

2.2025 Course Conversations Chat

00:20:16 Mary Murphy (Coach): Ohhh PURPLE is your color Barbara!

00:20:32 Carolina Perez Sanz: Replying to "Ohhh PURPLE is your ..."

Agreed!

00:25:18 Lynda: Replying to "I finally started th..."

Good to see you today, Claire!

00:27:48 Sarah Lilly: Hi Barbara, I would like to raise my hand and cannot work out how! thanks Sarah

00:28:43 Carney: Click on the React button and then you'll see the button to raise your hand

00:28:45 Kathy: Hello!

00:28:55 Lynda: Replying to "Hi Barbara, I would ..."

Look at Reactions at the bottom of the screen and click on that. you should see raise your hand.

00:38:16 Lynda: Replying to "Hi Barbara, I would ..."

I love that your word is soften.

00:56:45 bel @amabelnarvaez: I did a role play in my peer counselor facilitation yesterday. It further illuminates the desire for me to seek work that has less to do with trauma and more to do with art.

I am a master trainer in behavioral health (suicide prevention, trauma recovery, and peer support) and I am grateful to work with Janet Redford on my blocks. She is amazing!

00:57:19 Carolina Perez Sanz: Reacted to "I did a role play in..." with 

00:59:26 bel @amabelnarvaez: Reacted to "I did a role play in..." with 🙏

00:59:56 Lynda: Reacted to "I did a role play in..." with ❤️

00:59:56 bel @amabelnarvaez: We are human becomings

01:00:46 bel @amabelnarvaez: Love this “fall in love with the process of being the beloved” @Dawn Light Amora

01:00:48 Colleen Suzanne: WOW! Thank you for sharing that Dawn! I need to BE there!

01:01:31 Kathy: That is amazing!

01:02:58 bel @amabelnarvaez: Love these shares. Thank you, all. I get to teach peer counselors in Tacoma now. Feliz did de amor y amistad. Happy Galentine’s Day & weekend

01:03:54 Kathy: Giving up is surrendering

01:04:27 Kathy: To God and that’s when it happens. The love will come unexpectedly.

01:05:42 Carolina Perez Sanz: I love that, Lisa

01:06:31 Carolina Perez Sanz: Surrendering is what my post today on Substack was about: <https://carolinaperezsan.ssubstack.com/p/221-can-we-really-afford-to-surrender?r=514lhq>

01:07:22 Lisa Johnston: Reacted to "Surrendering is what..." with ❤️

01:07:33 Lynda: Replying to "Surrendering is what..."

Thanks for sharing this link Carolina. Looking forward to reading.

01:07:59 Carolina Perez Sanz: Reacted to "Thanks for sharing t..." with ❤️

01:08:46 Sarah Lilly: How can we love ourselves for Valentines Day ! ❤️

01:08:48 Kathy: Let go and let God

01:08:57 Carolina Perez Sanz: Mental Discipline, as you told me, Barbara!

01:09:34 Kathy: You’re doing, rather than being.

01:10:41 Dawn Light Amora: “Healing is the application of love to the places inside that hurt”

01:12:41 Connie: I have a call soon. Then you all.

01:16:40 Lynda: That's wonderful @Amna Mazin!

01:18:09 TammyCollins: I need to jump on another call. Blessings to you all.

01:20:29 Dawn Light Amora: Soooo Beautiful!

01:20:51 Carolina Perez Sanz: @Colleen Suzanne, your hands are so expressive, you move like a dancer.

01:22:10 Kathy: I love it!

01:22:19 Lisa: Thanks to everyone ❤️

01:22:25 Lisa Johnston: Beautiful, thanks all !!