## WEBVTT

NOTE duration: "01:09:27.1510000"

NOTE language:en-us

NOTE Confidence: 0.8560337

 $00:00:00.000 \longrightarrow 00:00:01.452$  I am Anna Reisman.

NOTE Confidence: 0.8560337

 $00:00:01.452 \longrightarrow 00:00:04.078$  I am director of the Program for

NOTE Confidence: 0.8560337

 $00:00:04.078 \dashrightarrow 00:00:06.619$  Humanities in Medicine and I am so

NOTE Confidence: 0.8560337

00:00:06.619 --> 00:00:09.520 happy to welcome you to the 2021

NOTE Confidence: 0.8560337

 $00:00:09.520 \dashrightarrow 00:00:11.610$  John P McGovern Award Lecture,

NOTE Confidence: 0.8560337

 $00:00:11.610 \longrightarrow 00:00:13.782$  which is given annually to a

NOTE Confidence: 0.8560337

 $00{:}00{:}13.782 \longrightarrow 00{:}00{:}15.512$  physician who excels at being

NOTE Confidence: 0.8560337

00:00:15.512 --> 00:00:17.510 both a scientist and humanist,

NOTE Confidence: 0.8560337

 $00{:}00{:}17.510 --> 00{:}00{:}19.094$  and a knowledgeable,

NOTE Confidence: 0.8560337

 $00:00:19.094 \longrightarrow 00:00:21.206$  Humane and caring position.

NOTE Confidence: 0.8560337

00:00:21.210 --> 00:00:23.290 John McGovern was a Texas

NOTE Confidence: 0.8560337

 $00:00:23.290 \longrightarrow 00:00:24.538$  based medical humanist,

NOTE Confidence: 0.8560337

 $00:00:24.540 \longrightarrow 00:00:26.665$  an allergist investor and philanthropist

NOTE Confidence: 0.8560337

00:00:26.665 --> 00:00:28.790 who established a number of

00:00:28.856 --> 00:00:31.256 lectures bearing his name at Med

NOTE Confidence: 0.8560337

00:00:31.256 --> 00:00:32.856 schools throughout the country,

NOTE Confidence: 0.8560337

 $00:00:32.860 \longrightarrow 00:00:34.645$  and I'm thrilled to present

NOTE Confidence: 0.8560337

 $00:00:34.645 \longrightarrow 00:00:37.542$  this award this year to a truly

NOTE Confidence: 0.8560337

 $00{:}00{:}37.542 \dashrightarrow 00{:}00{:}39.096$  wonderful humanist physician,

NOTE Confidence: 0.8560337

 $00:00:39.100 \longrightarrow 00:00:40.345$  doctor Kimberly Manning.

NOTE Confidence: 0.8560337

00:00:40.345 --> 00:00:42.838 Many of you know Doctor Manning

NOTE Confidence: 0.8560337

00:00:42.838 --> 00:00:44.918 as Grady Doctor on Twitter,

NOTE Confidence: 0.8560337

00:00:44.920 --> 00:00:47.416 where she tweets about medical education,

NOTE Confidence: 0.8560337

 $00:00:47.420 \longrightarrow 00:00:48.683$  diversity and inclusion,

NOTE Confidence: 0.8560337

 $00:00:48.683 \longrightarrow 00:00:51.630$  and medical humanities as she told us.

NOTE Confidence: 0.8560337

00:00:51.630 --> 00:00:53.706 Earlier today, among many other things,

NOTE Confidence: 0.8560337

 $00{:}00{:}53.710 \dashrightarrow 00{:}00{:}55.873$ it's been a day of soaking up

NOTE Confidence: 0.8560337

00:00:55.873 --> 00:00:57.879 much wisdom from Doctor Manning,

NOTE Confidence: 0.8560337

 $00:00:57.880 \longrightarrow 00:01:00.130$  she revels in finding the extraordinary

 $00:01:00.130 \longrightarrow 00:01:03.610$  in the ordinary and in telling those stories.

NOTE Confidence: 0.8560337

 $00{:}01{:}03.610 \dashrightarrow 00{:}01{:}05.686$  Her writing on Twitter and elsewhere

NOTE Confidence: 0.8560337

 $00:01:05.686 \dashrightarrow 00:01:07.639$  is reflective and lively and deep.

NOTE Confidence: 0.8560337

 $00:01:07.640 \longrightarrow 00:01:09.656$  Her love for what she does.

NOTE Confidence: 0.8560337

00:01:09.660 --> 00:01:10.554 Caring for patients,

NOTE Confidence: 0.8560337

 $00:01:10.554 \longrightarrow 00:01:11.746$  teaching trainees reflecting on

NOTE Confidence: 0.8560337

 $00:01:11.746 \longrightarrow 00:01:13.108$  the briefest of interactions

NOTE Confidence: 0.8560337

 $00:01:13.108 \longrightarrow 00:01:14.359$  at unexpected encounters,

NOTE Confidence: 0.8560337

 $00:01:14.360 \longrightarrow 00:01:15.030$  is infectious.

NOTE Confidence: 0.8560337

00:01:15.030 --> 00:01:16.705 She embraces her own vulnerability.

NOTE Confidence: 0.8560337

 $00{:}01{:}16.710 \dashrightarrow 00{:}01{:}19.181$  She shows us how to be comfortable

NOTE Confidence: 0.8560337

00:01:19.181 --> 00:01:21.174 with our discomfort and she teaches

NOTE Confidence: 0.8560337

 $00:01:21.174 \longrightarrow 00:01:23.422$  us how we can learn from it.

NOTE Confidence: 0.8560337

00:01:23.422 --> 00:01:25.676 You may have seen her newest Twitter

NOTE Confidence: 0.8560337

 $00{:}01{:}25.676 \dashrightarrow 00{:}01{:}27.631$ series called Black Wise Matter

NOTE Confidence: 0.8560337

 $00:01:27.631 \longrightarrow 00:01:29.299$  Conversations with people about

 $00:01:29.299 \longrightarrow 00:01:31.330$  their concerns about vaccination.

NOTE Confidence: 0.8560337

 $00:01:31.330 \longrightarrow 00:01:32.778$  These are beautifully told,

NOTE Confidence: 0.8560337

 $00:01:32.778 \longrightarrow 00:01:33.860$  but more importantly,

NOTE Confidence: 0.8560337

 $00:01:33.860 \longrightarrow 00:01:34.940$  they're accomplishing something

NOTE Confidence: 0.8560337

 $00:01:34.940 \longrightarrow 00:01:36.386$  critical through her friendliness.

NOTE Confidence: 0.8560337

 $00:01:36.386 \longrightarrow 00:01:38.190$  Through her ability to listen

NOTE Confidence: 0.8560337

 $00:01:38.190 \longrightarrow 00:01:40.278$  and connect with people to show

NOTE Confidence: 0.8560337

 $00:01:40.278 \longrightarrow 00:01:41.988$  so much respect for everybody

NOTE Confidence: 0.8560337

 $00:01:41.988 \longrightarrow 00:01:44.290$  she encounters and to turn those

NOTE Confidence: 0.8560337

00:01:44.290 --> 00:01:45.770 moments into micro stories,

NOTE Confidence: 0.8560337

00:01:45.770 --> 00:01:47.574 Doctor Manning is doing a

NOTE Confidence: 0.8560337

 $00:01:47.574 \longrightarrow 00:01:49.740$  huge service for all of us.

NOTE Confidence: 0.8448195

 $00{:}01{:}52.170 \dashrightarrow 00{:}01{:}53.854$  Doctor Kimberly Manning grew

NOTE Confidence: 0.8448195

 $00{:}01{:}53.854 \dashrightarrow 00{:}01{:}55.538$  up in Englewood, California.

NOTE Confidence: 0.8448195

 $00:01:55.538 \longrightarrow 00:01:58.046$  She received her BS degree from

 $00{:}01{:}58.046 \dashrightarrow 00{:}01{:}59.780$  Tuskegee University and RMD

NOTE Confidence: 0.8448195

 $00{:}01{:}59.780 \dashrightarrow 00{:}02{:}01.428$  from Meharry Medical College.

NOTE Confidence: 0.8448195

 $00:02:01.430 \longrightarrow 00:02:03.535$  She completed her residency in

NOTE Confidence: 0.8448195

00:02:03.535 --> 00:02:05.219 combined Internal medicine Pediatrics,

NOTE Confidence: 0.8448195

 $00:02:05.220 \longrightarrow 00:02:07.330$  at Case Western Reserve University.

NOTE Confidence: 0.8448195

 $00:02:07.330 \longrightarrow 00:02:09.952$  She's a general internist and hospitalist

NOTE Confidence: 0.8448195

 $00{:}02{:}09.952 \dashrightarrow 00{:}02{:}12.550$  and professor of medicine who serves

NOTE Confidence: 0.8448195

00:02:12.550 --> 00:02:14.896 as associate vice chair of Diversity,

NOTE Confidence: 0.8448195

 $00:02:14.900 \longrightarrow 00:02:16.584$  Equity and inclusion for

NOTE Confidence: 0.8448195

00:02:16.584 --> 00:02:18.268 Emory's Department of Medicine,

NOTE Confidence: 0.8448195

 $00:02:18.270 \longrightarrow 00:02:20.888$  where she serves as well as

NOTE Confidence: 0.8448195

 $00:02:20.888 \longrightarrow 00:02:22.920$  residency program director for

NOTE Confidence: 0.8448195

 $00:02:22.920 \longrightarrow 00:02:24.952$  the Transitional Year Residency.

NOTE Confidence: 0.8448195

 $00:02:24.960 \longrightarrow 00:02:27.369$  She has been awarded numerous institutional,

NOTE Confidence: 0.8448195

00:02:27.370 --> 00:02:29.370 regional and National Teaching awards,

NOTE Confidence: 0.8448195

 $00:02:29.370 \longrightarrow 00:02:31.776$  including the AC GME, Parker J,

00:02:31.780 --> 00:02:33.780 Palmer, Courage to Teach Award,

NOTE Confidence: 0.8448195

 $00{:}02{:}33.780 \dashrightarrow 00{:}02{:}36.587$  which is given to only 9 program

NOTE Confidence: 0.8448195

00:02:36.587 --> 00:02:38.650 directors across all AC GME

NOTE Confidence: 0.8448195

 $00:02:38.650 \longrightarrow 00:02:40.595$  residency programs in the US.

NOTE Confidence: 0.8448195

 $00:02:40.600 \longrightarrow 00:02:42.202$  She's published many personal

NOTE Confidence: 0.8448195

00:02:42.202 --> 00:02:44.207 narratives in places like JAMA,

NOTE Confidence: 0.8448195

00:02:44.210 --> 00:02:45.810 Annals of Internal Medicine,

NOTE Confidence: 0.8448195

 $00:02:45.810 \longrightarrow 00:02:49.258$  Academic Medicine, The Lancet, and elsewhere.

NOTE Confidence: 0.8448195

 $00:02:49.260 \longrightarrow 00:02:51.415$  Her research interests center around

NOTE Confidence: 0.8448195

 $00{:}02{:}51.415 \dashrightarrow 00{:}02{:}53.139$  innovations in medical education,

NOTE Confidence: 0.8448195

00:02:53.140 --> 00:02:54.002 humanism, professionalism,

NOTE Confidence: 0.8448195

 $00{:}02{:}54.002 \dashrightarrow 00{:}02{:}55.726$  and the interface between

NOTE Confidence: 0.8448195

 $00{:}02{:}55.726 \dashrightarrow 00{:}02{:}57.450$  medical education and diversity.

NOTE Confidence: 0.8448195

 $00{:}02{:}57.450 \dashrightarrow 00{:}02{:}59.859$  Equity and inclusion.

NOTE Confidence: 0.8448195

 $00{:}02{:}59.860 \dashrightarrow 00{:}03{:}02.020$  I'll use Doctor Manning's own words

 $00:03:02.020 \longrightarrow 00:03:05.056$  to capture what I think is part of her

NOTE Confidence: 0.8448195

 $00{:}03{:}05.056 \dashrightarrow 00{:}03{:}07.270$  secret to her success as a writer,

NOTE Confidence: 0.8448195

 $00:03:07.270 \longrightarrow 00:03:07.665$  storyteller.

NOTE Confidence: 0.8448195

 $00:03:07.665 \longrightarrow 00:03:08.455$  Collaborator connector.

NOTE Confidence: 0.8448195

 $00:03:08.455 \longrightarrow 00:03:10.430$  Someone who is accomplished and

NOTE Confidence: 0.8448195

 $00:03:10.430 \longrightarrow 00:03:12.123$  continues to accomplish great things

NOTE Confidence: 0.8448195

 $00:03:12.123 \longrightarrow 00:03:14.350$  for all who come into contact with her.

NOTE Confidence: 0.8448195

 $00:03:14.350 \longrightarrow 00:03:16.030$  She applies her lived experiences

NOTE Confidence: 0.8448195

 $00:03:16.030 \longrightarrow 00:03:17.980$  as a black woman, mother, daughter,

NOTE Confidence: 0.8448195

 $00:03:17.980 \longrightarrow 00:03:19.780$  wife, and community member to all

NOTE Confidence: 0.8448195

 $00:03:19.780 \longrightarrow 00:03:21.430$  that she does professionally.

NOTE Confidence: 0.8448195

 $00:03:21.430 \longrightarrow 00:03:23.677$  We are so grateful that you were

NOTE Confidence: 0.8448195

 $00:03:23.677 \longrightarrow 00:03:25.140$  here with us today.

NOTE Confidence: 0.8448195

00:03:25.140 --> 00:03:25.812 Doctor Manning.

NOTE Confidence: 0.8448195

 $00:03:25.812 \longrightarrow 00:03:27.828$  Welcome and congratulations on this award.

NOTE Confidence: 0.9178688

 $00:03:30.160 \longrightarrow 00:03:33.020$  Thank you so much.

 $00:03:33.020 \longrightarrow 00:03:35.868$  What a kind introduction.

NOTE Confidence: 0.9178688

 $00{:}03{:}35.870 \dashrightarrow 00{:}03{:}39.092$  I don't really know what to say to that.

NOTE Confidence: 0.9178688

00:03:39.100 --> 00:03:41.616 I just feel like wow, who's that?

NOTE Confidence: 0.9178688

00:03:41.616 --> 00:03:43.764 But it's my pleasure to have

NOTE Confidence: 0.9178688

 $00:03:43.764 \longrightarrow 00:03:45.558$  spent the day with Yale.

NOTE Confidence: 0.9178688

 $00:03:45.560 \longrightarrow 00:03:48.136$  Wow, what a great day and will be

NOTE Confidence: 0.9178688

00:03:48.136 --> 00:03:50.568 wrapping this up with one of my

NOTE Confidence: 0.9178688

00:03:50.568 --> 00:03:52.283 favorite things which is talking

NOTE Confidence: 0.9178688

 $00:03:52.351 \longrightarrow 00:03:54.733$  about reflection and today or this

NOTE Confidence: 0.9178688

 $00{:}03{:}54.733 \dashrightarrow 00{:}03{:}56.690$  evening I'll be talking about

NOTE Confidence: 0.9178688

 $00:03:56.690 \longrightarrow 00:03:58.490$  developing a habit of reflection.

NOTE Confidence: 0.9178688

 $00:03:58.490 \longrightarrow 00:04:00.996$  What you see is what you get.

NOTE Confidence: 0.855954

 $00{:}04{:}03.660 \dashrightarrow 00{:}04{:}05.500$  I have no financial disclosures,

NOTE Confidence: 0.855954

 $00{:}04{:}05.500 \dashrightarrow 00{:}04{:}08.340$  but my disclosure is the same as it

NOTE Confidence: 0.855954

 $00{:}04{:}08.340 \dashrightarrow 00{:}04{:}11.372$  was this morning and it is that I

00:04:11.372 --> 00:04:14.492 cry every single day. I am a crier.

NOTE Confidence: 0.855954

 $00:04:14.492 \longrightarrow 00:04:17.556$  It is highly likely maybe I might

NOTE Confidence: 0.855954

 $00:04:17.556 \longrightarrow 00:04:20.628$  be all cried out from earlier.

NOTE Confidence: 0.855954

00:04:20.630 --> 00:04:23.654 But I'm very likely to cry during

NOTE Confidence: 0.855954

 $00:04:23.654 \longrightarrow 00:04:26.367$  this session and so just be

NOTE Confidence: 0.855954

 $00{:}04{:}26.367 \dashrightarrow 00{:}04{:}29.019$  prepared for that should it happen.

NOTE Confidence: 0.855954

00:04:29.020 --> 00:04:31.144 I always like to start every

NOTE Confidence: 0.855954

 $00:04:31.144 \longrightarrow 00:04:33.620$  talk with a moment of gratitude.

NOTE Confidence: 0.855954

 $00{:}04{:}33.620 --> 00{:}04{:}35.625$  And my gratitude today is

NOTE Confidence: 0.855954

 $00:04:35.625 \longrightarrow 00:04:37.229$  specifically for this man.

NOTE Confidence: 0.855954

00:04:37.230 --> 00:04:39.636 His name is Doctor Bill Branch.

NOTE Confidence: 0.855954

 $00:04:39.640 \longrightarrow 00:04:42.046$  And he was my division chief

NOTE Confidence: 0.855954

 $00{:}04{:}42.046 \dashrightarrow 00{:}04{:}43.650$  in general internal medicine.

NOTE Confidence: 0.855954

00:04:43.650 --> 00:04:47.250 When I joined the faculty at Grady in 2001.

NOTE Confidence: 0.855954

00:04:47.250 --> 00:04:49.398 And it was Bill who actually

NOTE Confidence: 0.855954

 $00:04:49.398 \longrightarrow 00:04:51.737$  invited me to participate in a

 $00:04:51.737 \longrightarrow 00:04:53.409$  faculty development program where

NOTE Confidence: 0.855954

00:04:53.409 --> 00:04:55.680 we focused on reflective writing,

NOTE Confidence: 0.855954

00:04:55.680 --> 00:04:58.080 reflection and building us as humanists,

NOTE Confidence: 0.855954

 $00:04:58.080 \longrightarrow 00:05:00.887$  an I and introducing me to humanism

NOTE Confidence: 0.855954

00:05:00.887 --> 00:05:03.842 in medicine. But it was also.

NOTE Confidence: 0.855954

 $00{:}05{:}03.842 \to 00{:}05{:}06.204$  Bill, who really taught me to learn

NOTE Confidence: 0.855954

 $00:05:06.204 \longrightarrow 00:05:08.714$  how to see the extraordinary in the

NOTE Confidence: 0.855954

00:05:08.714 --> 00:05:11.156 ordinary to take like a picture,

NOTE Confidence: 0.855954

 $00:05:11.160 \longrightarrow 00:05:13.757$  mental picture or a real picture and

NOTE Confidence: 0.855954

 $00{:}05{:}13.757 \dashrightarrow 00{:}05{:}16.585$  stare and stare and stare at it until

NOTE Confidence: 0.855954

00:05:16.585 --> 00:05:19.730 I can get deeper meaning over and over again.

NOTE Confidence: 0.855954

 $00:05:19.730 \longrightarrow 00:05:21.866$  This is an image of me,

NOTE Confidence: 0.855954

 $00:05:21.870 \longrightarrow 00:05:22.586$  my grandmother,

NOTE Confidence: 0.855954

 $00:05:22.586 \longrightarrow 00:05:24.016$  and my son, Isaiah.

NOTE Confidence: 0.855954

00:05:24.016 --> 00:05:25.796 My grandmother is a graduate

00:05:25.796 --> 00:05:26.864 of Tuskegee University,

NOTE Confidence: 0.855954

 $00:05:26.870 \longrightarrow 00:05:28.650$  her mom before her was

NOTE Confidence: 0.855954

00:05:28.650 --> 00:05:30.074 a graduate of Tuskegee.

NOTE Confidence: 0.855954

 $00:05:30.080 \longrightarrow 00:05:32.936$  This is me and her at Tuskegee Homecoming.

NOTE Confidence: 0.855954

 $00:05:32.940 \longrightarrow 00:05:35.306$  And that was my son's first time

NOTE Confidence: 0.855954

00:05:35.306 --> 00:05:37.970 going to a Tuskegee homecoming.

NOTE Confidence: 0.855954

 $00:05:37.970 \longrightarrow 00:05:40.733$  And then here's just another image of my son.

NOTE Confidence: 0.855954

 $00:05:40.740 \longrightarrow 00:05:43.323$  The first time I took him to

NOTE Confidence: 0.855954

 $00{:}05{:}43.323 \dashrightarrow 00{:}05{:}45.230$  Tuskegee's campus when he was

NOTE Confidence: 0.855954

 $00:05:45.230 \longrightarrow 00:05:47.040$  old enough to appreciate it.

NOTE Confidence: 0.855954

 $00:05:47.040 \longrightarrow 00:05:48.056$  And so you know,

NOTE Confidence: 0.855954

 $00:05:48.056 \longrightarrow 00:05:49.580$  this could just be a snapshot

NOTE Confidence: 0.855954

00:05:49.637 --> 00:05:51.240 of the back of my son's head.

NOTE Confidence: 0.855954

 $00:05:51.240 \longrightarrow 00:05:52.716$  But see when you develop a

NOTE Confidence: 0.855954

 $00:05:52.716 \longrightarrow 00:05:53.454$  habit of reflection,

NOTE Confidence: 0.855954

 $00:05:53.460 \longrightarrow 00:05:55.284$  that is not what you see

 $00:05:55.284 \longrightarrow 00:05:56.950$  in an image like this.

NOTE Confidence: 0.855954

 $00:05:56.950 \longrightarrow 00:05:58.918$  You see, what is he seeing?

NOTE Confidence: 0.855954

 $00:05:58.920 \longrightarrow 00:06:00.792$  Does he know how his legacy

NOTE Confidence: 0.855954

 $00:06:00.792 \longrightarrow 00:06:02.530$  is tide into this place?

NOTE Confidence: 0.855954

 $00{:}06{:}02.530 \dashrightarrow 00{:}06{:}04.420$  Does he know the meaning behind

NOTE Confidence: 0.855954

 $00:06:04.420 \longrightarrow 00:06:06.130$  this and then look again,

NOTE Confidence: 0.855954

00:06:06.130 --> 00:06:06.467 right?

NOTE Confidence: 0.855954

 $00:06:06.467 \longrightarrow 00:06:08.489$  And you think about the times

NOTE Confidence: 0.855954

 $00:06:08.489 \longrightarrow 00:06:10.069$  that we are in now,

NOTE Confidence: 0.855954

00:06:10.070 --> 00:06:12.366 the things that happened in Macon County,

NOTE Confidence: 0.855954

 $00:06:12.370 \longrightarrow 00:06:14.085$  Alabama beyond just the development

NOTE Confidence: 0.855954

 $00{:}06{:}14.085 \dashrightarrow 00{:}06{:}16.477$  and of my family and the education

NOTE Confidence: 0.855954

00:06:16.477 --> 00:06:18.925 of my family but so much more right?

NOTE Confidence: 0.855954

 $00{:}06{:}18.930 \dashrightarrow 00{:}06{:}20.570$  This is Booker T Washington

NOTE Confidence: 0.855954

00:06:20.570 --> 00:06:22.210 lifting the veil of ignorance,

 $00:06:22.210 \longrightarrow 00:06:24.556$  which is what the this is

NOTE Confidence: 0.855954

 $00:06:24.556 \longrightarrow 00:06:26.120$  called this statue but.

NOTE Confidence: 0.855954

 $00:06:26.120 \longrightarrow 00:06:28.480$  But just an example of how you can

NOTE Confidence: 0.855954

 $00{:}06{:}28.480 \longrightarrow 00{:}06{:}30.339$  continue to look at images over

NOTE Confidence: 0.855954

 $00:06:30.339 \longrightarrow 00:06:32.580$  and over and over again and see

NOTE Confidence: 0.855954

 $00:06:32.580 \longrightarrow 00:06:34.776$  something that you never saw before.

NOTE Confidence: 0.855954

 $00:06:34.780 \longrightarrow 00:06:36.439$  I'd also like to thank my iPhone

NOTE Confidence: 0.855954

 $00:06:36.439 \longrightarrow 00:06:38.100$  because a lot of my reflection

NOTE Confidence: 0.855954

 $00{:}06{:}38.100 \dashrightarrow 00{:}06{:}39.888$  happens through images that I snap,

NOTE Confidence: 0.855954

 $00:06:39.890 \longrightarrow 00:06:41.987$  and then I go back and look at them

NOTE Confidence: 0.855954

00:06:41.987 --> 00:06:44.728 and I look for deeper meaning inside of them,

NOTE Confidence: 0.855954

 $00:06:44.730 \longrightarrow 00:06:48.106$  and both of these images count is that.

NOTE Confidence: 0.855954

00:06:48.110 --> 00:06:50.477 So just to kind of take you on a

NOTE Confidence: 0.855954

00:06:50.477 --> 00:06:52.849 journey through a moment of reflection,

NOTE Confidence: 0.855954

00:06:52.850 --> 00:06:53.166 right?

NOTE Confidence: 0.855954

 $00:06:53.166 \longrightarrow 00:06:55.378$  And this is how I really operate

 $00:06:55.378 \longrightarrow 00:06:57.258$  in trying to be really present

NOTE Confidence: 0.855954

 $00{:}06{:}57.258 {\:\dashrightarrow\:} 00{:}06{:}59.428$  in a moment in an feeling it

NOTE Confidence: 0.855954

00:06:59.428 --> 00:07:01.038 in appreciating it and making

NOTE Confidence: 0.855954

00:07:01.038 --> 00:07:02.326 sure no moment of

NOTE Confidence: 0.8653755

 $00:07:02.330 \longrightarrow 00:07:04.332$  it is lost. So here is a

NOTE Confidence: 0.8653755

 $00:07:04.332 \longrightarrow 00:07:06.438$  piece of the flyer for this.

NOTE Confidence: 0.8653755

 $00:07:06.440 \longrightarrow 00:07:08.512$  This talk I'm giving a talk here

NOTE Confidence: 0.8653755

00:07:08.512 --> 00:07:10.230 at Yale School of Medicine,

NOTE Confidence: 0.8653755

 $00:07:10.230 \longrightarrow 00:07:12.758$  which you know you all know you're here.

NOTE Confidence: 0.8653755

 $00:07:12.760 \longrightarrow 00:07:14.656$  But let's just say when I

NOTE Confidence: 0.8653755

 $00{:}07{:}14.656 \dashrightarrow 00{:}07{:}15.920$  was graduating from college,

NOTE Confidence: 0.8653755

 $00{:}07{:}15.920 \dashrightarrow 00{:}07{:}18.352$  I'm not so sure you would have been

NOTE Confidence: 0.8653755

 $00{:}07{:}18.352 \dashrightarrow 00{:}07{:}20.806$  looking at me to their medical school.

NOTE Confidence: 0.8653755

 $00:07:20.810 \longrightarrow 00:07:23.648$  But yet I'm still, I'm here, right?

NOTE Confidence: 0.8653755

00:07:23.648 --> 00:07:25.840 And then you know,

00:07:25.840 --> 00:07:28.276 I did some some hunting around right?

NOTE Confidence: 0.8653755

 $00{:}07{:}28.280 \dashrightarrow 00{:}07{:}30.128$  Because in this moment you know

NOTE Confidence: 0.8653755

 $00{:}07{:}30.128 \dashrightarrow 00{:}07{:}32.957$  here I am a graduate of two HBC

NOTE Confidence: 0.8653755

00:07:32.957 --> 00:07:35.237 use a black woman from Inglewood,

NOTE Confidence: 0.8653755

 $00:07:35.240 \longrightarrow 00:07:37.960$  CA and I wanted to know what the

NOTE Confidence: 0.8653755

 $00{:}07{:}37.960 \dashrightarrow 00{:}07{:}40.107$  history was of people like me.

NOTE Confidence: 0.8653755

00:07:40.110 --> 00:07:41.850 A Yale School of Medicine.

NOTE Confidence: 0.8653755

 $00:07:41.850 \longrightarrow 00:07:42.846$  Well, in 1857,

NOTE Confidence: 0.8653755

 $00:07:42.846 \longrightarrow 00:07:45.618$  which is wow a long time ago that

NOTE Confidence: 0.8653755

00:07:45.618 --> 00:07:47.996 was when Yale, as you all know,

NOTE Confidence: 0.8653755

 $00{:}07{:}47.996 \dashrightarrow 00{:}07{:}49.591$  had their first graduate of

NOTE Confidence: 0.8653755

00:07:49.591 --> 00:07:51.250 the School of Medicine,

NOTE Confidence: 0.8653755

 $00:07:51.250 \longrightarrow 00:07:54.490$  but it wouldn't be until 1948 that the 1st.

NOTE Confidence: 0.8653755

 $00:07:54.490 \longrightarrow 00:07:56.578$  Black Woman would graduate from the

NOTE Confidence: 0.8653755

 $00{:}07{:}56.578 \dashrightarrow 00{:}07{:}58.914$  School of Medicine at you that isn't

NOTE Confidence: 0.8653755

 $00:07:58.914 \longrightarrow 00:08:01.305$  lost on me and I'm thinking about that

00:08:01.305 --> 00:08:03.541 right now as I'm here with you, right?

NOTE Confidence: 0.8653755

 $00:08:03.541 \longrightarrow 00:08:05.096$  I think about this man.

NOTE Confidence: 0.8653755

 $00:08:05.100 \longrightarrow 00:08:07.196$  This is my father in 1961 my father

NOTE Confidence: 0.8653755

00:08:07.196 --> 00:08:09.187 sat down across from his college

NOTE Confidence: 0.8653755

 $00:08:09.187 \longrightarrow 00:08:11.293$  counselor and he was really excited

NOTE Confidence: 0.8653755

00:08:11.360 --> 00:08:12.910 because my father had applied

NOTE Confidence: 0.8653755

 $00:08:12.910 \longrightarrow 00:08:15.078$  to two colleges and he had been

NOTE Confidence: 0.8653755

00:08:15.078 --> 00:08:16.623 accepted to Tuskegee and also

NOTE Confidence: 0.8653755

 $00:08:16.623 \longrightarrow 00:08:18.200$  to another College in Alabama.

NOTE Confidence: 0.8653755

 $00:08:18.200 \longrightarrow 00:08:20.560$  And he was very excited to be the

NOTE Confidence: 0.8653755

 $00:08:20.560 \longrightarrow 00:08:23.190$  first in his family to go to college.

NOTE Confidence: 0.8653755

 $00:08:23.190 \longrightarrow 00:08:26.196$  One of 11 children, the 7th of 11 children.

NOTE Confidence: 0.8653755

 $00:08:26.200 \longrightarrow 00:08:27.789$  And this was going to be his

NOTE Confidence: 0.8653755

 $00:08:27.789 \longrightarrow 00:08:29.140$  chance to go to college.

NOTE Confidence: 0.8653755

 $00:08:29.140 \longrightarrow 00:08:30.140$  And he loved people.

 $00:08:30.140 \longrightarrow 00:08:31.840$  And he loved science just like me.

NOTE Confidence: 0.8653755

 $00{:}08{:}31.840 \dashrightarrow 00{:}08{:}34.150$  And so he told that college counselor.

NOTE Confidence: 0.8653755

 $00:08:34.150 \longrightarrow 00:08:36.374$  I think I want to be a doctor.

NOTE Confidence: 0.8653755

 $00:08:36.380 \longrightarrow 00:08:38.740$  I'm going to major in biology and that

NOTE Confidence: 0.8653755

 $00:08:38.740 \longrightarrow 00:08:40.568$  counselor looked at my father and said,

NOTE Confidence: 0.8653755

00:08:40.570 --> 00:08:42.320 you know?

NOTE Confidence: 0.8653755

 $00:08:42.320 \longrightarrow 00:08:44.024$  This is a big chance for you to

NOTE Confidence: 0.8653755

 $00:08:44.024 \longrightarrow 00:08:45.707$  get out of the Jim Crow South.

NOTE Confidence: 0.8653755

 $00{:}08{:}45.710 \dashrightarrow 00{:}08{:}47.699$  This is a big chance for you to be

NOTE Confidence: 0.8653755

00:08:47.699 --> 00:08:49.797 able to help your family financially.

NOTE Confidence: 0.8653755

 $00{:}08{:}49.800 \dashrightarrow 00{:}08{:}51.522$  If you don't get into mehari

NOTE Confidence: 0.8653755

00:08:51.522 --> 00:08:53.500 or you don't get into Howard,

NOTE Confidence: 0.8653755

00:08:53.500 --> 00:08:55.341 then you're going to end up back

NOTE Confidence: 0.8653755

 $00:08:55.341 \longrightarrow 00:08:56.859$  here in Birmingham Teaching School

NOTE Confidence: 0.8653755

 $00:08:56.859 \longrightarrow 00:08:58.539$  and not that there's anything

NOTE Confidence: 0.8653755

00:08:58.539 --> 00:08:59.960 wrong with teaching school,

 $00:08:59.960 \longrightarrow 00:09:01.188$  but but this counselor,

NOTE Confidence: 0.8653755

 $00:09:01.188 \longrightarrow 00:09:03.030$  who looked like my father and

NOTE Confidence: 0.8653755

 $00:09:03.092 \longrightarrow 00:09:04.886$  who really was a caring person,

NOTE Confidence: 0.8653755

00:09:04.890 --> 00:09:07.235 didn't have any black doctors that they

NOTE Confidence: 0.8653755

 $00:09:07.235 \dashrightarrow 00:09:09.815$  knew to point my father to to talk to.

NOTE Confidence: 0.8653755

 $00:09:09.820 \longrightarrow 00:09:11.722$  There wasn't a person like me

NOTE Confidence: 0.8653755

00:09:11.722 --> 00:09:13.820 and the community to talk to him,

NOTE Confidence: 0.8653755

 $00{:}09{:}13.820 \dashrightarrow 00{:}09{:}16.627$  and so will my father did was.

NOTE Confidence: 0.8653755

00:09:16.630 --> 00:09:18.660 He went to Tuskegee and he majored

NOTE Confidence: 0.8653755

 $00{:}09{:}18.660 \dashrightarrow 00{:}09{:}19.530$  in mechanical engineering.

NOTE Confidence: 0.8653755

 $00:09:19.530 \dashrightarrow 00:09:21.850$  It took him six whole years to graduate.

NOTE Confidence: 0.8653755

 $00:09:21.850 \longrightarrow 00:09:23.880$  He was not a good math student,

NOTE Confidence: 0.8653755

 $00:09:23.880 \longrightarrow 00:09:25.742$  but he did get his first job

NOTE Confidence: 0.8653755

 $00:09:25.742 \longrightarrow 00:09:27.359$  out on the West Coast.

NOTE Confidence: 0.8653755

 $00:09:27.360 \longrightarrow 00:09:29.208$  He followed the Great Migration like

00:09:29.208 --> 00:09:31.130 many African Americans did at that time,

NOTE Confidence: 0.8653755

 $00:09:31.130 \longrightarrow 00:09:35.298$  and he would build his family in California.

NOTE Confidence: 0.8653755

 $00:09:35.300 \longrightarrow 00:09:36.404$  Like my father,

NOTE Confidence: 0.8653755

00:09:36.404 --> 00:09:37.876 I attended Tuskegee University

NOTE Confidence: 0.8653755

 $00:09:37.876 \longrightarrow 00:09:41.016$  on one of four or four of us

NOTE Confidence: 0.8653755

00:09:41.016 --> 00:09:42.198 attended Tuskegee University.

NOTE Confidence: 0.8653755

 $00:09:42.200 \longrightarrow 00:09:43.510$  And when I looked ready

NOTE Confidence: 0.8653755

00:09:43.510 --> 00:09:44.558 to graduate from Tuskegee,

NOTE Confidence: 0.8542991

 $00:09:44.560 \longrightarrow 00:09:46.471$  I apply to Emory University School of

NOTE Confidence: 0.8542991

00:09:46.471 --> 00:09:48.374 Medicine 2 hours away from Tuskegee thought

NOTE Confidence: 0.8542991

 $00{:}09{:}48.374 \dashrightarrow 00{:}09{:}50.579$  it would be a great idea to go there.

NOTE Confidence: 0.8542991

 $00:09:50.580 \longrightarrow 00:09:53.009$  I didn't even get a secondary application.

NOTE Confidence: 0.8542991

 $00{:}09{:}53.010 \dashrightarrow 00{:}09{:}54.605$  Winter resident went to medical

NOTE Confidence: 0.8542991

00:09:54.605 --> 00:09:56.200 school at Meharry Medical College,

NOTE Confidence: 0.8542991

 $00:09:56.200 \longrightarrow 00:09:58.300$  which I loved by the way and

NOTE Confidence: 0.8542991

 $00:09:58.300 \longrightarrow 00:10:00.110$  apply to Emory for residue.

 $00:10:00.110 \longrightarrow 00:10:02.036$  Nancy didn't even get an interview,

NOTE Confidence: 0.8542991

 $00:10:02.040 \longrightarrow 00:10:04.222$  but as it turns out, full circle.

NOTE Confidence: 0.8542991

 $00:10:04.222 \longrightarrow 00:10:06.224$  I would end up building Mycareer at

NOTE Confidence: 0.8542991

00:10:06.224 --> 00:10:08.160 Emory University School of Medicine,

NOTE Confidence: 0.8542991

 $00:10:08.160 \longrightarrow 00:10:11.058$  and here I am today speaking at Yale now,

NOTE Confidence: 0.8542991

 $00:10:11.060 \longrightarrow 00:10:12.344$  something that really I

NOTE Confidence: 0.8542991

 $00:10:12.344 \longrightarrow 00:10:13.628$  think I ever expected.

NOTE Confidence: 0.8542991

 $00:10:13.630 \longrightarrow 00:10:15.877$  And as I reflect on my father

NOTE Confidence: 0.8542991

 $00:10:15.877 \longrightarrow 00:10:18.137$  and all that he wanted to do,

NOTE Confidence: 0.8542991

 $00:10:18.140 \longrightarrow 00:10:20.303$  this is a really important moment and

NOTE Confidence: 0.8542991

 $00:10:20.303 \longrightarrow 00:10:22.968$  this is what a habit of reflection does.

NOTE Confidence: 0.8542991

00:10:22.970 --> 00:10:26.064 In fact, is you even dig deeper?

NOTE Confidence: 0.8542991

 $00{:}10{:}26.070 \dashrightarrow 00{:}10{:}28.574$  The first black man to graduate from Yale,

NOTE Confidence: 0.8542991

 $00:10:28.580 \longrightarrow 00:10:30.155$  his father before him actually

NOTE Confidence: 0.8542991

 $00:10:30.155 \longrightarrow 00:10:32.040$  wanted to be a doctor too,

 $00:10:32.040 \longrightarrow 00:10:34.133$  but at that time there was no

NOTE Confidence: 0.8542991

00:10:34.133 --> 00:10:36.120 chance for him to be admitted,

NOTE Confidence: 0.8542991

 $00:10:36.120 \longrightarrow 00:10:38.937$  and so none of this is lost on me.

NOTE Confidence: 0.8542991

 $00:10:38.940 \longrightarrow 00:10:41.300$  And this is what a habit of reflection

NOTE Confidence: 0.8542991

 $00:10:41.300 \longrightarrow 00:10:43.649$  does for you back to build branches.

NOTE Confidence: 0.8542991

00:10:43.650 --> 00:10:45.360 We think about reflecting should

NOTE Confidence: 0.8542991

 $00:10:45.360 \longrightarrow 00:10:47.706$  also mention that it was Bill Branch

NOTE Confidence: 0.8542991

00:10:47.706 --> 00:10:50.010 who invited me to join a workshop on

NOTE Confidence: 0.8542991

00:10:50.070 --> 00:10:52.470 writing and the art of medicine for the

NOTE Confidence: 0.8542991

 $00:10:52.470 \longrightarrow 00:10:54.012$  Society of General Internal Medicine

NOTE Confidence: 0.8542991

 $00{:}10{:}54.012 \dashrightarrow 00{:}10{:}55.896$  at their national Conference in 2009,

NOTE Confidence: 0.8542991

00:10:55.900 --> 00:10:58.024 when I was an assistant professor

NOTE Confidence: 0.8542991

 $00:10:58.024 \longrightarrow 00:10:59.440$  and it was there.

NOTE Confidence: 0.8542991

00:10:59.440 --> 00:11:01.690 That I would meet Anna Raisman,

NOTE Confidence: 0.8542991

00:11:01.690 --> 00:11:03.940 who would then become my friend,

NOTE Confidence: 0.8542991

 $00:11:03.940 \longrightarrow 00:11:04.383$  colleague,

 $00:11:04.383 \longrightarrow 00:11:07.041$  and someone who have stayed connected

NOTE Confidence: 0.8542991

00:11:07.041 --> 00:11:09.791 to as someone who also loves

NOTE Confidence: 0.8542991

 $00:11:09.791 \longrightarrow 00:11:12.026$  narrative and loves the humanities.

NOTE Confidence: 0.8542991

00:11:12.030 --> 00:11:14.316 So I'm reflecting on sponsorship and

NOTE Confidence: 0.8542991

 $00{:}11{:}14.316 \dashrightarrow 00{:}11{:}16.184$  I'm reflecting on connectedness in

NOTE Confidence: 0.8542991

00:11:16.184 --> 00:11:18.144 this moment and if you think it's

NOTE Confidence: 0.8542991

00:11:18.144 --> 00:11:19.911 exhausting to do all this reflecting

NOTE Confidence: 0.8542991

 $00:11:19.911 \longrightarrow 00:11:21.956$  just know that it's like the synapses

NOTE Confidence: 0.8542991

00:11:21.956 --> 00:11:24.238 that work in your brain so quickly

NOTE Confidence: 0.8542991

00:11:24.238 --> 00:11:26.746 that if you just allow it to happen,

NOTE Confidence: 0.8542991

 $00:11:26.750 \longrightarrow 00:11:29.030$  it isn't so much work.

NOTE Confidence: 0.8542991

 $00{:}11{:}29.030 \dashrightarrow 00{:}11{:}30.899$  So we'll talk a little bit about

NOTE Confidence: 0.8542991

 $00:11:30.899 \longrightarrow 00:11:31.700$  what is reflection,

NOTE Confidence: 0.8542991

 $00:11:31.700 \longrightarrow 00:11:33.296$  why you should care about it,

NOTE Confidence: 0.8542991

 $00:11:33.300 \longrightarrow 00:11:35.869$  and how can you develop a habit

 $00:11:35.869 \longrightarrow 00:11:36.603$  of reflection.

NOTE Confidence: 0.8542991

 $00:11:36.610 \longrightarrow 00:11:39.373$  So reflection is really a thought or an idea,

NOTE Confidence: 0.8542991

 $00:11:39.380 \longrightarrow 00:11:40.895$  or an opinion that's formed

NOTE Confidence: 0.8542991

00:11:40.895 --> 00:11:42.770 or remark from a remark made,

NOTE Confidence: 0.8542991

 $00:11:42.770 \longrightarrow 00:11:44.618$  or as a result of meditation.

NOTE Confidence: 0.8542991

 $00:11:44.620 \longrightarrow 00:11:47.116$  And so as we as we see things

NOTE Confidence: 0.8542991

00:11:47.116 --> 00:11:49.238 happening around us as we walk around,

NOTE Confidence: 0.8542991

00:11:49.240 --> 00:11:50.161 teach our residents,

NOTE Confidence: 0.8542991

 $00{:}11{:}50.161 \dashrightarrow 00{:}11{:}51.389$  interact with our patients.

NOTE Confidence: 0.8542991

 $00:11:51.390 \longrightarrow 00:11:53.856$  If we pause for a moment and think a

NOTE Confidence: 0.8542991

 $00{:}11{:}53.856 \rightarrow 00{:}11{:}56.624$  little bit about what is happening around us,

NOTE Confidence: 0.8542991

 $00:11:56.630 \longrightarrow 00:11:57.244$  that's reflection,

NOTE Confidence: 0.8542991

 $00:11:57.244 \longrightarrow 00:11:59.086$  that's all there is to it.

NOTE Confidence: 0.8542991

 $00:11:59.090 \longrightarrow 00:12:01.974$  It's not really that hard to do.

NOTE Confidence: 0.8542991

 $00:12:01.980 \longrightarrow 00:12:03.044$  Now we say reflection,

NOTE Confidence: 0.8542991

 $00:12:03.044 \longrightarrow 00:12:05.170$  especially when I'm talking to my residents.

 $00{:}12{:}05.170 \dashrightarrow 00{:}12{:}07.039$  There's a few residents who you know

NOTE Confidence: 0.8542991

 $00{:}12{:}07.039 \dashrightarrow 00{:}12{:}09.580$  if maybe a group of people who are at

NOTE Confidence: 0.8542991

00:12:09.580 --> 00:12:11.840 a 5:00 o'clock meeting talking about this.

NOTE Confidence: 0.8542991

00:12:11.840 --> 00:12:14.160 Maybe you guys might be like this too,

NOTE Confidence: 0.8542991

 $00:12:14.160 \longrightarrow 00:12:15.610$  but some feel this way,

NOTE Confidence: 0.8542991

 $00:12:15.610 \longrightarrow 00:12:17.762$  but I have to say there's many times

NOTE Confidence: 0.8542991

 $00:12:17.762 \longrightarrow 00:12:19.957$  that there are people who are skeptics.

NOTE Confidence: 0.8542991

 $00:12:19.960 \longrightarrow 00:12:21.900$  They think reflection isn't that

NOTE Confidence: 0.8542991

 $00:12:21.900 \longrightarrow 00:12:24.520$  what I used to call my hair.

NOTE Confidence: 0.8542991

 $00:12:24.520 \longrightarrow 00:12:26.680$  There's people who don't want to see this.

NOTE Confidence: 0.90575165

 $00:12:26.680 \longrightarrow 00:12:29.209$  Oh my gosh, please, no, not that again.

NOTE Confidence: 0.90575165

 $00:12:29.209 \longrightarrow 00:12:30.388$  Downright hate it.

NOTE Confidence: 0.90575165

 $00:12:30.390 \longrightarrow 00:12:31.962$  And then the ones who want

NOTE Confidence: 0.90575165

 $00:12:31.962 \longrightarrow 00:12:33.670$  to run out of the room.

NOTE Confidence: 0.90575165

 $00:12:33.670 \longrightarrow 00:12:35.302$  And it happens a lot, right?

 $00:12:35.302 \longrightarrow 00:12:37.206$  But all of us could benefit from

NOTE Confidence: 0.90575165

 $00:12:37.206 \longrightarrow 00:12:39.142$  a habit of reflection and we just

NOTE Confidence: 0.90575165

 $00:12:39.142 \longrightarrow 00:12:41.577$  have to find the way that works for us.

NOTE Confidence: 0.90575165

 $00:12:41.580 \longrightarrow 00:12:44.240$  It isn't only about writing.

NOTE Confidence: 0.90575165

00:12:44.240 --> 00:12:46.808 As educators and also as patient care givers,

NOTE Confidence: 0.90575165

 $00:12:46.810 \longrightarrow 00:12:48.973$  reflection is a way really to help

NOTE Confidence: 0.90575165

00:12:48.973 --> 00:12:51.300 us take better care of our patients,

NOTE Confidence: 0.90575165

 $00:12:51.300 \longrightarrow 00:12:53.547$  but also to be more effective teachers.

NOTE Confidence: 0.90575165

 $00{:}12{:}53.550 \rightarrow 00{:}12{:}55.476$  There's plenty of literature that supports

NOTE Confidence: 0.90575165

00:12:55.476 --> 00:12:58.689 this, and I won't even go into all of that.

NOTE Confidence: 0.90575165

 $00{:}12{:}58.690 \dashrightarrow 00{:}13{:}00.930$  Instead, I'll just tell you a spoiler.

NOTE Confidence: 0.90575165

 $00{:}13{:}00.930 \dashrightarrow 00{:}13{:}02.540$  Reflection is a good thing.

NOTE Confidence: 0.90575165

 $00{:}13{:}02.540 \dashrightarrow 00{:}13{:}04.140$  You can search the literature.

NOTE Confidence: 0.90575165

 $00:13:04.140 \longrightarrow 00:13:05.472$  Trust me, it's true.

NOTE Confidence: 0.90575165

 $00:13:05.472 \longrightarrow 00:13:07.470$  The thing about reflection is that

NOTE Confidence: 0.90575165

 $00:13:07.537 \longrightarrow 00:13:09.595$  for those of us who are educators,

 $00:13:09.600 \longrightarrow 00:13:11.526$  it allows us to be intentional

NOTE Confidence: 0.90575165

 $00:13:11.526 \longrightarrow 00:13:12.489$  as role models.

NOTE Confidence: 0.90575165

 $00:13:12.490 \longrightarrow 00:13:14.710$  It allows us to have meaningful

NOTE Confidence: 0.90575165

 $00:13:14.710 \longrightarrow 00:13:16.450$  influence on those around us.

NOTE Confidence: 0.90575165

 $00:13:16.450 \longrightarrow 00:13:17.562$  It's great for professional

NOTE Confidence: 0.90575165

 $00:13:17.562 \longrightarrow 00:13:18.396$  growth and development,

NOTE Confidence: 0.90575165

 $00:13:18.400 \longrightarrow 00:13:20.062$  allowing us to see those things

NOTE Confidence: 0.90575165

00:13:20.062 --> 00:13:21.990 that can be read in books, right?

NOTE Confidence: 0.90575165

 $00:13:21.990 \longrightarrow 00:13:23.430$  But also as we always think

NOTE Confidence: 0.90575165

 $00:13:23.430 \longrightarrow 00:13:25.100$  about the hidden curriculum,

NOTE Confidence: 0.90575165

 $00{:}13{:}25.100 \dashrightarrow 00{:}13{:}26.829$  we always tend to think about all

NOTE Confidence: 0.90575165

 $00:13:26.829 \longrightarrow 00:13:28.573$  the bad things that can happen

NOTE Confidence: 0.90575165

 $00{:}13{:}28.573 \dashrightarrow 00{:}13{:}29.837$  with the hidden curriculum.

NOTE Confidence: 0.90575165

 $00{:}13{:}29.840 \dashrightarrow 00{:}13{:}31.675$  But there's some positive sides

NOTE Confidence: 0.90575165

 $00:13:31.675 \longrightarrow 00:13:33.510$  of the hidden curriculum too.

00:13:33.510 --> 00:13:35.596 But especially, and in a time like

NOTE Confidence: 0.90575165

 $00:13:35.596 \longrightarrow 00:13:37.918$  this in the middle of a pandemic,

NOTE Confidence: 0.90575165

 $00:13:37.920 \longrightarrow 00:13:38.781$  we're so disconnected.

NOTE Confidence: 0.90575165

 $00:13:38.781 \longrightarrow 00:13:39.929$  I believe that reflection

NOTE Confidence: 0.90575165

 $00:13:39.929 \longrightarrow 00:13:41.699$  helps us to combat loneliness.

NOTE Confidence: 0.90575165

 $00:13:41.700 \longrightarrow 00:13:42.996$  This is a very,

NOTE Confidence: 0.90575165

 $00:13:42.996 \longrightarrow 00:13:45.479$  very lonely time for a lot of us.

NOTE Confidence: 0.90575165

 $00:13:45.480 \longrightarrow 00:13:47.580$  Many of us are used to hugging

NOTE Confidence: 0.90575165

 $00:13:47.580 \longrightarrow 00:13:49.578$  each other or used to seeing,

NOTE Confidence: 0.90575165

 $00:13:49.580 \longrightarrow 00:13:50.876$  you know our acquaintances.

NOTE Confidence: 0.90575165

 $00{:}13{:}50.876 \dashrightarrow 00{:}13{:}53.212$  And right now the people that we're

NOTE Confidence: 0.90575165

 $00{:}13{:}53.212 \dashrightarrow 00{:}13{:}55.192$  seeing the most in spending meaningful

NOTE Confidence: 0.90575165

 $00:13:55.192 \longrightarrow 00:13:57.353$  time with are those people who are

NOTE Confidence: 0.90575165

00:13:57.353 --> 00:13:59.331 in our becomes a very lonely period.

NOTE Confidence: 0.90575165

00:13:59.331 --> 00:14:01.438 So let's talk a little bit about

NOTE Confidence: 0.90575165

00:14:01.438 --> 00:14:03.439 loneliness when I think about loneliness,

 $00:14:03.440 \longrightarrow 00:14:04.728$  one of the most.

NOTE Confidence: 0.90575165

 $00:14:04.728 \longrightarrow 00:14:07.102$  Lonely times I ever experienced was when

NOTE Confidence: 0.90575165

00:14:07.102 --> 00:14:09.706 I first started my internship in Cleveland,

NOTE Confidence: 0.90575165

00:14:09.710 --> 00:14:13.110 OH in 1996 and I had just left Mhairi Medical

NOTE Confidence: 0.90575165

 $00{:}14{:}13.191 \dashrightarrow 00{:}14{:}16.519$  College and just to provide context for you.

NOTE Confidence: 0.90575165

 $00{:}14{:}16.520 \dashrightarrow 00{:}14{:}19.333$  You know I grew up in Englewood, CA.

NOTE Confidence: 0.90575165

00:14:19.333 --> 00:14:21.452 My neighborhood was probably 80% black,

NOTE Confidence: 0.90575165

 $00{:}14{:}21.452 --> 00{:}14{:}22.860$  20% Mexican, zero percent.

NOTE Confidence: 0.90575165

 $00:14:22.860 \longrightarrow 00:14:24.264$  Anybody else from there?

NOTE Confidence: 0.90575165

00:14:24.264 --> 00:14:26.019 I want to Tuskegee University,

NOTE Confidence: 0.90575165

00:14:26.020 --> 00:14:28.138 Tuskegee is a historically black institution,

NOTE Confidence: 0.90575165

 $00:14:28.140 \longrightarrow 00:14:29.196$  as is Mhairi.

NOTE Confidence: 0.90575165

 $00:14:29.196 \longrightarrow 00:14:31.660$  And so I was 25 years old.

NOTE Confidence: 0.90575165

00:14:31.660 --> 00:14:33.676 The first time I ever went

NOTE Confidence: 0.90575165

 $00:14:33.676 \longrightarrow 00:14:35.879$  anywhere where I was dealt with.

 $00:14:35.880 \longrightarrow 00:14:36.552$  As am,

NOTE Confidence: 0.90575165

 $00{:}14{:}36.552 \dashrightarrow 00{:}14{:}38.904$  I was always a person who was

NOTE Confidence: 0.90575165

 $00:14:38.904 \longrightarrow 00:14:41.158$  amongst people who look like me.

NOTE Confidence: 0.90575165

00:14:41.160 --> 00:14:43.266 So coming to Cleveland was rough.

NOTE Confidence: 0.90575165

 $00:14:43.270 \longrightarrow 00:14:45.734$  This was my first time being other.

NOTE Confidence: 0.90575165

 $00:14:45.740 \longrightarrow 00:14:46.736$  This was my.

NOTE Confidence: 0.90575165

00:14:46.736 --> 00:14:48.396 First time being an only,

NOTE Confidence: 0.90575165

00:14:48.400 --> 00:14:50.776 this was a really strange time for me,

NOTE Confidence: 0.90575165

 $00{:}14{:}50.780 {\:{\mbox{--}}\!>\:} 00{:}14{:}52.789$  but even though I was surrounded by

NOTE Confidence: 0.90575165

00:14:52.789 --> 00:14:54.660 people and smiling and seeming happy,

NOTE Confidence: 0.90575165

 $00{:}14{:}54.660 \dashrightarrow 00{:}14{:}55.479$  I was very,

NOTE Confidence: 0.90575165

 $00:14:55.479 \longrightarrow 00:14:57.779$  very lonely and I wish that I had

NOTE Confidence: 0.90575165

00:14:57.779 --> 00:14:59.717 outlet away to in my solitude.

NOTE Confidence: 0.90575165

 $00:14:59.720 \longrightarrow 00:15:01.895$  Explore the things that were

NOTE Confidence: 0.90575165

 $00:15:01.895 \longrightarrow 00:15:04.070$  happening around me because there

NOTE Confidence: 0.90575165

 $00:15:04.144 \longrightarrow 00:15:06.178$  was a lot that was happening.

 $00{:}15{:}06.180 \dashrightarrow 00{:}15{:}07.968$  I love this quote from Martha

NOTE Confidence: 0.90575165

 $00:15:07.968 \longrightarrow 00:15:09.160$  Beck that says loneliness

NOTE Confidence: 0.85756874

 $00:15:09.216 \longrightarrow 00:15:10.786$  is proof that your innate

NOTE Confidence: 0.85756874

 $00:15:10.786 \longrightarrow 00:15:12.356$  search for connection is intact,

NOTE Confidence: 0.85756874

 $00:15:12.360 \longrightarrow 00:15:14.621$  and I think that reflection is something

NOTE Confidence: 0.85756874

 $00:15:14.621 \longrightarrow 00:15:16.380$  that really helps us with this.

NOTE Confidence: 0.85756874

 $00:15:16.380 \longrightarrow 00:15:17.925$  A lot's changed in the

NOTE Confidence: 0.85756874

00:15:17.925 --> 00:15:19.470 context of how medicine works.

NOTE Confidence: 0.85756874

00:15:19.470 --> 00:15:21.318 You know, back in the day,

NOTE Confidence: 0.85756874

 $00:15:21.320 \longrightarrow 00:15:23.784$  you know everybody was always in one room.

NOTE Confidence: 0.85756874

 $00:15:23.790 \longrightarrow 00:15:25.960$  Together they lived in the hospital together.

NOTE Confidence: 0.85756874

 $00:15:25.960 \longrightarrow 00:15:28.207$  We call him house officers because they

NOTE Confidence: 0.85756874

00:15:28.207 --> 00:15:30.895 all lived in the house at the same time.

NOTE Confidence: 0.85756874

 $00:15:30.900 \longrightarrow 00:15:32.652$  Right from there we had the

NOTE Confidence: 0.85756874

00:15:32.652 --> 00:15:34.300 pre duty hours reform period.

 $00:15:34.300 \longrightarrow 00:15:36.554$  Where are residents work in the hospital?

NOTE Confidence: 0.85756874

 $00:15:36.560 \longrightarrow 00:15:38.408$  All the time I remember those

NOTE Confidence: 0.85756874

00:15:38.408 --> 00:15:40.261 times where you could just work

NOTE Confidence: 0.85756874

00:15:40.261 --> 00:15:41.935 and work and work and work,

NOTE Confidence: 0.85756874

 $00:15:41.940 \longrightarrow 00:15:44.040$  and we spent all this time together,

NOTE Confidence: 0.85756874

 $00:15:44.040 \longrightarrow 00:15:46.028$  but that evolved after 2002 with duty

NOTE Confidence: 0.85756874

 $00:15:46.028 \longrightarrow 00:15:47.560$  hours reforming people really weren't

NOTE Confidence: 0.85756874

 $00:15:47.560 \longrightarrow 00:15:49.120$  spending as much time together,

NOTE Confidence: 0.85756874

 $00:15:49.120 \longrightarrow 00:15:51.838$  but still a lot of time because we didn't

NOTE Confidence: 0.85756874

 $00:15:51.838 \longrightarrow 00:15:54.110$  have an electronic medical record.

NOTE Confidence: 0.85756874

00:15:54.110 --> 00:15:56.030 But then even back then we also had

NOTE Confidence: 0.85756874

 $00{:}15{:}56.030 \dashrightarrow 00{:}15{:}57.433$  doctors lounges you probably some

NOTE Confidence: 0.85756874

 $00:15:57.433 \longrightarrow 00:15:58.878$  of you probably remember those.

NOTE Confidence: 0.85756874

 $00{:}15{:}58.880 \to 00{:}16{:}00.662$  If your parents are doctors, my norm.

NOTE Confidence: 0.85756874

00:16:00.662 --> 00:16:02.244 But if your parents or doctors or

NOTE Confidence: 0.85756874

 $00:16:02.244 \longrightarrow 00:16:04.151$  if you know some doctors from way

 $00:16:04.151 \longrightarrow 00:16:05.864$  back when these doctors lounge is

NOTE Confidence: 0.85756874

 $00:16:05.864 \longrightarrow 00:16:07.580$  where all the places where doctors

NOTE Confidence: 0.85756874

 $00{:}16{:}07.580 \mathrel{--}{>} 00{:}16{:}09.624$  convened and there was this social

NOTE Confidence: 0.85756874

 $00:16:09.624 \longrightarrow 00:16:11.088$  network that happened there.

NOTE Confidence: 0.85756874

 $00{:}16{:}11.090 \dashrightarrow 00{:}16{:}13.330$  But now with so much an electronic on

NOTE Confidence: 0.85756874

 $00{:}16{:}13.330 \dashrightarrow 00{:}16{:}15.758$  an electronic medical record and so

NOTE Confidence: 0.85756874

00:16:15.758 --> 00:16:17.570 much communication happening electronically,

NOTE Confidence: 0.85756874

 $00{:}16{:}17.570 \dashrightarrow 00{:}16{:}20.552$  alot of that is lossed and there's

NOTE Confidence: 0.85756874

 $00{:}16{:}20.552 \dashrightarrow 00{:}16{:}22.878$  a loneliness that reflection can

NOTE Confidence: 0.85756874

00:16:22.878 --> 00:16:25.764 really help us to pull together.

NOTE Confidence: 0.85756874

 $00{:}16{:}25.770 \dashrightarrow 00{:}16{:}27.891$  This paper in the New England Journal

NOTE Confidence: 0.85756874

 $00:16:27.891 \longrightarrow 00:16:30.165$  talked a little bit about this very

NOTE Confidence: 0.85756874

 $00{:}16{:}30.165 \dashrightarrow 00{:}16{:}31.795$  thing about how technology has

NOTE Confidence: 0.85756874

00:16:31.795 --> 00:16:33.839 really boosted physician loneliness,

NOTE Confidence: 0.85756874

 $00:16:33.840 \longrightarrow 00:16:36.648$  and so this quote from that paper says,

 $00:16:36.650 \longrightarrow 00:16:38.946$  I think we need uninterrupted time to

NOTE Confidence: 0.85756874

 $00{:}16{:}38.946 \dashrightarrow 00{:}16{:}41.044$  reflect to converse and to grapple

NOTE Confidence: 0.85756874

 $00:16:41.044 \longrightarrow 00:16:43.150$  with the downsides of the unrestrained

NOTE Confidence: 0.85756874

 $00:16:43.150 \longrightarrow 00:16:44.369$  embrace of technology.

NOTE Confidence: 0.85756874

00:16:44.370 --> 00:16:46.281 Such steps could be the beginning of

NOTE Confidence: 0.85756874

00:16:46.281 --> 00:16:48.425 a journey to reclaim our profession

NOTE Confidence: 0.85756874

 $00{:}16{:}48.425 \dashrightarrow 00{:}16{:}50.540$  and recapture our most treasured

NOTE Confidence: 0.85756874

 $00:16:50.540 \longrightarrow 00:16:51.386$  relationships which,

NOTE Confidence: 0.85756874

 $00{:}16{:}51.390 \dashrightarrow 00{:}16{:}55.766$  if you ask me or with our patients.

NOTE Confidence: 0.85756874

 $00{:}16{:}55.770 \dashrightarrow 00{:}16{:}57.945$  Now there's a difference between

NOTE Confidence: 0.85756874

 $00{:}16{:}57.945 \dashrightarrow 00{:}16{:}59.732$  loneliness and solitude, right?

NOTE Confidence: 0.85756874

00:16:59.732 --> 00:17:02.624 So lonely is being without company

NOTE Confidence: 0.85756874

 $00:17:02.624 \longrightarrow 00:17:05.279$  an cut off from others.

NOTE Confidence: 0.85756874

 $00:17:05.280 \longrightarrow 00:17:06.560$  To be isolated though,

NOTE Confidence: 0.85756874

 $00:17:06.560 \longrightarrow 00:17:09.040$  is to be set apart from others.

NOTE Confidence: 0.85756874

 $00:17:09.040 \longrightarrow 00:17:10.408$  So thinking about loneliness

 $00:17:10.408 \longrightarrow 00:17:11.434$  and isolation together,

NOTE Confidence: 0.85756874

 $00:17:11.440 \longrightarrow 00:17:13.192$  but recognizing that sometimes we do

NOTE Confidence: 0.85756874

00:17:13.192 --> 00:17:15.527 need time alone and it's important to

NOTE Confidence: 0.85756874

 $00:17:15.527 \longrightarrow 00:17:17.377$  understand that there's a difference

NOTE Confidence: 0.85756874

 $00:17:17.377 \longrightarrow 00:17:19.297$  between solitude and loneliness, right?

NOTE Confidence: 0.85756874

 $00:17:19.297 \longrightarrow 00:17:21.656$  So this time that we're having to

NOTE Confidence: 0.85756874

 $00:17:21.656 \longrightarrow 00:17:24.123$  spend by ourselves not able to touch

NOTE Confidence: 0.85756874

 $00{:}17{:}24.123 \dashrightarrow 00{:}17{:}26.905$  people in the way that we could not

NOTE Confidence: 0.85756874

 $00{:}17{:}26.905 \dashrightarrow 00{:}17{:}29.215$  able to spend time laugh on patios,

NOTE Confidence: 0.85756874

 $00:17:29.220 \longrightarrow 00:17:30.159$  clink wine glasses.

NOTE Confidence: 0.85756874

 $00:17:30.159 \longrightarrow 00:17:32.980$  There has to be a time to connect.

NOTE Confidence: 0.85756874

 $00:17:32.980 \longrightarrow 00:17:35.026$  Dig deeper into appreciate what's happening,

NOTE Confidence: 0.85756874

 $00{:}17{:}35.030 \dashrightarrow 00{:}17{:}37.907$  especially in a time such as this.

NOTE Confidence: 0.85756874

00:17:37.910 --> 00:17:40.366 Loneliness is marked by a sense of isolation,

NOTE Confidence: 0.85756874

00:17:40.370 --> 00:17:42.206 but solitude, on the other hand,

00:17:42.210 --> 00:17:44.562 is a state of being alone without being

NOTE Confidence: 0.85756874

 $00{:}17{:}44.562 \dashrightarrow 00{:}17{:}46.808$  lonely and can lead to self awareness.

NOTE Confidence: 0.85756874

 $00{:}17{:}46.810 \dashrightarrow 00{:}17{:}49.180$  And so I want you to kind of sit in

NOTE Confidence: 0.85756874

 $00:17:49.248 \longrightarrow 00:17:52.168$  that for a moment and think about your

NOTE Confidence: 0.85756874

 $00:17:52.168 \longrightarrow 00:17:54.796$  reflective time as a time in your solitude,

NOTE Confidence: 0.85756874

 $00:17:54.800 \longrightarrow 00:17:56.024$  where you can actually

NOTE Confidence: 0.85756874

 $00:17:56.024 \longrightarrow 00:17:57.248$  become more self aware.

NOTE Confidence: 0.85756874

 $00:17:57.250 \longrightarrow 00:17:59.086$  That's one of the most powerful

NOTE Confidence: 0.85756874

00:17:59.086 --> 00:18:00.004 things about reflection.

NOTE Confidence: 0.8682541

 $00:18:00.010 \longrightarrow 00:18:01.956$  OK, so we're going to get a

NOTE Confidence: 0.8682541

 $00{:}18{:}01.956 \dashrightarrow 00{:}18{:}03.700$  little bit more specific now.

NOTE Confidence: 0.8682541

 $00{:}18{:}03.700 \dashrightarrow 00{:}18{:}05.912$  OK, and so are more specifics will

NOTE Confidence: 0.8682541

 $00:18:05.912 \dashrightarrow 00:18:08.307$  be there will talk some more about.

NOTE Confidence: 0.8682541

 $00:18:08.310 \longrightarrow 00:18:09.542$  Some concrete examples of

NOTE Confidence: 0.8682541

 $00:18:09.542 \longrightarrow 00:18:10.466$  reflection and action.

NOTE Confidence: 0.8682541

 $00{:}18{:}10.470 \dashrightarrow 00{:}18{:}12.306$  'cause I like to be concrete.

 $00:18:12.310 \longrightarrow 00:18:14.158$  I mean I like these sort

NOTE Confidence: 0.8682541

00:18:14.158 --> 00:18:15.082 of lofty discussions,

NOTE Confidence: 0.8682541

00:18:15.090 --> 00:18:17.546 but there's a point where I'm like OK,

NOTE Confidence: 0.8682541

 $00:18:17.550 \longrightarrow 00:18:19.454$  but tell me what you actually do every

NOTE Confidence: 0.8682541

 $00:18:19.454 \longrightarrow 00:18:21.535$  day and then will participate in

NOTE Confidence: 0.8682541

 $00:18:21.535 \longrightarrow 00:18:23.087$  some painless reflection exercises.

NOTE Confidence: 0.8682541

 $00:18:23.090 \longrightarrow 00:18:24.662$  Yes, even over soon and then

NOTE Confidence: 0.8682541

00:18:24.662 --> 00:18:26.866 I'll help you to create a plan

NOTE Confidence: 0.8682541

00:18:26.866 --> 00:18:28.330 for daily reflective practice,

NOTE Confidence: 0.8682541

 $00:18:28.330 \longrightarrow 00:18:30.178$  recognizing that everybody isn't the same.

NOTE Confidence: 0.8682541

 $00:18:30.180 \longrightarrow 00:18:31.720$  Some people like to write.

NOTE Confidence: 0.8682541

 $00:18:31.720 \longrightarrow 00:18:34.483$  Some people like to tell a story by mouth.

NOTE Confidence: 0.8682541

00:18:34.490 --> 00:18:36.338 Some people like to do both,

NOTE Confidence: 0.8682541

 $00:18:36.340 \longrightarrow 00:18:38.996$  so people like to look at a picture.

NOTE Confidence: 0.8682541

 $00:18:39.000 \longrightarrow 00:18:41.429$  Some people like to listen to music.

00:18:41.430 --> 00:18:43.854 There's so many ways to reflect and find

NOTE Confidence: 0.8682541

 $00{:}18{:}43.854 \dashrightarrow 00{:}18{:}45.721$  deeper meaning in the extraordinary

NOTE Confidence: 0.8682541

 $00:18:45.721 \longrightarrow 00:18:47.325$  ordinary happening around you.

NOTE Confidence: 0.8682541

 $00:18:47.330 \longrightarrow 00:18:50.098$  So if we think of what reflection is,

NOTE Confidence: 0.8682541

 $00:18:50.100 \longrightarrow 00:18:51.488$  it's the larger context.

NOTE Confidence: 0.8682541

00:18:51.488 --> 00:18:53.577 Plus the meaning plus implications, right?

NOTE Confidence: 0.8682541

00:18:53.577 --> 00:18:54.965 So, thinking about something

NOTE Confidence: 0.8682541

00:18:54.965 --> 00:18:57.047 happening in front of you, so?

NOTE Confidence: 0.8682541

 $00{:}18{:}57.047 \dashrightarrow 00{:}19{:}00.170$  But what does this mean in a larger context?

NOTE Confidence: 0.8682541

 $00:19:00.170 \longrightarrow 00:19:02.571$  And then how does this apply to

NOTE Confidence: 0.8682541

 $00{:}19{:}02.571 \dashrightarrow 00{:}19{:}04.330$  the things happening around me?

NOTE Confidence: 0.8682541

00:19:04.330 --> 00:19:06.759 How will this change what I do?

NOTE Confidence: 0.8682541

 $00{:}19{:}06.760 \dashrightarrow 00{:}19{:}10.029$  What kind of learning can I gain

NOTE Confidence: 0.8682541

00:19:10.029 --> 00:19:11.430 from this right?

NOTE Confidence: 0.8682541

 $00:19:11.430 \longrightarrow 00:19:13.926$  So if you think about this moment here,

NOTE Confidence: 0.8682541

00:19:13.930 --> 00:19:14.248 right?

00:19:14.248 --> 00:19:15.202 If you know,

NOTE Confidence: 0.8682541

00:19:15.202 --> 00:19:18.319 I could just sort of come to yell and say,

NOTE Confidence: 0.868254100:19:18.320 --> 00:19:18.633 hey,

NOTE Confidence: 0.8682541

00:19:18.633 --> 00:19:21.450 it's really cool and put it on my CV,

NOTE Confidence: 0.8682541

00:19:21.450 --> 00:19:23.386 but how much cooler is it to sit

NOTE Confidence: 0.8682541

 $00:19:23.386 \longrightarrow 00:19:25.420$  in this moment and reflect on the

NOTE Confidence: 0.8682541

 $00:19:25.420 \longrightarrow 00:19:27.426$  deeper meaning of me of African

NOTE Confidence: 0.8682541

00:19:27.426 --> 00:19:29.266 American woman from Englewood?

NOTE Confidence: 0.8682541

00:19:29.270 --> 00:19:30.755 A descendant of slavery whose

NOTE Confidence: 0.8682541

 $00:19:30.755 \longrightarrow 00:19:32.710$  father wanted to be a doctor?

NOTE Confidence: 0.8682541

00:19:32.710 --> 00:19:34.942 And who and who is is a direct

NOTE Confidence: 0.8682541

 $00:19:34.942 \longrightarrow 00:19:36.778$  reflection of this amazing woman.

NOTE Confidence: 0.8682541

00:19:36.780 --> 00:19:37.416 Beatrix Hamburg,

NOTE Confidence: 0.8682541

00:19:37.416 --> 00:19:39.324 who probably wanted to be a

NOTE Confidence: 0.8682541

 $00:19:39.324 \longrightarrow 00:19:40.960$  full professor too, you know.

 $00:19:40.960 \longrightarrow 00:19:42.785$  A graduate of a historically

NOTE Confidence: 0.8682541

 $00:19:42.785 \longrightarrow 00:19:43.880$  black college and,

NOTE Confidence: 0.8682541

 $00:19:43.880 \longrightarrow 00:19:46.336$  and so we didn't even get into Emory's

NOTE Confidence: 0.8682541

 $00:19:46.336 \longrightarrow 00:19:49.066$  medical school or residency, but is here now.

NOTE Confidence: 0.8682541

 $00:19:49.066 \longrightarrow 00:19:50.038$  There's deeper meaning.

NOTE Confidence: 0.8682541

 $00{:}19{:}50.040 \dashrightarrow 00{:}19{:}52.020$  And going through this habit of

NOTE Confidence: 0.8682541

 $00{:}19{:}52.020 \dashrightarrow 00{:}19{:}53.704$  reflection really allows you to

NOTE Confidence: 0.8682541

 $00:19:53.704 \longrightarrow 00:19:55.219$  appreciate a moment much more.

NOTE Confidence: 0.8682541

 $00:19:55.220 \longrightarrow 00:19:57.188$  But what it all really comes

NOTE Confidence: 0.8682541

 $00:19:57.188 \longrightarrow 00:20:00.032$  down to if you ask me, is this.

NOTE Confidence: 0.8682541

 $00:20:00.032 \longrightarrow 00:20:04.140$  And that is a simple question and it is.

NOTE Confidence: 0.8682541

 $00:20:04.140 \longrightarrow 00:20:05.508$  What's getting your attention?

NOTE Confidence: 0.8682541

 $00:20:05.508 \longrightarrow 00:20:08.161$  Because as we go through our days right

NOTE Confidence: 0.8682541

 $00{:}20{:}08.161 \dashrightarrow 00{:}20{:}10.297$  there so much that gets in the way,

NOTE Confidence: 0.8682541

00:20:10.300 --> 00:20:10.608 right?

NOTE Confidence: 0.8682541

 $00:20:10.608 \longrightarrow 00:20:13.380$  There's so many things that we have to do.

 $00:20:13.380 \longrightarrow 00:20:13.996$  There's list.

NOTE Confidence: 0.8682541

 $00{:}20{:}13.996 \to 00{:}20{:}15.536$  There's patients we have around.

NOTE Confidence: 0.8682541

 $00:20:15.540 \longrightarrow 00:20:17.689$  Oh, and there's evaluations to fill out.

NOTE Confidence: 0.8682541

00:20:17.690 --> 00:20:18.922 There's letters to write,

NOTE Confidence: 0.8682541

 $00:20:18.922 \longrightarrow 00:20:21.080$  but but we have to figure out.

NOTE Confidence: 0.8682541

 $00:20:21.080 \longrightarrow 00:20:23.964$  What will we let get our attention

NOTE Confidence: 0.8682541

 $00:20:23.964 \longrightarrow 00:20:26.058$  in the middle of a day?

NOTE Confidence: 0.8682541

 $00{:}20{:}26.060 \dashrightarrow 00{:}20{:}28.308$  So I have a little question for you

NOTE Confidence: 0.8682541

00:20:28.308 --> 00:20:30.837 all now since we're all here on zoom,

NOTE Confidence: 0.8682541

 $00:20:30.840 \longrightarrow 00:20:33.184$  we want to let it have to let

NOTE Confidence: 0.8682541

 $00{:}20{:}33.184 \dashrightarrow 00{:}20{:}35.027$  every body be able to chime in.

NOTE Confidence: 0.8682541

 $00{:}20{:}35.030 \dashrightarrow 00{:}20{:}37.398$  But this is more for you to reflect

NOTE Confidence: 0.8682541

 $00:20:37.398 \longrightarrow 00:20:39.806$  upon and see where you fit in this.

NOTE Confidence: 0.8682541

 $00{:}20{:}39.810 \dashrightarrow 00{:}20{:}41.910$  So I called this the reflection spectrum.

NOTE Confidence: 0.8682541

00:20:41.910 --> 00:20:44.294 Either you are over here with my husband,

00:20:44.300 --> 00:20:46.309 where you rarely cry and you don't

NOTE Confidence: 0.8468345

 $00{:}20{:}46.309 \dashrightarrow 00{:}20{:}48.143$  really want to have a conversation

NOTE Confidence: 0.8468345

 $00:20:48.143 \longrightarrow 00:20:50.271$  or or read any of my narratives.

NOTE Confidence: 0.8468345

 $00:20:50.280 \longrightarrow 00:20:52.074$  Love him dearly, but he doesn't

NOTE Confidence: 0.8468345

 $00:20:52.074 \longrightarrow 00:20:54.670$  want to be my narrative she call or

NOTE Confidence: 0.8468345

 $00:20:54.670 \longrightarrow 00:20:57.269$  you're all the way over here with me.

NOTE Confidence: 0.8468345

 $00:20:57.270 \longrightarrow 00:20:58.806$  Cry on the drop of a dime and

NOTE Confidence: 0.8468345

00:20:58.806 --> 00:21:00.550 want to reflect about everything.

NOTE Confidence: 0.8468345

 $00{:}21{:}00.550 \dashrightarrow 00{:}21{:}02.056$  Think about what you think about.

NOTE Confidence: 0.8468345

00:21:02.060 --> 00:21:03.572 Think about what you thought about

NOTE Confidence: 0.8468345

 $00:21:03.572 \longrightarrow 00:21:05.584$  what I think about. Then talk about it.

NOTE Confidence: 0.8468345

 $00:21:05.584 \longrightarrow 00:21:07.599$  Then talk about that and think about it.

NOTE Confidence: 0.8468345

00:21:07.600 --> 00:21:09.868 Then write about it. Take a picture of it.

NOTE Confidence: 0.8468345

 $00:21:09.870 \longrightarrow 00:21:10.878$  Think about it again.

NOTE Confidence: 0.8468345

00:21:10.878 --> 00:21:12.390 And write a poem about it.

NOTE Confidence: 0.8468345

00:21:12.390 --> 00:21:13.902 That's the other end of the

 $00{:}21{:}13.902 --> 00{:}21{:}14.406 \ {\rm reflection \ spectrum}.$ 

NOTE Confidence: 0.8468345

 $00:21:14.410 \longrightarrow 00:21:15.964$  So let me help you figure

NOTE Confidence: 0.8468345

 $00:21:15.964 \longrightarrow 00:21:17.430$  out where you are on it.

NOTE Confidence: 0.8468345

00:21:17.430 --> 00:21:19.446 OK, so let's ask you a few questions.

NOTE Confidence: 0.8468345

 $00:21:19.450 \longrightarrow 00:21:21.458$  I notice when someone gets a new haircut,

NOTE Confidence: 0.8468345

 $00:21:21.460 \longrightarrow 00:21:24.350$  loses weight or isn't there.

NOTE Confidence: 0.8468345

00:21:24.350 --> 00:21:26.364 I think about my patience, learners,

NOTE Confidence: 0.8468345

00:21:26.364 --> 00:21:29.996 peers when I haven't seen them in awhile.

NOTE Confidence: 0.8468345

00:21:30.000 --> 00:21:31.956 I remember things that my patients,

NOTE Confidence: 0.8468345

 $00:21:31.960 \longrightarrow 00:21:32.914$  my learners,

NOTE Confidence: 0.8468345

 $00{:}21{:}32.914 \dashrightarrow 00{:}21{:}36.253$  and my peers tell me about themselves.

NOTE Confidence: 0.8468345

 $00:21:36.260 \longrightarrow 00:21:38.444$  I can notice when something is bothering

NOTE Confidence: 0.8468345

 $00{:}21{:}38.444 \dashrightarrow 00{:}21{:}40.888$  one of my learners or colleagues.

NOTE Confidence: 0.8468345

 $00:21:40.890 \longrightarrow 00:21:43.404$  I share what's going on with

NOTE Confidence: 0.8468345

 $00:21:43.404 \longrightarrow 00:21:45.879$  myself within reason and my teams.

00:21:45.880 --> 00:21:47.332 Situations with patients,

NOTE Confidence: 0.8468345

 $00:21:47.332 \longrightarrow 00:21:49.752$  their families and or learners

NOTE Confidence: 0.8468345

 $00:21:49.752 \longrightarrow 00:21:51.668$  have moved me to tears.

NOTE Confidence: 0.8468345

00:21:51.670 --> 00:21:54.008 I think about how lucky I am

NOTE Confidence: 0.8468345

 $00:21:54.008 \longrightarrow 00:21:56.829$  to be in patient care often.

NOTE Confidence: 0.8468345

 $00:21:56.830 \longrightarrow 00:22:00.484$  So as you reflect on those questions.

NOTE Confidence: 0.8468345

 $00:22:00.490 \longrightarrow 00:22:03.070$  Think about where do you fall

NOTE Confidence: 0.8468345

 $00:22:03.070 \longrightarrow 00:22:04.790$  on the reflection spectrum?

NOTE Confidence: 0.8468345

00:22:04.790 --> 00:22:11.000 Me, I'm over here, but it's OK if you're not.

NOTE Confidence: 0.8468345

00:22:11.000 --> 00:22:13.440 There's good news, y'all.

NOTE Confidence: 0.8468345

 $00:22:13.440 \longrightarrow 00:22:14.620$  No matter where you fall

NOTE Confidence: 0.8468345

 $00:22:14.620 \longrightarrow 00:22:15.564$  on the reflection spectrum,

NOTE Confidence: 0.8468345

00:22:15.570 --> 00:22:16.755 you can nail this without

NOTE Confidence: 0.8468345

 $00:22:16.755 \longrightarrow 00:22:17.466$  any special training.

NOTE Confidence: 0.8468345

 $00:22:17.470 \longrightarrow 00:22:20.094$  There's a way for all of us to

NOTE Confidence: 0.8468345

 $00:22:20.094 \longrightarrow 00:22:22.918$  reflect in the way that works for us.

00:22:22.920 --> 00:22:24.018 But how so?

NOTE Confidence: 0.8468345

00:22:24.018 --> 00:22:27.389 The first thing to do is just to look.

NOTE Confidence: 0.8468345

00:22:27.390 --> 00:22:28.915 Just look look at something

NOTE Confidence: 0.8468345

00:22:28.915 --> 00:22:30.440 ordinary when you walk from

NOTE Confidence: 0.8468345

 $00:22:30.500 \longrightarrow 00:22:32.000$  your car into the hospital,

NOTE Confidence: 0.8468345

 $00:22:32.000 \longrightarrow 00:22:33.228$  keep your head forward.

NOTE Confidence: 0.8468345

00:22:33.228 --> 00:22:35.070 Don't start looking at your phone,

NOTE Confidence: 0.8468345

00:22:35.070 --> 00:22:37.518 just look at what's going on around you.

NOTE Confidence: 0.8468345

00:22:37.520 --> 00:22:39.060 Look at the people passing.

NOTE Confidence: 0.8468345

 $00:22:39.060 \longrightarrow 00:22:41.209$  You feel the air on your face.

NOTE Confidence: 0.8468345

 $00:22:41.210 \longrightarrow 00:22:42.394$  See what's going on.

NOTE Confidence: 0.8468345

 $00:22:42.394 \longrightarrow 00:22:44.885$  Then look again and then see if you

NOTE Confidence: 0.8468345

 $00{:}22{:}44.885 \dashrightarrow 00{:}22{:}46.841$  can notice something that you had

NOTE Confidence: 0.8468345

00:22:46.841 --> 00:22:49.190 notice before and then put it in context,

NOTE Confidence: 0.8468345

 $00:22:49.190 \longrightarrow 00:22:49.493$  right?

 $00:22:49.493 \longrightarrow 00:22:51.614$  So an example I gave someone earlier

NOTE Confidence: 0.8468345

00:22:51.614 --> 00:22:53.763 is every time I walk into the

NOTE Confidence: 0.8468345

 $00:22:53.763 \longrightarrow 00:22:55.632$  hospital somebody stops me and ask

NOTE Confidence: 0.8468345

00:22:55.632 --> 00:22:57.576 me for directions somewhere and so.

NOTE Confidence: 0.8468345

00:22:57.580 --> 00:23:00.076 I decided that I would reflect on why

NOTE Confidence: 0.8468345

00:23:00.076 --> 00:23:02.492 I always get stopped and I decided

NOTE Confidence: 0.8468345

 $00:23:02.492 \longrightarrow 00:23:04.876$  that it's because I think I have

NOTE Confidence: 0.8468345

00:23:04.876 --> 00:23:06.913 a stoppable face and that is good

NOTE Confidence: 0.8468345

 $00{:}23{:}06.913 \dashrightarrow 00{:}23{:}09.136$  to be someone who might help you,

NOTE Confidence: 0.8468345

00:23:09.140 --> 00:23:09.404 right?

NOTE Confidence: 0.8468345

 $00{:}23{:}09.404 \dashrightarrow 00{:}23{:}11.780$  And so that's an idea of just a little

NOTE Confidence: 0.8468345

 $00:23:11.846 \longrightarrow 00:23:13.461$  simple reflection that can change

NOTE Confidence: 0.8468345

 $00:23:13.461 \longrightarrow 00:23:16.199$  the way I think about being interrupted.

NOTE Confidence: 0.8468345

 $00:23:16.200 \longrightarrow 00:23:17.724$  Connect meaningful dots, right?

NOTE Confidence: 0.8468345

00:23:17.724 --> 00:23:19.629 It's a meaningful dot connection

NOTE Confidence: 0.8468345

 $00:23:19.629 \longrightarrow 00:23:21.330$  to me to be here at Yale.

00:23:21.330 --> 00:23:23.577 An in this in this moment of

NOTE Confidence: 0.8468345

00:23:23.577 --> 00:23:24.885 Black History Month, right?

NOTE Confidence: 0.8468345

 $00:23:24.885 \longrightarrow 00:23:27.645$  Take a mental picture or a real one.

NOTE Confidence: 0.8468345

 $00:23:27.650 \longrightarrow 00:23:28.850$  And then return to it.

NOTE Confidence: 0.8468345

00:23:28.850 --> 00:23:30.145 These are some simple ways

NOTE Confidence: 0.8468345

 $00:23:30.145 \longrightarrow 00:23:31.440$  and I have this picture

NOTE Confidence: 0.8812765

 $00:23:31.492 \longrightarrow 00:23:33.228$  of this shell because I think that

NOTE Confidence: 0.8812765

 $00{:}23{:}33.228 \longrightarrow 00{:}23{:}35.040$  when you pick up a shell and you

NOTE Confidence: 0.8812765

00:23:35.040 --> 00:23:36.743 turn it over in your hand and look

NOTE Confidence: 0.8812765

00:23:36.743 --> 00:23:38.690 at it every time you turn it over,

NOTE Confidence: 0.8812765

 $00{:}23{:}38.690 \dashrightarrow 00{:}23{:}40.370$  you can see and notice something different,

NOTE Confidence: 0.8812765

00:23:40.370 --> 00:23:42.610 and I think that can be said

NOTE Confidence: 0.8812765

00:23:42.610 --> 00:23:43.900 about our experiences too.

NOTE Confidence: 0.8812765

 $00:23:43.900 \longrightarrow 00:23:46.465$  So reflection and action looks a lot of ways.

NOTE Confidence: 0.8812765

 $00:23:46.470 \longrightarrow 00:23:48.174$  Of course, as we know from

00:23:48.174 --> 00:23:49.026 the Writers Workshop,

NOTE Confidence: 0.8812765

 $00{:}23{:}49.030 \dashrightarrow 00{:}23{:}51.700$  it can be writing and journaling.

NOTE Confidence: 0.8812765

00:23:51.700 --> 00:23:53.464 It can be storytelling and sharing

NOTE Confidence: 0.8812765

00:23:53.464 --> 00:23:55.228 something as simple as you calling

NOTE Confidence: 0.8812765

00:23:55.228 --> 00:23:57.076 up one of your friends and saying,

NOTE Confidence: 0.8812765

 $00:23:57.080 \longrightarrow 00:23:57.812$  Oh my goodness,

NOTE Confidence: 0.8812765

00:23:57.812 --> 00:23:59.878 let me tell you about my day or

NOTE Confidence: 0.8812765

 $00:23:59.878 \longrightarrow 00:24:01.642$  telling your kids or having a

NOTE Confidence: 0.8812765

 $00:24:01.642 \longrightarrow 00:24:03.590$  storytelling time at your dinner table.

NOTE Confidence: 0.8812765

 $00:24:03.590 \longrightarrow 00:24:05.630$  That's what my family does.

NOTE Confidence: 0.8812765

 $00{:}24{:}05.630 \dashrightarrow 00{:}24{:}08.546$  Photos I'm a big fan of using my photo

NOTE Confidence: 0.8812765

 $00:24:08.546 \longrightarrow 00:24:10.882$  collection in my iPhone just to remind

NOTE Confidence: 0.8812765

 $00{:}24{:}10.882 \dashrightarrow 00{:}24{:}13.355$ me of moments because I can often

NOTE Confidence: 0.8812765

00:24:13.355 --> 00:24:15.945 because of develop this habit of reflection,

NOTE Confidence: 0.8812765

00:24:15.950 --> 00:24:18.176 I can remember exactly what was going

NOTE Confidence: 0.8812765

 $00{:}24{:}18.176 \dashrightarrow 00{:}24{:}21.107$  on in a moment and there's also been

 $00:24:21.107 \longrightarrow 00:24:23.725$  times where I didn't have a picture

NOTE Confidence: 0.8812765

 $00{:}24{:}23.725 \dashrightarrow 00{:}24{:}27.028$  of something and I wish so bad that I did.

NOTE Confidence: 0.8812765

00:24:27.028 --> 00:24:28.923 Meditation and mindfulness just sitting

NOTE Confidence: 0.8812765

00:24:28.923 --> 00:24:31.031 alone in solitude and just soaking

NOTE Confidence: 0.8812765

00:24:31.031 --> 00:24:33.145 up a moment and thinking about it.

NOTE Confidence: 0.8812765

00:24:33.150 --> 00:24:34.522 No writing, no talking,

NOTE Confidence: 0.8812765

00:24:34.522 --> 00:24:36.902 no photos, just thinking.

NOTE Confidence: 0.8812765

00:24:36.902 --> 00:24:37.748 Right?

NOTE Confidence: 0.8812765

 $00:24:37.750 \longrightarrow 00:24:39.976$  So just to show you an example

NOTE Confidence: 0.8812765

 $00:24:39.976 \longrightarrow 00:24:41.800$  of photos for reflection,

NOTE Confidence: 0.8812765

 $00:24:41.800 \longrightarrow 00:24:44.008$  this is a reflection on that.

NOTE Confidence: 0.8812765

00:24:44.010 --> 00:24:45.850 I had that through photos.

NOTE Confidence: 0.8812765

 $00{:}24{:}45.850 \dashrightarrow 00{:}24{:}48.419$  This is an image that was taken.

NOTE Confidence: 0.8812765

00:24:48.420 --> 00:24:50.996 I know for sure on November 15th,

NOTE Confidence: 0.8812765

 $00:24:51.000 \longrightarrow 00:24:52.840$  2019, 'cause on November 15th,

 $00:24:52.840 \longrightarrow 00:24:54.945$  2012 my older sister Deanna

NOTE Confidence: 0.8812765

 $00:24:54.945 \longrightarrow 00:24:57.620$  died of a sudden cardiac death.

NOTE Confidence: 0.8812765

 $00:24:57.620 \longrightarrow 00:25:00.308$  On my phone is an image of her.

NOTE Confidence: 0.8812765

 $00:25:00.310 \longrightarrow 00:25:02.482$  My younger sister took this picture

NOTE Confidence: 0.8812765

00:25:02.482 --> 00:25:05.238 of me because holding my phone with my

NOTE Confidence: 0.8812765

00:25:05.238 --> 00:25:07.360 favorite picture of my sister on it.

NOTE Confidence: 0.8812765

00:25:07.360 --> 00:25:09.565 So think about my sister Deanna is

NOTE Confidence: 0.8812765

 $00{:}25{:}09.565 \dashrightarrow 00{:}25{:}12.365$  she was an amazing cook like she was

NOTE Confidence: 0.8812765

 $00{:}25{:}12.365 \dashrightarrow 00{:}25{:}14.864$  the person who could bake and cook

NOTE Confidence: 0.8812765

 $00:25:14.864 \longrightarrow 00:25:17.118$  all the all of the family recipes

NOTE Confidence: 0.8812765

 $00{:}25{:}17.118 \dashrightarrow 00{:}25{:}19.120$  and her sister Kimberly bless her.

NOTE Confidence: 0.8812765

00:25:19.120 --> 00:25:21.479 I never really enjoyed cooking very much,

NOTE Confidence: 0.8812765

 $00:25:21.480 \longrightarrow 00:25:23.580$  but one of the things that Deanna

NOTE Confidence: 0.8812765

 $00:25:23.580 \longrightarrow 00:25:25.694$  made that was amazing was she

NOTE Confidence: 0.8812765

 $00:25:25.694 \longrightarrow 00:25:27.609$  made these homemade yeast rolls.

NOTE Confidence: 0.8812765

00:25:27.610 --> 00:25:29.160 Every Thanksgiving in every Christmas,

 $00:25:29.160 \longrightarrow 00:25:31.304$  so she also on my wedding day gave

NOTE Confidence: 0.8812765

 $00:25:31.304 \longrightarrow 00:25:33.559$  me this box that was filled with

NOTE Confidence: 0.8812765

 $00:25:33.559 \longrightarrow 00:25:35.670$  recipes and every recipe in there.

NOTE Confidence: 0.8812765

00:25:35.670 --> 00:25:38.460 Believe it or not is 30 minutes or less.

NOTE Confidence: 0.8812765

 $00{:}25{:}38.460 \dashrightarrow 00{:}25{:}40.010$  They're all super easy recipes.

NOTE Confidence: 0.8812765

 $00:25:40.010 \longrightarrow 00:25:41.870$  So after my sister passed away,

NOTE Confidence: 0.8812765

 $00:25:41.870 \longrightarrow 00:25:43.956$  we realized no one in our family

NOTE Confidence: 0.8812765

 $00:25:43.956 \longrightarrow 00:25:46.194$  knew how to make those rolls and

NOTE Confidence: 0.8812765

00:25:46.194 --> 00:25:48.473 it wasn't in my recipe box 'cause

NOTE Confidence: 0.8812765

 $00:25:48.473 \longrightarrow 00:25:50.545$  it was too hard of a recipe.

NOTE Confidence: 0.8812765

 $00:25:50.550 \longrightarrow 00:25:51.790$  So this is me.

NOTE Confidence: 0.8812765

00:25:51.790 --> 00:25:53.340 This year, on Thanksgiving when

NOTE Confidence: 0.8812765

 $00:25:53.340 \longrightarrow 00:25:55.200$  I was looking for that recipe.

NOTE Confidence: 0.8812765

 $00:25:55.200 \longrightarrow 00:25:58.050$  And of course it wasn't there.

NOTE Confidence: 0.8812765

 $00:25:58.050 \longrightarrow 00:25:58.806$  So I said,

 $00:25:58.806 \longrightarrow 00:26:00.318$  and I thought about my sister

NOTE Confidence: 0.8812765

00:26:00.318 --> 00:26:01.827 and I wasn't missing her.

NOTE Confidence: 0.8812765

 $00:26:01.830 \longrightarrow 00:26:03.180$  How was really missing her?

NOTE Confidence: 0.8812765

 $00:26:03.180 \longrightarrow 00:26:03.692$  In fact,

NOTE Confidence: 0.8812765

 $00:26:03.692 \longrightarrow 00:26:04.972$  that's her shirt that I'm

NOTE Confidence: 0.8812765

 $00{:}26{:}04.972 \dashrightarrow 00{:}26{:}06.690$  wearing an I'm just missing her,

NOTE Confidence: 0.8812765

 $00{:}26{:}06.690 \dashrightarrow 00{:}26{:}08.419$  so I decided that I am going

NOTE Confidence: 0.8812765

 $00:26:08.419 \longrightarrow 00:26:10.088$  to try from memory to make

NOTE Confidence: 0.8812765

 $00{:}26{:}10.088 \to 00{:}26{:}11.816$  her yeast rolls and my son,

NOTE Confidence: 0.8812765

 $00:26:11.820 \longrightarrow 00:26:13.170$  who now has developed a

NOTE Confidence: 0.8812765

 $00:26:13.170 \longrightarrow 00:26:14.250$  habit of reflection too.

NOTE Confidence: 0.87722003

00:26:14.250 --> 00:26:16.448 He took this picture of me because

NOTE Confidence: 0.87722003

00:26:16.448 --> 00:26:18.145 he thought it was hilarious

NOTE Confidence: 0.87722003

 $00{:}26{:}18.145 \dashrightarrow 00{:}26{:}20.203$  that I was even trying this.

NOTE Confidence: 0.87722003

00:26:20.210 --> 00:26:22.703 And I really put in work and try to

NOTE Confidence: 0.87722003

 $00:26:22.703 \longrightarrow 00:26:24.983$  remember what she did and this was my

 $00:26:24.983 \longrightarrow 00:26:27.198$  rolls when they came out of the oven.

NOTE Confidence: 0.87722003

 $00:26:27.200 \longrightarrow 00:26:29.084$  And then this is just me

NOTE Confidence: 0.87722003

 $00:26:29.084 \longrightarrow 00:26:30.340$  sitting with that box,

NOTE Confidence: 0.87722003

 $00:26:30.340 \longrightarrow 00:26:32.218$  remembering and thinking about my sister.

NOTE Confidence: 0.87722003

 $00:26:32.220 \longrightarrow 00:26:35.220$  And I know exactly how I felt in that moment

NOTE Confidence: 0.87722003

00:26:35.289 --> 00:26:37.873 and every time I look at these images,

NOTE Confidence: 0.87722003

 $00:26:37.880 \longrightarrow 00:26:39.136$  I'll probably see something

NOTE Confidence: 0.87722003

 $00:26:39.136 \longrightarrow 00:26:41.020$  deeper that I hadn't seen before.

NOTE Confidence: 0.87722003

 $00:26:41.020 \longrightarrow 00:26:43.029$  And that was really an example of

NOTE Confidence: 0.87722003

 $00:26:43.029 \longrightarrow 00:26:44.268$  an appreciative inquiry exploring

NOTE Confidence: 0.87722003

00:26:44.268 --> 00:26:46.230 something that is good and finding

NOTE Confidence: 0.87722003

 $00:26:46.230 \longrightarrow 00:26:47.919$  the extraordinary in the ordinary.

NOTE Confidence: 0.87722003

 $00:26:47.920 \longrightarrow 00:26:49.810$  Now I moments where I'm very

NOTE Confidence: 0.87722003

 $00:26:49.810 \longrightarrow 00:26:52.008$  sad about the loss of my sister.

NOTE Confidence: 0.87722003

 $00:26:52.010 \longrightarrow 00:26:53.888$  We were only 20 months apart.

 $00:26:53.890 \longrightarrow 00:26:55.510$  But this habit of reflection

NOTE Confidence: 0.87722003

 $00:26:55.510 \longrightarrow 00:26:57.440$  has allowed me to elevate and.

NOTE Confidence: 0.87722003

 $00:26:57.440 \longrightarrow 00:26:58.928$  Amplify the most extraordinary

NOTE Confidence: 0.87722003

 $00:26:58.928 \longrightarrow 00:27:00.416$  ordinary moments about us,

NOTE Confidence: 0.87722003

 $00:27:00.420 \longrightarrow 00:27:02.285$  and one of those ordinary's

NOTE Confidence: 0.87722003

 $00:27:02.285 \longrightarrow 00:27:04.530$  was me sitting next to her,

NOTE Confidence: 0.87722003

 $00{:}27{:}04.530 \dashrightarrow 00{:}27{:}06.696$  watching her make those roles and

NOTE Confidence: 0.87722003

00:27:06.696 --> 00:27:08.999 just talking junk and not helping.

NOTE Confidence: 0.87722003

 $00{:}27{:}09.000 \dashrightarrow 00{:}27{:}13.284$  But I realize a lot of it's soaked in.

NOTE Confidence: 0.87722003

00:27:13.290 --> 00:27:14.442 Appreciative inquiry also helps

NOTE Confidence: 0.87722003

 $00{:}27{:}14.442 \dashrightarrow 00{:}27{:}16.570$  you to let nothing be lost on you.

NOTE Confidence: 0.87722003

00:27:16.570 --> 00:27:17.986 Let's you dig deeper and find

NOTE Confidence: 0.87722003

 $00{:}27{:}17.986 \dashrightarrow 00{:}27{:}19.570$  new lessons in old experiences.

NOTE Confidence: 0.87722003

 $00:27:19.570 \longrightarrow 00:27:21.285$  So this image here was taken in

NOTE Confidence: 0.87722003

00:27:21.285 --> 00:27:23.120 2013 after my sister passed away,

NOTE Confidence: 0.87722003

 $00:27:23.120 \longrightarrow 00:27:24.716$  I decided that I will become

 $00:27:24.716 \longrightarrow 00:27:26.389$  a runner out of the blue.

NOTE Confidence: 0.87722003

00:27:26.390 --> 00:27:28.694 I'd never run in my life and just

NOTE Confidence: 0.87722003

00:27:28.694 --> 00:27:30.220 impulsively signed up for the army.

NOTE Confidence: 0.87722003

 $00:27:30.220 \longrightarrow 00:27:32.145$  10 mile are a person who had

NOTE Confidence: 0.87722003

 $00:27:32.145 \longrightarrow 00:27:33.489$  never even run a mile,

NOTE Confidence: 0.87722003

 $00:27:33.490 \longrightarrow 00:27:35.401$  so this image was taken right after

NOTE Confidence: 0.87722003

00:27:35.401 --> 00:27:37.389 I finish the army 10 milers and

NOTE Confidence: 0.87722003

00:27:37.389 --> 00:27:39.376 I could just leave the picture at

NOTE Confidence: 0.87722003

 $00:27:39.376 \longrightarrow 00:27:41.161$  that and say hey that was really

NOTE Confidence: 0.87722003

 $00{:}27{:}41.161 \dashrightarrow 00{:}27{:}42.880$  cool that I accomplished this thing.

NOTE Confidence: 0.87722003

00:27:42.880 --> 00:27:44.680 I ran in my sister's honor.

NOTE Confidence: 0.87722003

 $00:27:44.680 \longrightarrow 00:27:46.493$  And that was really cool, right?

NOTE Confidence: 0.87722003

 $00:27:46.493 \longrightarrow 00:27:48.404$  But as I look at the pictures

NOTE Confidence: 0.87722003

00:27:48.404 --> 00:27:50.210 at always find deeper meaning,

NOTE Confidence: 0.87722003

00:27:50.210 --> 00:27:51.434 deeper meaning, deeper meaning.

 $00:27:51.434 \longrightarrow 00:27:52.658$  So that's my sorority.

NOTE Confidence: 0.87722003

00:27:52.660 --> 00:27:54.496 Across the front of that shirt,

NOTE Confidence: 0.87722003

 $00{:}27{:}54.500 \dashrightarrow 00{:}27{:}56.956$  my sister and I both were in the

NOTE Confidence: 0.87722003

00:27:56.956 --> 00:27:58.491 same sorority, Delta Sigma Theta,

NOTE Confidence: 0.87722003

 $00{:}27{:}58.491 \dashrightarrow 00{:}28{:}01.003$  and I was really excited to be out

NOTE Confidence: 0.87722003

 $00:28:01.003 \longrightarrow 00:28:03.703$  there to run this race in my sister's honor.

NOTE Confidence: 0.87722003

 $00:28:03.710 \longrightarrow 00:28:05.859$  So while I was running the race,

NOTE Confidence: 0.87722003

 $00:28:05.860 \longrightarrow 00:28:07.858$  I get to like Mile 8 and I turn

NOTE Confidence: 0.87722003

 $00{:}28{:}07.858 \dashrightarrow 00{:}28{:}10.074$  a corner and there's this big

NOTE Confidence: 0.87722003

00:28:10.074 --> 00:28:11.994 steep Hill going straight up,

NOTE Confidence: 0.87722003

 $00:28:12.000 \longrightarrow 00:28:14.009$  and it looks like that thing is

NOTE Confidence: 0.87722003

00:28:14.009 --> 00:28:16.358 gonna go for another 2 miles, right?

NOTE Confidence: 0.87722003

 $00:28:16.358 \longrightarrow 00:28:19.302$  And I'm running and I see that heel

NOTE Confidence: 0.87722003

 $00{:}28{:}19.302 \dashrightarrow 00{:}28{:}21.906$  and I just say no way I'm done.

NOTE Confidence: 0.87722003

 $00:28:21.910 \longrightarrow 00:28:23.230$  I have come this far.

NOTE Confidence: 0.87722003

 $00:28:23.230 \longrightarrow 00:28:25.588$  I was a person who had never run before.

 $00:28:25.590 \longrightarrow 00:28:26.638$  This was really good.

NOTE Confidence: 0.87722003

 $00{:}28{:}26.638 \dashrightarrow 00{:}28{:}29.268$  I mean I had a lot to be proud of,

NOTE Confidence: 0.87722003

 $00:28:29.270 \longrightarrow 00:28:30.896$  so I just started walking and

NOTE Confidence: 0.87722003

 $00:28:30.896 \longrightarrow 00:28:32.531$  I should mention that I signed

NOTE Confidence: 0.87722003

 $00:28:32.531 \longrightarrow 00:28:34.007$  up with this race by myself.

NOTE Confidence: 0.87722003

00:28:34.010 --> 00:28:36.266 There was nobody there to run it with

NOTE Confidence: 0.87722003

00:28:36.266 --> 00:28:39.267 me and I had flown up to DC to do this race.

NOTE Confidence: 0.87722003

 $00{:}28{:}39.270 \dashrightarrow 00{:}28{:}41.142$  So here I am walking and I had

NOTE Confidence: 0.87722003

00:28:41.142 --> 00:28:42.948 taken maybe walking about 500 feet,

NOTE Confidence: 0.87722003

 $00{:}28{:}42.950 \dashrightarrow 00{:}28{:}45.110$  but all of a sudden out of the blue I

NOTE Confidence: 0.86984384

00:28:45.171 --> 00:28:47.275 see this blur coming toward me and I

NOTE Confidence: 0.86984384

 $00:28:47.275 \longrightarrow 00:28:49.349$  look and it's this person with this

NOTE Confidence: 0.86984384

 $00{:}28{:}49.349 \dashrightarrow 00{:}28{:}52.058$  crew cut and this little tank top on.

NOTE Confidence: 0.86984384

00:28:52.058 --> 00:28:54.900 And and this this this person

NOTE Confidence: 0.86984384

 $00:28:54.989 \longrightarrow 00:28:57.404$  comes up to me and she says.

00:28:57.410 --> 00:28:59.430 Deanna sister, let's go,

NOTE Confidence: 0.86984384

 $00{:}28{:}59.430 \dashrightarrow 00{:}29{:}01.955$  Deanna sister and she looped

NOTE Confidence: 0.86984384

00:29:01.955 --> 00:29:04.949 her arm into mine and she said,

NOTE Confidence: 0.86984384

 $00:29:04.950 \longrightarrow 00:29:08.556$  let's go and she starts running.

NOTE Confidence: 0.86984384

 $00:29:08.560 \longrightarrow 00:29:10.779$  Beside me and gets me running now.

NOTE Confidence: 0.86984384

00:29:10.780 --> 00:29:13.188 I started crying because I'm part crying

NOTE Confidence: 0.86984384

 $00:29:13.188 \longrightarrow 00:29:15.526$  'cause she's running way faster than I run,

NOTE Confidence: 0.86984384

00:29:15.530 --> 00:29:17.609 but also crying because I was so

NOTE Confidence: 0.86984384

 $00{:}29{:}17.609 \longrightarrow 00{:}29{:}20.216$  moved by this and she's amping up the

NOTE Confidence: 0.86984384

 $00:29:20.216 \longrightarrow 00:29:22.245$  crowd saying come on Deanna sister

NOTE Confidence: 0.86984384

 $00:29:22.245 \longrightarrow 00:29:24.725$  sort of crowd is like Dana says there

NOTE Confidence: 0.86984384

 $00:29:24.725 \longrightarrow 00:29:27.147$  and I am Boo Hoo crying running this

NOTE Confidence: 0.86984384

 $00{:}29{:}27.147 \dashrightarrow 00{:}29{:}29.861$  race she ran two full miles with me

NOTE Confidence: 0.86984384

 $00{:}29{:}29.861 \dashrightarrow 00{:}29{:}31.958$ chanting Go Deanna sister you got

NOTE Confidence: 0.86984384

 $00:29:31.958 \longrightarrow 00:29:34.262$  this Dana sister and when I got to

NOTE Confidence: 0.86984384

 $00:29:34.262 \longrightarrow 00:29:36.854$  that she ran me all the way in and

 $00:29:36.854 \longrightarrow 00:29:39.760$  we got to the end she just stopped.

NOTE Confidence: 0.86984384

 $00:29:39.760 \longrightarrow 00:29:41.316$  Instead, we to go,

NOTE Confidence: 0.86984384

00:29:41.316 --> 00:29:44.030 Deanna sister just kind of walked off.

NOTE Confidence: 0.86984384

00:29:44.030 --> 00:29:47.510 No hug, no nothing else.

NOTE Confidence: 0.86984384

 $00:29:47.510 \longrightarrow 00:29:50.486$  But the deeper meaning in this is that.

NOTE Confidence: 0.86984384

 $00:29:50.490 \longrightarrow 00:29:52.793$  How powerful was it for a stranger

NOTE Confidence: 0.86984384

 $00:29:52.793 \longrightarrow 00:29:54.828$  to choose to run beside me?

NOTE Confidence: 0.86984384

 $00:29:54.830 \longrightarrow 00:29:57.168$  Clearly she could have run much faster,

NOTE Confidence: 0.86984384

 $00:29:57.170 \longrightarrow 00:30:00.257$  but she chose to run with me and help.

NOTE Confidence: 0.86984384

 $00:30:00.260 \longrightarrow 00:30:01.022$  We win.

NOTE Confidence: 0.86984384

00:30:01.022 --> 00:30:04.710 All because she saw the back of my shirt,

NOTE Confidence: 0.86984384

 $00{:}30{:}04.710 \dashrightarrow 00{:}30{:}07.270$  all because she saw me trying and saw

NOTE Confidence: 0.86984384

 $00:30:07.270 \longrightarrow 00:30:09.985$  me slow down and I think a lot about

NOTE Confidence: 0.86984384

 $00:30:09.985 \longrightarrow 00:30:12.410$  that when I think about learners,

NOTE Confidence: 0.86984384

00:30:12.410 --> 00:30:14.085 my colleagues students I think

00:30:14.085 --> 00:30:15.774 about her yelling hey, Deanna,

NOTE Confidence: 0.86984384

 $00:30:15.774 \longrightarrow 00:30:16.118$  sister,

NOTE Confidence: 0.86984384

 $00:30:16.118 \longrightarrow 00:30:18.182$  what's the equivalent of that that

NOTE Confidence: 0.86984384

00:30:18.182 --> 00:30:20.117 I could do for someone else?

NOTE Confidence: 0.8551029

 $00:30:22.390 \longrightarrow 00:30:24.802$  This is an image taken of the front of

NOTE Confidence: 0.8551029

 $00:30:24.802 \longrightarrow 00:30:27.395$  Grady Hospital and sometimes as we reflect.

NOTE Confidence: 0.8551029

00:30:27.400 --> 00:30:29.278 What will happen is that overtime,

NOTE Confidence: 0.8551029

 $00:30:29.280 \longrightarrow 00:30:31.471$  the more we we play the story

NOTE Confidence: 0.8551029

 $00:30:31.471 \longrightarrow 00:30:33.660$  over and over in our head we

NOTE Confidence: 0.8551029

 $00:30:33.660 \longrightarrow 00:30:35.850$  can get new lessons as we grow.

NOTE Confidence: 0.8551029

 $00:30:35.850 \longrightarrow 00:30:38.370$  So I had a resident once who happened to be

NOTE Confidence: 0.8551029

 $00:30:38.432 \longrightarrow 00:30:40.644$  a black woman from Southern California who

NOTE Confidence: 0.8551029

 $00:30:40.644 \longrightarrow 00:30:43.359$  had gone to a historically black college.

NOTE Confidence: 0.8551029

 $00:30:43.360 \longrightarrow 00:30:45.544$  So I'm like wow, you know what?

NOTE Confidence: 0.8551029

 $00:30:45.550 \longrightarrow 00:30:46.489$  This is great.

NOTE Confidence: 0.8551029

00:30:46.489 --> 00:30:48.054 She's in my residency program.

 $00:30:48.060 \longrightarrow 00:30:50.244$  I'm thinking that while this is a

NOTE Confidence: 0.8551029

 $00:30:50.244 \longrightarrow 00:30:52.181$  mentorship match made in heaven, right?

NOTE Confidence: 0.8551029

 $00:30:52.181 \longrightarrow 00:30:54.036$  Well, as it turns out,

NOTE Confidence: 0.8551029

 $00:30:54.040 \longrightarrow 00:30:56.448$  this resident did not feel that way

NOTE Confidence: 0.8551029

 $00:30:56.448 \longrightarrow 00:30:58.806$  and she had no problem trashing

NOTE Confidence: 0.8551029

 $00:30:58.806 \longrightarrow 00:31:01.308$  me on evaluations and letting me

NOTE Confidence: 0.8551029

 $00:31:01.308 \longrightarrow 00:31:03.482$  know all things that she didn't

NOTE Confidence: 0.8551029

 $00:31:03.482 \longrightarrow 00:31:05.910$  like and and it was pretty hurtful.

NOTE Confidence: 0.8551029

00:31:05.910 --> 00:31:08.500 And the more she didn't like things,

NOTE Confidence: 0.8551029

 $00:31:08.500 \longrightarrow 00:31:11.500$  the harder that I tried.

NOTE Confidence: 0.8551029

 $00{:}31{:}11.500 \dashrightarrow 00{:}31{:}13.543$  And so I had sort of decided in my

NOTE Confidence: 0.8551029

 $00:31:13.543 \longrightarrow 00:31:15.638$  head that she was the problem right?

NOTE Confidence: 0.8551029

 $00:31:15.640 \longrightarrow 00:31:17.600$  And kind of looked back on it for

NOTE Confidence: 0.8551029

00:31:17.600 --> 00:31:19.325 years as she was just a person

NOTE Confidence: 0.8551029

 $00:31:19.325 \longrightarrow 00:31:21.080$  with a chip on her shoulder.

00:31:21.080 --> 00:31:23.176 I don't know what her problem was and

NOTE Confidence: 0.8551029

 $00:31:23.176 \longrightarrow 00:31:25.890$  that was it. But then I grew older.

NOTE Confidence: 0.8551029

 $00:31:25.890 \longrightarrow 00:31:27.080$  And as I grew older,

NOTE Confidence: 0.8551029

 $00:31:27.080 \longrightarrow 00:31:28.606$  I started to reflect on some of

NOTE Confidence: 0.8551029

 $00:31:28.606 \longrightarrow 00:31:29.832$  the things that happened when

NOTE Confidence: 0.8551029

00:31:29.832 --> 00:31:31.127 I first met that student,

NOTE Confidence: 0.8551029

 $00:31:31.130 \longrightarrow 00:31:32.564$  that resident and what happened was

NOTE Confidence: 0.8551029

 $00:31:32.564 \longrightarrow 00:31:34.157$  when she got there and I realized

NOTE Confidence: 0.8551029

 $00{:}31{:}34.157 \dashrightarrow 00{:}31{:}35.872$  she was a black woman from an HBCU

NOTE Confidence: 0.8551029

 $00{:}31{:}35.872 \dashrightarrow 00{:}31{:}37.080$  and from Southern California.

NOTE Confidence: 0.8551029

00:31:37.080 --> 00:31:38.984 I let her know that I had high

NOTE Confidence: 0.8551029

00:31:38.984 --> 00:31:40.647 expectations of her and that you know,

NOTE Confidence: 0.8551029

 $00:31:40.650 \longrightarrow 00:31:42.309$  if she if she doesn't look good,

NOTE Confidence: 0.8551029

 $00{:}31{:}42.310 \dashrightarrow 00{:}31{:}44.118$  I don't look good and that she needs

NOTE Confidence: 0.8551029

 $00:31:44.118 \longrightarrow 00:31:46.115$  to come to me for anything she needs.

NOTE Confidence: 0.8551029

 $00:31:46.120 \longrightarrow 00:31:47.548$  But she needs to make sure

 $00:31:47.548 \longrightarrow 00:31:48.500$  that everything is tight.

NOTE Confidence: 0.8551029

 $00:31:48.500 \longrightarrow 00:31:49.690$  That's not a lecture that

NOTE Confidence: 0.8551029

 $00:31:49.690 \longrightarrow 00:31:50.880$  I gave to other residents,

NOTE Confidence: 0.8551029

 $00:31:50.880 \longrightarrow 00:31:53.013$  it was just something that I gave to her.

NOTE Confidence: 0.8551029

 $00:31:53.020 \longrightarrow 00:31:54.240$  And you know what?

NOTE Confidence: 0.8551029

 $00:31:54.240 \longrightarrow 00:31:57.070$  That made it harder for her as a resident.

NOTE Confidence: 0.8551029

00:31:57.070 --> 00:32:00.380 As I look back on it, I think wait a minute.

NOTE Confidence: 0.8551029

 $00:32:00.380 \longrightarrow 00:32:02.186$  Maybe she wasn't the only problem.

NOTE Confidence: 0.8551029

 $00:32:02.190 \longrightarrow 00:32:04.290$  Maybe I was part of the problem.

NOTE Confidence: 0.8551029

 $00:32:04.290 \longrightarrow 00:32:06.882$  Maybe I laid the minority tax on her as

NOTE Confidence: 0.8551029

 $00:32:06.882 \dashrightarrow 00:32:09.435$  soon as she got here without her even

NOTE Confidence: 0.8551029

 $00:32:09.435 \longrightarrow 00:32:11.820$  having a chance to just be an intern,

NOTE Confidence: 0.8551029

00:32:11.820 --> 00:32:12.127 right?

NOTE Confidence: 0.8551029

 $00:32:12.127 \longrightarrow 00:32:14.276$  And so with time you played the

NOTE Confidence: 0.8551029

 $00:32:14.276 \longrightarrow 00:32:16.106$  stories over and over again and

 $00:32:16.106 \longrightarrow 00:32:17.840$  you see them new new meaning.

NOTE Confidence: 0.8551029

 $00:32:17.840 \longrightarrow 00:32:20.248$  New lessons come from all of our reflections,

NOTE Confidence: 0.8551029

 $00:32:20.250 \longrightarrow 00:32:22.301$  so it's never too late to continue

NOTE Confidence: 0.8551029

 $00:32:22.301 \longrightarrow 00:32:24.159$  to reflect on the same story.

NOTE Confidence: 0.8551029

 $00:32:24.160 \longrightarrow 00:32:26.806$  You may see something new and may

NOTE Confidence: 0.8551029

00:32:26.806 --> 00:32:29.228 completely change your perspective on it.

NOTE Confidence: 0.8551029

00:32:29.230 --> 00:32:32.079 So I asked you guys to look

NOTE Confidence: 0.8551029

 $00:32:32.079 \longrightarrow 00:32:34.700$  at this image for a moment.

NOTE Confidence: 0.8551029

 $00{:}32{:}34.700 \dashrightarrow 00{:}32{:}37.283$  And think about what do you see

NOTE Confidence: 0.8551029

 $00:32:37.283 \longrightarrow 00:32:39.298$  in this image? What do you see?

NOTE Confidence: 0.8955308

 $00:32:46.460 \longrightarrow 00:32:48.468$  So the cool thing about a picture like

NOTE Confidence: 0.8955308

 $00:32:48.468 \longrightarrow 00:32:50.820$  this is you can look and you can see

NOTE Confidence: 0.8955308

 $00:32:50.820 \longrightarrow 00:32:52.568$  something and then you'll see something

NOTE Confidence: 0.8955308

 $00:32:52.568 \longrightarrow 00:32:54.985$  else and you can create a narrative and

NOTE Confidence: 0.8955308

00:32:54.985 --> 00:32:57.538 you can create a story in your head, right?

NOTE Confidence: 0.8955308

 $00:32:57.538 \longrightarrow 00:32:59.974$  Looks like a father's with his son.

 $00:32:59.980 \longrightarrow 00:33:02.170$  Looks like they're walking in the

NOTE Confidence: 0.8955308

 $00{:}33{:}02.170 \dashrightarrow 00{:}33{:}04.159$  father's trying to encourage his son.

NOTE Confidence: 0.8955308

00:33:04.160 --> 00:33:06.644 Maybe it's just a cold day in there walking.

NOTE Confidence: 0.8955308

 $00:33:06.650 \longrightarrow 00:33:07.758$  Maybe the team lost.

NOTE Confidence: 0.8955308

 $00:33:07.758 \longrightarrow 00:33:09.143$  Maybe the sun is sad.

NOTE Confidence: 0.8955308

 $00:33:09.150 \longrightarrow 00:33:11.089$  Maybe it's the end of the season.

NOTE Confidence: 0.8955308

 $00:33:11.090 \longrightarrow 00:33:13.388$  Maybe they lost the big game.

NOTE Confidence: 0.8955308

 $00:33:13.390 \longrightarrow 00:33:15.310$  It's hard to say.

NOTE Confidence: 0.8955308

00:33:15.310 --> 00:33:17.742 I know the story because I was the

NOTE Confidence: 0.8955308

 $00:33:17.742 \longrightarrow 00:33:20.123$  one who took the picture and it

NOTE Confidence: 0.8955308

 $00:33:20.123 \longrightarrow 00:33:22.550$  was exactly what I just told you.

NOTE Confidence: 0.8955308

00:33:22.550 --> 00:33:25.022 My son's team had just lost a really

NOTE Confidence: 0.8955308

 $00{:}33{:}25.022 \dashrightarrow 00{:}33{:}27.485$  really big game and he was really sad

NOTE Confidence: 0.8955308

 $00:33:27.485 \longrightarrow 00:33:29.789$  and my husband was encouraging him.

NOTE Confidence: 0.8955308

00:33:29.790 --> 00:33:31.620 But I love this picture deeper

00:33:31.620 --> 00:33:34.405 meaning in it for me now is in this

NOTE Confidence: 0.8955308

 $00{:}33{:}34.405 \dashrightarrow 00{:}33{:}36.336$  world that has this narrative about

NOTE Confidence: 0.8955308

 $00:33:36.336 \longrightarrow 00:33:38.550$  black fathers not being present right

NOTE Confidence: 0.8955308

00:33:38.550 --> 00:33:40.644 about our sons not having people

NOTE Confidence: 0.8955308

 $00:33:40.644 \longrightarrow 00:33:42.612$  cherishing them as they grow up.

NOTE Confidence: 0.8955308

00:33:42.620 --> 00:33:44.405 It counters every narrative that

NOTE Confidence: 0.8955308

00:33:44.405 --> 00:33:46.190 I hear about my people.

NOTE Confidence: 0.8955308

00:33:46.190 --> 00:33:48.074 Love this picture because it captures

NOTE Confidence: 0.8955308

 $00{:}33{:}48.074 \dashrightarrow 00{:}33{:}50.255$  love and support and many of the

NOTE Confidence: 0.8955308

 $00:33:50.255 \longrightarrow 00:33:51.989$  things the world thinks isn't there.

NOTE Confidence: 0.9387699

 $00:33:54.460 \longrightarrow 00:33:55.440$  Look at this picture.

NOTE Confidence: 0.9164839

 $00:33:59.120 \longrightarrow 00:34:01.688$  These are my sons.

NOTE Confidence: 0.9164839

00:34:01.690 --> 00:34:04.106 And I love staring into this picture too,

NOTE Confidence: 0.9164839

 $00:34:04.110 \longrightarrow 00:34:06.392$  because I can see all of the

NOTE Confidence: 0.9164839

 $00:34:06.392 \longrightarrow 00:34:08.359$  emotion all of the support.

NOTE Confidence: 0.9164839

 $00:34:08.360 \longrightarrow 00:34:10.670$  Everything that as a parent I fight

 $00:34:10.670 \longrightarrow 00:34:13.278$  for for those kids to stay connected.

NOTE Confidence: 0.9164839

 $00:34:13.280 \longrightarrow 00:34:15.595$  And that's the beauty of

NOTE Confidence: 0.9164839

 $00:34:15.595 \longrightarrow 00:34:17.447$  pictures for reflection too.

NOTE Confidence: 0.9164839

 $00:34:17.450 \longrightarrow 00:34:19.786$  This is an image taken in a hallway

NOTE Confidence: 0.9164839

 $00{:}34{:}19.786 \dashrightarrow 00{:}34{:}22.039$  at Grady Memorial Hospital in this

NOTE Confidence: 0.9164839

00:34:22.039 --> 00:34:24.433 hallway separates the CD Wing from

NOTE Confidence: 0.9164839

 $00:34:24.500 \longrightarrow 00:34:26.642$  the YD Wing and Grady Hospital was

NOTE Confidence: 0.9164839

 $00:34:26.642 \longrightarrow 00:34:28.792$  built in an H formation because it

NOTE Confidence: 0.9164839

 $00{:}34{:}28.792 \dashrightarrow 00{:}34{:}30.640$  was a segregated hospital and so

NOTE Confidence: 0.9164839

 $00:34:30.705 \longrightarrow 00:34:32.691$  this very hallway was the hallway

NOTE Confidence: 0.9164839

00:34:32.691 --> 00:34:34.434 where they integrated the hospital

NOTE Confidence: 0.9164839

 $00:34:34.434 \longrightarrow 00:34:36.588$  where they first started moving those

NOTE Confidence: 0.9164839

 $00{:}34{:}36.588 \dashrightarrow 00{:}34{:}39.042$  patients down the Hall from the air

NOTE Confidence: 0.9164839

 $00:34:39.042 \longrightarrow 00:34:41.100$  conditioned side with all the nice

NOTE Confidence: 0.9164839

 $00:34:41.170 \longrightarrow 00:34:43.571$  sheets over to the other side where

00:34:43.571 --> 00:34:45.621 everybody all of the black patients

NOTE Confidence: 0.9164839

 $00:34:45.621 \longrightarrow 00:34:47.840$  had been and kind of made it.

NOTE Confidence: 0.9164839

 $00:34:47.840 \longrightarrow 00:34:49.646$  A well integrated hospital after that.

NOTE Confidence: 0.9164839

 $00:34:49.650 \longrightarrow 00:34:51.336$  But years ago it was segregated

NOTE Confidence: 0.9164839

00:34:51.336 --> 00:34:53.495 and on one side somebody like me

NOTE Confidence: 0.9164839

00:34:53.495 --> 00:34:55.433 would have to have wouldn't have

NOTE Confidence: 0.9164839

 $00:34:55.433 \longrightarrow 00:34:57.496$  been able to use the good sheets.

NOTE Confidence: 0.9164839

 $00:34:57.500 \longrightarrow 00:34:59.306$  Wouldn't have had air conditioning and

NOTE Confidence: 0.9164839

 $00:34:59.306 \dashrightarrow 00:35:01.428$  maybe wouldn't have even gotten care right?

NOTE Confidence: 0.9164839

 $00:35:01.430 \longrightarrow 00:35:03.678$  So this is an image that just helps

NOTE Confidence: 0.9164839

 $00{:}35{:}03.678 \dashrightarrow 00{:}35{:}05.958$  me to think a little bit about

NOTE Confidence: 0.9164839

 $00:35:05.958 \longrightarrow 00:35:08.238$  how far times have come and what

NOTE Confidence: 0.9164839

 $00:35:08.238 \longrightarrow 00:35:10.486$  it means for me to even have the

NOTE Confidence: 0.9164839

 $00:35:10.490 \dashrightarrow 00:35:12.597$  opportunity to be a doctor at Grady.

NOTE Confidence: 0.8692399

 $00:35:15.270 \longrightarrow 00:35:18.280$  I see this image all the time on my runs.

NOTE Confidence: 0.8692399

 $00:35:18.280 \longrightarrow 00:35:20.618$  This little path runs through my neighborhood

 $00:35:20.618 \longrightarrow 00:35:23.287$  and I just thought it was a little path

NOTE Confidence: 0.8692399

 $00{:}35{:}23.287 \dashrightarrow 00{:}35{:}25.624$  for people to be able to, you know.

NOTE Confidence: 0.8692399

 $00{:}35{:}25.624 \to 00{:}35{:}28.158$  Get from one street to the other.

NOTE Confidence: 0.8692399

 $00:35:28.160 \longrightarrow 00:35:30.288$  I would later learn that it is what's

NOTE Confidence: 0.8692399

 $00:35:30.288 \longrightarrow 00:35:32.469$  called a servants path in a servants

NOTE Confidence: 0.8692399

 $00:35:32.469 \longrightarrow 00:35:34.985$  path was because people who look like me

NOTE Confidence: 0.8692399

 $00:35:34.985 \longrightarrow 00:35:37.008$  and this is right in my neighborhood.

NOTE Confidence: 0.8692399

 $00:35:37.010 \longrightarrow 00:35:38.780$  I like less than you know,

NOTE Confidence: 0.8692399

 $00:35:38.780 \longrightarrow 00:35:41.050$  a block from my house.

NOTE Confidence: 0.8692399

 $00:35:41.050 \longrightarrow 00:35:43.561$  People who look like me could not walk down

NOTE Confidence: 0.8692399

00:35:43.561 --> 00:35:45.980 the street in Druid Hills where I live,

NOTE Confidence: 0.8692399

 $00:35:45.980 \longrightarrow 00:35:48.059$  they had to take these servant paths

NOTE Confidence: 0.8692399

 $00{:}35{:}48.059 \dashrightarrow 00{:}35{:}50.307$  in order to get to a Main Street

NOTE Confidence: 0.8692399

00:35:50.307 --> 00:35:52.517 so that they could be picked up

NOTE Confidence: 0.8692399

 $00:35:52.517 \longrightarrow 00:35:54.205$  or catch public transportation.

 $00:35:54.210 \longrightarrow 00:35:55.938$  And these paths are still there

NOTE Confidence: 0.8692399

00:35:55.938 --> 00:35:56.802 in my neighborhood,

NOTE Confidence: 0.8692399

 $00{:}35{:}56.810 \dashrightarrow 00{:}35{:}58.260$  which used to be segregated.

NOTE Confidence: 0.8692399

 $00:35:58.260 \longrightarrow 00:35:59.700$  But as I see them,

NOTE Confidence: 0.8692399

 $00{:}35{:}59.700 \dashrightarrow 00{:}36{:}01.516$  I stop and I stare and I look

NOTE Confidence: 0.8692399

 $00:36:01.516 \longrightarrow 00:36:03.785$  at the ground and I think what

NOTE Confidence: 0.8692399

 $00:36:03.785 \longrightarrow 00:36:05.185$  does each layer represent?

NOTE Confidence: 0.8692399

 $00:36:05.190 \longrightarrow 00:36:07.284$  What was going on when that

NOTE Confidence: 0.8692399

 $00:36:07.284 \longrightarrow 00:36:08.680$  bottom layer was there?

NOTE Confidence: 0.8692399

 $00{:}36{:}08.680 \dashrightarrow 00{:}36{:}10.885$  And then I can kind of see the women

NOTE Confidence: 0.8692399

 $00{:}36{:}10.885 \dashrightarrow 00{:}36{:}13.033$  who look like me who were surely as

NOTE Confidence: 0.8692399

 $00:36:13.033 \longrightarrow 00:36:15.604$  smart as me with their uniforms on and

NOTE Confidence: 0.8692399

 $00:36:15.604 \longrightarrow 00:36:17.896$  tired and really wishing they could just

NOTE Confidence: 0.8692399

 $00:36:17.896 \longrightarrow 00:36:20.200$  take the way that was the straight shot,

NOTE Confidence: 0.8692399

00:36:20.200 --> 00:36:20.488 right?

NOTE Confidence: 0.8692399

00:36:20.488 --> 00:36:22.216 But having to take this way

 $00:36:22.216 \longrightarrow 00:36:23.080$  because of segregation,

NOTE Confidence: 0.8692399

 $00:36:23.080 \longrightarrow 00:36:24.820$  we've come a long way and

NOTE Confidence: 0.8692399

 $00:36:24.820 \longrightarrow 00:36:26.250$  that isn't lost on me,

NOTE Confidence: 0.8692399

 $00:36:26.250 \longrightarrow 00:36:28.224$  a habit of reflection affords me the

NOTE Confidence: 0.8692399

 $00:36:28.224 \longrightarrow 00:36:30.604$  chance to see it and feel it and

NOTE Confidence: 0.8692399

 $00:36:30.604 \longrightarrow 00:36:32.300$  understand what's going on around me.

NOTE Confidence: 0.8783557

 $00:36:34.400 \longrightarrow 00:36:37.216$  This is a cake. As you can see.

NOTE Confidence: 0.8783557

 $00:36:37.220 \longrightarrow 00:36:38.918$  But it's not just any cake,

NOTE Confidence: 0.8783557

 $00:36:38.920 \longrightarrow 00:36:41.013$  this was a cake that a medical

NOTE Confidence: 0.8783557

00:36:41.013 --> 00:36:43.160 student baked for me a few years ago,

NOTE Confidence: 0.8783557

 $00:36:43.160 \longrightarrow 00:36:45.707$  and this was a medical student that was very,

NOTE Confidence: 0.8783557

 $00:36:45.710 \longrightarrow 00:36:47.684$  very quiet in one of my students,

NOTE Confidence: 0.8783557

 $00{:}36{:}47.690 \dashrightarrow 00{:}36{:}49.110$  small groups say very little,

NOTE Confidence: 0.8783557

 $00:36:49.110 \longrightarrow 00:36:51.861$  never really seemed to be too impressed

NOTE Confidence: 0.8783557

 $00:36:51.861 \longrightarrow 00:36:54.416$  with anything going on with the group

00:36:54.416 --> 00:36:56.780 always was prepared and did her work.

NOTE Confidence: 0.8783557

 $00:36:56.780 \longrightarrow 00:36:58.160$  But at the very last small

NOTE Confidence: 0.8783557

 $00:36:58.160 \longrightarrow 00:37:00.163$  group that we had when they were

NOTE Confidence: 0.8783557

00:37:00.163 --> 00:37:01.535 graduating from medical school,

NOTE Confidence: 0.8783557

 $00:37:01.540 \longrightarrow 00:37:03.708$  she made me this cake and I cut

NOTE Confidence: 0.8783557

 $00:37:03.708 \longrightarrow 00:37:05.737$  into the cake and I tasted it.

NOTE Confidence: 0.8783557

 $00{:}37{:}05.740 \dashrightarrow 00{:}37{:}08.582$  And it was perhaps the most delicious

NOTE Confidence: 0.8783557

00:37:08.582 --> 00:37:11.538 cake I have ever had in my life.

NOTE Confidence: 0.8783557

 $00:37:11.540 \longrightarrow 00:37:12.359$  In the caller,

NOTE Confidence: 0.8783557

 $00:37:12.359 \longrightarrow 00:37:14.270$  then I ask her about this cake.

NOTE Confidence: 0.8783557

 $00:37:14.270 \longrightarrow 00:37:15.370$  What was the recipe?

NOTE Confidence: 0.8783557

 $00:37:15.370 \longrightarrow 00:37:17.270$  What kind of cake is it in?

NOTE Confidence: 0.8783557

 $00:37:17.270 \longrightarrow 00:37:18.640$  This is what she said.

NOTE Confidence: 0.8783557

 $00:37:18.640 \longrightarrow 00:37:20.488$  She said this is a cake that is

NOTE Confidence: 0.8783557

 $00:37:20.488 \longrightarrow 00:37:22.554$  made up of all of your favorite

NOTE Confidence: 0.8783557

 $00{:}37{:}22.554 \dashrightarrow 00{:}37{:}24.094$  flavors over the year years.

00:37:24.100 --> 00:37:24.642 You see,

NOTE Confidence: 0.8783557

 $00:37:24.642 \longrightarrow 00:37:26.539$  this student always would bake for the

NOTE Confidence: 0.8783557

 $00:37:26.539 \longrightarrow 00:37:28.375$  small group and would bring in these

NOTE Confidence: 0.8783557

 $00:37:28.375 \longrightarrow 00:37:30.680$  these cakes to the small groups, right?

NOTE Confidence: 0.8783557

 $00:37:30.680 \longrightarrow 00:37:33.000$  And so some days,

NOTE Confidence: 0.8783557

 $00:37:33.000 \longrightarrow 00:37:33.882$  she said,

NOTE Confidence: 0.8783557

 $00:37:33.882 \longrightarrow 00:37:36.969$  you seem to like chocolate with Banana.

NOTE Confidence: 0.8783557

00:37:36.970 --> 00:37:38.293 You like nuts,

NOTE Confidence: 0.8783557

00:37:38.293 --> 00:37:40.498 you like coffee flavored things.

NOTE Confidence: 0.8783557

 $00{:}37{:}40.500 \dashrightarrow 00{:}37{:}43.951$  So it is a banana dark chocolate

NOTE Confidence: 0.8783557

 $00:37:43.951 \longrightarrow 00:37:46.000$  espresso dusted nut cake.

NOTE Confidence: 0.8783557

 $00:37:46.000 \longrightarrow 00:37:47.692$  That I made from scratch using

NOTE Confidence: 0.8783557

 $00{:}37{:}47.692 \dashrightarrow 00{:}37{:}49.489$  all of your favorite flavors in.

NOTE Confidence: 0.8783557

 $00:37:49.490 \longrightarrow 00:37:52.109$  I have to tell you all she was right.

NOTE Confidence: 0.8783557

00:37:52.110 --> 00:37:53.856 They were all my favorite flavors.

00:37:53.860 --> 00:37:55.310 But she can't paid attention,

NOTE Confidence: 0.8783557

 $00:37:55.310 \dashrightarrow 00:37:57.445$  so sometimes the habit of reflection can

NOTE Confidence: 0.8783557

 $00:37:57.445 \longrightarrow 00:37:59.222$  come through something that you give

NOTE Confidence: 0.8783557

00:37:59.222 --> 00:38:00.836 an active service to another person,

NOTE Confidence: 0.8783557

 $00:38:00.840 \longrightarrow 00:38:01.992$  because clearly she reflected

NOTE Confidence: 0.8783557

 $00:38:01.992 \longrightarrow 00:38:04.064$  on what she could do to honor

NOTE Confidence: 0.8783557

 $00:38:04.064 \longrightarrow 00:38:05.786$  this time that we had together.

NOTE Confidence: 0.8783557

00:38:05.790 --> 00:38:07.827 And this image here is just some.

NOTE Confidence: 0.8783557

 $00{:}38{:}07.830 \longrightarrow 00{:}38{:}10.150$  An image of three of our chief residents,

NOTE Confidence: 0.8783557

 $00:38:10.150 \longrightarrow 00:38:12.358$  and they had all snuck to be in

NOTE Confidence: 0.8783557

 $00{:}38{:}12.358 \dashrightarrow 00{:}38{:}14.767$  the back of the room as one of

NOTE Confidence: 0.8783557

 $00{:}38{:}14.767 \dashrightarrow 00{:}38{:}16.650$  our Deans was getting an award.

NOTE Confidence: 0.8783557

 $00{:}38{:}16.650 \dashrightarrow 00{:}38{:}18.477$  At the medical school and it was

NOTE Confidence: 0.8783557

 $00:38:18.477 \longrightarrow 00:38:20.247$  really hard for them to be there.

NOTE Confidence: 0.8783557

00:38:20.250 --> 00:38:21.786 They were very, very busy people,

NOTE Confidence: 0.8783557

 $00:38:21.790 \longrightarrow 00:38:24.342$  but the fact that they were there just

00:38:24.342 --> 00:38:26.932 saying so much and I love the looks

NOTE Confidence: 0.8783557

 $00:38:26.932 \longrightarrow 00:38:29.049$  on their faces during that moment.

NOTE Confidence: 0.8783557

00:38:29.050 --> 00:38:31.255 What do you see when you see this picture?

NOTE Confidence: 0.94275695

 $00:38:36.070 \longrightarrow 00:38:39.164$  This is a picture of my father.

NOTE Confidence: 0.94275695

 $00:38:39.170 \longrightarrow 00:38:42.530$  Anne, my brother.

NOTE Confidence: 0.94275695

 $00:38:42.530 \longrightarrow 00:38:45.149$  And I'm not sure what was going on then,

NOTE Confidence: 0.94275695

00:38:45.150 --> 00:38:47.310 but I did capture this picture just to

NOTE Confidence: 0.94275695

 $00:38:47.310 \dashrightarrow 00:38:49.509$  reflect on what could be happening then,

NOTE Confidence: 0.94275695

 $00:38:49.510 \longrightarrow 00:38:52.111$  but I love looking at the picture as a

NOTE Confidence: 0.94275695

 $00:38:52.111 \longrightarrow 00:38:54.584$  counter narrative again to all the things

NOTE Confidence: 0.94275695

 $00:38:54.584 \longrightarrow 00:38:57.448$  people say about black men and black fathers.

NOTE Confidence: 0.94275695

 $00:38:57.450 \longrightarrow 00:38:59.753$  So some props for you to be

NOTE Confidence: 0.94275695

 $00:38:59.753 \longrightarrow 00:39:01.819$  able to reflect in your life.

NOTE Confidence: 0.94275695

 $00:39:01.820 \longrightarrow 00:39:02.540$  Pretty simple.

NOTE Confidence: 0.94275695

 $00:39:02.540 \longrightarrow 00:39:03.980$  Imagine any ordinary experience

 $00:39:03.980 \longrightarrow 00:39:05.769$  that you've had involving an

NOTE Confidence: 0.94275695

 $00:39:05.769 \dashrightarrow 00:39:07.527$  interaction with a patient or learner.

NOTE Confidence: 0.94275695

 $00:39:07.530 \longrightarrow 00:39:08.870$  What was going on?

NOTE Confidence: 0.94275695

 $00:39:08.870 \longrightarrow 00:39:09.875$  Who was there?

NOTE Confidence: 0.94275695

 $00:39:09.880 \longrightarrow 00:39:11.288$  What was the context?

NOTE Confidence: 0.94275695

 $00:39:11.288 \longrightarrow 00:39:13.910$  Find the good or the lesson in it.

NOTE Confidence: 0.94275695

 $00:39:13.910 \longrightarrow 00:39:15.254$  The moment the relationship,

NOTE Confidence: 0.94275695

 $00:39:15.254 \longrightarrow 00:39:16.890$  the situation, the big picture,

NOTE Confidence: 0.94275695

 $00{:}39{:}16.890 \dashrightarrow 00{:}39{:}19.630$  it's up to you to choose the focus.

NOTE Confidence: 0.94275695

 $00:39:19.630 \longrightarrow 00:39:21.310$  Think about what's going on.

NOTE Confidence: 0.94275695

 $00:39:21.310 \longrightarrow 00:39:23.655$  Jot down notes or write it longhand.

NOTE Confidence: 0.94275695

00:39:23.660 --> 00:39:26.348 Speak it in your into your voice memos,

NOTE Confidence: 0.94275695

 $00:39:26.350 \longrightarrow 00:39:27.094$  or tell someone.

NOTE Confidence: 0.94275695

 $00{:}39{:}27.094 \dashrightarrow 00{:}39{:}29.141$  Find a song to accompany the moment that's

NOTE Confidence: 0.94275695

00:39:29.141 --> 00:39:32.840 another one of my favorite things to do.

NOTE Confidence: 0.94275695

 $00:39:32.840 \longrightarrow 00:39:35.704$  And so I'm going to share with you

00:39:35.704 --> 00:39:37.844 something that I wrote about this

NOTE Confidence: 0.94275695

 $00{:}39{:}37.844 \to 00{:}39{:}40.599$  very moment on this on this very day.

NOTE Confidence: 0.9427569500:39:40.600 --> 00:39:43.020 So. NOTE Confidence: 0.94275695

 $00:39:43.020 \longrightarrow 00:39:44.748$  It starts by me reflecting on

NOTE Confidence: 0.94275695

 $00{:}39{:}44.748 \dashrightarrow 00{:}39{:}46.600$ a poem by Langston Hughes that

NOTE Confidence: 0.94275695

 $00:39:46.600 \longrightarrow 00:39:48.185$  says hold fast to dreams.

NOTE Confidence: 0.94275695

 $00:39:48.190 \longrightarrow 00:39:49.530$  For if dreams die,

NOTE Confidence: 0.94275695

 $00:39:49.530 \longrightarrow 00:39:51.540$  life is a broken wing of

NOTE Confidence: 0.94275695

 $00:39:51.622 \longrightarrow 00:39:53.258$  bird that cannot fly.

NOTE Confidence: 0.94275695

 $00:39:53.260 \longrightarrow 00:39:54.708$  Hold fast to dreams,

NOTE Confidence: 0.94275695

 $00:39:54.708 \longrightarrow 00:39:57.399$  for if dreams go life is a

NOTE Confidence: 0.94275695

 $00{:}39{:}57.399 \dashrightarrow 00{:}39{:}59.549$  barren field frozen with snow.

NOTE Confidence: 0.94275695

 $00{:}39{:}59.550 \dashrightarrow 00{:}40{:}00.622$  It was a random.

NOTE Confidence: 0.94275695

 $00{:}40{:}00.622 \dashrightarrow 00{:}40{:}01.962$  Hallway conversation I saw this

NOTE Confidence: 0.94275695

 $00:40:01.962 \longrightarrow 00:40:03.337$  student standing there in the

 $00:40:03.337 \longrightarrow 00:40:04.662$  lobby in the medical school.

NOTE Confidence: 0.94275695

 $00:40:04.670 \longrightarrow 00:40:05.216$  One day,

NOTE Confidence: 0.94275695

 $00:40:05.216 \longrightarrow 00:40:06.581$  I realized that I'd seen

NOTE Confidence: 0.94275695

 $00:40:06.581 \longrightarrow 00:40:07.860$  her many times before,

NOTE Confidence: 0.94275695

 $00:40:07.860 \longrightarrow 00:40:09.884$  but it didn't really know her and that

NOTE Confidence: 0.94275695

00:40:09.884 --> 00:40:11.788 will be very transparent in saying

NOTE Confidence: 0.94275695

00:40:11.788 --> 00:40:13.798 I feel like it's my responsibility

NOTE Confidence: 0.94275695

 $00:40:13.862 \longrightarrow 00:40:15.745$  to know most of the medical students

NOTE Confidence: 0.94275695

 $00:40:15.745 \longrightarrow 00:40:17.841$  at Emory who look like me.

NOTE Confidence: 0.94275695

 $00:40:17.841 \longrightarrow 00:40:19.976$  The discussion was mostly light,

NOTE Confidence: 0.94275695

 $00:40:19.980 \longrightarrow 00:40:22.148$  and in it I asked her questions about

NOTE Confidence: 0.94275695

 $00:40:22.148 \longrightarrow 00:40:24.820$  who her mentors were and what kinds of

NOTE Confidence: 0.94275695

 $00:40:24.820 \longrightarrow 00:40:26.980$  career aspirations were in her horizon,

NOTE Confidence: 0.94275695

 $00:40:26.980 \longrightarrow 00:40:29.516$  and she told me all of these things.

NOTE Confidence: 0.94275695

 $00:40:29.520 \longrightarrow 00:40:31.641$  But when she did I notice this

NOTE Confidence: 0.94275695

00:40:31.641 --> 00:40:33.020 inexplicable emotion coming through.

00:40:33.020 --> 00:40:34.172 I couldn't place it,

NOTE Confidence: 0.94275695

 $00{:}40{:}34.172 \longrightarrow 00{:}40{:}35.612$  but instead of subjecting her

NOTE Confidence: 0.94275695

 $00:40:35.612 \longrightarrow 00:40:37.148$  to some analysis instead,

NOTE Confidence: 0.94275695

 $00:40:37.150 \longrightarrow 00:40:39.058$  we just agreed to get to

NOTE Confidence: 0.94275695

 $00:40:39.058 \longrightarrow 00:40:40.330$  know each other better.

NOTE Confidence: 0.94275695

 $00:40:40.330 \longrightarrow 00:40:43.516$  And as we did I got to understand more

NOTE Confidence: 0.94275695

 $00:40:43.516 \longrightarrow 00:40:46.559$  of what that heaviness was about.

NOTE Confidence: 0.94275695

00:40:46.560 --> 00:40:47.700 Around the same time,

NOTE Confidence: 0.94275695

00:40:47.700 --> 00:40:49.410 my friend and fellow Grady Doctor

NOTE Confidence: 0.94275695

 $00{:}40{:}49.463 \dashrightarrow 00{:}40{:}51.276$  Stacy and I had begun Co mentoring

NOTE Confidence: 0.94275695

 $00:40:51.276 \longrightarrow 00:40:52.898$  a colleague and and in those

NOTE Confidence: 0.94275695

 $00{:}40{:}52.898 \dashrightarrow 00{:}40{:}54.218$  tag team meetings we recognize

NOTE Confidence: 0.94275695

 $00:40:54.218 \longrightarrow 00:40:57.480$  that we were a hell of a team.

NOTE Confidence: 0.94275695

 $00:40:57.480 \longrightarrow 00:40:59.562$  So from there we became her

NOTE Confidence: 0.94275695

 $00:40:59.562 \longrightarrow 00:41:00.603$  ragtag mentoring team.

00:41:00.610 --> 00:41:01.156 And no,

NOTE Confidence: 0.94275695

 $00:41:01.156 \longrightarrow 00:41:03.340$  we are not responsible for any of the

NOTE Confidence: 0.94275695

 $00:41:03.402 \longrightarrow 00:41:05.827$  things she is successfully accomplished,

NOTE Confidence: 0.94275695

 $00:41:05.830 \longrightarrow 00:41:07.570$  but we do stand ready,

NOTE Confidence: 0.94275695

 $00:41:07.570 \longrightarrow 00:41:09.645$  willing and able to remind

NOTE Confidence: 0.94275695

 $00:41:09.645 \longrightarrow 00:41:12.380$  her of who she is we do.

NOTE Confidence: 0.94275695

 $00:41:12.380 \longrightarrow 00:41:13.684$  Here's the best part.

NOTE Confidence: 0.94275695

 $00:41:13.684 \longrightarrow 00:41:16.039$  Every affirmation we give to her is

NOTE Confidence: 0.94275695

 $00{:}41{:}16.039 \dashrightarrow 00{:}41{:}18.055$  an affirmation we give to ourselves.

NOTE Confidence: 0.94275695

 $00:41:18.060 \longrightarrow 00:41:20.044$  I see her and I think this is

NOTE Confidence: 0.94275695

 $00:41:20.044 \longrightarrow 00:41:22.119$  what it looks like when someone

NOTE Confidence: 0.94275695

00:41:22.119 --> 00:41:24.375 holds fast to dreams and doesn't

NOTE Confidence: 0.94275695

 $00:41:24.449 \longrightarrow 00:41:26.627$  let them die and being involved

NOTE Confidence: 0.94275695

00:41:26.627 --> 00:41:28.079 in her medical journey

NOTE Confidence: 0.8471456

 $00:41:28.080 \longrightarrow 00:41:32.100$  has been has gives that same gift back to me.

NOTE Confidence: 0.8471456

 $00:41:32.100 \longrightarrow 00:41:35.182$  We remind her of who she is when she hits it

00:41:35.182 --> 00:41:37.918 and it hits us right back like a boomerang,

NOTE Confidence: 0.8471456

 $00:41:37.920 \longrightarrow 00:41:40.460$  telling us of who we are on a day when

NOTE Confidence: 0.8471456

 $00:41:40.533 \longrightarrow 00:41:42.885$  I was tired as hell and wanting to

NOTE Confidence: 0.8471456

00:41:42.885 --> 00:41:45.485 crawl out of the hospital on all fours,

NOTE Confidence: 0.8471456

 $00:41:45.490 \longrightarrow 00:41:48.002$  I saw her while walking into the entrance

NOTE Confidence: 0.8471456

 $00:41:48.002 \longrightarrow 00:41:50.421$  of Grady with Stacy and we enveloped her

NOTE Confidence: 0.8471456

00:41:50.421 --> 00:41:53.444 in a group hug and all of us in that moment

NOTE Confidence: 0.8471456

 $00:41:53.444 \longrightarrow 00:41:56.698$  knew that it was symbolic of soul so much.

NOTE Confidence: 0.8471456

 $00:41:56.700 \longrightarrow 00:41:59.196$  Things hard to put fingers on.

NOTE Confidence: 0.8471456

 $00:41:59.200 \longrightarrow 00:42:01.517$  But that you want to grasp tightly

NOTE Confidence: 0.8471456

00:42:01.517 --> 00:42:04.200 and that all of that made me really,

NOTE Confidence: 0.8471456

 $00:42:04.200 \longrightarrow 00:42:07.294$  truly want to hold fast to what

NOTE Confidence: 0.8471456

 $00:42:07.294 \longrightarrow 00:42:09.560$  I'm supposed to be doing.

NOTE Confidence: 0.8471456

 $00:42:09.560 \longrightarrow 00:42:11.738$  All of this is so much bigger than us.

NOTE Confidence: 0.8471456

00:42:11.740 --> 00:42:13.186 My dad always told me that,

 $00:42:13.190 \longrightarrow 00:42:16.320$  and now more than ever, I believe it.

NOTE Confidence: 0.8471456

 $00:42:16.320 \longrightarrow 00:42:19.806$  What good is any talent or accomplishment

NOTE Confidence: 0.8471456

00:42:19.806 --> 00:42:23.157 or opportunity if it only is about you?

NOTE Confidence: 0.8471456

 $00:42:23.160 \longrightarrow 00:42:26.157$  I guess my point is nothing ever really is.

NOTE Confidence: 0.8471456

 $00:42:26.160 \longrightarrow 00:42:28.652$  Yeah, so I look at this picture

NOTE Confidence: 0.8471456

00:42:28.652 --> 00:42:31.680 and I feel myself wanting to cry.

NOTE Confidence: 0.8471456

00:42:31.680 --> 00:42:33.470 Taken just right, yes, yesterday,

NOTE Confidence: 0.8471456

00:42:33.470 --> 00:42:35.606 right in front of Grady Hospital

NOTE Confidence: 0.8471456

 $00:42:35.606 \longrightarrow 00:42:36.674$  on a beautiful,

NOTE Confidence: 0.8471456

 $00:42:36.680 \longrightarrow 00:42:38.816$  warm yet cool and autumnal afternoon.

NOTE Confidence: 0.8471456

00:42:38.820 --> 00:42:41.284 A young woman of color who is

NOTE Confidence: 0.8471456

 $00:42:41.284 \longrightarrow 00:42:43.392$  striving to become a doctor flanked

NOTE Confidence: 0.8471456

 $00:42:43.392 \longrightarrow 00:42:46.320$  on both sides by two of her mentors,

NOTE Confidence: 0.8471456

 $00:42:46.320 \longrightarrow 00:42:49.371$  both of whom not only look like her but

NOTE Confidence: 0.8471456

 $00:42:49.371 \longrightarrow 00:42:52.027$  believe in her and are already doctors.

NOTE Confidence: 0.8471456

 $00:42:52.030 \longrightarrow 00:42:55.102$  The light in her face in hours to

 $00:42:55.102 \longrightarrow 00:42:57.427$  his triumphant and hopeful and I

NOTE Confidence: 0.8471456

 $00:42:57.427 \longrightarrow 00:43:00.360$  swear I stared at this photo forever.

NOTE Confidence: 0.8471456

00:43:00.360 --> 00:43:01.440 Just imagining us,

NOTE Confidence: 0.8471456

00:43:01.440 --> 00:43:03.600 her two mentors lifting her straight

NOTE Confidence: 0.8471456

 $00:43:03.600 \longrightarrow 00:43:06.200$  off of the ground and casting her high

NOTE Confidence: 0.8471456

 $00:43:06.200 \longrightarrow 00:43:08.537$  into the heavens to soar like an eagle,

NOTE Confidence: 0.8471456

 $00:43:08.540 \longrightarrow 00:43:10.940$  and her doing just that.

NOTE Confidence: 0.8471456

 $00:43:10.940 \longrightarrow 00:43:12.173$  Support is everything.

NOTE Confidence: 0.8471456

00:43:12.173 --> 00:43:14.228 Belief is everything and with

NOTE Confidence: 0.8471456

00:43:14.228 --> 00:43:15.759 both dreams never die.

NOTE Confidence: 0.8471456

 $00{:}43{:}15.760 \dashrightarrow 00{:}43{:}18.952$  They simply expand to include more than any

NOTE Confidence: 0.8471456

 $00:43:18.952 \longrightarrow 00:43:22.596$  of us realize they ever could any of us.

NOTE Confidence: 0.7126818

 $00:43:25.710 \longrightarrow 00:43:27.600$  This is on the day that I

NOTE Confidence: 0.7126818

 $00:43:27.600 \longrightarrow 00:43:29.380$  hooded her at commencement.

NOTE Confidence: 0.7126818

 $00:43:29.380 \longrightarrow 00:43:31.408$  This is match day in graduation.

 $00:43:31.410 \longrightarrow 00:43:35.046$  She's board certified and doing great.

NOTE Confidence: 0.7126818

 $00{:}43{:}35.050 {\:\dashrightarrow\:} 00{:}43{:}36.982$  So pointers to help you with moments

NOTE Confidence: 0.7126818

 $00:43:36.982 \longrightarrow 00:43:39.230$  like this is just to ask who you are.

NOTE Confidence: 0.7126818

 $00:43:39.230 \longrightarrow 00:43:40.966$  What are some unique features that affect

NOTE Confidence: 0.7126818

 $00:43:40.966 \longrightarrow 00:43:42.360$  your perceptions of the experience?

NOTE Confidence: 0.7126818

00:43:42.360 --> 00:43:44.223 What was going on with you that day in

NOTE Confidence: 0.7126818

 $00:43:44.223 \longrightarrow 00:43:46.560$  the moment and who was involved and what

NOTE Confidence: 0.7126818

 $00:43:46.560 \longrightarrow 00:43:48.100$  unique factors affected that person?

NOTE Confidence: 0.8610589

00:43:50.160 --> 00:43:51.819 Your homework is you can take a

NOTE Confidence: 0.8610589

00:43:51.819 --> 00:43:53.938 photo or a few photos of something,

NOTE Confidence: 0.8610589

 $00{:}43{:}53.940 \dashrightarrow 00{:}43{:}55.560$  some one or an experience this week.

NOTE Confidence: 0.8610589

 $00:43:55.560 \longrightarrow 00:43:57.198$  Find a photo from a special

NOTE Confidence: 0.8610589

 $00:43:57.198 \longrightarrow 00:43:58.530$  moment and stare at it.

NOTE Confidence: 0.8610589

 $00:43:58.530 \longrightarrow 00:44:00.960$  Take a few moments to look at it again.

NOTE Confidence: 0.8610589

 $00:44:00.960 \longrightarrow 00:44:02.008$  What do you see?

NOTE Confidence: 0.8610589

00:44:02.008 --> 00:44:03.318 What did you appreciate about

 $00:44:03.318 \longrightarrow 00:44:04.737$  the moment or the person?

NOTE Confidence: 0.8610589

 $00:44:04.740 \longrightarrow 00:44:06.390$  Write it down or tell someone

NOTE Confidence: 0.8610589

 $00:44:06.390 \longrightarrow 00:44:08.250$  about it and then do it again.

NOTE Confidence: 0.8159334

00:44:10.270 --> 00:44:13.600 My last story is this. At Grady,

NOTE Confidence: 0.8159334

00:44:13.600 --> 00:44:15.760 a finished along day rounding and I looked

NOTE Confidence: 0.8159334

 $00:44:15.820 \longrightarrow 00:44:17.881$  to one of my patients who was an Octo

NOTE Confidence: 0.8159334

00:44:17.881 --> 00:44:19.837 generi and said to her what questions do

NOTE Confidence: 0.8159334

 $00{:}44{:}19.837 \dashrightarrow 00{:}44{:}24.039$  you have for me and my patients said to me.

NOTE Confidence: 0.8159334

 $00:44:24.040 \longrightarrow 00:44:27.478$  Do you know the words to the national anthem?

NOTE Confidence: 0.8159334

 $00{:}44{:}27.480 \dashrightarrow 00{:}44{:}29.960$  And I said Oh my gosh, 'cause I was.

NOTE Confidence: 0.8159334

 $00:44:29.960 \longrightarrow 00:44:33.109$  This is around the time that there was a lot

NOTE Confidence: 0.8159334

 $00:44:33.109 \longrightarrow 00:44:35.209$  of controversy around the national anthem.

NOTE Confidence: 0.8159334

00:44:35.210 --> 00:44:36.897 And I kind of took a deep

NOTE Confidence: 0.8159334

00:44:36.897 --> 00:44:38.102 breath and prepared. You know,

NOTE Confidence: 0.8159334

 $00{:}44{:}38.102 \dashrightarrow 00{:}44{:}39.889$ 'cause I'm not going, you know, disrespect.

 $00:44:39.889 \longrightarrow 00:44:41.800$  One of our Grady elders and she

NOTE Confidence: 0.8159334

 $00:44:41.854 \longrightarrow 00:44:43.398$  sees it in my face and she go.

NOTE Confidence: 0.8159334

 $00:44:43.400 \longrightarrow 00:44:45.241$  Oh no, I ain't talking bout that

NOTE Confidence: 0.8159334

00:44:45.241 --> 00:44:47.007 star spangled one now I'm talking

NOTE Confidence: 0.8159334

 $00:44:47.007 \longrightarrow 00:44:48.239$  bout the national anthem.

NOTE Confidence: 0.8159334

00:44:48.240 --> 00:44:50.074 And I kind of sit up tall

NOTE Confidence: 0.8159334

 $00:44:50.074 \longrightarrow 00:44:51.310$  'cause you know y'all?

NOTE Confidence: 0.8159334

 $00:44:51.310 \longrightarrow 00:44:52.892$  I went to Tuskegee so of course

NOTE Confidence: 0.8159334

 $00:44:52.892 \longrightarrow 00:44:54.318$  I know the national anthem

NOTE Confidence: 0.8159334

00:44:54.318 --> 00:44:56.048 or the Black National Anthem.

NOTE Confidence: 0.8159334

 $00{:}44{:}56.050 \dashrightarrow 00{:}44{:}58.010$  Lift every voice and sing of course.

NOTE Confidence: 0.8159334

 $00:44:58.010 \longrightarrow 00:44:59.956$  And so I tell her just that.

NOTE Confidence: 0.8159334

 $00:44:59.960 \longrightarrow 00:45:01.906$  And she looks at me and says.

NOTE Confidence: 0.8159334

 $00{:}45{:}01.910 \dashrightarrow 00{:}45{:}04.022$  But do you know all three verses now

NOTE Confidence: 0.8159334

 $00:45:04.022 \longrightarrow 00:45:06.458$  at some point in my life I did know

NOTE Confidence: 0.8159334

 $00{:}45{:}06.458 \dashrightarrow 00{:}45{:}08.330$  all three verses in middle school.

00:45:08.330 --> 00:45:10.490 I had to learn it for Black History

NOTE Confidence: 0.8159334

 $00:45:10.490 \longrightarrow 00:45:11.400$  Week came home.

NOTE Confidence: 0.8159334

00:45:11.400 --> 00:45:13.353 My parents made me learn all three

NOTE Confidence: 0.8159334

 $00:45:13.353 \longrightarrow 00:45:14.750$  verses which greatly helped me.

NOTE Confidence: 0.8159334

00:45:14.750 --> 00:45:16.418 Later when I was at Tuskegee,

NOTE Confidence: 0.8159334

00:45:16.420 --> 00:45:18.442 standing on stage of convocation and

NOTE Confidence: 0.8159334

 $00:45:18.442 \longrightarrow 00:45:20.649$  needed to sing all three verses.

NOTE Confidence: 0.8159334

 $00:45:20.650 \longrightarrow 00:45:22.610$  But it had been like 30 years

NOTE Confidence: 0.8159334

 $00:45:22.610 \longrightarrow 00:45:23.450$  since they happened,

NOTE Confidence: 0.8159334

 $00{:}45{:}23.450 \dashrightarrow 00{:}45{:}25.466$  so I was not really in a point where

NOTE Confidence: 0.8159334

 $00:45:25.466 \longrightarrow 00:45:27.647$  I could remember all three verses.

NOTE Confidence: 0.8159334

 $00:45:27.650 \longrightarrow 00:45:28.666$  So I was honest.

NOTE Confidence: 0.8159334

 $00:45:28.666 \longrightarrow 00:45:30.523$  I said I don't remember the other

NOTE Confidence: 0.8159334

 $00{:}45{:}30.523 \dashrightarrow 00{:}45{:}32.385$  two verses and she said you need

NOTE Confidence: 0.8159334

 $00:45:32.385 \longrightarrow 00:45:34.208$  to know to other verses because

 $00:45:34.208 \longrightarrow 00:45:36.361$  see the first verse tells you to

NOTE Confidence: 0.8159334

 $00{:}45{:}36.361 \dashrightarrow 00{:}45{:}38.538$  make a joyful noise for all that

NOTE Confidence: 0.8159334

 $00:45:38.538 \longrightarrow 00:45:40.429$  your people have been through.

NOTE Confidence: 0.8159334

 $00:45:40.430 \longrightarrow 00:45:44.070$  The second verse helps you to remember.

NOTE Confidence: 0.8159334

 $00:45:44.070 \longrightarrow 00:45:46.710$  All that your folks have gotten through how

NOTE Confidence: 0.8159334

00:45:46.710 --> 00:45:48.690 resilient people are that you come from,

NOTE Confidence: 0.8159334

 $00:45:48.690 \longrightarrow 00:45:50.886$  and that if you feel like

NOTE Confidence: 0.8159334

00:45:50.886 --> 00:45:52.790 you having a bad day.

NOTE Confidence: 0.8159334

 $00:45:52.790 \longrightarrow 00:45:55.826$  You probably can get through it.

NOTE Confidence: 0.8159334

 $00:45:55.830 \longrightarrow 00:45:57.456$  But that last one is her,

NOTE Confidence: 0.8159334

 $00{:}45{:}57.460 \dashrightarrow 00{:}45{:}59.259$  she said is my favorite because that's

NOTE Confidence: 0.8159334

 $00:45:59.259 \longrightarrow 00:46:01.538$  the one that tells you to give glory and

NOTE Confidence: 0.8159334

 $00:46:01.538 \longrightarrow 00:46:03.166$  to know that there's nothing nothing

NOTE Confidence: 0.8159334

00:46:03.166 --> 00:46:04.984 you can't stand through and nothing

NOTE Confidence: 0.8159334

 $00:46:04.984 \longrightarrow 00:46:06.940$  that you can't make it through next.

NOTE Confidence: 0.8159334

 $00:46:06.940 \longrightarrow 00:46:08.739$  And so I pulled out my phone

 $00:46:08.739 \longrightarrow 00:46:10.459$  and I was just like OK.

NOTE Confidence: 0.8159334

 $00:46:10.460 \longrightarrow 00:46:13.170$  Well do you want me to play it for you?

NOTE Confidence: 0.8159334

 $00:46:13.170 \longrightarrow 00:46:15.609$  She goes now I want you to read it.

NOTE Confidence: 0.8159334

00:46:15.610 --> 00:46:17.998 Read read all the lyrics to

NOTE Confidence: 0.8159334

00:46:17.998 --> 00:46:20.409 me don't sing it read it.

NOTE Confidence: 0.8159334

 $00:46:20.410 \longrightarrow 00:46:22.699$  And I did.

NOTE Confidence: 0.8159334

 $00:46:22.700 \longrightarrow 00:46:25.337$  By the time I got to the last verse,

NOTE Confidence: 0.8159334

 $00:46:25.340 \longrightarrow 00:46:26.165$  I was crying.

NOTE Confidence: 0.8159334

 $00:46:26.165 \longrightarrow 00:46:28.849$  The nurse on the floor with me was crying.

NOTE Confidence: 0.8159334

 $00:46:28.850 \longrightarrow 00:46:30.530$  The person on the other side

NOTE Confidence: 0.8159334

 $00:46:30.530 \longrightarrow 00:46:32.370$  of the curtain was crying too,

NOTE Confidence: 0.8159334

 $00:46:32.370 \longrightarrow 00:46:34.392$  and I have never heard that

NOTE Confidence: 0.8159334

 $00:46:34.392 \longrightarrow 00:46:36.180$  song the same since then.

NOTE Confidence: 0.8159334

 $00{:}46{:}36.180 \dashrightarrow 00{:}46{:}38.268$  I go and I listen to every version

NOTE Confidence: 0.8159334

 $00:46:38.268 \longrightarrow 00:46:40.728$  I can get my hands on him every time

 $00:46:40.728 \longrightarrow 00:46:42.959$  I hear the words in a different

NOTE Confidence: 0.8159334

 $00{:}46{:}42.959 \dashrightarrow 00{:}46{:}44.993$  way and I'm really grateful for

NOTE Confidence: 0.8851289

00:46:45.000 --> 00:46:46.735 that patient, really slowing me

NOTE Confidence: 0.8851289

 $00:46:46.735 \longrightarrow 00:46:48.785$  down into something so every day

NOTE Confidence: 0.8851289

 $00:46:48.785 \longrightarrow 00:46:50.563$  and to me that lift every voice

NOTE Confidence: 0.8851289

 $00:46:50.563 \longrightarrow 00:46:52.635$  and sing is an ordinary in my life,

NOTE Confidence: 0.8851289

 $00:46:52.640 \longrightarrow 00:46:54.332$  but it has now become so

NOTE Confidence: 0.8851289

00:46:54.332 --> 00:46:55.880 extraordinary because of that moment,

NOTE Confidence: 0.8851289

 $00:46:55.880 \longrightarrow 00:46:57.350$  and because of that reflection.

NOTE Confidence: 0.8851289

 $00:46:57.350 \longrightarrow 00:47:00.108$  And now I get to reflect even

NOTE Confidence: 0.8851289

 $00{:}47{:}00.108 \dashrightarrow 00{:}47{:}02.640$  deeper by telling you that story.

NOTE Confidence: 0.8851289

 $00:47:02.640 \longrightarrow 00:47:04.482$  So I'm going to share this

NOTE Confidence: 0.8851289

 $00:47:04.482 \longrightarrow 00:47:06.060$  with you and these are.

NOTE Confidence: 0.8851289

00:47:06.060 --> 00:47:08.640 Black women faculty at Emory University

NOTE Confidence: 0.8851289

 $00:47:08.640 \longrightarrow 00:47:11.105$  School of Medicine and in honor

NOTE Confidence: 0.8851289

 $00{:}47{:}11.105 \dashrightarrow 00{:}47{:}13.436$  of my patient we are savoring the

 $00:47:13.436 \longrightarrow 00:47:15.860$  words to lift every voice and sing.

NOTE Confidence: 0.7541025

 $00{:}47{:}22.400 \dashrightarrow 00{:}47{:}25.682$  Lift every voice and sing till

NOTE Confidence: 0.7541025

 $00:47:25.682 \longrightarrow 00:47:28.522$  earth and heaven ring ring

NOTE Confidence: 0.7541025

 $00:47:28.522 \longrightarrow 00:47:31.265$  with the harmonies of Liberty.

NOTE Confidence: 0.7541025

00:47:31.265 --> 00:47:34.028 Let our rejoicing rise high

NOTE Confidence: 0.7541025

 $00:47:34.030 \longrightarrow 00:47:37.360$  as the listening skies let it

NOTE Confidence: 0.7541025

 $00:47:37.360 \longrightarrow 00:47:40.965$  resound loud as the rolling see.

NOTE Confidence: 0.7541025

 $00:47:40.965 \longrightarrow 00:47:44.056$  Sing a song full of the faith

NOTE Confidence: 0.7541025

 $00:47:44.056 \longrightarrow 00:47:47.318$  that the Dark Pass has taught us.

NOTE Confidence: 0.7541025

 $00:47:47.320 \longrightarrow 00:47:49.006$  Sing a song.

NOTE Confidence: 0.7541025

 $00:47:49.006 \longrightarrow 00:47:52.940$  Full of the hope that the president

NOTE Confidence: 0.7541025

 $00:47:52.940 \longrightarrow 00:47:55.478$  has brought us facing the rising

NOTE Confidence: 0.8055096

 $00{:}47{:}55.480 --> 00{:}47{:}58.870$  sun of our new day. Begun let us

NOTE Confidence: 0.8055096

 $00:47:58.870 \longrightarrow 00:48:03.050$  March on till victory is 1. Stony

NOTE Confidence: 0.74961025

 $00:48:03.050 \longrightarrow 00:48:06.500$  the road we trod bitter the chesaning Rod

00:48:06.500 --> 00:48:10.378 felt in the days when hope unborn had died,

NOTE Confidence: 0.74961025

 $00{:}48{:}10.380 --> 00{:}48{:}12.530$  yet with a steady beat.

NOTE Confidence: 0.74961025

 $00:48:12.530 \longrightarrow 00:48:16.409$  Have not our weary feet come to the place

NOTE Confidence: 0.74961025

 $00:48:16.410 \longrightarrow 00:48:19.760$  for which her father side?

NOTE Confidence: 0.74961025

 $00:48:19.760 \longrightarrow 00:48:22.220$  We have come over away with tears

NOTE Confidence: 0.805901663636363

 $00:48:22.220 \longrightarrow 00:48:23.591$  has been watered.

NOTE Confidence: 0.805901663636363

 $00:48:23.591 \longrightarrow 00:48:25.876$  We have come treading our

NOTE Confidence: 0.805901663636363

00:48:25.876 --> 00:48:28.275 path through the blood of the

NOTE Confidence: 0.805901663636363

 $00:48:28.275 \longrightarrow 00:48:30.206$  slaughter out from the gloomy

NOTE Confidence: 0.805901663636363

 $00:48:30.206 \longrightarrow 00:48:32.906$  past till now we stand at last,

NOTE Confidence: 0.805901663636363

 $00:48:32.906 \longrightarrow 00:48:34.838$  where the white gleam of

NOTE Confidence: 0.805901663636363

 $00:48:34.838 \longrightarrow 00:48:38.390$  our bright stars cast. God

NOTE Confidence: 0.8361554

 $00:48:38.390 \longrightarrow 00:48:40.016$  of our weary years.

NOTE Confidence: 0.8361554

 $00:48:40.016 \longrightarrow 00:48:42.946$  God of our silent tears.

NOTE Confidence: 0.8361554

 $00:48:42.950 \longrightarrow 00:48:45.020$  Thou who has brought us thus far

NOTE Confidence: 0.764098075

 $00{:}48{:}45.020 --> 00{:}48{:}48.984$  on the way. Dial who has BI di

00:48:48.984 --> 00:48:52.070 might lead us into the light. Keep

NOTE Confidence: 0.74429965

 $00:48:52.070 \longrightarrow 00:48:54.716$  us forever on the path we

NOTE Confidence: 0.74429965

 $00:48:54.720 \longrightarrow 00:48:56.920$  pray lest our feet stray

NOTE Confidence: 0.74429965

 $00:48:56.920 \longrightarrow 00:49:01.330$  from the places are God where we met the less

NOTE Confidence: 0.74429965

 $00:49:01.330 \longrightarrow 00:49:03.540$  our hearts drunk with the

NOTE Confidence: 0.74429965

 $00:49:03.540 \longrightarrow 00:49:06.450$  wine of the Lord we forget

NOTE Confidence: 0.74429965

 $00:49:06.450 \longrightarrow 00:49:09.489$  shadowed beneath my hand may we

NOTE Confidence: 0.74429965

 $00:49:09.489 \longrightarrow 00:49:12.928$  for ever stand. True to our God.

NOTE Confidence: 0.74429965

 $00:49:12.928 \longrightarrow 00:49:17.130$  And true to our native. Land.

NOTE Confidence: 0.87487376

 $00:49:28.750 \longrightarrow 00:49:31.130$  Some closing there is always

NOTE Confidence: 0.87487376

 $00:49:31.130 \longrightarrow 00:49:33.510$  deeper meaning if you look.

NOTE Confidence: 0.87487376

 $00:49:33.510 \longrightarrow 00:49:36.094$  And you look. And then you look again.

NOTE Confidence: 0.861403

 $00{:}49{:}38.240 \dashrightarrow 00{:}49{:}39.990$  Reflections an opportunity for growth

NOTE Confidence: 0.861403

00:49:39.990 --> 00:49:41.740 and for more meaningful teaching,

NOTE Confidence: 0.861403

 $00:49:41.740 \longrightarrow 00:49:44.100$  it helps us to find deeper meaning in

00:49:44.100 --> 00:49:47.139 our work and what gets your attention

NOTE Confidence: 0.861403

 $00:49:47.139 \longrightarrow 00:49:49.047$  matters personally and professionally.

NOTE Confidence: 0.861403

00:49:49.050 --> 00:49:50.930 Reflection isn't just for writers,

NOTE Confidence: 0.861403

 $00{:}49{:}50.930 \dashrightarrow 00{:}49{:}54.530$  is for any body with eyes and a soul.

NOTE Confidence: 0.861403

 $00:49:54.530 \longrightarrow 00:49:57.050$  And who wants to feel connection?

NOTE Confidence: 0.861403

 $00:49:57.050 \longrightarrow 00:49:58.750$  Seeing things in larger

NOTE Confidence: 0.861403

 $00{:}49{:}58.750 \dashrightarrow 00{:}50{:}00.025$  context changes perspective.

NOTE Confidence: 0.9305924

 $00:50:02.080 \longrightarrow 00:50:05.840$  And what you see is what you get.

NOTE Confidence: 0.9305924

 $00{:}50{:}05.840 \dashrightarrow 00{:}50{:}09.020$  And remember, it's many times with

NOTE Confidence: 0.9305924

 $00:50:09.020 \longrightarrow 00:50:12.210$  those around you get to. Thank you.

NOTE Confidence: 0.91343665

 $00{:}50{:}20.010 \dashrightarrow 00{:}50{:}21.219$  Thank you so much.

NOTE Confidence: 0.88477075

00:50:25.820 --> 00:50:28.190 That was wonderful. Thank you,

NOTE Confidence: 0.88477075

00:50:28.190 --> 00:50:31.410 Kimberly. Doctor Manning

NOTE Confidence: 0.9177671

 $00:50:33.840 \longrightarrow 00:50:39.483$  I am happy to have a little time too.

NOTE Confidence: 0.9177671

00:50:39.490 --> 00:50:43.074 Answer or present questions to you along

NOTE Confidence: 0.9177671

 $00:50:43.074 \longrightarrow 00:50:46.409$  with Amanda Calhoun who is a resident

 $00:50:46.409 \longrightarrow 00:50:49.558$  in the Solnit combined Adult and Child

NOTE Confidence: 0.9177671

 $00:50:49.558 \longrightarrow 00:50:52.558$  Psychiatry Program here at Yell so.

NOTE Confidence: 0.85436827

00:50:55.040 --> 00:50:57.524 So far I think we just have one question,

NOTE Confidence: 0.85436827

00:50:57.530 --> 00:51:00.340 Amanda, do you want to?

NOTE Confidence: 0.85436827

 $00:51:00.340 \longrightarrow 00:51:02.615$  Take that one. Sure,

NOTE Confidence: 0.85436827

 $00:51:02.615 \longrightarrow 00:51:05.398$  and thank you so much Doctor Manning.

NOTE Confidence: 0.85436827

 $00:51:05.400 \longrightarrow 00:51:07.776$  Another round of applause for you.

NOTE Confidence: 0.85436827

 $00{:}51{:}07.780 \dashrightarrow 00{:}51{:}09.364$  Just a mazing amazing delivery

NOTE Confidence: 0.85436827

 $00{:}51{:}09.364 \dashrightarrow 00{:}51{:}11.344$  and presentation and loved it.

NOTE Confidence: 0.85436827

 $00:51:11.350 \longrightarrow 00:51:14.128$  So our question is from Dana done.

NOTE Confidence: 0.85436827

00:51:14.128 --> 00:51:15.720 She says we actually

NOTE Confidence: 0.86275095

 $00:51:15.720 \longrightarrow 00:51:16.908$  have delivered build

NOTE Confidence: 0.86275095

 $00{:}51{:}16.908 {\:{\mbox{--}}\!>}\ 00{:}51{:}18.096$  branches, humanism faculty

NOTE Confidence: 0.86275095

 $00:51:18.100 \longrightarrow 00:51:20.090$  development curriculum here at Yale.

NOTE Confidence: 0.86275095

 $00:51:20.090 \longrightarrow 00:51:22.464$  What are your thoughts about faculty

 $00:51:22.464 \longrightarrow 00:51:24.449$  development for reflection and making

NOTE Confidence: 0.86275095

 $00:51:24.449 \longrightarrow 00:51:26.038$  purposeful communities of practice

NOTE Confidence: 0.86275095

 $00:51:26.038 \longrightarrow 00:51:28.817$  and also given Emery has been doing

NOTE Confidence: 0.86275095

 $00{:}51{:}28.817 \dashrightarrow 00{:}51{:}30.806$  this faculty development for a while,

NOTE Confidence: 0.86275095

 $00:51:30.806 \longrightarrow 00:51:32.790$  has it translated into a

NOTE Confidence: 0.86275095

00:51:32.790 --> 00:51:34.378 different culture of reflection?

NOTE Confidence: 0.8375606

 $00:51:36.960 \longrightarrow 00:51:38.985$  So I think faculty development

NOTE Confidence: 0.8375606

 $00:51:38.985 \longrightarrow 00:51:41.010$  is always a good idea.

NOTE Confidence: 0.8375606

00:51:41.010 --> 00:51:43.035 It transformed Mycareer just signing

NOTE Confidence: 0.8375606

 $00:51:43.035 \longrightarrow 00:51:45.060$  up for that faculty development.

NOTE Confidence: 0.8375606

 $00{:}51{:}45.060 \dashrightarrow 00{:}51{:}47.364$  So I absolutely do think that an I

NOTE Confidence: 0.8375606

00:51:47.364 --> 00:51:49.180 think faculty development communities

NOTE Confidence: 0.8375606

 $00:51:49.180 \longrightarrow 00:51:51.540$  arrest centering around reflection.

NOTE Confidence: 0.8375606

 $00:51:51.540 \longrightarrow 00:51:53.970$  We've done several and and it's

NOTE Confidence: 0.8375606

 $00:51:53.970 \longrightarrow 00:51:55.914$  really been powerful. You can,

NOTE Confidence: 0.8375606

00:51:55.914 --> 00:51:59.640 you can pull in some of the biggest skeptics,

 $00:51:59.640 \longrightarrow 00:52:02.880$  so I'm a big fan regarding our culture.

NOTE Confidence: 0.8375606

00:52:02.880 --> 00:52:04.910 Yes, you know, you know.

NOTE Confidence: 0.8375606

 $00:52:04.910 \longrightarrow 00:52:06.203$  So what happened?

NOTE Confidence: 0.8375606

00:52:06.203 --> 00:52:07.496 After bills mentorship,

NOTE Confidence: 0.8375606

 $00{:}52{:}07.500 \dashrightarrow 00{:}52{:}09.988$ you know I became a leader in our

NOTE Confidence: 0.8375606

 $00:52:09.988 \longrightarrow 00:52:12.498$  Department and in our resident conferences.

NOTE Confidence: 0.8375606

 $00:52:12.500 \longrightarrow 00:52:13.864$  We have storytelling conferences

NOTE Confidence: 0.8375606

00:52:13.864 --> 00:52:16.430 where instead of you know a lecture,

NOTE Confidence: 0.8375606

 $00:52:16.430 \longrightarrow 00:52:18.210$  we have four residents get

NOTE Confidence: 0.8375606

 $00:52:18.210 \longrightarrow 00:52:19.634$  up and tell stories.

NOTE Confidence: 0.8375606

00:52:19.640 --> 00:52:22.139 You know, during the time after Mr.

NOTE Confidence: 0.8375606

00:52:22.140 --> 00:52:23.208 George Floyd's murder,

NOTE Confidence: 0.8375606

00:52:23.208 --> 00:52:25.344 we had a Black Lives Matter,

NOTE Confidence: 0.8375606

 $00:52:25.350 \longrightarrow 00:52:25.706$  storytelling,

NOTE Confidence: 0.8375606

00:52:25.706 --> 00:52:28.554 noon conference and it wasn't only you know,

00:52:28.560 --> 00:52:29.378 black residents,

NOTE Confidence: 0.8375606

 $00{:}52{:}29.378 \dashrightarrow 00{:}52{:}32.241$  it was all different residents and we

NOTE Confidence: 0.8375606

 $00:52:32.241 \longrightarrow 00:52:34.624$  coach them on how to tell a story.

NOTE Confidence: 0.8375606

 $00:52:34.630 \longrightarrow 00:52:36.838$  You know, kind of following them.

NOTE Confidence: 0.8375606

 $00:52:36.840 \longrightarrow 00:52:38.934$  The moth format and really you

NOTE Confidence: 0.8375606

 $00:52:38.934 \longrightarrow 00:52:40.715$  know residents now we're sort

NOTE Confidence: 0.8375606

 $00:52:40.715 \longrightarrow 00:52:42.617$  of used to people showing up

NOTE Confidence: 0.8375606

00:52:42.617 --> 00:52:44.733 and giving these like Ted like

NOTE Confidence: 0.8375606

 $00{:}52{:}44.733 \rightarrow 00{:}52{:}46.558$  talks and story telling and such,

NOTE Confidence: 0.8375606

 $00:52:46.560 \longrightarrow 00:52:50.030$  so I think that says a lot about our culture.

NOTE Confidence: 0.8706854

 $00{:}52{:}58.070 \dashrightarrow 00{:}52{:}59.858$  I'm going to read the next.

NOTE Confidence: 0.8706854

 $00:52:59.860 \longrightarrow 00:53:01.344$  There was a comment from

NOTE Confidence: 0.8706854

00:53:01.344 --> 00:53:02.849 somebody who wrote thank you.

NOTE Confidence: 0.8706854

 $00:53:02.849 \longrightarrow 00:53:05.220$  I've used that issues I had with me.

NOTE Confidence: 0.84171087

 $00:53:08.070 \longrightarrow 00:53:10.205$  And here is another question

NOTE Confidence: 0.84171087

00:53:10.205 --> 00:53:11.913 from Doctor Andrews Martin.

 $00:53:11.920 \longrightarrow 00:53:14.488$  This crybaby salutes you Doctor Manning.

NOTE Confidence: 0.84171087

 $00:53:14.490 \longrightarrow 00:53:18.158$  I hope your example will inspire others.

NOTE Confidence: 0.84171087

00:53:18.160 --> 00:53:19.936 Men in parentheses to follow suit.

NOTE Confidence: 0.84171087

 $00:53:19.940 \longrightarrow 00:53:21.420$  Good job and not crying.

NOTE Confidence: 0.84171087

 $00{:}53{:}21.420 \longrightarrow 00{:}53{:}23.190$  I cried for you, flattering imitation,

NOTE Confidence: 0.84171087

 $00:53:23.190 \longrightarrow 00:53:25.350$  being what they are and hope we can

NOTE Confidence: 0.84171087

00:53:25.350 --> 00:53:27.337 copy your beautiful him at Emory.

NOTE Confidence: 0.84171087

 $00{:}53{:}27.340 \dashrightarrow 00{:}53{:}29.110$  Let's include not just us docs,

NOTE Confidence: 0.84171087

 $00:53:29.110 \longrightarrow 00:53:30.886$  but everyone who touches a patient.

NOTE Confidence: 0.84171087

 $00:53:30.890 \longrightarrow 00:53:33.240$  Thank you.

NOTE Confidence: 0.84171087

 $00:53:33.240 \longrightarrow 00:53:35.319$  So I have a related question that

NOTE Confidence: 0.84171087

 $00:53:35.319 \longrightarrow 00:53:37.727$  I will just pop in there which is.

NOTE Confidence: 0.87907124

 $00{:}53{:}40.530 \dashrightarrow 00{:}53{:}42.510$  People who are here listening to

NOTE Confidence: 0.87907124

 $00:53:42.510 \longrightarrow 00:53:44.764$  now and pretty much anybody who

NOTE Confidence: 0.87907124

 $00:53:44.764 \longrightarrow 00:53:46.939$  experiences a conversation with you.

 $00:53:46.940 \longrightarrow 00:53:49.492$  I think you can talk them into the

NOTE Confidence: 0.87907124

 $00{:}53{:}49.492 \dashrightarrow 00{:}53{:}51.927$  value of reflection and make it

NOTE Confidence: 0.87907124

 $00:53:51.927 \longrightarrow 00:53:54.507$  just crystal clear how much meaning

NOTE Confidence: 0.87907124

 $00:53:54.587 \longrightarrow 00:53:56.735$  and enjoy can come from that.

NOTE Confidence: 0.87907124

 $00:53:56.740 \longrightarrow 00:53:59.351$  But there are those who are reluctant

NOTE Confidence: 0.87907124

 $00:53:59.351 \longrightarrow 00:54:01.666$  and who hear the word reflection

NOTE Confidence: 0.87907124

 $00:54:01.666 \longrightarrow 00:54:04.277$  and kind of run the other way.

NOTE Confidence: 0.87907124

 $00:54:04.280 \longrightarrow 00:54:07.256$  And here at the medical school we have

NOTE Confidence: 0.87907124

 $00{:}54{:}07.256 \to 00{:}54{:}09.268$  required reflective writing workshops for

NOTE Confidence: 0.87907124

 $00:54:09.268 \longrightarrow 00:54:12.054$  the students on their clinical year and.

NOTE Confidence: 0.87907124

 $00:54:12.060 \longrightarrow 00:54:14.300$  Many of them love it and there

NOTE Confidence: 0.87907124

 $00:54:14.300 \longrightarrow 00:54:16.940$  are always a few who are.

NOTE Confidence: 0.87907124

 $00:54:16.940 \longrightarrow 00:54:18.053$  Just are not.

NOTE Confidence: 0.87907124

 $00{:}54{:}18.053 \dashrightarrow 00{:}54{:}20.660$  It's not their thing and they can't.

NOTE Confidence: 0.87907124

 $00:54:20.660 \longrightarrow 00:54:21.548$  They can't.

NOTE Confidence: 0.87907124

 $00:54:21.548 \longrightarrow 00:54:24.656$  They can't make it their thing or.

 $00:54:24.660 \longrightarrow 00:54:27.702$  How do you? How do you deal with those?

NOTE Confidence: 0.87907124

 $00{:}54{:}27.710 \dashrightarrow 00{:}54{:}29.758$  People who don't see how great it is.

NOTE Confidence: 0.86555296

00:54:31.640 --> 00:54:34.072 Well, I think that part of the problem

NOTE Confidence: 0.86555296

 $00:54:34.072 \longrightarrow 00:54:36.742$  is us to, you know, a lot of times

NOTE Confidence: 0.86555296

 $00{:}54{:}36.742 \to 00{:}54{:}38.280$  when something isn't going well.

NOTE Confidence: 0.86555296

00:54:38.280 --> 00:54:40.488 I you know, again, kind of like the

NOTE Confidence: 0.86555296

00:54:40.488 --> 00:54:42.887 story I told you about the young woman

NOTE Confidence: 0.86555296

 $00:54:42.887 \longrightarrow 00:54:45.228$  who who sort of hurt my feelings.

NOTE Confidence: 0.86555296

00:54:45.230 --> 00:54:47.615 I was so focused on what she was doing

NOTE Confidence: 0.86555296

 $00:54:47.615 \longrightarrow 00:54:49.724$  wrong that I really think about myself

NOTE Confidence: 0.86555296

 $00{:}54{:}49.724 \dashrightarrow 00{:}54{:}52.296$  and I think that sometimes you know we

NOTE Confidence: 0.86555296

 $00:54:52.296 \longrightarrow 00:54:54.591$  have to present people with other ways

NOTE Confidence: 0.86555296

 $00:54:54.591 \longrightarrow 00:54:56.397$  to reflect other than just writing.

NOTE Confidence: 0.86555296

00:54:56.400 --> 00:54:58.218 Some people don't want to write,

NOTE Confidence: 0.86555296

 $00:54:58.220 \longrightarrow 00:55:00.327$  so I've done quite a few things.

 $00:55:00.330 \longrightarrow 00:55:03.048$  I've had. People compose a tweet.

NOTE Confidence: 0.86555296

 $00:55:03.050 \longrightarrow 00:55:04.630$  280 characters, 55 horror stories.

NOTE Confidence: 0.86555296

 $00:55:04.630 \longrightarrow 00:55:07.948$  I know you all do those.

NOTE Confidence: 0.86555296

 $00:55:07.950 \longrightarrow 00:55:10.145$  The 55 war story then

NOTE Confidence: 0.86555296

 $00:55:10.145 \longrightarrow 00:55:12.340$  distilled down to 6 words.

NOTE Confidence: 0.86555296

00:55:12.340 --> 00:55:13.978 Pictures so with my war teams,

NOTE Confidence: 0.86555296

 $00:55:13.980 \longrightarrow 00:55:15.891$  if I have somebody who doesn't really

NOTE Confidence: 0.86555296

00:55:15.891 --> 00:55:18.066 want to, do you know a writing drill?

NOTE Confidence: 0.86555296

00:55:18.070 --> 00:55:19.440 I'll have people you know,

NOTE Confidence: 0.86555296

00:55:19.440 --> 00:55:21.252 take a picture of something HIPAA

NOTE Confidence: 0.86555296

 $00{:}55{:}21.252 \dashrightarrow 00{:}55{:}23.216$  compliant that they see in that they

NOTE Confidence: 0.86555296

 $00:55:23.216 \longrightarrow 00:55:25.170$  noticed and then show it to the team.

NOTE Confidence: 0.86555296

 $00{:}55{:}25.170 \dashrightarrow 00{:}55{:}26.822$  And in fact I even show them

NOTE Confidence: 0.86555296

 $00:55:26.822 \longrightarrow 00:55:28.450$  how to use photo editors.

NOTE Confidence: 0.86555296

 $00:55:28.450 \longrightarrow 00:55:30.898$  I'm like here you could do it on Instagram.

NOTE Confidence: 0.86555296

00:55:30.900 --> 00:55:32.538 You could do it on Pic,

 $00:55:32.540 \longrightarrow 00:55:34.424$  smart pix art or something like

NOTE Confidence: 0.86555296

 $00:55:34.424 \longrightarrow 00:55:36.702$  that to really deep in it so that

NOTE Confidence: 0.86555296

 $00:55:36.702 \longrightarrow 00:55:38.709$  we can see more detail in if you

NOTE Confidence: 0.86555296

00:55:38.709 --> 00:55:40.725 notice a lot of the images I have,

NOTE Confidence: 0.86555296

 $00:55:40.730 \longrightarrow 00:55:42.446$  they have filters put through them.

NOTE Confidence: 0.86555296

 $00:55:42.450 \longrightarrow 00:55:44.250$  So that I could really appreciate

NOTE Confidence: 0.86555296

 $00:55:44.250 \longrightarrow 00:55:45.450$  the picture even more,

NOTE Confidence: 0.86555296

 $00:55:45.450 \longrightarrow 00:55:47.200$  and some of the people that are

NOTE Confidence: 0.86555296

 $00{:}55{:}47.200 \dashrightarrow 00{:}55{:}49.056$  the the biggest like against

NOTE Confidence: 0.86555296

 $00{:}55{:}49.056 \dashrightarrow 00{:}55{:}51.150$  reflecting find a way to reflect.

NOTE Confidence: 0.86555296

 $00:55:51.150 \longrightarrow 00:55:53.068$  So I think we have to offer

NOTE Confidence: 0.86555296

00:55:53.068 --> 00:55:54.450 people more than writing.

NOTE Confidence: 0.86555296

 $00{:}55{:}54.450 \dashrightarrow 00{:}55{:}57.170$  I just think some people it's not their

NOTE Confidence: 0.86555296

 $00:55:57.170 \longrightarrow 00:55:59.845$  jamman it's OK for it not to be your jam.

NOTE Confidence: 0.8899059

 $00:56:02.670 \longrightarrow 00:56:06.230$  Thank you, that's a great answer. Amanda.

 $00:56:08.070 \longrightarrow 00:56:10.460$  So I see another question here and

NOTE Confidence: 0.8826101

 $00{:}56{:}10.460 \dashrightarrow 00{:}56{:}12.840$  it says this morning I saw some

NOTE Confidence: 0.8826101

 $00:56:12.840 \longrightarrow 00:56:14.545$  hospital stairwell pictures in your

NOTE Confidence: 0.8826101

00:56:14.545 --> 00:56:16.591 presentation and I picture many stairwells

NOTE Confidence: 0.8826101

 $00:56:16.591 \longrightarrow 00:56:18.978$  in my own training and career path.

NOTE Confidence: 0.8826101

00:56:18.980 --> 00:56:21.710 I wonder if you have a particular story

NOTE Confidence: 0.8826101

 $00:56:21.710 \longrightarrow 00:56:23.413$  or particular reflection about the

NOTE Confidence: 0.8826101

00:56:23.413 --> 00:56:25.432 important role for stairwells for us,

NOTE Confidence: 0.8826101

 $00{:}56{:}25.432 \to 00{:}56{:}27.097$  for privacy and taking breaths

NOTE Confidence: 0.8826101

 $00:56:27.097 \longrightarrow 00:56:28.530$  at times, great question.

NOTE Confidence: 0.8266068

 $00:56:29.440 \longrightarrow 00:56:31.400$  So Laura was um Co.

NOTE Confidence: 0.8266068

 $00:56:31.400 \longrightarrow 00:56:34.011$  Chief resident with me in an old

NOTE Confidence: 0.8266068

00:56:34.011 --> 00:56:36.394 friend so hey Laura, hey girl.

NOTE Confidence: 0.8266068

00:56:36.394 --> 00:56:38.823 But beyond that you know you know

NOTE Confidence: 0.8266068

00:56:38.823 --> 00:56:41.896 I think back to when I was in

NOTE Confidence: 0.8266068

 $00{:}56{:}41.896 \dashrightarrow 00{:}56{:}43.972$  Milpitas resident and I remember

00:56:43.972 --> 00:56:46.564 I got very good at resuscitating

NOTE Confidence: 0.8266068

 $00{:}56{:}46.564 {\:\dashrightarrow\:} 00{:}56{:}49.214$  patients and I remember running and

NOTE Confidence: 0.8266068

 $00:56:49.214 \longrightarrow 00:56:51.444$  resuscitating this patient a baby

NOTE Confidence: 0.8266068

 $00:56:51.444 \longrightarrow 00:56:53.494$  without knowing what the dates were

NOTE Confidence: 0.8266068

 $00{:}56{:}53.494 \dashrightarrow 00{:}56{:}56.597$  and I and I feel really bad about

NOTE Confidence: 0.8266068

 $00:56:56.597 \longrightarrow 00:56:58.589$  about that resuscitation because.

NOTE Confidence: 0.8266068

 $00:56:58.590 \longrightarrow 00:57:00.830$  For about 10 days that baby was

NOTE Confidence: 0.8266068

 $00:57:00.830 \longrightarrow 00:57:02.917$  tortured pretty much in the in the

NOTE Confidence: 0.8266068

00:57:02.917 --> 00:57:04.871 Nick you and ended up passing away

NOTE Confidence: 0.8266068

 $00:57:04.871 \dashrightarrow 00:57:06.985$  and I remember just feeling like I

NOTE Confidence: 0.8266068

 $00{:}57{:}06.985 \dashrightarrow 00{:}57{:}09.420$  was going to suffocate and I made it

NOTE Confidence: 0.8266068

 $00{:}57{:}09.420 \dashrightarrow 00{:}57{:}12.098$ into a stairwell an I mean woo I was

NOTE Confidence: 0.8266068

 $00:57:12.098 \longrightarrow 00:57:14.488$  Boo Hoo crying and nobody came in there.

NOTE Confidence: 0.8266068

 $00{:}57{:}14.490 \dashrightarrow 00{:}57{:}16.660$  I just got to get it all out and I

NOTE Confidence: 0.8266068

 $00:57:16.724 \longrightarrow 00:57:19.094$  think about residents calling me from

 $00:57:19.094 \longrightarrow 00:57:21.567$  stairwells and me trying to gather my

NOTE Confidence: 0.8266068

 $00{:}57{:}21.567 \dashrightarrow 00{:}57{:}23.794$  thoughts in a stair well so I I find

NOTE Confidence: 0.8266068

 $00{:}57{:}23.794 \dashrightarrow 00{:}57{:}26.226$  them to be you know a nice little

NOTE Confidence: 0.8266068

 $00:57:26.226 \longrightarrow 00:57:28.819$  place to kind of gather your thoughts.

NOTE Confidence: 0.8266068

 $00:57:28.820 \longrightarrow 00:57:30.890$  Sometimes I'll just walk the stairs

NOTE Confidence: 0.8266068

00:57:30.890 --> 00:57:33.287 to knock myself out of breath so I

NOTE Confidence: 0.8266068

 $00:57:33.287 \longrightarrow 00:57:35.410$  can take my mind off of something.

NOTE Confidence: 0.8266068

 $00:57:35.410 \longrightarrow 00:57:35.910$  So yeah,

NOTE Confidence: 0.8266068

 $00:57:35.910 \longrightarrow 00:57:37.910$  I think there's a like a a sacred

NOTE Confidence: 0.8266068

 $00:57:37.974 \longrightarrow 00:57:40.119$  thing about stairwells in hospitals.

NOTE Confidence: 0.8266068

 $00:57:40.120 \longrightarrow 00:57:42.318$  They all kind of look the same,

NOTE Confidence: 0.8266068

 $00:57:42.320 \longrightarrow 00:57:42.950$  don't they?

NOTE Confidence: 0.81778383

 $00:57:49.800 \longrightarrow 00:57:51.790$  And then there's another question.

NOTE Confidence: 0.81778383

00:57:51.790 --> 00:57:54.970 This is from Doctor Jose Pius, who is

NOTE Confidence: 0.81778383

00:57:54.970 --> 00:57:57.358 a child psychiatry trainee at Yale,

NOTE Confidence: 0.81778383

 $00:57:57.360 \longrightarrow 00:57:58.948$  and his question is,

 $00:57:58.950 \longrightarrow 00:58:00.942$  have you seen any downstream

NOTE Confidence: 0.81778383

 $00:58:00.942 \longrightarrow 00:58:02.937$  effects of your initiatives of

NOTE Confidence: 0.81778383

 $00:58:02.937 \longrightarrow 00:58:05.319$  the hospital such as or resident,

NOTE Confidence: 0.81778383

 $00:58:05.320 \longrightarrow 00:58:06.916$  such as resident Wellness,

NOTE Confidence: 0.81778383

 $00:58:06.916 \longrightarrow 00:58:08.510$  patient outcomes, or allyship?

NOTE Confidence: 0.84158564

00:58:11.300 --> 00:58:13.694 Yeah, you know culture is a hard

NOTE Confidence: 0.84158564

 $00:58:13.694 \longrightarrow 00:58:15.939$  thing to put your finger on,

NOTE Confidence: 0.84158564

 $00:58:15.940 \longrightarrow 00:58:19.510$  but you know you know it when you see it.

NOTE Confidence: 0.84158564

 $00:58:19.510 \longrightarrow 00:58:22.460$  I think. I think we we really do have a

NOTE Confidence: 0.84158564

 $00:58:22.536 \longrightarrow 00:58:25.936$  culture of cultural humility and of you know,

NOTE Confidence: 0.84158564

 $00:58:25.940 \longrightarrow 00:58:27.690$  creating spaces for people to

NOTE Confidence: 0.84158564

 $00:58:27.690 \longrightarrow 00:58:29.860$  have a soft place to land.

NOTE Confidence: 0.84158564

 $00:58:29.860 \longrightarrow 00:58:31.834$  I mean, I think that translates

NOTE Confidence: 0.84158564

 $00:58:31.834 \longrightarrow 00:58:33.790$  on into both patient outcomes.

NOTE Confidence: 0.84158564

 $00:58:33.790 \longrightarrow 00:58:34.843$  An resident Wellness.

 $00{:}58{:}34.843 \dashrightarrow 00{:}58{:}37.720$  I I can't really give you our data.

NOTE Confidence: 0.84158564

 $00:58:37.720 \longrightarrow 00:58:41.626$  You know Doctor Pius, but what I will say.

NOTE Confidence: 0.84158564

 $00:58:41.630 \longrightarrow 00:58:44.094$  Is that I'm in terms of resident Wellness.

NOTE Confidence: 0.84158564

00:58:44.100 --> 00:58:46.172 You know, if you have have gotten people

NOTE Confidence: 0.84158564

 $00:58:46.172 \longrightarrow 00:58:48.428$  kind of reflecting and noticing things.

NOTE Confidence: 0.84158564

00:58:48.430 --> 00:58:50.654 If you're flying on one wing and it

NOTE Confidence: 0.84158564

00:58:50.654 --> 00:58:53.179 is the culture of your program to to

NOTE Confidence: 0.84158564

 $00:58:53.179 \longrightarrow 00:58:55.790$  see over zone that you just look a

NOTE Confidence: 0.84158564

 $00{:}58{:}55.790 \dashrightarrow 00{:}58{:}58.009$  little bit off and somebody asks you,

NOTE Confidence: 0.84158564

00:58:58.009 --> 00:59:00.790 you know that can go along way that can.

NOTE Confidence: 0.84158564

 $00{:}59{:}00.790 \dashrightarrow 00{:}59{:}02.506$  That can lead to an intervention

NOTE Confidence: 0.84158564

 $00{:}59{:}02.506 \dashrightarrow 00{:}59{:}04.499$  and some some some major support.

NOTE Confidence: 0.84158564

00:59:04.500 --> 00:59:06.964 And then in terms of our patient outcomes,

NOTE Confidence: 0.84158564

 $00{:}59{:}06.970 \dashrightarrow 00{:}59{:}09.133$  I think right now the best example

NOTE Confidence: 0.84158564

 $00:59:09.133 \longrightarrow 00:59:11.220$  is our patients. Who are, you know.

NOTE Confidence: 0.84158564

 $00:59:11.220 \longrightarrow 00:59:13.450$  Not sure about accepting the chobit vaccine,

 $00:59:13.450 \longrightarrow 00:59:13.962$  you know?

NOTE Confidence: 0.84158564

 $00:59:13.962 \dashrightarrow 00:59:16.010$  I think that this idea of us building

NOTE Confidence: 0.84158564

 $00:59:16.071 \longrightarrow 00:59:17.896$  patience and respect and understanding

NOTE Confidence: 0.84158564

 $00:59:17.896 \longrightarrow 00:59:20.518$  that every black patient who says no to

NOTE Confidence: 0.84158564

 $00:59:20.518 \longrightarrow 00:59:22.826$  you is not somebody who is worried about you.

NOTE Confidence: 0.84158564

00:59:22.826 --> 00:59:23.412 You know,

NOTE Confidence: 0.84158564

00:59:23.412 --> 00:59:24.584 injecting them with something.

NOTE Confidence: 0.84158564

 $00:59:24.590 \longrightarrow 00:59:26.414$  Sometimes they just have a reason

NOTE Confidence: 0.84158564

 $00:59:26.414 \longrightarrow 00:59:28.690$  and you didn't ask them what it was.

NOTE Confidence: 0.84158564

 $00:59:28.690 \longrightarrow 00:59:30.810$  And so I do think that this culture

NOTE Confidence: 0.84158564

 $00:59:30.810 \longrightarrow 00:59:33.314$  of us trying to give to our patients

NOTE Confidence: 0.84158564

 $00:59:33.314 \longrightarrow 00:59:35.429$  where we will want given to us.

NOTE Confidence: 0.84158564

 $00:59:35.430 \longrightarrow 00:59:37.348$  I think I feel like that's sort

NOTE Confidence: 0.84158564

 $00{:}59{:}37.348 \dashrightarrow 00{:}59{:}39.165$  of permeated and I believe that

NOTE Confidence: 0.84158564

 $00:59:39.165 \longrightarrow 00:59:40.405$  you know our residents.

 $00:59:40.410 \longrightarrow 00:59:42.330$  They're better than us, their generation.

NOTE Confidence: 0.84158564

 $00:59:42.330 \longrightarrow 00:59:44.010$  This generation they are such good people

NOTE Confidence: 0.84158564

 $00:59:44.010 \longrightarrow 00:59:45.797$  and I'm just trying to be like them.

NOTE Confidence: 0.84158564

 $00:59:45.800 \longrightarrow 00:59:46.481$  To be honest.

NOTE Confidence: 0.84158564

 $00:59:46.481 \longrightarrow 00:59:47.843$  You mean I don't care what

NOTE Confidence: 0.84158564

 $00:59:47.843 \longrightarrow 00:59:49.257$  anybody says they think that oh,

NOTE Confidence: 0.84158564

 $00:59:49.260 \longrightarrow 00:59:51.108$  they just want to get out of hospital,

NOTE Confidence: 0.84158564

00:59:51.110 --> 00:59:52.490 not the ones I work with.

NOTE Confidence: 0.84158564

 $00{:}59{:}52.490 \to 00{:}59{:}54.107$  They want to take care of patients,

NOTE Confidence: 0.84158564

00:59:54.110 --> 00:59:55.580 an honor them and I think it's

NOTE Confidence: 0.84158564

 $00:59:55.580 \longrightarrow 00:59:57.350$  a lot we can learn from them.

NOTE Confidence: 0.736408745714286

 $00:59:59.430 \longrightarrow 01:00:00.750$  Here's the question.

NOTE Confidence: 0.736408745714286

01:00:00.750 --> 01:00:02.510 From Alanna Gregory Iolani.

NOTE Confidence: 0.736408745714286

 $01:00:02.510 \longrightarrow 01:00:05.010$  She was in the Writers Workshop.

NOTE Confidence: 0.736408745714286

01:00:05.010 --> 01:00:07.085 A handful of years ago,

NOTE Confidence: 0.736408745714286

 $01:00:07.090 \longrightarrow 01:00:08.818$  and it's at another institution now.

 $01:00:08.820 \longrightarrow 01:00:10.548$  Thank you for this excellent talk.

NOTE Confidence: 0.736408745714286

 $01:00:10.550 \longrightarrow 01:00:11.706$  I've enjoyed your reflections

NOTE Confidence: 0.736408745714286

 $01:00:11.706 \longrightarrow 01:00:13.440$  tonight as a primary care doc.

NOTE Confidence: 0.736408745714286

01:00:13.440 --> 01:00:15.099 I spent a lot of time trying

NOTE Confidence: 0.736408745714286

 $01\text{:}00\text{:}15.099 \dashrightarrow 01\text{:}00\text{:}16.698$  to encourage my patients to use

NOTE Confidence: 0.736408745714286

01:00:16.698 --> 01:00:18.348 tools to help them cope with

NOTE Confidence: 0.736408745714286

 $01:00:18.348 \longrightarrow 01:00:20.088$  life's challenges and reflection.

NOTE Confidence: 0.736408745714286

 $01:00:20.090 \longrightarrow 01:00:22.106$  Seems like a great tool to use.

NOTE Confidence: 0.736408745714286

 $01{:}00{:}22.110 \dashrightarrow 01{:}00{:}23.742$  Do you also encourage your patients

NOTE Confidence: 0.736408745714286

 $01\text{:}00\text{:}23.742 \dashrightarrow 01\text{:}00\text{:}25.580$  to practice a habit of reflection,

NOTE Confidence: 0.736408745714286

 $01:00:25.580 \longrightarrow 01:00:27.884$  and if so, how do you do this?

NOTE Confidence: 0.8615891

 $01:00:28.730 \longrightarrow 01:00:30.424$  I mean, probably the same way that

NOTE Confidence: 0.8615891

 $01{:}00{:}30.424 \dashrightarrow 01{:}00{:}32.480$  I do when I'm talking to any body.

NOTE Confidence: 0.8615891

01:00:32.480 --> 01:00:34.624 I mean, you always say patients are people,

NOTE Confidence: 0.8615891

 $01:00:34.630 \longrightarrow 01:00:36.232$  so you know to some degree

 $01:00:36.232 \longrightarrow 01:00:37.033$  there's some formality.

NOTE Confidence: 0.8615891

01:00:37.040 --> 01:00:39.181 If I don't know to patient that, well,

NOTE Confidence: 0.8615891

01:00:39.181 --> 01:00:40.807 this will probably be something that

NOTE Confidence: 0.8615891

 $01:00:40.807 \longrightarrow 01:00:42.926$  would do more with patients that I know.

NOTE Confidence: 0.8615891

 $01:00:42.930 \longrightarrow 01:00:45.082$  But I was just telling this lady a

NOTE Confidence: 0.8615891

01:00:45.082 --> 01:00:47.232 few weeks ago that every day I take

NOTE Confidence: 0.8615891

01:00:47.232 --> 01:00:49.367 a selfie of some moment in my day,

NOTE Confidence: 0.8615891

 $01:00:49.370 \dashrightarrow 01:00:51.036$  based on my emotion that I feel

NOTE Confidence: 0.8615891

 $01{:}00{:}51.036 \to 01{:}00{:}52.981$  and I was showing them to her

NOTE Confidence: 0.8615891

 $01:00:52.981 \longrightarrow 01:00:54.727$  and we were laughing about it.

NOTE Confidence: 0.8615891

01:00:54.730 --> 01:00:56.326 And I was like, you know,

NOTE Confidence: 0.8615891

01:00:56.330 --> 01:00:58.514 that's the way you can kind of like

NOTE Confidence: 0.8615891

 $01:00:58.514 \longrightarrow 01:01:00.424$  just capture how you were feeling like

NOTE Confidence: 0.8615891

 $01:01:00.424 \longrightarrow 01:01:02.588$  what was going on in that day like.

NOTE Confidence: 0.8615891

 $01:01:02.590 \longrightarrow 01:01:05.164$  This was the day that I had just voted.

NOTE Confidence: 0.8615891

 $01:01:05.170 \longrightarrow 01:01:07.116$  This was the day that I just

 $01:01:07.116 \longrightarrow 01:01:08.900$  saw the results of the voting.

NOTE Confidence: 0.8615891

 $01{:}01{:}08.900 \dashrightarrow 01{:}01{:}10.909$  This is the day, and so I,

NOTE Confidence: 0.8615891

01:01:10.910 --> 01:01:13.241 I think that there are lots of ways that

NOTE Confidence: 0.8615891

 $01:01:13.241 \longrightarrow 01:01:15.787$  we can offer to our patients to reflect.

NOTE Confidence: 0.8615891

 $01:01:15.790 \longrightarrow 01:01:17.230$  I think photos are one.

NOTE Confidence: 0.8615891

01:01:17.230 --> 01:01:19.454 I do encourage people to take photos of

NOTE Confidence: 0.8615891

01:01:19.454 --> 01:01:21.817 their loved ones in the moments that matter.

NOTE Confidence: 0.8615891

01:01:21.820 --> 01:01:23.362 You know I didn't take very

NOTE Confidence: 0.8615891

01:01:23.362 --> 01:01:25.094 many pictures of my sister and

NOTE Confidence: 0.8615891

 $01:01:25.094 \longrightarrow 01:01:26.699$  I actually really regret that.

NOTE Confidence: 0.8615891

 $01:01:26.700 \longrightarrow 01:01:29.570$  And so if you're not going to write about it,

NOTE Confidence: 0.8615891

 $01:01:29.570 \longrightarrow 01:01:32.154$  capture pictures so that you know you can

NOTE Confidence: 0.8615891

 $01:01:32.154 \longrightarrow 01:01:34.830$  save them somewhere and savor them later.

NOTE Confidence: 0.8615891

 $01:01:34.830 \longrightarrow 01:01:36.036$  So I think I do that.

NOTE Confidence: 0.8332976

 $01:01:41.420 \longrightarrow 01:01:43.892$  And then our next question is from Seonaid

 $01:01:43.892 \longrightarrow 01:01:46.440$  Hay and says thank you so much Kimberly.

NOTE Confidence: 0.8332976

 $01:01:46.440 \longrightarrow 01:01:48.920$  I feel so lucky to have spent the

NOTE Confidence: 0.8332976

 $01:01:48.920 \longrightarrow 01:01:50.840$  day with you. Your talks have

NOTE Confidence: 0.8332976

 $01:01:50.840 \longrightarrow 01:01:52.409$  been so moving and inspirational.

NOTE Confidence: 0.8332976

 $01:01:52.410 \longrightarrow 01:01:54.292$  My question is how to connect

NOTE Confidence: 0.8332976

 $01{:}01{:}54.292 \dashrightarrow 01{:}01{:}55.862$  with patients and people from

NOTE Confidence: 0.8332976

 $01{:}01{:}55.862 \dashrightarrow 01{:}01{:}57.116$  a different cultural heritage.

NOTE Confidence: 0.8332976

 $01:01:57.116 \longrightarrow 01:01:59.316$  You seem to connect so well with

NOTE Confidence: 0.8332976

 $01{:}01{:}59.316 \dashrightarrow 01{:}02{:}00.886$  so many people so effortlessly

NOTE Confidence: 0.8332976

 $01:02:00.886 \longrightarrow 01:02:02.769$  and that makes you so effective.

NOTE Confidence: 0.8332976

 $01:02:02.770 \longrightarrow 01:02:04.030$  Is mission any tips?

NOTE Confidence: 0.84602

01:02:06.550 --> 01:02:07.682 You know, you know,

NOTE Confidence: 0.84602

 $01{:}02{:}07.682 \dashrightarrow 01{:}02{:}09.708$  I think some there's some really basic

NOTE Confidence: 0.84602

 $01{:}02{:}09.708 \dashrightarrow 01{:}02{:}11.570$  things that I try to think about,

NOTE Confidence: 0.84602

 $01:02:11.570 \longrightarrow 01:02:14.072$  and I just think everybody wants to be seen.

NOTE Confidence: 0.84602

 $01:02:14.080 \longrightarrow 01:02:15.760$  It doesn't matter who you are.

 $01{:}02{:}15.760 \dashrightarrow 01{:}02{:}18.280$  So for example, if I met you the first

NOTE Confidence: 0.84602

 $01:02:18.280 \longrightarrow 01:02:20.550$  thing I would probably ask you is to

NOTE Confidence: 0.84602

 $01:02:20.550 \longrightarrow 01:02:23.287$  teach me how to say your name and I would.

NOTE Confidence: 0.84602

01:02:23.290 --> 01:02:25.514 I would ask you questions about oh wow,

NOTE Confidence: 0.84602

 $01:02:25.520 \longrightarrow 01:02:26.692$  what a beautiful name.

NOTE Confidence: 0.84602

01:02:26.692 --> 01:02:28.450 I don't know another seonaid can

NOTE Confidence: 0.84602

01:02:28.509 --> 01:02:30.266 you tell me more about your name?

NOTE Confidence: 0.84602

 $01:02:30.270 \longrightarrow 01:02:31.398$  What does it mean?

NOTE Confidence: 0.84602

01:02:31.398 --> 01:02:33.764 Does it have a meeting and asking more

NOTE Confidence: 0.84602

01:02:33.764 --> 01:02:36.172 and get to know more about you Anne?

NOTE Confidence: 0.84602

 $01:02:36.180 \longrightarrow 01:02:37.620$  And listen and pay attention.

NOTE Confidence: 0.84602

 $01:02:37.620 \longrightarrow 01:02:39.748$  You know, not be waiting to say something

NOTE Confidence: 0.84602

 $01:02:39.748 \longrightarrow 01:02:41.647$  back to you when you're talking,

NOTE Confidence: 0.84602

 $01:02:41.650 \longrightarrow 01:02:42.541$  but actually listen.

NOTE Confidence: 0.84602

 $01:02:42.541 \longrightarrow 01:02:45.226$  And then the next time I see you call

 $01:02:45.226 \longrightarrow 01:02:47.402$  you by your name in the proper ways,

NOTE Confidence: 0.84602

 $01:02:47.410 \longrightarrow 01:02:48.271$  pronounce it correctly.

NOTE Confidence: 0.84602

01:02:48.271 --> 01:02:49.993 Don't change it into something else.

NOTE Confidence: 0.84602

 $01:02:50.000 \longrightarrow 01:02:50.744$  Don't say hey,

NOTE Confidence: 0.84602

 $01:02:50.744 \longrightarrow 01:02:52.480$  I'm I just call you CEO or

NOTE Confidence: 0.84602

 $01:02:52.540 \longrightarrow 01:02:53.749$  something like that.

NOTE Confidence: 0.84602

 $01:02:53.750 \dashrightarrow 01:02:55.507$ No, I'm gonna I'm gonna call you

NOTE Confidence: 0.84602

01:02:55.507 --> 01:02:57.392 by your whole name and so layering

NOTE Confidence: 0.84602

01:02:57.392 --> 01:02:59.387 these moments where we we we start

NOTE Confidence: 0.84602

 $01{:}02{:}59.387 \dashrightarrow 01{:}03{:}01.718$  with the most basic thing which is

NOTE Confidence: 0.84602

 $01:03:01.718 \longrightarrow 01:03:03.742$  respecting someone's name or some very

NOTE Confidence: 0.84602

 $01:03:03.742 \longrightarrow 01:03:06.310$  simple thing is a place to start.

NOTE Confidence: 0.84602

01:03:06.310 --> 01:03:07.470 And then, you know,

NOTE Confidence: 0.84602

 $01:03:07.470 \longrightarrow 01:03:08.630$  broadening your life lens.

NOTE Confidence: 0.84602

 $01:03:08.630 \longrightarrow 01:03:09.426$  I mean,

NOTE Confidence: 0.84602

 $01:03:09.426 \longrightarrow 01:03:11.814$  if you if everybody that hangs

 $01:03:11.814 \longrightarrow 01:03:13.920$  around you looks like you.

NOTE Confidence: 0.84602

 $01:03:13.920 \longrightarrow 01:03:15.984$  You know you gotta do something about that.

NOTE Confidence: 0.84602

 $01:03:15.990 \longrightarrow 01:03:16.396$  I mean,

NOTE Confidence: 0.84602

 $01:03:16.396 \longrightarrow 01:03:18.637$  we all do and I I looked I looked up

NOTE Confidence: 0.84602

 $01:03:18.637 \longrightarrow 01:03:20.837$  at 1 moment and realized that all of

NOTE Confidence: 0.84602

 $01:03:20.903 \longrightarrow 01:03:23.239$  the people that I call my good friends.

NOTE Confidence: 0.84602

01:03:23.240 --> 01:03:24.788 They were black and anybody who

NOTE Confidence: 0.84602

 $01{:}03{:}24.788 \dashrightarrow 01{:}03{:}26.608$  was my friend who was not black.

NOTE Confidence: 0.84602

 $01:03:26.610 \longrightarrow 01:03:29.200$  They worked with me and I and I was like,

NOTE Confidence: 0.84602

01:03:29.200 --> 01:03:29.700 you know,

NOTE Confidence: 0.84602

01:03:29.700 --> 01:03:31.200 I know some really cool people

NOTE Confidence: 0.84602

 $01:03:31.200 \longrightarrow 01:03:32.050$  who aren't black.

NOTE Confidence: 0.84602

 $01{:}03{:}32.050 \dashrightarrow 01{:}03{:}33.424$  So I'm going to actually work

NOTE Confidence: 0.84602

 $01:03:33.424 \longrightarrow 01:03:34.859$  at some of these friendships so

NOTE Confidence: 0.84602

 $01:03:34.859 \longrightarrow 01:03:36.497$  that I can kind of brought in

 $01:03:36.497 \longrightarrow 01:03:38.600$  my life lands and have a deeper

NOTE Confidence: 0.84602

 $01{:}03{:}38.600 \dashrightarrow 01{:}03{:}39.812$  appreciation for other cultures.

NOTE Confidence: 0.84602

01:03:39.820 --> 01:03:42.142 And I think that just starts to spill over,

NOTE Confidence: 0.84602

 $01:03:42.150 \longrightarrow 01:03:44.350$  right? It leads to what we notice an.

NOTE Confidence: 0.84602

 $01:03:44.350 \longrightarrow 01:03:46.156$  Who were willing to protect when

NOTE Confidence: 0.84602

 $01:03:46.156 \longrightarrow 01:03:48.478$  we get on the hind legs about?

NOTE Confidence: 0.84602

 $01:03:48.480 \longrightarrow 01:03:51.024$  You know, when I befriended a trans woman,

NOTE Confidence: 0.84602

01:03:51.030 --> 01:03:52.983 my friend Chloe a couple of years

NOTE Confidence: 0.84602

 $01{:}03{:}52.983 \dashrightarrow 01{:}03{:}54.790$  ago is totally changed the way

NOTE Confidence: 0.84602

01:03:54.790 --> 01:03:56.602 that I interact with trans women

NOTE Confidence: 0.84602

 $01:03:56.602 \longrightarrow 01:03:58.020$  and trans individuals.

NOTE Confidence: 0.84602

01:03:58.020 --> 01:03:59.610 I just think like wow,

NOTE Confidence: 0.84602

01:03:59.610 --> 01:04:00.246 you know,

NOTE Confidence: 0.84602

01:04:00.246 --> 01:04:02.790 I never all these things I was missing,

NOTE Confidence: 0.84602

 $01:04:02.790 \longrightarrow 01:04:04.729$  but that's because my life was was

NOTE Confidence: 0.84602

 $01:04:04.729 \longrightarrow 01:04:06.290$  broadened through a relationship.

 $01{:}04{:}06.290 \dashrightarrow 01{:}04{:}07.875$  So I think relationships and

NOTE Confidence: 0.84602

 $01:04:07.875 \longrightarrow 01:04:09.143$  then the basic thing.

NOTE Confidence: 0.84602

 $01:04:09.150 \longrightarrow 01:04:11.208$  How you greet people and calling them

NOTE Confidence: 0.84602

 $01:04:11.208 \longrightarrow 01:04:13.290$  their name and using their pronoun.

NOTE Confidence: 0.84602

 $01:04:13.290 \longrightarrow 01:04:15.000$  I think those are really.

NOTE Confidence: 0.84602

 $01:04:15.000 \longrightarrow 01:04:16.989$  Great places to start and can take you far.

NOTE Confidence: 0.8934328

01:04:24.330 --> 01:04:25.550 And I'll close it

NOTE Confidence: 0.8934328

 $01:04:25.550 \longrightarrow 01:04:27.386$  out by asking you a question.

NOTE Confidence: 0.8934328

01:04:27.390 --> 01:04:28.616 Since I'm hosting this,

NOTE Confidence: 0.8934328

 $01:04:28.616 \longrightarrow 01:04:30.450$  I'll just slide in and ask.

NOTE Confidence: 0.8323724

 $01:04:32.090 \longrightarrow 01:04:33.642$  So I'm I'm a resident.

NOTE Confidence: 0.8323724

 $01:04:33.642 \longrightarrow 01:04:35.820$  As you know an my question for

NOTE Confidence: 0.8323724

 $01:04:35.820 \longrightarrow 01:04:37.995$  you is what advice would you have

NOTE Confidence: 0.8323724

 $01:04:37.995 \longrightarrow 01:04:39.550$  for sort of physician writers?

NOTE Confidence: 0.8323724

 $01:04:39.550 \longrightarrow 01:04:41.420$  No matter our age that are

 $01:04:41.420 \longrightarrow 01:04:42.663$  that are starting out,

NOTE Confidence: 0.8323724

01:04:42.663 --> 01:04:44.218 maybe not starting out writing,

NOTE Confidence: 0.8323724

 $01:04:44.220 \longrightarrow 01:04:45.463$  but maybe starting out

NOTE Confidence: 0.8323724

 $01:04:45.463 \longrightarrow 01:04:46.710$  writing in the physicians,

NOTE Confidence: 0.8323724

 $01:04:46.710 \longrightarrow 01:04:48.884$  fear and kind of balancing that just.

NOTE Confidence: 0.8323724

 $01:04:48.884 \longrightarrow 01:04:50.439$  What are some pearls of

NOTE Confidence: 0.8323724

 $01:04:50.440 \longrightarrow 01:04:51.990$  wisdom you would give us?

NOTE Confidence: 0.8260899

01:04:53.680 --> 01:04:56.320 Well, my first Pearl of wisdom about for

NOTE Confidence: 0.8260899

 $01{:}04{:}56.320 \dashrightarrow 01{:}04{:}58.041$  resident writers is their journals and

NOTE Confidence: 0.8260899

 $01:04:58.041 \longrightarrow 01:05:00.410$  this is what I say to our residents.

NOTE Confidence: 0.8260899

 $01{:}05{:}00.410 \dashrightarrow 01{:}05{:}02.858$  I hope this is not offensive to any body,

NOTE Confidence: 0.8260899

 $01:05:02.860 \longrightarrow 01:05:05.484$  but I always tell our residents and students

NOTE Confidence: 0.8260899

 $01:05:05.484 \longrightarrow 01:05:07.448$  that journals love the kids they do.

NOTE Confidence: 0.8260899

 $01:05:07.450 \longrightarrow 01:05:08.965$  I mean, they they love

NOTE Confidence: 0.8260899

 $01:05:08.965 \longrightarrow 01:05:10.820$  anybody who is not out yet.

NOTE Confidence: 0.8260899

 $01:05:10.820 \longrightarrow 01:05:12.773$  So look if you have not graduated

01:05:12.773 --> 01:05:14.490 from residency or medical school,

NOTE Confidence: 0.8260899

 $01:05:14.490 \longrightarrow 01:05:16.175$  submit show narratives to the

NOTE Confidence: 0.8260899

 $01:05:16.175 \longrightarrow 01:05:17.860$  annals and tajama because they

NOTE Confidence: 0.8260899

 $01:05:17.919 \longrightarrow 01:05:19.377$  just love the kids and us.

NOTE Confidence: 0.8260899

 $01:05:19.380 \longrightarrow 01:05:20.784$  They'll reject us,

NOTE Confidence: 0.8260899

 $01:05:20.784 \longrightarrow 01:05:22.656$  but they're like you.

NOTE Confidence: 0.8260899

 $01:05:22.660 \longrightarrow 01:05:24.571$  So number one know that people will

NOTE Confidence: 0.8260899

 $01:05:24.571 \longrightarrow 01:05:26.846$  want to read what you have to say and

NOTE Confidence: 0.8260899

 $01:05:26.846 \longrightarrow 01:05:28.759$  some of the most powerful things are

NOTE Confidence: 0.8260899

 $01:05:28.759 \longrightarrow 01:05:30.908$  written by you know people who are

NOTE Confidence: 0.8260899

 $01{:}05{:}30.910 \dashrightarrow 01{:}05{:}32.560$  still like emerging in their careers.

NOTE Confidence: 0.8260899

 $01:05:32.560 \longrightarrow 01:05:34.210$  So that's one thing I'd say.

NOTE Confidence: 0.8260899

 $01:05:34.210 \longrightarrow 01:05:36.550$  And then you know.

NOTE Confidence: 0.8260899

 $01:05:36.550 \longrightarrow 01:05:38.490$  Finding different ways to write

NOTE Confidence: 0.8260899

 $01:05:38.490 \longrightarrow 01:05:40.730$  I think are good way to.

01:05:40.730 --> 01:05:42.250 Kind of you know,

NOTE Confidence: 0.8260899

 $01:05:42.250 \longrightarrow 01:05:44.530$  strengthen that muscle up some more.

NOTE Confidence: 0.8260899

 $01:05:44.530 \longrightarrow 01:05:46.430$  The the more you ride,

NOTE Confidence: 0.8260899

 $01:05:46.430 \longrightarrow 01:05:49.160$  the faster you right and the better

NOTE Confidence: 0.8260899

01:05:49.160 --> 01:05:51.779 you are right and it doesn't have

NOTE Confidence: 0.8260899

 $01:05:51.779 \longrightarrow 01:05:54.790$  to be a 1500 word essay every time.

NOTE Confidence: 0.8260899

 $01:05:54.790 \longrightarrow 01:05:57.450$  You can just write with no destination.

NOTE Confidence: 0.8260899

 $01:05:57.450 \longrightarrow 01:05:59.627$  You know when I stunned myself at

NOTE Confidence: 0.8260899

 $01{:}05{:}59.627 \dashrightarrow 01{:}06{:}02.427$  how much I enjoyed writing on in

NOTE Confidence: 0.8260899

01:06:02.427 --> 01:06:04.667 240 character aliquots for Twitter,

NOTE Confidence: 0.8260899

 $01{:}06{:}04.670 \dashrightarrow 01{:}06{:}07.346$  it just changes a whole different.

NOTE Confidence: 0.8260899

 $01:06:07.350 \longrightarrow 01:06:09.282$  Need to write an and something

NOTE Confidence: 0.8260899

 $01:06:09.282 \longrightarrow 01:06:11.040$  that caught me off guard,

NOTE Confidence: 0.8260899

 $01:06:11.040 \longrightarrow 01:06:13.050$  so I strongly urge you to

NOTE Confidence: 0.8260899

 $01:06:13.050 \longrightarrow 01:06:14.390$  just try different things.

NOTE Confidence: 0.8260899

 $01:06:14.390 \longrightarrow 01:06:15.730$  Sometimes just write 240

 $01:06:15.730 \longrightarrow 01:06:17.070$  characters and that's it.

NOTE Confidence: 0.8260899

01:06:17.070 --> 01:06:19.750 So something that can allow you to regularly,

NOTE Confidence: 0.8260899

01:06:19.750 --> 01:06:21.420 you know, work that muscle,

NOTE Confidence: 0.8260899

 $01:06:21.420 \longrightarrow 01:06:23.569$  then it won't be so hard when

NOTE Confidence: 0.8260899

 $01:06:23.569 \longrightarrow 01:06:25.997$  you get ready to try and then

NOTE Confidence: 0.8260899

 $01:06:25.997 \longrightarrow 01:06:27.782$  ask yourself you know Amanda,

NOTE Confidence: 0.8260899

01:06:27.790 --> 01:06:29.800 we were talking about this earlier,

NOTE Confidence: 0.8260899

 $01{:}06{:}29.800 \dashrightarrow 01{:}06{:}32.327$  but I'll share with this group this

NOTE Confidence: 0.8260899

 $01{:}06{:}32.327 \dashrightarrow 01{:}06{:}34.657$  question of what is what have you

NOTE Confidence: 0.8260899

 $01:06:34.657 \longrightarrow 01:06:36.830$  not read that you want to read?

NOTE Confidence: 0.8260899

 $01{:}06{:}36.830 \dashrightarrow 01{:}06{:}39.294$  What story have you not been told?

NOTE Confidence: 0.8260899

01:06:39.300 --> 01:06:41.160 That you're like Dang I have

NOTE Confidence: 0.8260899

 $01:06:41.160 \longrightarrow 01:06:42.720$  not heard this story yet.

NOTE Confidence: 0.8260899

 $01:06:42.720 \longrightarrow 01:06:44.586$  Nobody has said this to me.

NOTE Confidence: 0.8260899

 $01:06:44.590 \longrightarrow 01:06:46.473$  And you know when I wrote that

01:06:46.473 --> 01:06:48.320 piece for The Lancet recently,

NOTE Confidence: 0.8260899

01:06:48.320 --> 01:06:50.720 I was like this isn't what I have

NOTE Confidence: 0.8260899

 $01:06:50.720 \longrightarrow 01:06:52.996$  not heard anybody say in the two

NOTE Confidence: 0.8260899

 $01:06:52.996 \longrightarrow 01:06:55.159$  things I wanted to come out of.

NOTE Confidence: 0.8260899

01:06:55.160 --> 01:06:57.648 That is one I wanted people to know,

NOTE Confidence: 0.8260899

 $01:06:57.650 \longrightarrow 01:06:59.205$  that Tuskegee is an institution

NOTE Confidence: 0.8260899

 $01:06:59.205 \longrightarrow 01:07:00.138$  of academic excellence.

NOTE Confidence: 0.8260899

 $01:07:00.140 \longrightarrow 01:07:01.675$  For for African Americans in

NOTE Confidence: 0.8260899

 $01{:}07{:}01.675 \dashrightarrow 01{:}07{:}03.560$  is where my family comes from.

NOTE Confidence: 0.8260899

 $01:07:03.560 \longrightarrow 01:07:05.115$  Stop using the word synonymous

NOTE Confidence: 0.8260899

 $01:07:05.115 \longrightarrow 01:07:06.048$  with medical mistrust.

NOTE Confidence: 0.8260899

 $01:07:06.050 \longrightarrow 01:07:08.030$  'cause that ain't the only reason

NOTE Confidence: 0.8260899

 $01:07:08.030 \longrightarrow 01:07:09.590$  people don't want stuff so.

NOTE Confidence: 0.8260899

 $01:07:09.590 \longrightarrow 01:07:11.750$  That was one thing that was I hadn't

NOTE Confidence: 0.8260899

 $01:07:11.750 \longrightarrow 01:07:13.703$  seen it written anywhere and I

NOTE Confidence: 0.8260899

 $01:07:13.703 \longrightarrow 01:07:16.071$  wanted to put it somewhere where a

01:07:16.071 --> 01:07:18.003 whole bunch of people would see it

NOTE Confidence: 0.8260899

 $01{:}07{:}18.003 \dashrightarrow 01{:}07{:}19.619$  and then also understanding that

NOTE Confidence: 0.8260899

 $01:07:19.619 \longrightarrow 01:07:21.384$  sometimes it's complicated why people

NOTE Confidence: 0.8260899

 $01:07:21.384 \longrightarrow 01:07:23.637$  feel like they want to say no to things,

NOTE Confidence: 0.8260899

 $01:07:23.640 \longrightarrow 01:07:25.332$  because when you think about what

NOTE Confidence: 0.8260899

01:07:25.332 --> 01:07:26.930 our people have been through,

NOTE Confidence: 0.8260899

 $01:07:26.930 \longrightarrow 01:07:28.848$  there's just a piece of you that

NOTE Confidence: 0.8260899

 $01:07:28.848 \longrightarrow 01:07:30.700$  like treats it like you know

NOTE Confidence: 0.8260899

 $01:07:30.700 \longrightarrow 01:07:32.305$  your sister on the playground.

NOTE Confidence: 0.8260899

 $01:07:32.310 \longrightarrow 01:07:33.810$  Somebody was mean to her,

NOTE Confidence: 0.8260899

 $01:07:33.810 \longrightarrow 01:07:35.896$  you don't wanna do nothing for them,

NOTE Confidence: 0.8260899

 $01:07:35.900 \longrightarrow 01:07:36.504$  no right.

NOTE Confidence: 0.8260899

 $01:07:36.504 \longrightarrow 01:07:38.920$  And so it becomes that and I wanted

NOTE Confidence: 0.87897503

 $01:07:38.991 \longrightarrow 01:07:40.466$  to tell that story so.

NOTE Confidence: 0.87897503

01:07:40.470 --> 01:07:42.290 Ask yourself, you know, I ask everybody

 $01:07:42.290 \longrightarrow 01:07:44.520$  who's been a part of the workshop before.

NOTE Confidence: 0.87897503

 $01{:}07{:}44.520 \dashrightarrow 01{:}07{:}46.396$  Ask yourself what is the story that

NOTE Confidence: 0.87897503

01:07:46.396 --> 01:07:48.015 you wish somebody would say? Like?

NOTE Confidence: 0.87897503

01:07:48.015 --> 01:07:49.800 Where do you wish somebody would go

NOTE Confidence: 0.87897503

 $01:07:49.800 \longrightarrow 01:07:51.537$  but they haven't gone there yet?

NOTE Confidence: 0.87897503

 $01:07:51.540 \longrightarrow 01:07:52.293$  You'll be shot.

NOTE Confidence: 0.87897503

 $01:07:52.293 \longrightarrow 01:07:54.050$  There's a hot whole lot of things

NOTE Confidence: 0.87897503

 $01:07:54.103 \longrightarrow 01:07:55.588$  that people haven't said yet.

NOTE Confidence: 0.87897503

 $01{:}07{:}55.590 {\:{\circ}{\circ}{\circ}}>01{:}07{:}57.120$  Black Wives Matter was just something

NOTE Confidence: 0.87897503

01:07:57.120 --> 01:07:58.560 that I hadn't seen written,

NOTE Confidence: 0.87897503

01:07:58.560 --> 01:08:00.102 written anywhere, and I didn't want

NOTE Confidence: 0.87897503

01:08:00.102 --> 01:08:02.337 to wait for a Journal to publish it,

NOTE Confidence: 0.87897503

 $01:08:02.340 \longrightarrow 01:08:03.984$  so I said I'm putting it

NOTE Confidence: 0.87897503

 $01:08:03.984 \longrightarrow 01:08:05.310$  straight on Twitter and it.

NOTE Confidence: 0.87897503

 $01:08:05.310 \longrightarrow 01:08:08.388$  And it did what I wanted it to do.

NOTE Confidence: 0.87897503

 $01:08:08.390 \longrightarrow 01:08:10.195$  And I've been promoted so

01:08:10.195 --> 01:08:12.000 needed from a CD anymore.

NOTE Confidence: 0.87897503

 $01:08:12.000 \longrightarrow 01:08:12.720$  So Hallelujah.

NOTE Confidence: 0.8823383

 $01:08:17.670 \longrightarrow 01:08:19.470$  Thank you so so much.

NOTE Confidence: 0.8823383

 $01:08:19.470 \longrightarrow 01:08:22.622$  This is been a fantastic over an hour

NOTE Confidence: 0.8823383

 $01:08:22.622 \longrightarrow 01:08:25.979$  and a wonderful day with you and.

NOTE Confidence: 0.8823383

 $01:08:25.980 \longrightarrow 01:08:27.455$  I'm so glad that you're

NOTE Confidence: 0.8823383

01:08:27.455 --> 01:08:28.635 active on social media,

NOTE Confidence: 0.8823383

 $01:08:28.640 \longrightarrow 01:08:31.574$  so we can kind of keep all of these

NOTE Confidence: 0.8823383

 $01{:}08{:}31.574 \dashrightarrow 01{:}08{:}33.029$  conversations going and continue

NOTE Confidence: 0.8823383

 $01:08:33.029 \longrightarrow 01:08:35.500$  to learn from you and you're just.

NOTE Confidence: 0.8823383

 $01:08:35.500 \longrightarrow 01:08:37.545$  Amazing and wonderful and thank

NOTE Confidence: 0.8823383

 $01:08:37.545 \longrightarrow 01:08:39.590$  you so much for everything

NOTE Confidence: 0.8225923

 $01{:}08{:}39.590 \dashrightarrow 01{:}08{:}42.718$  wise to you and I'm glad that we've

NOTE Confidence: 0.8225923

01:08:42.718 --> 01:08:44.798 remained connected after all these

NOTE Confidence: 0.8225923

 $01:08:44.798 \longrightarrow 01:08:47.234$  years and I charge everybody during

 $01:08:47.234 \longrightarrow 01:08:49.816$  this this Black History Month too.

NOTE Confidence: 0.8225923

 $01:08:49.820 \longrightarrow 01:08:52.788$  Since you heard those words to all three

NOTE Confidence: 0.8225923

01:08:52.788 --> 01:08:55.537 verses of the black National Anthem,

NOTE Confidence: 0.8225923

 $01:08:55.540 \longrightarrow 01:08:58.186$  lift every voice and sing really take

NOTE Confidence: 0.8225923

 $01:08:58.186 \longrightarrow 01:09:00.937$  some time to listen to different versions

NOTE Confidence: 0.8225923

 $01{:}09{:}00.937 \dashrightarrow 01{:}09{:}04.540$  of it that the Ray Charles version,

NOTE Confidence: 0.8225923

 $01:09:04.540 \longrightarrow 01:09:05.988$  the choir singing it.

NOTE Confidence: 0.8225923

 $01:09:05.988 \longrightarrow 01:09:08.592$  Franklin on there so many versions and

NOTE Confidence: 0.8225923

 $01{:}09{:}08.592 \dashrightarrow 01{:}09{:}11.126$  it's just a whole new experience of

NOTE Confidence: 0.8225923

 $01:09:11.126 \longrightarrow 01:09:13.148$  reflection every time you hear them.

NOTE Confidence: 0.8225923

 $01{:}09{:}13.150 \longrightarrow 01{:}09{:}16.020$  So I challenge you to all take a listen to

NOTE Confidence: 0.8225923

 $01:09:16.089 \longrightarrow 01:09:18.953$  that and reflect on what those words mean.

NOTE Confidence: 0.7305652

 $01:09:20.270 \longrightarrow 01:09:23.950$  Well, thank you so much. Bye

NOTE Confidence: 0.87490225

 $01:09:23.950 \longrightarrow 01:09:27.151$  everybody, thank you for having me.