

## JFDI with Bon Module 2 Live Zoom Chat 6 May 2020

- 11:01:03 From Denise Ivanoff: Coloring my hair and in bathrobe so you get my headshot today !!
- 11:01:30 From Alex Ryan: haha!!
- 11:01:58 From Alex Ryan: been feeding my body healthily for 3 days and am impressed w me!
- 11:02:25 From dave manship: Good for you Alex
- 11:02:34 From Alex Ryan: thanks dave!
- 11:02:52 From Charlene Lam: Great to see everyone! I'll be eating my oatmeal (and feeling healthy) with camera off
- 11:03:14 From Alex Ryan: but we wanna SEE ;)
- 11:03:39 From dave manship: All You can eat Pancakes
- 11:03:56 From Lenka Silhanova: wohow
- 11:04:02 From Julia Stipsits: Power to the Zen!
- 11:04:47 From Charlene Lam: people need cheerleaders!
- 11:04:47 From Alex Ryan: the irreverent cheerleader
- 11:05:14 From Julia Stipsits: Isn't that a kind of guidance as well, cheerleading?
- 11:05:25 From Alex Ryan: the happy translator
- 11:05:51 From Jessie Brown: what about a book of encouragement
- 11:06:00 From Jessie Brown: like a daily encouragement
- 11:06:23 From Kristen Girard: Deb, helping people get to the center of their blocks is an incredible gift.
- 11:06:33 From dave manship: What gives you joy (nod to Marie K)
- 11:07:18 From Jessie Brown: OMG!!! MOMS NEED SO MUCH ENCOURAGEMENT!
- 11:07:20 From dave manship: Parents need help during this pandemic
- 11:07:25 From Alex Ryan: ESP now!
- 11:07:47 From dave manship: They need a break, Their kids want activities and distractions.
- 11:08:17 From Jessie Brown: YES dave, 100%
- 11:08:35 From dave manship: Why can't you offer an interactive block of time for parents to park their kids.
- 11:08:48 From Kristen Girard: Deb, when I was a kid I loved Mr. Rogers because I had so little encouragement. Your gifts of cheering people on and creating songs for kids is so needed. You could create a paid community where you do weekly songs with kids.
- 11:08:50 FromCarolyn A.: Put your zoom on youtube!
- 11:08:59 From Francesca Decker: Online music classes for kids are HUGE right now. Parents desperately need this.
- 11:09:06 From dave manship: SO RIGHT KRISTEN
- 11:09:42 From Deb Snyder: I feel relieved and FAB THANK YOU BONNIE
- 11:09:48 From Alex Ryan: GREAT JOB DEB!!
- 11:10:02 From Deb Snyder: Great idea Kristen

- 11:10:08 From Desiree Mee Jung: GO GO GO CRABBY DEB!!!
- 11:10:16 From Deb Snyder: Great ideas PEEPS thank you so much!
- 11:10:50 From Vanita Kalra: STACY!
- 11:10:59 From Deb Snyder: Funny Alex irreverent cheerleading! Love it...
- 11:11:06 From Alex Ryan: ♥ ♥
- 11:11:15 From Alex Ryan: it's PERFECT for kids btw
- 11:12:04 From Francesca Decker: Most people are TERRIBLE listeners!
- 11:12:17 From Alex Ryan: so easy for YOU heather not for all
- 11:13:16 From Francesca Decker: There's research about this Heather. Many people are listening to respond rather than to understand, and many people have no idea about reflective listening or empathic statements, or just NOT trying to solve the problem.
- 11:14:26 From Alex Ryan: i'm reading the book so GOOD!!!!
- 11:18:32 From Alex Ryan: catalyst bon!
- 11:19:10 From Heather Nguyen: ^^ ooh thank you, Alex and Francesca!!
- 11:20:29 From Jessie Brown: my husband is a HS teacher, I feel you! Student v parents is so hard
- 11:21:11 From Deb Snyder: Love this question Alex... I have it now that I am focused on kids and parents.. How do you decide?
- 11:21:24 From Deb Snyder: Usually it is the parent who decides what a kid will be doing.
- 11:22:51 From Deb Snyder: Wow light bulb! What brings a parent to you? The very qualities I was looking at as my undervalued superpower. (Mind explosion)
- 11:28:35 From Kristen Girard: Curious about acknowledging the problem verses selling to the pain, how do we not sell to the pain but show that we really do get them?
- 11:32:43 From Alex Ryan: Deb, explain your lightbulb pls! ☺ ♥
- 11:33:17 From Julia Stipsits: My all time favourite: If you REALLY want to solve your problem, you NEED to buy my product... yuck!
- 11:33:56 From Alex Ryan: OMG FRANCESCA I LOVE THAT!!!!
- 11:34:30 From Alex Ryan: i would've LOVED to have had you when I had my surgery!
- 11:34:32 From Tanya Perez: OOOOO so important
- 11:34:41 From Kristen Girard: Francesca that is amazing!
- 11:34:57 From Alex Ryan: LOVE
- 11:35:05 From Desiree Mee Jung: YAY!!!
- 11:35:17 From Kristen Girard: Love the Human Doctor name!
- 11:35:18 From Deb Snyder: That those powers can be transmitted to kids as I share my music with them. We might sell to the parent. But the program I develop at least is with the child. My encouragement, listening, guidance will come in handy working with children. I would LOVE to empower children early on... Does that make sense? I like listening to you, I had the same question... who is my person the parent vs. child...
- 11:35:24 From Lenka Silhanova: Love it too!
- 11:35:59 From Heather Nguyen: LOVE THIS, FRANCESCA
- 11:36:04 From Kathi Carey: It's so needed to have people who understand how to navigate the health care system and insurance cos.
- 11:36:04 From Alex Ryan: Got it Deb, thanks!!

11:36:09 From Alex Ryan: SO NEEDED  
11:37:50 From Tanya Perez: Yes, Stephanie is on hold for a moment  
11:38:36 From Francesca Decker: Thanks so much guys!  
11:39:25 From Alex Ryan: it's really great, Francesca!  
11:39:43 From Julia Stipsits: I quite often suspect you secretly listen to the conversations I have with actor friends ;)  
11:41:24 From Bradley nikoal Williams: Have a great rest of the meeting, gotta run to another meeting..  
11:41:32 From Alex Ryan: bye bradley!  
11:42:46 From Kristen Girard: My person may be a cat. ;)  
11:43:01 From Remy O'Brien: Kristen that's hilarious  
11:43:20 From Alex Ryan: hahahaha  
11:43:54 From Kristen Girard: @ Remy The opposite of needy is definitely my thing. Cats love you, enjoy your company, but have their own kitty things to do. :)  
11:48:22 From Tanya Perez: Karen has Marco Polo but only used it once  
11:48:58 From Alex Ryan: hahah!  
11:49:11 From Alex Ryan: DECLUTTER IT BON!  
11:49:41 From Remy O'Brien: Someone took my 2nd Harry Potter and it still makes me mad  
11:50:14 From Alex Ryan: oh! Remy! :(  
11:50:23 From Charlene Lam: @Kristen I love that cat description ... yes! I just want to be the training wheels. They have to be willing to go pedal off and then come back for tune-ups as needed  
11:51:16 From Kristen Girard: @Charlene - Yes! I love the way you describe that!  
11:51:28 From page huyette: I thought I had my person, but then I started researching what movies and songs they'd posted on their FB profiles and went eeeewww, I don't want to work with this person!!!!  
11:51:43 From Kathi Carey: Haha Page  
11:51:49 From Lenka Silhanova: :D  
11:51:56 From Alex Ryan: HAHAHAAAA  
11:52:38 From Tanya Perez: Yup!  
11:54:16 From Alex Ryan: interesting that I feel Laura has more enoughness than I do. HA!  
11:55:57 From Charlene Lam: What if the person you serve is not necessarily the person who pays you?  
11:57:06 From Vanita Kalra: Kristen - I have a friend who recently found out that she has Type 1 and has had a hard time finding information about it or knowing people dealing with it. I think she would love a place where she felt like she could really focus on Type 1.  
11:58:08 From Francesca Decker: And I think speaking about chronic illness from a personal experience with Type 1 would still speak to many people with other conditions  
11:58:31 From Alex Ryan: It's like the "I, I, I" and everyone else thinks "me, me, me"  
11:58:35 From Francesca Decker: The specificity makes it personal and vulnerable and engaging, but the bigger issues are widely relatable.

- 11:58:46 From Francesca Decker: Agree with Alex too :)
- 11:58:51 From Alex Ryan: <3
- 11:59:39 From Francesca Decker: Bonnie is there a line between specificity vs complexity?
- 12:00:08 From Kathi Carey: It's the same thing when I write a script — the more personal I make it the more people relate to it
- 12:00:22 From Alex Ryan: totally
- 12:00:46 From Julia Stipsits: Kristen, I'm currently transcribing interviews for the med university here in vienna and every single type 1 patient in these interviews keeps saying how much they'd appreciate if people who don't know anything about type 1 would know and respect it more. So first of all I think there is a big need for type 1 to be understood and have a community feeling and also to create a space where you can maybe explain to people who don't have diabetes about this condition (just a thought :)
- 12:00:59 From Alex Ryan: curious about francesca's question
- 12:03:33 From Kristen Girard: @Julia. Thank you for that. Everything you wrote is why my avatar has type 1 (and other invisible illnesses) because there is so little out there for people who are living with it. And even when it is represented on tv, it is so far from reality it grates rather than connects.
- 12:04:06 From dave manship: Julia, my niece has type 1 and her mom freaked out when she was diagnosed. Mom is very protective of her daughter. But you are right. A lot of the public has a preconceived idea of diabetics as being the older person who didn't take care of themselves and is sedentary and eats poorly. Those preconceptions spillover into a wrong idea of a young person dealing with Type-1
- 12:04:49 From NaLonni Madden to Bonnie Gillespie (Privately): I'm stuck in the 1st phase
- 12:05:16 From Kathi Carey: Dave's right. My dad contracted Type II and was considered the latter — got it when he was older, overweight, sedentary, poor diet, etc.
- 12:05:51 From Alex Ryan: can you say that again in a different way?
- 12:05:51 From Julia Stipsits: @Kristen, I think you are working on something so very important. I had no idea about type 1 and am learning while typing these incredible interviews. But only the researchers will work on these specific interviews so... Visibility, like you said, in real life for better understanding and connection would be so incredibly valuable! Love where you're idea is going!
- 12:07:31 From Kristen Girard: @Vanita Would love to help your friend navigate. Type 1 is rough. I write about life with type 1 on my website [www.girardillustration.com](http://www.girardillustration.com). And you just inspired me to create a type 1 diabetes/ chronic illness resource page.
- 12:07:49 From Francesca Decker: Yay Kristen!!
- 12:07:58 From Vanita Kalra: That's awesome Kristen !!
- 12:08:10 From Kristen Girard: @Dave, all of that is so true. :(
- 12:08:40 From dave manship: My sister went thru that when she was diagnosed with AIDS in the late 80s
- 12:10:49 From Kristen Girard: @Dave That must have been so difficult for you and your sister to navigate, especially when there are so many judgements attached. Is she still present?
- 12:12:35 From Kathi Carey: @Kristen, unfortunately no.

- 12:13:08 From Kathi Carey: (She's my sis-in-law, in case you didn't know)
- 12:14:07 From Kristen Girard: @Kathi Did not know. Hugs to both you and Dave.
- 12:14:34 From Kathi Carey: @Kristen, thanks!
- 12:14:37 From NaLonni Madden: damn, that is a good idea Bonnie!!
- 12:14:39 From dave manship: She passed in 93. Just before the cocktail became an effective treatment. She was in an early trial for AZT, but it was horrible for her. No one wanted to talk about the disease. I was open and honest with my coworkers (in a corporate environment) it was surprising how many would approach me in hushed tones and admit they had someone in their lives who was also suffering. But it was if they were afraid they would catch it is they even said the word AIDS. A sad time.
- 12:17:16 From Francesca Decker: Dave I'm so sorry for the trauma you and your sister went through from both the illness and the stigma. It's so generous of you to share your experience here.
- 12:17:47 From Kristen Girard: @Dave, I have surprisingly similar experiences with diabetes. It puzzles me how people view illness as a shame and blame the person who has it. It's one of the things I really want to speak up about because being made to feel alone is a crime. We are all connected, and healthy today does not mean healthy tomorrow. I hear teenage girls ashamed of how their insulin pump looks in a bathing suit and risk their health and don't wear it so they can look pretty.
- 12:18:19 From dave manship: The sad reality is that the corporate environment were coworkers in the health insurance industry.
- 12:18:46 From Kristen Girard: @Dave. That make some want to bang my head against a wall. Oh, my.
- 12:19:24 From Francesca Decker: Ugh. Yes. The health care industry has a lot of good people, but also many who are unfortunately ignorant and insensitive.
- 12:19:52 From Kristen Girard: @Dave I had a friend who worked for the Cancer Society.... And was fired because she need sick time when she was diagnosed with cancer. (Shaking head. And WTF.)
- 12:20:06 From Charlene Lam: The more we share our personal stories, the more people we can potentially help. Similar stigmas and silence about mental health and illness, grief, etc. It comes back to the content question: we can say "this is my story" and then create content that speaks to other people's stories and situations
- 12:22:49 From Carolyne A.: People have full time careers helping people get into college. It's a really great skill.
- 12:22:54 From Denise Ivanoff: Navigating bureaucracy in education and business creation
- 12:23:00 From Deb Snyder: How to research and how to trust your sources.
- 12:23:16 From dave manship: @KRisten, I hear you about self judgment. It is real but comes from a feeling of shame that is compounded by public attitudes about anyone who is "different". Insulin pumps or ostemy bags, prosthetics anything that attracts attention also attracts judgement. I loved the recent videos I watched with the young girl who 3D printed her own prosthesis for her arm. Today her unicorn purple prosthesis shoots bubbles in the air and she is an inspiration to many young people who are struggling with handling their "difference" and turning it into a superpower.

- 12:23:18 From Desiree Mee Jung: Yes great idea Denise!
- 12:23:18 From Deb Snyder: Or find trustworthy sources
- 12:24:20 From Deb Snyder: My FAVORITE SHOW!!!
- 12:24:20 From Kristen Girard: @Dave. That's fantastic!
- 12:24:22 From Dana Middleton: Yay, British Bake-Off!!
- 12:24:22 From Vanita Kalra: THAT'S AMAZING. There were certain recipes I really wanted to try
- 12:24:35 From Vanita Kalra: But didn't because I didn't have all the things
- 12:24:41 From Vanita Kalra: Or the time!
- 12:24:41 From Deb Snyder: Technically if you are hard wired into your router it is better than being on wifi.
- 12:25:15 From NaLonni Madden: thank you Deb, Denise and Carlyne!!
- 12:25:15 From Dana Middleton: Remember Julie and Julia - cooking all of Julia Child's recipes in one year.
- 12:25:15 From dave manship: What was the movie that was the woman who cooked 1 new recipe a day for a year . The blog blew up and.... They made a movie
- 12:25:18 From Francesca Decker: @Dave, TOTALLY. And @Kristen, we went through that with my mom too. She was in a wheelchair and struggled with feeling insecure. One of the first things I did when we moved in together was a photo shoot where I got her all dolled up and took photos. She said, "I didn't realize I could still look that good." The wheelchair shook her confidence.
- 12:25:22 From Deb Snyder: If you can connect via ethernet cable.. and turn off your wifi and still be on the web... Clearer pic and connection will happen
- 12:25:27 From Deb Snyder: I LOVE NAILED IT!
- 12:25:39 From Denise Ivanoff: Julie & Julia?
- 12:25:40 From Julia Stipsits: @Dave Julie and Julia
- 12:26:00 From Deb Snyder: I'll write a song for you.
- 12:26:07 From Francesca Decker: @Jessie WOWOWWWW
- 12:26:09 From NaLonni Madden: Julie & Julia based off a blog, turned into a book then movie
- 12:26:25 From Francesca Decker: @Jessie did you use elimination communication?
- 12:26:26 From NaLonni Madden: about cooking Julia Childs recipes
- 12:26:37 From dave manship: @KRisten, you can focus on information, but there is also EMPOWERMENT. That can get people's attention and then it is easier to educate them.
- 12:27:30 From dave manship: Today that young girl has a business. She is a motivational speaker and host workshops to teach others to create their own expression of empowerment thru 3D
- 12:27:36 From Kristen Girard: @Francesca That was such an amazing thing to do! There is a painting on my website called Air Magic that was inspired by a wonderful woman I once knew who was wheel chair bound.
- 12:28:32 From Kristen Girard: @Dave. Do you know her name or how I can find her? Would love to see what she is doing!

- 12:28:37 From Francesca Decker: @Kristen I second what Dave said. Celebrating what is unique as part of what is beautiful. And I'd love to see that painting.
- 12:28:42 From Deb Snyder: @Nalonni - When I think about research I get tired... If you can teach how to stay CURIOUS and excited about research...
- 12:29:00 From dave manship: Kristen I will find the vid
- 12:29:24 From Kristen Girard: Great!
- 12:29:48 From Jessie Brown: @Francesca Yes I did! I started with my son at 11 months, and I've started with my daughter who is now 2 months old from about ten days old
- 12:31:43 From Denise Ivanoff: Got a triangle! Free-- musical terms explained for indie filmmakers... Low pay -- pdf at low price, how to select and communicate with a composer you choose to score your project effectively, top tier is I write your music.
- 12:31:46 From NaLonni Madden to Bonnie Gillespie (Privately): I think this is an enoughness issue. I have a friend I've knkw for YEARS who wants me to help her produce her show from an already established brand. I keep telling her about you though in regards to starting/launching her business/YouTube channel.....do you offer this as a 1 on 1??
- 12:32:06 From Kathi Carey: Nice Denise!
- 12:32:19 From Francesca Decker: @Jessie that's great! Congratulations! I do think that's a really specific group of parents. Like I did cloth diapers for the first year with my daughter, and I considered EC, but it seems like it requires a certain comfort with bodily functions, agreement among caregivers, time to do that sort of work with your child, possibly more stay or work from home... so that may help target your buyer.
- 12:32:25 From Julia Stipsits: Cool triangle, Denise!
- 12:32:32 From Tanya Perez: cool!!
- 12:32:54 From Francesca Decker: @Jessie I was down with trying it but my husband was less enthusiastic lol.
- 12:32:59 From dave manship: KRisten, This is the girl
- 12:33:01 From dave manship: <https://www.youtube.com/watch?v=jv2pjbtoUo8>
- 12:33:03 From NaLonni Madden: yes, lots of recon
- 12:33:09 From Kristen Girard: This is the link to the Air Magic painting inspired by a friend who was wheel chair bound: <https://girardillustration.com/reaching-for-the-moon-blog/bring-a-breath-of-fresh-air-magic-into-your-life>
- 12:33:19 From Kristen Girard: Thanks @Dave! Will check it out!
- 12:34:09 From Francesca Decker: @Kristen, that's beautiful. Love it!