

- **Antoinette**

For me it's hard when you have some co-workers that don't want to do their share and you pick up the slack for them.

- **Brittney Jarrell**

Hello from Tuscaloosa, Alabama

- **Casey**

Hello from The Woodlands, Texas!

- **Anita Iskenderian**

I'm glad to hear that there are others from the New York area.

- **Cyndi**

I give you credit Kathy, for noticing you are stressed....I just keep going and going, trying to please all of my Execs and employees, and just go on auto pilot...do not realize I am overwhelmed until I sit down at home

- **robert Lopez**

Hello from New York City

- **robert Lopez**

hello from New York City

- **Florine McCandless**

I'm having problems and will wait for the replay. Will there be handouts?

- **Office Dynamics Webinar Admin**

Right click on video for youtube link

- **Kathy**

I feel that I am acting happy and competent in front of my leaders because I can't let them know I'm stressed about the workloac.

- **Denise**

Realistic Optimism?

- **Angela**

Here are the three: 1. Enhance our resilience by using social support 2. Cognitive/mental flexibility – don't be rigid about your expectations when you go to work 3. Embracing realistic optimism

- **Kaitlyn**

#3. Embrace realistic optimism

- **Karen (from Nashville, TN)**

1. Using social support, 2. adding cognitive or mental and emotional flexibility; 3. embracing realistic optimism.

- **Angela Schnell**

You have to learn to set boundaries, you're no good if you're burnt out..

- **Kaitlyn**

#2. Maintain mental and emotional flexibility

- **Becki**

Does anyone have the youtube link for display?

- **Omolola**

Hello from Dallas Texas

- **Barara**

can he give example of 'using social network'...he spoke about how stress affect us but no input (or please reiterate) on how to use social network

- **Jen**

1. Using Social Support

- **Jen**

Embrace Realistic Optimism

- **Ivon**

please repeat #1 and #3. I had to take a call :\

- **Denise**

I am an executive assistant and am pretty much on call 24/7 and still stay connected during vacation time as well. Flexibility and GOOD communication is the key to my sanity. If I am being called upon too much by my team, then I have a talk with my leader.

- **Shelly Egan**

be flexible

- **Shelley**

Could you repeat number 3.

- **Anita Iskenderian**

Thank you for the help. Is anyone else in the New York City area?

- **Jasmine Freeman**

If you are having trouble logging in you are likely having firewall or antivirus problems blocking your feed. Try your smartphone or tablet to view the event as others have done. I hope this helps those of you having this trouble.

- **Jen**

Have Cognitive and Emotional Flexibility

- **Paula**

thank you... I'll look for the replay link. Enjoy, everyone...

- **Cyndi**

Adapt and improvise!

- **Shelly Egan**

what was the second tip

- **Georgette**

go to bottom of You Tube page and turn safety feature off

- **Kevi Jones**

Sandy. agree!

- **Anora Van Alstine**

I'm going!!! woohoo

- **Office Dynamics Webinar Admin**

A replay link will be emailed after the webinar.

- **Marlene Nguyen**

i would love to go to the conference but my company will not allow a trip to las vegas

- **Georgette**

most stress is a choice

- **Paula**

Let us know where on You Tube we can find it.

- **Georgette**

Cyndi

- **Georgette**

I agree Cyni

- **Sheila**

My Explorer did not work so I used Mozilla Firefox!

- **Denise**

Who's going to the Conference in October?

- **Brittney Jarrell**

If you have a smartphone try logging in from there!!! That's how im attending the webinar

- **Cyndi**

I had someone tell me once that stress is life...you either manage your stress or let stress manage you...something I will never forget

- **Office Dynamics Webinar Admin**

If you are having technical issues, please don't panic. Your issues may be do to the following: Firewall Restrictions, internet speeds, settings on your computer, you may need to clear your browser cache, the browser you are using, etc. Firefox and Chrome are highly recommended.

- **Anita Iskenderian**

Is there a phone number to call? I don't know how to get access.

- **Jen**

I'm at work and have found that I need to use Chrome to see the chat list and then I also log in on my smartphone for the audio/video since that portion never works on my office computer.

- **Anora Van Alstine**

you said it, Sandy!!

- **Teresa**

My Explorer is working fine too.

- **Paula**

Oh well, can't get it to work, I'm sorry I'm missing it!

- **gloria**

Hello from Atlanta Georgia

- **Rosaline**

I agree Sandy

- **Amy**

no handouts

- **Brenda**

I had to change to CHROME

- **Christina McGuire**

My Explorer is working fine.

- **Denise**

Sandy, I hear you

- **Marlene Nguyen**

are there handouts today?

- **Glenda Bramlet**

Karlotta- don't use Explorer. It won't work. Try Google.

- **Sandy**

Don't get me wrong, I LOVE being an Admin and I know that we only have control over our own feelings, and reactions, but why are ADMINS the only ones that are supposed to handle everybody ELSE's moods, over reactions and tantrums. Sorry, just venting!

- **Karen**

No sound or picture. I refreshed several times, deleted cookies, etc. I have Explorer

- **Nell**

Karlotta you have use Chrome

- **Judi**

Hi from Pensacola, FL

- **Office Dynamics Webinar Admin**

Chrome and Firefox are recommended

- **gloria**

Hello from GA

- **Teresa**

Hi from Cincinnati

- **Jasmine Freeman**

Resilience is the ability to bounce back.

- **Office Dynamics Webinar Admin**

Cindy try refreshing your browser

- **Karlotta Roberson**

Is anyone else having issues with Explorer???

- **Kevin**

Hello from San Jose, CA. Also I know what Adam is talking about in the 911 operator since I have been on the other end of the 911 dispatcher in law enforcement. It is so amazing how the 911 dispatcher can separate between emergency and non-emergency. Great job for your service as a 911 dispatcher.

- **Ashlee**

Greetings from Seattle, WA

- **Rosaline**

Hi from New York, NY

- **Cindy**

using Chrome - can't hear pr see

- **Denise**

Who works with someone that thinks EVERYTHING is critical?

- **Brittney Jarrell**

Veronica, where in Tuscaloosa are you? I'm at Bryant Bank (the main branch)

- **Jasmine Freeman**

1. Be present 2. Be alert. 3. Be clear. (proactive resilience tips from Adam Timm)

- **Karlotta**

Hello from Raleigh, NC

- **Georgette**

Multitasking

- **Paula**

cleared my browser cache, still have a "sit tight" screen. Using Chrome.

- **Florine McCandless**

Hello from Nashville, TN

- **Amber**

Greetings from Missouri S&T in Rolla, MO!

- **Paula Collier**

Hello from Columbus Ohio!

- **Angela**

Hi Admin Peeps! Checking in from So Cal

- **Melissa**

Hello From New York, New York

- **Agnes**

Hello from Ontario Canada

- **Patti**

Greetings from SeaWorld, Orlando, FL

- **Linda Wessel**

Hi from Jersey City, NJ

- **Ginifer**

My Chrome browser is saying that it doesn't recognize any of the video formats available :(

- **veronica**

Hello from Tucaloosa, AL

- **Lisa Nolan**

Hello From Baystate Health We R in!!

- **Janet**

Greetings to you from sunny and beautiful Antigua.

- **Roxanne**

Hello from Roxanne, Monroe, Mi

- **Kathy**

Hello from Charlotte, NC

- **Cyndi**

Yes, that is the kind of day I am having ...Came in at 8 and am just now taking time to start my day...everything is a crisis for some reason today :)

- **Darla**

Hello from Kalamazoo, MI

- **Nicole**

Hello from Fredericksburg, VA

- **Liana**

Liana - afternoon from Freeport Maine

- **Michele**

Hello from Half Moon Bay, CA

- **Emily**

Hello from NYC

- **Ronnie**

Hello from Somers

- **Kelly**

Hi from Yorktown Heights, NY

- **Jasmine Freeman**

Try the checklist for tech issues sent in all pre-event emails (clear cache/cookies) refresh screen, use an alternate browser such as firefox or chrome.

- **Chris**

Hello from Cleveland, OH

- **Office Dynamics Webinar Admin**

If you are having technical issues, please don't panic. Your issues may be do to the following: Firewall Restrictions, internet speeds, settings on your computer, you may need to clear your browser cache, the browser you are using, etc. Firefox and Chrome are highly recommended.

- **Jenn D**

for some reason the webinar didn't open in Internet Explorer. I moved to Firefox and it's working fine...

- **Tara**

two colleagues just reported to me they are still stuck on "standby screen" in Google Chrome...

- **RIZWANA**

Hello everyone!

- **Teresa**

For those without sound, check to see if your mute is on

- **Karlotta Roberson**

Now it says an error occurred.

- **Keshia Dixon**

Reyna, try clicking the Login Webinar to enter your name and email address.

- **Office Dynamics Webinar Admin**

If you are having buffering issues, try refreshing your browser.

- **Jackie Cossio Wilkins**

Hi from Terre Haute, Indiana!

- **Brittney Jarrell**

If you have a smartphone you can login and see the webinar from there!!!

- **Vicki**

Use Firefox browser

- **Teresa**

Still cannot hear! frustrating. Signing off

- **michelle**

Hello from Windhoek, Namibia

- **Karlotta Roberson**

My screen is still spooling

- **Georgette**

might have to take the safety feature off

- **Mariaq**

Ola Erica no Brasil

- **Office Dynamics Webinar Admin**

Please refresh your browser and clear your cache if are not seeing the webinar.

- **Mary**

I have a black screen

- **Megan West**

Hello from Wichita, Ks

- **Reyna**

I can not connect to the link. It says an error ocurred. Is somebody else experiencing the same problem?

- **C. Bartok**

hi Adam my Son is 911 Operator! also

- **Brittney Jarrell**

Hello from Tuscaloosa, Alabama!!! ROLL TIDE!

- **Susannah**

Hi from London!

- **Érica**

Hello from Brazil!

- **Davena**

Hi Davena from Seattle, WA

- **Mary**

Hello from San Francisco, CA

- **Shelley Messersmith**

Greetings from Mossville

- **Office Dynamics Webinar Admin**

Please refresh your browser and clear your cache if are not seeing the webinar.

- **Kathy**

Hello from sunny (and wet) Florida

- **karen**

I can hear static, but not voices

- **Alison Porter**

From Dallas Texas

- **Pamela**

Hello from Hillsboro, OR

- **Sandy**

Hello from Arizona

- **Alison Porter**

Alison

- **Laurie**

Everyone REFRESH your screen - it has started!

- **Karen**

Hello Adam from Stillwater, OK!

- **Bethan Day**

Hi from ohio

- **Laura**

Hello from St. Charles MO

- **Mikki**

I can't see anything except this chat and Adam Timm's picture.

- **Tamye**

Hello from New Haven CT

- **Anthony**

Hi Adam

- **Cindy**

Greetings from Chicago!

- **Angela**

Welcome, Adam, GREAT to have you!

- **Patti**

Welcome Adam!!

- **Erin**

Hi! Representing Austin TX!

- **Katherine**

Hello from Columbus, OH

- **joan**

Hello from Joan in Charlotte NC

- **Roberta**

Hello from Orlando, FL

- **Laura Vedder**

Greetings from Cincinnati

- **Cheryl Dianne**

Hello from Macclesfield, NC

- **Brenda**

Hi from Atlanta

- **Stephenie V.**

Hello from Monterey, CA

- **Celine**

Howdy from Houston TX

- **Angela Schnell**

Hi From Redmond, WA! :)

- **Sarah**

Hi from Des Moines, IA

- **Office Dynamics Webinar Admin**

Colleen Delcamp Please check the volume settings on your computer.

- **anita**

Hello from Greensboro, NC

- **Mariaq**

Hello Adam!

- **Georgette**

Hi Adam!

- **Shelley**

Hi Adam!

- **kharma**

hello from Chicago!

- **C. Bartok**

hello from NJ

- **Patricia**

Good afternoon from Raleigh, NC

- **Kelly**

Hello from Smyrna, TN!

- **Laurie**

Hello from Markham, Ontario Canada

- **Suzanne**

Hello from Stafford, VA

- **Teresa**

Hello from Rock Hill, SC

- **Colleen Delcamp**

I don't hear anything but see everyone signing in.

- **Dawn Steen**

Hello from High Point, NC

- **Bridget**

Hi from Cincinnati, OH

- **Roz**

Cloudy skies in Dallas, TX today!

- **Anora Van Alstine**

oops

- **Cindy**

hello from Orlando FL

- **Debora Steele-Davis**

I figures it out.

- **Laurie**

hello from Maine!! :)

- **Mariana**

Spund is working fine, check your computer volume

- **Sandy**

Hello from beautiful Asheville, NC!

- **Michelle Hood**

Michelle Hood from Maxim Integrated, San Jose CA

- **Shelley Gabel**

Helloooooooooooooooooooooo!

- **Georgette**

Hi Jamaica!

- **Susan**

hello ffrom Portland Maine

- **Debora Steele-Davis**

Is the sound out?

- **Tonya**

Cheers from Denver, CO

- **AnnMarie**

Hello from Jamaica

- **Roxann**

Greetings from Columbus, OH

- **Paula**

Greeting from Walt Disney World, Orlando, FL

- **Patricia Martin**

Hello Patricia Martin in Antigua

- **Anthony**

Hi from CR

- **Martha LaFortune**

Are you addressing the participants? I can't hear.

- **Darlene**

hello from Davison, MI

- **Sandra Mallory**

Hello from San Jose

- **Angie**

Hello from Wilmington, DE

- **Barbara**

Hello from Sacramento, CA

- **Kathie**

greetings from CO

- **Alvaro**

Hello From Costa Rica

- **Kristi**

Hi from Hudson, Ohio

- **Cindy**

Hello from Florence, AL

- **Bonnie**

Hello from Maryland

- **Treasure**

Hello from Mount Vernon WA

- **Jenn**

Valerie - I am just down the road in Malvern, PA

- **Jasmine Freeman**

This is amazing - so awesome! Welcome everyone!

- **Leah**

Hello from Peoria, IL

- **Carol**

Hi to all from Brooklyn, NY

- **Julissa**

Hello from Kissimmee, FL!

- **Nadia**

Hello from Shreveport!

- **Edwin**

Hi form Costa Rica

- **Cindy jugovic**

hello Cindy from Illinois

- **Marcelle Samakosky**

Hello from San Diego

- **Sheila**

Hello from the Nation's Capitol

- **Stephanie**

Hi from Little Rock, Arkansas

- **Jessica**

Hello from albuquerque, nm

- **Kristal**

Hi from Charlotte, NC

- **Doreen**

Hello Doreen from New York City

- **Nancy**

hello from trumbull, ct

- **Georgette**

Hi Argentina

- **Rebecca**

Hello from BOISE IDAHO

- **Nell**

Hello from Richmond Va

- **Lisa James**

Hello from SF Bay area

- **MaryAnn**

Hello from Palmdale, CA

- **Rebekah Matheny**

Hi from Illinois

- **DOLORES**

AND ARGENTINA!!!!!!!!!!!!!!!!!!!!!!

- **Georgette**

Hi friends from Brazil and Costa Rica!

- **Esther**

Hello from Milwaukee, Wisconsin!!!

- **LK**

hi from AZ

- **Gerrie**

Hello from Vancouver, WA

- **Elsa**

TX here!

- **Valerie**

Hello from KIng of Prussia, Pennsylvania

- **Amanda**

Hello from Dallas, Texas

- **Tracy Lucas**

Hello from Mossville, IL

- **Alexandria**

Hello from Utah

- **Adrienne**

Hello from Lancaster, PA

- **Debbie Bridge, CAP-OM, MOS**

Hello from Orlando, Florida

- **Sheri**

Philadelphia, PA!

- **Nancy**

Hello from Tennessee

- **Brenda**

Hello from San Francisco

- **Janice**

Hello from Mason, OH

- **Janice**

Hello from Chico CA

- **Jasmine Freeman**

Wow - hello everyone!!! Welcome to today's webinar.

- **Sonya**

hi from Detroit

- **Heather**

Hello everyone. It's Heather from Ontario, Canada.

- **Teresa**

Teresa from Portland, OR

- **Shelley**

Hello from Portland, Maine

- **Teresa**

I cannot hear you

- **Aretha**

Hello from Jamaica

- **Tammy**

Hello from Roseville, CA

- **DOLORES**

DOLO...from Argentina

- **Anora Van Alstine**

Hello from Bellevue, WA

- **Luis Eduardo**

Hello from San Jose, Costa Rica

- **Leticia**

Hello from Fountain Valley, VA

- **Paula**

hello from Des Moines

- **Yvonne**

Hello from Somers, NY

- **Fabiola**

Howdy from Grand Prairie, TX

- **Cathy Kramer**

Hello from London Ontario Canada

- **Valerie**

Hello from Michigan

- **Nichole Foreman**

Hello from Arlington, VA

- **Loreen**

Loreen

- **Keshia Dixon**

Hello from Atlanta

- **Cheryl**

Hello from Westlake Village, CA

- **Kristie**

Hi from Idaho

- **Jamie**

Hello from Tulsa, OK

- **Wincie**

Hello from Paris N

- **Alexandra**

Hello from NJ!

- **Yolanda**

Houston

- **Roseann**

Hello from Nova Scotia CANADA

- **Evelyn**

Hi from Columbus Ohio

- **Muriel**

Hello from Brussels, Belgium

- **karen**

Hi From Dover, Delaware

- **Radine**

Hello from Everett. WA

- **Rosalind**

Hello from Stafford

- **Joyce**

greetings from Central NY

- **MaryAnn Meyer**

Hello from Mason, OH!

- **Jan**

Hi from Michigan

- **Vonda**

Hello from JC, MO

- **Cathy**

Hi, Cathy here from Somers, NY

- **Dawn**

Hello from Shreveport

- **Angela**

Hi from RTP, North Carolina

- **Michele**

Hello from New York

- **Barbara**

Hi Team from Houston

- **Denice**

Hello from Dayton, Ohio

- **Patti Hoeller**

Hello from Brazil

- **Debbie**

Participating from the Hudson Valley, New York.

- **Barara**

hello from El Paso, TX...and, it's Barbara :]

- **Lana Riddle**

Hello from Olathe, KS

- **Amy**

Hello from Ohio!

- **Kisha**

Hello from Richmond, CA

- **Melissa**

Hello from the Poconos in Pennsylvania

- **Victoria Bennett**

Hi from Manchester UK

- **Robyn**

Hi from Surrey, BC, Canada! :)

- **Marilyn**

Hello from Tulsa, OK

- **Denice**

Hello everyone!

- **Susan**

Hello from PA!

- **Carol**

Hello from North Dakota

- **Dee**

Hello from Delray Beach, FL

- **Shaketa Bennett**

Hello, from Dallas, Texas

- **leijun**

hello from Charlotte

- **Mary Halvorsen**

Hi from San Antonio!

- **Lori Cotton**

Hi from Columbia SC

- **Taylor**

Hello From New Jersey

- **BETTY**

HELLO FROM SAN ANTONIO TEXAS BETTY VILLEGAS

- **Theresa**

Hello from Concord, NH

- **Bonnie**

I cant see your video my browser doesnt support it.

- **Martha LaFortune**

Greetings from Round Lake

- **Cathy**

Hello from Calgary AB

- **Catherine**

Hello from Columbus, Ohio

- **Margo Pulido**

Good Morning from Los Banos, CA

- **Teresa**

Good morning, from sunny Richland, WA

- **Karen**

Hello from New York

- **Azalea**

Hello frin San Lorenzo, CA

- **Ivon**

Hello from Charlotte, NC

- **Norma H**

Good afternoon from Houston, TX

- **Michelle Guth**

Hello from Wisconsin!

- **Barb Smith**

Hello from Minneapolis!

- **Mariaq**

Greetings from Massachusetts

- **Nancy**

Hello from Nancy in Clearwater FL

- **Angela Thornton**

HI, from Dallas TX

- **Kristine Dudley**

Hello from San Jose, CA

- **Tara**

Springfield MA

- **Deb**

Hello from Richland Washington

- **Teresa**

I have no sound?

- **C. Bartok**

hello from Middletown, NJ

- **Loretta**

Hello from Lafayette IN

- **Bambi**

Hello from Alaska!

- **Joanne**

Hello from New York

- **Robin**

Hello from Connecticut

- **Julie**

Hello from Austin, Texas

- **Helen**

Hello from Helen @ GE Aviation Cincinnati, OH

- **Monica**

Hello from Sunny San Diego, CA

- **Brandy**

Greetings from Edmonton, Alberta, Canada

- **Sheila**

Good afternoon from Dublin, Ohio

- **Janet**

Hi from Columbus, OH

- **Jody**

Howdy from St. Paul, MN! :)

- **Wincie**

Wincie

- **Mikki**

D'allas sends a warm "howdy!

- **Shelly Egan**

Hello from Nova Scotia, Canada

- **Chris**

Hi from Louisiana

- **Yvonne**

Jackson, MI

- **Loretta**

Loretta

- **Patti**

HI from Wisconsin

- **Melita**

Hello from Atlanta!

- **Debbie**

Hello from Westerville, OH

- **Marilyn**

Hello from CA. Are there any handouts to print out?

- **Patty**

Hello from Nebraska

- **Kevi Jones**

Hello from Southern Calif

- **Elsa**

Hello from the Children's Services Council in Palm Beach County, FL

- **Denise Ewing**

Hello from Fort Wayne, IN

- **Tammy Hawkins**

Hello from WV

- **LINDA**

Hello from CA

- **Kimberley**

Hello from Columbia, SC

- **Judy**

Hello from Atlanta

- **Rhian Jones**

Hello from Nice in France

- **Roseann**

Hello from Dartmouth Nova Scotia

- **Cindy**

is there a handout?

- **Pamela**

Hello from Orlando, FL

- **Myrna**

Hello from Kerrville

- **Melody**

Hello from Springfield, IL!

- **Wanda**

Hello from Albany, GA

- **Rhonda**

Hello from Oregon

- **Yvonne**

Hello from Richmond, VA

- **Laura**

HI from Michigan!

- **Laurie-Jean**

Hello from Ottawa, ON

- **Nora**

hello from Costa Rica

- **Delina**

Hello from Research Triangle Park, NC

- **Lynne**

Hi from NC

- **Cheryl**

Hello from VA

- **Melissa**

Columbus, OHIO

- **Jen**

Hello from Anchorage!

- **Corinna**

Hello from Los Angeles

- **Adrienne**

Hello from Indianapolis

- **Georgette**

Hi from Sunny South Carolina!

- **Jody Suchan**

Hello from Nebraska!!

- **Andrea**

Hello from Costa Rica

- **Robin**

Hello from Zeeland, MI!

- **Heather**

Hey from Traverse City MI

- **Avena**

Hello from Vancouver

- **Susan**

Hello from Delaware

- **Mariana**

Hello from Costa Rica

- **Patty**

Hello from Patty in NC

- **Jean**

Hello for Armonk, NY

- **Mary**

Hello from Columbus, OH

- **Sharon Tenholder**

Hello

- **Janis**

Hello from Costa Rica

- **Micaela Steele**

Hello from Houston, TX

- **Kaitlyn**

Hi from VA! :)

- **Kathie Duso**

Hi from rainy Pittsburgh PA

- **Denise**

Hello from Washington State

- **Cathy**

Hello from Quakertown, PA

- **Amy**

Hello from Scotland

- **Michele**

Hello from Des Moines, Iowa!

- **Kim**

Kim B from Cheesehead country

- **Beth**

Hello from Tuscaloosa

- **Christina McGuire**

Hello from Athens, OH

- **Laura**

Hi from Ohio!!

- **Rhonda**

Hi from Des Moines iowa

- **Liz**

Hello from Orlando

- **angela**

Hello from Charlotte NC

- **Lisa**

Hello from Cleveland

- **Lois**

Hello from Raleigh!!

- **Robyn**

Howdy

- **Marie**

Good morning from Las Vegas, NV.

- **Melissa**

Greetings from Seattle!

- **Deitta**

Hello from Anchorage, AK

- **Marlene Nguyen**

Hi, Marlene from Houston, TX

- **Alexa**

Hello from Portland Maine!

- **Lisa**

Hello from St. Petersburg, FL

- **Jeanne**

Hello from Denver!

- **Karen (from Nashville, TN)**

Hello everyone from Nashville, TN!