

00:35:02 Sarah Budd - ODN Board member: Menti.com
32201196
00:36:24 Tiffanie Clifford: Hopeful = spring?
00:36:30 Dana Pratt: Reacted to "Hopeful = spring?" with
00:36:37 Karen Natzel: Reacted to "Hopeful = spring?" with
00:37:09 Sarah Budd - ODN Board member: Reacted to "Hopeful = spring?" with
01:13:42 Tiffanie Clifford: Can you share how to spell the Stanford researcher's name on these 3 mindsets?
01:15:16 Mellani: https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare
01:15:27 Sarah Budd - ODN Board member: Reacted to "https://www.ted.com/..." with
01:27:42 Maria Alexandra Ramirez: This is a yogic practice that's been around for many years. Pranayama/ Breathing practice .
01:28:48 Sarah Budd - ODN Board member: Reacted to "This is a yogic prac..." with
01:30:13 Mellani: Reacted to "This is a yogic prac..." with
01:33:27 Vikki Espinosa: Reacted to "This is a yogic prac..." with
01:34:25 Mellani: Like Brene says...getting it right, is more important than BEING right
01:35:20 Sarah Budd - ODN Board member: Reacted to "Like Brene says...ge..." with
01:39:55 Nadine Ambrose: I would add "remind me to breathe!"
01:40:05 Mellani: Reacted to "I would add "remind ..." with
01:40:10 Dan Bilderback: Reacted to "I would add "remind ..." with
01:40:12 Erin Newton she | her: Reacted to "I would add "remind ..." with
01:42:03 Sarah Budd - ODN Board member: Reacted to "I would add "remind ..." with
01:43:04 Jenny Sherman - VillagesNW: jennys88@comcast.net Thank you so much for the presentation. I love this topic and the importance it has for so many of us. I have to leave early to attend another meeting.
01:43:11 Judith Sugg: Sorry, I have to leave a little early. I'd love the slides etc. JudySugg@gmail.com
01:43:33 Sarah Budd - ODN Board member: Thanks Jenny & Judith
01:50:26 Sarah Budd - ODN Board member: The recording will be automatically sent to everyone registered. If you would like the slides also, please respond here with your email address.
01:51:06 Tiffanie Clifford: Yes, please to slides: tiffanie@thinkaheadtc.com
01:51:31 Erin Newton she | her: I'd like them as well:
etnewton11@gmail.com
01:51:51 Vikki Espinosa: vikki@vikkiespinosa.com - thank you!
01:52:08 Sarah Budd - ODN Board member: Reacted to "vikki@vikkiespinosa...." with
01:52:10 Sarah Budd - ODN Board member: Reacted to "I'd like them as wel..." with
01:52:12 Tiffany Purn: me too! tiffany.purn@gmail.com
01:52:16 Sarah Budd - ODN Board member: Reacted to "Yes, please to slide..." with
01:52:33 Sarah Budd - ODN Board member: Reacted to "me too! tiffany.purn..." with
01:52:38 Dan Bilderback: Yes, please! dbilderback@selco.org
01:52:49 Sarah Budd - ODN Board member: Reacted to "Yes, please! dbilder..." with
01:52:50 Laura Jacobson ODN Board: Please! laura61404@gmail.com
01:52:53 Karen Natzel: yes, thank you, karen@natzel.net
01:53:03 Dana Pratt: Thank you for this presentation, Bill! I would very much like the slides and any resources you can share. Dana@DCPTraining.net
01:53:07 Jon Biemer: send slide to jrbiemer@q.com
01:53:09 Sarah Budd - ODN Board member: Reacted to "Please! laura61404@g..." with
01:53:18 Sarah Budd - ODN Board member: Reacted to "yes, thank you, kare..." with
01:53:22 Dan Vetter (He/Him): Thanks! Dan@VetterLearning.com
01:53:32 Sarah Budd - ODN Board member: Reacted to "Thank you for this p..." with
01:53:42 Sarah Budd - ODN Board member: Reacted to "send slide to jrbiem..." with
01:53:44 Mellani: mocampo@selco.org please and thanks!
01:53:50 Maria Alexandra Ramirez: TransformationalBeing@gmail.com
01:53:52 Glen Fahs: DrShaf@aol.com
01:53:56 Maria Alexandra Ramirez: Thank you!
01:53:58 Sarah Budd - ODN Board member: Reacted to "Thanks! Dan@VetterL..." with

01:54:09 Sarah Budd - ODN Board member: Reacted to "mocampo@selco.org pl..." with
01:54:12 Rachel Browning, Board member: Yes please to the slides, Sarah you have my email
01:54:20 Sarah Budd - ODN Board member: Reacted to "TransformationalBein..." with
01:54:30 Sarah Budd - ODN Board member: Reacted to "DrShaf@aol.com" with
01:54:33 Sarah Budd - ODN Board member: Reacted to "Thank you!" with
01:54:38 Glen Fahs: Very valuable and rich presentation
01:55:14 Sarah Budd - ODN Board member: Reacted to "Yes please to the sl..." with
01:55:34 bchan's iPhone: chankbetty@gmail.com
01:55:36 Sarah Budd - ODN Board member: Reacted to "Very valuable and ri..." with
01:55:59 Sarah Budd - ODN Board member: Reacted to "chankbetty@gmail.com" with
01:56:21 Glen Fahs: I thought we had until 8 pm
01:56:41 Nadine Ambrose: Thank you, Bill. Excellent! I would like to talk.
01:56:54 Nadine Ambrose: Nadine@successmarkconsulting.com
01:57:14 Karen Natzel: Bill, love your knowledge and delivery - thanks for the generous share!
01:57:18 Sarah Budd - ODN Board member: We could hang out longer Glen, but officially we met from
5:30-7:00 :)
01:57:43 Dan Bilderback: Thank you very much, Bill. Excellent information!
01:58:29 Dan Bilderback: Thanks, all! Have a great evening!
01:58:30 Laura Jacobson ODN Board: Appreciate this great information. Thank you Bill!
01:58:46 Sarah Budd - ODN Board member: Reacted to "Nadine@successmarkco..." with
02:01:58 Glen Fahs: Sorry, somehow my calendar got 6-8 pm. That's why I blundered in when I thought I
was early.
02:02:17 Nadine Ambrose: Glad to have you here Glen!
02:02:51 Sarah Budd - ODN Board member: Replying to "Sorry, somehow my ca..."

No problem! We're always glad to see you whenever you come in.

02:08:28 Glen Fahs: A rich set of resources are available from www.resiliencycenter.com.
02:09:16 Sarah Budd - ODN Board member: I will say that Social Emotional Learning is a huge thing in
elementary schools especially. They talk about this stuff a lot (which is awesome!) I wonder if they the
counselors for the younger kids have adaptable resources?
02:10:06 Tiffanie Clifford: Sarah, If you know of any good programs please share, my daughter's school
has nothing. Tiffanie
02:11:22 Rachel Browning, Board member: I have to run out, thank you so much Bill, amazing
presentation!
02:14:20 Maria Alexandra Ramirez: I have to go! Thank you so much!
02:20:11 Tiffanie Clifford: Another resource to consider is neurofeedback, LENS specifically.
02:22:53 Nadine Ambrose: Replying to "Another resource to ..."

Thanks Tiffanie.

02:25:33 Tiffanie Clifford: I have to run and wrap up the evening. Thank you very much!
02:25:42 Sarah Budd - ODN Board member: Good to see you Tiffanie!
02:30:59 Laura Jacobson ODN Board: Thank you for sharing Jon! It is good to see you.
02:33:56 Jon Biemer: Thanks. This has been eye opening. Letting go now.
02:34:29 Sarah Budd - ODN Board member: bill@billhefferman.com