

SMFA Summit Kyle Kittleson Interview Live Chat 24 May 2020

[May 24, 11:47 AM] Bonnie G: Who's excited?!?
[May 24, 11:48 AM] TBG_Amy: Definitely me!
[May 24, 11:49 AM] Bonnie G: Yayayayay!
[May 24, 11:50 AM] Stephanie Bergeron: Well... I am here over 10 minutes early. Lol.
[May 24, 11:50 AM] Bonnie G: Don't wanna miss a THING! ;)
[May 24, 11:50 AM] AmeliaRico: :D
[May 24, 11:50 AM] Stephanie Bergeron: #SoOnBrand ;p
[May 24, 11:53 AM] Bonnie G: Ha! Awesome!
[May 24, 11:55 AM] BerryNewkirk: Excited for this.
[May 24, 11:55 AM] Bonnie G: Me too, Berry. LOVE mindset chats!
[May 24, 11:56 AM] Alex Ryan: Yay!
[May 24, 11:57 AM] Alex Ryan: We're not streaming yet right?
[May 24, 11:57 AM] LenkaSilhanova: #earlysquad
[May 24, 11:57 AM] Alex Ryan: Hee hee! Yes Lenka!
[May 24, 11:57 AM] Alex Ryan: Love me the pre bonnie chat!
[May 24, 11:57 AM] Bonnie G: We're LIVE!
[May 24, 11:58 AM] LisaRobinson: Hello 1
[May 24, 11:58 AM] SonyaHenning: Hello everyone! Whoo hoo so pumped
[May 24, 11:58 AM] JayeRestivo: Hi! I am so delighted that there is Spiritual undertone to this summit. Warms the cockles of my heart!!
[May 24, 11:58 AM] BiancaFoscht: Hello from me and Dilara!
[May 24, 11:59 AM] AaronWilson: The Periscope days was so much fun!
[May 24, 11:59 AM] AaronWilson: Excited for this!
[May 24, 11:59 AM] SonyaHenning: Awesome! Thank you Kyle!!
[May 24, 12:01 PM] Stephanie Bergeron: Such a good word- extemporaneously.
[May 24, 12:01 PM] CiaranFagan: Woop woop!
[May 24, 12:01 PM] AmeliaRico: Gah! My electricity just all went out but thank goodness for phones!
[May 24, 12:02 PM] JayeRestivo: Bonnie, right?!
[May 24, 12:02 PM] Tracy Weisert: I am enjoying myself thoroughly! Thank you Bonnie.
[May 24, 12:02 PM] TessaMarkle: had to miss the last yesterday and first this morning but looking forward to the replays! :)
[May 24, 12:02 PM] BiancaFoscht: I already checked out MedCircle! I'm so looking forward to this interview!
[May 24, 12:02 PM] PatriciaBecker-Spellman: This Summit is giving out HOPE, esp during this surreal time... <3
[May 24, 12:02 PM] KenzieLange: keep going and don't give up on your dreams.
[May 24, 12:02 PM] JayeRestivo: Woo Woo crew!
[May 24, 12:03 PM] AmeliaRico: Just catching up on the interviews I missed yesterday. Thank goodness for replays!
[May 24, 12:03 PM] Elizabeth A.Zimmerman: Chillin' with ice cream.

[May 24, 12:04 PM] Stephanie Bergeron: How'd the darnin' go?
[May 24, 12:04 PM] LisaRobinson: My take on what Laurie Records said: If fear knocks on the door, let faith answer it and no one will be there.
[May 24, 12:04 PM] Elizabeth A.Zimmerman: Stephanie, I'm taking a break!
[May 24, 12:05 PM] Stephanie Bergeron: Nice!
[May 24, 12:05 PM] Laura B.: I'm playing catch up too
[May 24, 12:05 PM] Ivett: I'm studying all weekend long and this i show I take breaks. It's so awesome. Thank you Bonnie!!!
[May 24, 12:06 PM] Laura B.: Hi Kyle
[May 24, 12:06 PM] LisaRobinson: Hello
[May 24, 12:07 PM] Bonnie G: SUCH the pet guy! Y'all, Callie the Lab (look her up on Instagram) is EVERYTHING.
[May 24, 12:07 PM] lauralovesny2: :)
[May 24, 12:07 PM] Ivett: I love MedCircle
[May 24, 12:08 PM] lauralovesny2: Knowing what you didn't want to know what you DO want. Yup!
[May 24, 12:08 PM] TBG_Amy: True North!
[May 24, 12:08 PM] Bonnie G: Isn't that SO important, Laura? Yes!! Amy it is True North.
[May 24, 12:08 PM] AngelaJohnson: Yeah!!! Another pet person. I'm an er/critical care animal nurse. Love it!
[May 24, 12:09 PM] Bonnie G: Ooh, Angela, cool!
[May 24, 12:09 PM] Stephanie Bergeron: That's awesome Angela!
[May 24, 12:10 PM] lauralovesny2: moment of surrender - YES - before the massive gift we were trying to hustle for
[May 24, 12:10 PM] lauralovesny2: Oooooohhhh
[May 24, 12:10 PM] LisaRobinson: Difference between Submission and Surrender
[May 24, 12:10 PM] Bonnie G: Love the distinction between surrender and giving up.
[May 24, 12:10 PM] lauralovesny2: giving up the mentality of lack and recognizing "it" would be there for you
[May 24, 12:12 PM] TBG_Amy: Who you are is forever....
[May 24, 12:13 PM] Bonnie G: "Surrender feels like knowing who I am." YES!
[May 24, 12:13 PM] lauralovesny2: Yeah, Amy ;)
[May 24, 12:14 PM] Alex Ryan: He's so growth mindset!!
[May 24, 12:14 PM] Alex Ryan: Love it!
[May 24, 12:16 PM] BiancaFoscht: "The sucky first thing" - Love it!
[May 24, 12:16 PM] Bonnie G: I love doing the worst/first of something.
[May 24, 12:17 PM] Bonnie G: Heck, this SMFA Summit is our worst/first!
[May 24, 12:17 PM] Bonnie G: :)
[May 24, 12:17 PM] Alex Ryan: Like getting writing notes...look for themes
[May 24, 12:17 PM] TBG_Erin: Dispassionate data collecting!
[May 24, 12:17 PM] Alex Ryan: Yes Erin!
[May 24, 12:17 PM] LisaRobinson: Better are the wounds of a friend, than the kisses of an enemy.

[May 24, 12:18 PM] Ivett: It's so hard to read feedback, detach yourself, and look at it objectively. That's amazing mental work.

[May 24, 12:18 PM] Laura B.: I've been talking about exactly that in my coaching, but less well presented lol Worst/First is great!

[May 24, 12:18 PM] Bonnie G: Use it, Laura! ;)

[May 24, 12:18 PM] Laura B.: Attribution is alllllll

[May 24, 12:18 PM] Bonnie G: I'm passionate about getting that one DONE.

[May 24, 12:18 PM] Bonnie G: ;)

[May 24, 12:18 PM] Constance Zaytoun: lordy! i hear that re: doctors NOT asking you questions!

[May 24, 12:19 PM] Stephanie Bergeron: Mental health is another way of saying self-improvement. Love that.

[May 24, 12:19 PM] lauralovesny2: hell yes!

[May 24, 12:19 PM] Bonnie G: PREACH!!!

[May 24, 12:20 PM] LisaRobinson: Guard your heart and your mind.

[May 24, 12:20 PM] Laura B.: woowoo science! Yes!!

[May 24, 12:20 PM] TBG_Amy: Mental health maintenance- Like taking the car to the shop for an oil change and a tire rotation

[May 24, 12:20 PM] Bonnie G: I believe in science AND unicorns!

[May 24, 12:21 PM] lauralovesny2: LOL YES!!!

[May 24, 12:21 PM] Stephanie Bergeron: Love.

[May 24, 12:21 PM] Constance Zaytoun: yaaaaas!

[May 24, 12:21 PM] Bonnie G: Amy, YES! And you don't feel SHAME for taking your car in for service.

[May 24, 12:21 PM] Stephanie Bergeron: Wholistic health, really.

[May 24, 12:21 PM] Laura B.: When I can explain how the woowoo is rooted in science it really opens it up for people, soooo good!

[May 24, 12:21 PM] BiancaFoscht: Yes! Put a rock into your pocket!

[May 24, 12:21 PM] ShanayFuller: yup

[May 24, 12:21 PM] Bonnie G: I have a whole plate of rocks on my desk! ;)

[May 24, 12:21 PM] ElisaAnnette: I am currently reading The Untethered Soul. Author is a software engineer

[May 24, 12:21 PM] LisaRobinson: Don't give every thought space in your head.

[May 24, 12:22 PM] Bonnie G: Ooh, Elisa, that's a good one!

[May 24, 12:22 PM] Laura B.: Oh great question Bon

[May 24, 12:22 PM] BiancaFoscht: YES, Bonnie!

[May 24, 12:23 PM] Constance Zaytoun: correct! lord help us!

[May 24, 12:23 PM] JayeRestivo: I am doing mental health self-care by talking with a clinical Social Worker every week. Phone consults now during sheltering at home. SO GOOD! I am beyond grateful

[May 24, 12:23 PM] Laura B.: So good, I am definitely taking advantage of his offer and signing up for MedCircle!

[May 24, 12:23 PM] MariaOliveira: EXACTLY. Such a stigma still

- [May 24, 12:23 PM] Bonnie G: Awesome, Laura. I love what I've seen there!
- [May 24, 12:23 PM] Bonnie G: Maria, I feel we're lessening that stigma by having these convos.
- [May 24, 12:24 PM] MariaOliveira: I love that
- [May 24, 12:24 PM] JayeRestivo: Yes, Bonnie. Transparency.
- [May 24, 12:24 PM] Janet Rembaum: yes the transparency love that
- [May 24, 12:24 PM] Stephanie Bergeron: GOOD QUESTION!
- [May 24, 12:24 PM] TessaMarkle: the history of mental health is like the pandemic... lots of "experts" telling us "facts" that end up being the complete opposite later on. no wonder there's a stigma! having the conversation is the only way to normalize it.
- [May 24, 12:26 PM] Constance Zaytoun: oh my goodness! i LOVE don't be a HOST! i so agree! yaaaasss!
- [May 24, 12:26 PM] Alex Ryan: Yes yes your real self
- [May 24, 12:27 PM] Alex Ryan: Yup, crying again. I feel like it's at least one per guest
- [May 24, 12:27 PM] KenzieLange: It's so true I never really talked about mental health until my sister boss passed away because of his depression. Now I talk about mental health with my friends, family and coworkers.
- [May 24, 12:27 PM] Constance Zaytoun: i've been learning that these past 10 weeks. i'm learning more into being my real self as host. it's funnier and messier!
- [May 24, 12:27 PM] Constance Zaytoun: leaning
- [May 24, 12:28 PM] TBG_Amy: Oh, those steps... who you think they want ---> Strip that away and be your best self ---> be your real self.
- [May 24, 12:28 PM] Alex Ryan: Yes Constance! Cooking w the REAL Connie!
- [May 24, 12:28 PM] Constance Zaytoun: correct! lordy! i'm learning so much and this is such a reassurance!
- [May 24, 12:28 PM] Alex Ryan: How do you get CLEAR on who you are?
- [May 24, 12:29 PM] MariaOliveira: Mental Health = Self Improvement <3
- [May 24, 12:29 PM] Janet Rembaum: was watching your cooking posts connie and i think they are getting so good because of that
- [May 24, 12:29 PM] ShanayFuller: so true
- [May 24, 12:29 PM] Laura B.: information/ education makes such a difference.
- [May 24, 12:29 PM] LisaRobinson: You are not your thoughts.
- [May 24, 12:30 PM] Ivett: You have to know who you are and be ok with it before you can go in front of an audience. They can see everything.
- [May 24, 12:30 PM] lauralovesny2: That's cool: You wouldn't BE the fly just because you have it.
- [May 24, 12:30 PM] TBG_Erin: oh man. That's big, right there.
- [May 24, 12:30 PM] Stephanie Bergeron: Oh yeah.
- [May 24, 12:30 PM] Janet Rembaum: for sure
- [May 24, 12:30 PM] lauralovesny2: be the flu, I mean
- [May 24, 12:30 PM] Constance Zaytoun: @janet and @alex -- thank you!!
- [May 24, 12:30 PM] JayeRestivo: Mental self-improvement
- [May 24, 12:31 PM] Bonnie G: Yesssssssss!

[May 24, 12:31 PM] lauralovesny2: Totes, Connie - I love when you included a messy bit in one of your posts. It was SO real, and I love that you chose to include it

[May 24, 12:31 PM] Ivett: Oh, and SMFA is not only for actors. I'm still using it.

[May 24, 12:31 PM] Bonnie G: That warms my heart, Ivett!

[May 24, 12:31 PM] Laura B.: pen ready!

[May 24, 12:32 PM] Elizabeth A.Zimmerman: Whoa. I am not my depression. Deep.

[May 24, 12:32 PM] lauralovesny2: Right?

[May 24, 12:33 PM] Bonnie G: YES!!

[May 24, 12:33 PM] TBG_Erin: YAS. "I don't have time to chase every CD in LA, but I can put out bait to bring them to me."

[May 24, 12:33 PM] Laura B.: I love Canva!

[May 24, 12:33 PM] Stephanie Bergeron: Bait! That's killer.

[May 24, 12:34 PM] CarolyneAubin: I've been using Canva for years. I completely agree. It's wonderful and easy to use.

[May 24, 12:34 PM] Bonnie G: Isn't that everything, Erin? So good.

[May 24, 12:34 PM] Alex Ryan: And I'm about to go back to Dana's tapping chat HAHAHA

[May 24, 12:34 PM] Bonnie G: Carolyne, I actually feel like I can make non-sucky graphics now. :) Love Canva!

[May 24, 12:34 PM] Bonnie G: Alex, YES!! Do it!

[May 24, 12:34 PM] JayeRestivo: BAIT!!!

[May 24, 12:34 PM] CarolyneAubin: Absolutely. Canva makes me look like I know what I'm doing.

[May 24, 12:36 PM] ShanayFuller: lolololol

[May 24, 12:36 PM] ShanayFuller: True!!

[May 24, 12:36 PM] SonyaHenning: He is on fire! Yes!

[May 24, 12:36 PM] CarolyneAubin: If you take it seriously, people will take YOU seriously.

[May 24, 12:37 PM] Bonnie G: Isn't he?

[May 24, 12:37 PM] Janet Rembaum: great

[May 24, 12:37 PM] Alex Ryan: love that Carolyne!

[May 24, 12:37 PM] Constance Zaytoun: this is so affirmative, right!??!

[May 24, 12:38 PM] Constance Zaytoun: smfa principles at play right here!!

[May 24, 12:38 PM] Elizabeth A.Zimmerman: Run it like a business. Like Bonnie teaches!

[May 24, 12:38 PM] Alex Ryan: Yes! And overwhelming Constance! hee hee!

[May 24, 12:38 PM] Bonnie G: GET NICHED!!

[May 24, 12:38 PM] BiancaFoscht: Yes, Constance!

[May 24, 12:38 PM] Alex Ryan: NICHE!

[May 24, 12:38 PM] Constance Zaytoun: TOTES!

[May 24, 12:38 PM] TBG_Erin: You're. allowed. to. have. a. moment.

[May 24, 12:39 PM] Alex Ryan: Yes but at what point do you say "enough, moment!"

[May 24, 12:39 PM] Stephanie Bergeron: Ugh, yes. FOMO.

[May 24, 12:39 PM] ShanayFuller: So true, you actually extend the time it takes to come out of it

[May 24, 12:39 PM] TBG_Amy: I feel that "never done" thing SO HARD

[May 24, 12:39 PM] Bonnie G: Alex, it's the giving it time that makes it not NEED as much time.

[May 24, 12:39 PM] BerryNewkirk: So true. I need to take a moment.

[May 24, 12:39 PM] Bonnie G: When we are trying NOT to take that moment, it feels like it could last forever.

[May 24, 12:39 PM] Bonnie G: Because it's having to fight to get our attention, so it gets more tenacious.

[May 24, 12:39 PM] ShanayFuller: Yes!

[May 24, 12:39 PM] Alex Ryan: YES!

[May 24, 12:39 PM] KenzieLange: give yourself a pity party then get back up and keep putting one foot in front of the other.

[May 24, 12:39 PM] Alex Ryan: Thank you bonnie yes

[May 24, 12:40 PM] Bonnie G: It's like what Tanya said yesterday about the 3 day rule.

[May 24, 12:40 PM] JayeRestivo: Erin - YES! "You are allowed to have a moment."

[May 24, 12:40 PM] Bonnie G: Put an expiration on it so you KNOW that's as long as you'll give it... but it almost never will take that long.

[May 24, 12:40 PM] Alex Ryan: Oh that's good!

[May 24, 12:40 PM] Bonnie G: I give it 'til the next moon phase, personally.

[May 24, 12:40 PM] Laura B.: schedule it!!

[May 24, 12:40 PM] Bonnie G: YES, Laura. Worry o'clock!

[May 24, 12:41 PM] ShanayFuller: I can do that

[May 24, 12:41 PM] Laura B.: YEEESSS

[May 24, 12:41 PM] Constance Zaytoun: WILMA!

[May 24, 12:41 PM] CarolyneAubin: So inspiring. A 6 month plan.

[May 24, 12:41 PM] Bonnie G: "Hi Wilma! See you at 6."

[May 24, 12:41 PM] Alex Ryan: You give which til the next moon phase Bon?

[May 24, 12:41 PM] Bonnie G: The moment.

[May 24, 12:41 PM] Constance Zaytoun: correct! does Kyle offer his class on line?

[May 24, 12:41 PM] Bonnie G: I never need that long, but I know that's a deadline and it keeps me from stressing I'll stay in the moment for the rest of my life.

[May 24, 12:41 PM] Bonnie G: Connie, I'm not sure!!

[May 24, 12:42 PM] Laura B.: good ideas are not that great * snort* so true

[May 24, 12:42 PM] Bonnie G: I thought he was going to be with us today but I'll find out for you and share in the comments of the replay.

[May 24, 12:42 PM] Elizabeth A.Zimmerman: Uh oh. My nice website is Go Daddy.. . Guess I have work to do.

[May 24, 12:42 PM] Constance Zaytoun: thank you, Bonnie!

[May 24, 12:42 PM] ShanayFuller: "I am naturally a lazy person" lololol

[May 24, 12:42 PM] TBG_Amy: Acting is doing... that's more than just Meisner.

[May 24, 12:43 PM] Alex Ryan: SO MANY QUESTIONS!

[May 24, 12:43 PM] Elizabeth A.Zimmerman: The ability to take action!

[May 24, 12:43 PM] ShanayFuller: This was so great! Thank you Kyle

[May 24, 12:43 PM] Alex Ryan: Oh that's great Bonnie. And yes the TAKE ACTION is the big thing, especially during this time

[May 24, 12:43 PM] PatriciaBecker-Spellman: Thank you!

[May 24, 12:43 PM] Laura B.: so good!

[May 24, 12:44 PM] BenYemba: Thanks Kyle

[May 24, 12:44 PM] Stephanie Bergeron: That was jam-packed, Kyle!

[May 24, 12:44 PM] Janet Rembaum: yes inspiring and honest

[May 24, 12:44 PM] MariaOliveira: Thank you!

[May 24, 12:44 PM] CiaranFagan: Such a great discussion!

[May 24, 12:44 PM] Alex Ryan: how to take action when your brain is pulling you to be safe and do nothing and watch tv

[May 24, 12:44 PM] BerryNewkirk: so helpful to see.

[May 24, 12:44 PM] Ivett: I'll have to re-watch this. So much great info

[May 24, 12:44 PM] DilaraFoscht: Such a nice talk.! Got so much out of it!:)

[May 24, 12:44 PM] Constance Zaytoun: that is so not where i thought this conversation was going to go! it's all good and then some even better! woot!!

[May 24, 12:44 PM] SonyaHenning: I definitely spent more than four minutes on font and the like. Damn. Great point! Off to scheduling out my six months! :)

[May 24, 12:45 PM] Alex Ryan: Right Constance??

[May 24, 12:45 PM] Constance Zaytoun: Wilma is a bitch, @Alex!

[May 24, 12:45 PM] NicoleRycroft: Thank you! Very inspiring and great insights.

[May 24, 12:45 PM] JayeRestivo: Bonnie! Yikes! I have another area of mind-set to work with...and it goes back to tech stuff. I need to get off my arse and get my website created. Glad this came up today!

[May 24, 12:45 PM] Alex Ryan: Right Jaye??

[May 24, 12:46 PM] Constance Zaytoun: sometimes for me just making the appointment is enough. then when i show up, Wilma didn't show!!

[May 24, 12:46 PM] Alex Ryan: I like the additional ok what if anything can I do about them when they show up

[May 24, 12:46 PM] Alex Ryan: and worry being different from fear

[May 24, 12:46 PM] Constance Zaytoun: she's such a bad employee!

[May 24, 12:46 PM] JayeRestivo: Alex Ryan - grateful for his suggestions as to places to go to help get this going.

[May 24, 12:46 PM] ShanayFuller: check check

[May 24, 12:46 PM] Alex Ryan:

[May 24, 12:47 PM] JayeRestivo: Work never ends.

[May 24, 12:47 PM] Ivett: Yesterday, I cleaned up my social media after Lenka Silhanova, and now I will start working on getting a website.

[May 24, 12:47 PM] Elizabeth A.Zimmerman: Ivett, but not GoDaddy

[May 24, 12:47 PM] Elizabeth A.Zimmerman: Like mine is!

[May 24, 12:48 PM] Tracy Weisert: "You know when you're in your flow state."

[May 24, 12:48 PM] LenkaSilhanova: Ivett: wohow! go girl!

[May 24, 12:48 PM] JayeRestivo: Lenka!!!!

- [May 24, 12:49 PM] Alex Ryan: which is why it's SO LOUD right now!
- [May 24, 12:49 PM] Constance Zaytoun: lenka - who is your preference to whom we should transfer our domains?
- [May 24, 12:49 PM] KaitlinLarge: Bonnie, how many flow states will you schedule yourself in a day?
- [May 24, 12:49 PM] JayeRestivo: "I have executive function."
- [May 24, 12:49 PM] ReynGraves: I've heard it said that we're running happiness software on survival hardware. It's hard to do the mindset work, but it needs to happen because of how we're wired
- [May 24, 12:50 PM] Constance Zaytoun: Bon, your brain is beautiful!
- [May 24, 12:51 PM] Janet Rembaum: yes it is bonnie
- [May 24, 12:51 PM] Nathan Inzerillo: Just popping in to say hello! Thanks to Bonnie and the whole SMFA team for this Herculean effort and thanks to Kyle for his insight.
- [May 24, 12:52 PM] JayeRestivo: Unity of community!
- [May 24, 12:53 PM] ReynGraves: Great explanation! Thank you!
- [May 24, 12:53 PM] KaitlinLarge: UGH, I love this so much. So grateful to have found this summit and be introduced to this tribe!
- [May 24, 12:53 PM] SonyaHenning: Wow!! LIfe-changing!!
- [May 24, 12:54 PM] JayeRestivo: Alex Ryan - going to PM you!
- [May 24, 12:54 PM] Alex Ryan: Ok Jaye!
- [May 24, 12:54 PM] BiancaFoscht: This is so great! Thank you all so much!
- [May 24, 12:54 PM] AmeliaRico:
- [May 24, 12:55 PM] JayeRestivo: xoxoxo to my tribe! You are brilliant!!!!
- [May 24, 12:56 PM] Stephanie Bergeron: Thank you!! Mental health IS self-improvement is my biggest takeaway here.
- [May 24, 12:56 PM] BerryNewkirk: Thank you. So helpful.
- [May 24, 12:56 PM] Alex Ryan: YES!
- [May 24, 12:56 PM] Paola Angarita: I tried to use the code but it says that is invalid.
- [May 24, 12:57 PM] Bonnie G: Paola, can you reach out to Kyle about it?
kyle@kylekittleson.com
- [May 24, 12:57 PM] AmeliaRico:
- [May 24, 12:57 PM] Bonnie G: Later today, I'm going to reach out to him too, but in case he can help you faster than I'm able to get to him, you may want to email. :)
- [May 24, 12:57 PM] Paola Angarita: Ok, thank you Bonnie!
- [May 24, 12:59 PM] Paola Angarita: Another thing, I couldn't find in the goodies what Danna is offering.
- [May 24, 1:01 PM] Bonnie G: Paola, all the goodies are on that page. If someone isn't listed, they didn't have an offering at this time. :) Dana's replay page has a link to her site so you can get on her mailing list for when she opens something up.
- [May 24, 1:02 PM] Paola Angarita: Ok, great. Thank you once again
- [May 24, 1:02 PM] Bonnie G: Anytime!
- [May 24, 2:01 PM] Alex Ryan: Here!

[May 24, 2:12 PM] Laura B.: Yes, good question. I often feel like I'm over stepping because I have so many hats I can wear

[May 24, 2:15 PM] Laura B.: Bonnie - "refine your picker", I am totally stealing that

[May 24, 5:25 PM] Sonia Carroll: Missed this at 4am lol aussie time but so excited to watch my Two bffs chat about creative magic

[May 26, 3:28 PM] CaityWare: Wow I m loving this talk SO much. The website. The specificity. Following through. And of course the encouragement to really educate ourselves on mental health, both for our own sake and our understanding of others!