

17:34:33 From kathleen : You are going to watch me eat for the next 10 minutes. I just sat down and I'm starving!

17:34:56 From Rebecca Rose : eat away!

17:35:17 From Leann Benedetti : Yes nourishment is important!

17:35:58 From Rebecca Rose : We are all experiencing FFTs!!

17:37:20 From Rebecca Rose : Hello Kate!

17:37:53 From Sarah Wooten : Hi Kate!

17:37:56 From Rebecca Rose : Biggest barrier is finding the audience

17:38:03 From Patti Christie : Not believing in myself -

17:38:17 From Leann Benedetti : Finding the audience agreed

17:38:31 From Kate Neligan : Hi!

17:38:47 From Jamie Davis : trying to live up to everyone's expectations.

17:38:48 From Leann Benedetti : ...and or gaining credibility I might have 2~

17:38:57 From kathleen : risk of inducing drama

17:39:01 From Rebecca Rose : not crying. I tend to cry now,

17:39:01 From Kate Neligan : Fear over other people's judgements

17:39:02 From kathleen : I hate drama

17:39:19 From kathleen : Yes agree with crying!

17:40:35 From kathleen : I don't have mine

17:41:04 From kathleen : Where can I find it?

17:41:33 From Rebecca Rose : I will find it for you!

17:42:18 From Jamie Davis : it's on the resource page

17:42:52 From Rebecca Rose : Just emailed, too.

17:43:44 From Rebecca Rose : MeltDOWN!

17:44:27 From Rebecca Rose : Other drivers

17:45:51 From Kate Neligan : Kathleen, whats your email, I can send you the workbook?

17:48:21 From Rebecca Rose : YEAY!

17:51:38 From kathleen : Well said. This will be helpful as I try to stay healthy right now

17:51:44 From Leann Benedetti : Radical - what did you say Sarah??

17:54:36 From Rebecca Rose : Oh, yes, I am!! Like my mother....it's quite funny when I recognize it.

17:58:56 From Rebecca Rose : In the awareness of it!

18:00:43 From Rebecca Rose : Interesting!!!

18:01:46 From Patti Christie : I just unfriend them!! LOL!

18:04:08 From Rebecca Rose : OOhhh, assumptions and biases!

18:08:30 From kathleen : Kids often think they know everything. They are a good group to 'practice' these skills on :)

18:11:28 From kathleen : I had to write that down Patti. That was good...listen to learn, not to correct

18:13:43 From Rebecca Rose : It took me a little while to adapt to my new body.....

18:22:06 From Kate Neligan : Stuck or just unhappy!

18:22:38 From Jamie Davis : yes Kate...unhappy!

18:22:43 From Leann Benedetti : You can name it-you can tame it!

18:23:24 From kathleen : It's so hard to break the feeling...like PTS where you can't stop thinking about the comparison.

18:27:55 From Kate Neligan : Copying is the best flattery :)

18:28:55 From kathleen : I find partnering on a project gets me viewing that person in a different light. Now we on a similar path for a moment in time...and we hopefully can walk forward together.

18:34:01 From Rebecca Rose : I love all of you because we are overcoming a fear!

18:41:48 From Rebecca Rose : I like that! I don't have the capacity right now....

18:42:20 From Kate Neligan : Lately really healthy boundary people are my inspiration! :)

18:46:05 From kathleen : Bucket dippers

18:46:24 From Rebecca Rose : Not a reflection on you

18:47:27 From Rebecca Rose : Hallalujah! Follow your dreams and be courageous!

18:54:43 From kathleen : Where can we find this video?

18:54:43 From Leann Benedetti : Act opposite...

18:54:57 From Sarah Wooten : I will find it for you

18:55:03 From Rebecca Rose : We will put this video on the Handout/Resource page

18:56:37 From Patti Christie : Some of us have to travel back a loooooong way!!

19:01:27 From Kate Neligan : Do we know why the vet industry can be like that (i.e. harsh on themselves) Sarah? Ive seen it and don't understand why it's a bit more rampant there.... Vets are heroes!

19:12:00 From Leann Benedetti : FREEEEEDOM!!

19:12:22 From Sarah Wooten : I think we are a product of our training...vet school was BRUTAL

19:13:18 From kathleen : Part of what vet school tough was it was the first time for many of us to be put together in such close quarters with other high achievers.

19:14:18 From Rebecca Rose : And the awareness won't go away....

19:14:27 From kathleen : Yeah awareness!

19:14:29 From Sarah Wooten : YEAH!

19:15:15 From Leann Benedetti : We are also 'naturally selected' - the people that get the grades to get in are the 'high achievers', perfectionists, introvert, sensitive types...

19:15:26 From Sarah Wooten : true

19:16:42 From Rebecca Rose : Birth and sibling rank does make a difference.

19:16:50 From Patti Christie : I need to leave the meeting...sorry!! See ya'll tomorrow night!

19:17:01 From Sarah Wooten : Bye Patti!!

19:17:10 From Sarah Wooten : don't forget to finish the workbook :-)

19:17:38 From Kate Neligan : Thank you for answering my ?, its helpful. I didn't realize vet school was so tough.