

WEBVTT

NOTE duration:"01:09:27.1510000"

NOTE language:en-us

NOTE Confidence: 0.8560337

00:00:00.000 --> 00:00:01.452 I am Anna Reisman.

NOTE Confidence: 0.8560337

00:00:01.452 --> 00:00:04.078 I am director of the Program for

NOTE Confidence: 0.8560337

00:00:04.078 --> 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 --> 00:00:11.610 John P McGovern Award Lecture,

NOTE Confidence: 0.8560337

00:00:11.610 --> 00:00:13.782 which is given annually to a

NOTE Confidence: 0.8560337

00:00:13.782 --> 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 --> 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 --> 00:00:24.538 based medical humanist,

NOTE Confidence: 0.8560337

00:00:24.540 --> 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

NOTE Confidence: 0.8560337

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 --> 00:00:34.645 and I'm thrilled to present

NOTE Confidence: 0.8560337

00:00:34.645 --> 00:00:37.542 this award this year to a truly

NOTE Confidence: 0.8560337

00:00:37.542 --> 00:00:39.096 wonderful humanist physician,

NOTE Confidence: 0.8560337

00:00:39.100 --> 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 --> 00:00:48.683 diversity and inclusion,

NOTE Confidence: 0.8560337

00:00:48.683 --> 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 --> 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 --> 00:01:00.130 she revels in finding the extraordinary

NOTE Confidence: 0.8560337

00:01:00.130 --> 00:01:03.610 in the ordinary and in telling those stories.

NOTE Confidence: 0.8560337

00:01:03.610 --> 00:01:05.686 Her writing on Twitter and elsewhere

NOTE Confidence: 0.8560337

00:01:05.686 --> 00:01:07.639 is reflective and lively and deep.

NOTE Confidence: 0.8560337

00:01:07.640 --> 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 --> 00:01:11.746 teaching trainees reflecting on

NOTE Confidence: 0.8560337

00:01:11.746 --> 00:01:13.108 the briefest of interactions

NOTE Confidence: 0.8560337

00:01:13.108 --> 00:01:14.359 at unexpected encounters,

NOTE Confidence: 0.8560337

00:01:14.360 --> 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 --> 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 --> 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 --> 00:01:27.631 series called Black Wise Matter

NOTE Confidence: 0.8560337

00:01:27.631 --> 00:01:29.299 Conversations with people about

NOTE Confidence: 0.8560337  
00:01:29.299 --> 00:01:31.330 their concerns about vaccination.  
NOTE Confidence: 0.8560337  
00:01:31.330 --> 00:01:32.778 These are beautifully told,  
NOTE Confidence: 0.8560337  
00:01:32.778 --> 00:01:33.860 but more importantly,  
NOTE Confidence: 0.8560337  
00:01:33.860 --> 00:01:34.940 they're accomplishing something  
NOTE Confidence: 0.8560337  
00:01:34.940 --> 00:01:36.386 critical through her friendliness.  
NOTE Confidence: 0.8560337  
00:01:36.386 --> 00:01:38.190 Through her ability to listen  
NOTE Confidence: 0.8560337  
00:01:38.190 --> 00:01:40.278 and connect with people to show  
NOTE Confidence: 0.8560337  
00:01:40.278 --> 00:01:41.988 so much respect for everybody  
NOTE Confidence: 0.8560337  
00:01:41.988 --> 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 --> 00:01:49.740 huge service for all of us.  
NOTE Confidence: 0.8448195  
00:01:52.170 --> 00:01:53.854 Doctor Kimberly Manning grew  
NOTE Confidence: 0.8448195  
00:01:53.854 --> 00:01:55.538 up in Englewood, California.  
NOTE Confidence: 0.8448195  
00:01:55.538 --> 00:01:58.046 She received her BS degree from  
NOTE Confidence: 0.8448195

00:01:58.046 --> 00:01:59.780 Tuskegee University and RMD  
NOTE Confidence: 0.8448195

00:01:59.780 --> 00:02:01.428 from Meharry Medical College.  
NOTE Confidence: 0.8448195

00:02:01.430 --> 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 --> 00:02:07.330 at Case Western Reserve University.  
NOTE Confidence: 0.8448195

00:02:07.330 --> 00:02:09.952 She's a general internist and hospitalist  
NOTE Confidence: 0.8448195

00:02:09.952 --> 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 --> 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 --> 00:02:20.888 where she serves as well as  
NOTE Confidence: 0.8448195

00:02:20.888 --> 00:02:22.920 residency program director for  
NOTE Confidence: 0.8448195

00:02:22.920 --> 00:02:24.952 the Transitional Year Residency.  
NOTE Confidence: 0.8448195

00:02:24.960 --> 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 --> 00:02:31.776 including the AC GME, Parker J,

NOTE Confidence: 0.8448195

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

NOTE Confidence: 0.8448195

00:02:33.780 --> 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 --> 00:02:40.595 residency programs in the US.

NOTE Confidence: 0.8448195

00:02:40.600 --> 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 --> 00:02:49.258 Academic Medicine, The Lancet, and elsewhere.

NOTE Confidence: 0.8448195

00:02:49.260 --> 00:02:51.415 Her research interests center around

NOTE Confidence: 0.8448195

00:02:51.415 --> 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 --> 00:02:55.726 and the interface between

NOTE Confidence: 0.8448195

00:02:55.726 --> 00:02:57.450 medical education and diversity.

NOTE Confidence: 0.8448195

00:02:57.450 --> 00:02:59.859 Equity and inclusion.

NOTE Confidence: 0.8448195

00:02:59.860 --> 00:03:02.020 I'll use Doctor Manning's own words

NOTE Confidence: 0.8448195

00:03:02.020 --> 00:03:05.056 to capture what I think is part of her  
NOTE Confidence: 0.8448195

00:03:05.056 --> 00:03:07.270 secret to her success as a writer,  
NOTE Confidence: 0.8448195

00:03:07.270 --> 00:03:07.665 storyteller.  
NOTE Confidence: 0.8448195

00:03:07.665 --> 00:03:08.455 Collaborator connector.  
NOTE Confidence: 0.8448195

00:03:08.455 --> 00:03:10.430 Someone who is accomplished and  
NOTE Confidence: 0.8448195

00:03:10.430 --> 00:03:12.123 continues to accomplish great things  
NOTE Confidence: 0.8448195

00:03:12.123 --> 00:03:14.350 for all who come into contact with her.  
NOTE Confidence: 0.8448195

00:03:14.350 --> 00:03:16.030 She applies her lived experiences  
NOTE Confidence: 0.8448195

00:03:16.030 --> 00:03:17.980 as a black woman, mother, daughter,  
NOTE Confidence: 0.8448195

00:03:17.980 --> 00:03:19.780 wife, and community member to all  
NOTE Confidence: 0.8448195

00:03:19.780 --> 00:03:21.430 that she does professionally.  
NOTE Confidence: 0.8448195

00:03:21.430 --> 00:03:23.677 We are so grateful that you were  
NOTE Confidence: 0.8448195

00:03:23.677 --> 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 --> 00:03:27.828 Welcome and congratulations on this award.  
NOTE Confidence: 0.9178688

00:03:30.160 --> 00:03:33.020 Thank you so much.

NOTE Confidence: 0.9178688

00:03:33.020 --> 00:03:35.868 What a kind introduction.

NOTE Confidence: 0.9178688

00:03:35.870 --> 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 --> 00:03:45.558 spent the day with Yale.

NOTE Confidence: 0.9178688

00:03:45.560 --> 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 --> 00:03:54.733 about reflection and today or this

NOTE Confidence: 0.9178688

00:03:54.733 --> 00:03:56.690 evening I'll be talking about

NOTE Confidence: 0.9178688

00:03:56.690 --> 00:03:58.490 developing a habit of reflection.

NOTE Confidence: 0.9178688

00:03:58.490 --> 00:04:00.996 What you see is what you get.

NOTE Confidence: 0.855954

00:04:03.660 --> 00:04:05.500 I have no financial disclosures,

NOTE Confidence: 0.855954

00:04:05.500 --> 00:04:08.340 but my disclosure is the same as it

NOTE Confidence: 0.855954

00:04:08.340 --> 00:04:11.372 was this morning and it is that I

NOTE Confidence: 0.855954



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

NOTE Confidence: 0.855954

00:04:14.492 --> 00:04:17.556 It is highly likely maybe I might

NOTE Confidence: 0.855954

00:04:17.556 --> 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 --> 00:04:26.367 this session and so just be

NOTE Confidence: 0.855954

00:04:26.367 --> 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 --> 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 --> 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 --> 00:04:42.046 And he was my division chief

NOTE Confidence: 0.855954

00:04:42.046 --> 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 --> 00:04:51.737 invited me to participate in a

NOTE Confidence: 0.855954

00:04:51.737 --> 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 --> 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 --> 00:05:06.204 Bill, who really taught me to learn

NOTE Confidence: 0.855954

00:05:06.204 --> 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 --> 00:05:13.757 mental picture or a real picture and

NOTE Confidence: 0.855954

00:05:13.757 --> 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 --> 00:05:21.866 This is an image of me,

NOTE Confidence: 0.855954

00:05:21.870 --> 00:05:22.586 my grandmother,

NOTE Confidence: 0.855954

00:05:22.586 --> 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

NOTE Confidence: 0.855954

00:05:25.796 --> 00:05:26.864 of Tuskegee University,  
NOTE Confidence: 0.855954

00:05:26.870 --> 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 --> 00:05:32.936 This is me and her at Tuskegee Homecoming.  
NOTE Confidence: 0.855954

00:05:32.940 --> 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 --> 00:05:40.733 And then here's just another image of my son.  
NOTE Confidence: 0.855954

00:05:40.740 --> 00:05:43.323 The first time I took him to  
NOTE Confidence: 0.855954

00:05:43.323 --> 00:05:45.230 Tuskegee's campus when he was  
NOTE Confidence: 0.855954

00:05:45.230 --> 00:05:47.040 old enough to appreciate it.  
NOTE Confidence: 0.855954

00:05:47.040 --> 00:05:48.056 And so you know,  
NOTE Confidence: 0.855954

00:05:48.056 --> 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 --> 00:05:52.716 But see when you develop a  
NOTE Confidence: 0.855954

00:05:52.716 --> 00:05:53.454 habit of reflection,  
NOTE Confidence: 0.855954

00:05:53.460 --> 00:05:55.284 that is not what you see

NOTE Confidence: 0.855954

00:05:55.284 --> 00:05:56.950 in an image like this.

NOTE Confidence: 0.855954

00:05:56.950 --> 00:05:58.918 You see, what is he seeing?

NOTE Confidence: 0.855954

00:05:58.920 --> 00:06:00.792 Does he know how his legacy

NOTE Confidence: 0.855954

00:06:00.792 --> 00:06:02.530 is tide into this place?

NOTE Confidence: 0.855954

00:06:02.530 --> 00:06:04.420 Does he know the meaning behind

NOTE Confidence: 0.855954

00:06:04.420 --> 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 --> 00:06:08.489 And you think about the times

NOTE Confidence: 0.855954

00:06:08.489 --> 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 --> 00:06:14.085 Alabama beyond just the development

NOTE Confidence: 0.855954

00:06:14.085 --> 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 --> 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,

NOTE Confidence: 0.855954

00:06:22.210 --> 00:06:24.556 which is what the this is  
NOTE Confidence: 0.855954

00:06:24.556 --> 00:06:26.120 called this statue but.  
NOTE Confidence: 0.855954

00:06:26.120 --> 00:06:28.480 But just an example of how you can  
NOTE Confidence: 0.855954

00:06:28.480 --> 00:06:30.339 continue to look at images over  
NOTE Confidence: 0.855954

00:06:30.339 --> 00:06:32.580 and over and over again and see  
NOTE Confidence: 0.855954

00:06:32.580 --> 00:06:34.776 something that you never saw before.  
NOTE Confidence: 0.855954

00:06:34.780 --> 00:06:36.439 I'd also like to thank my iPhone  
NOTE Confidence: 0.855954

00:06:36.439 --> 00:06:38.100 because a lot of my reflection  
NOTE Confidence: 0.855954

00:06:38.100 --> 00:06:39.888 happens through images that I snap,  
NOTE Confidence: 0.855954

00:06:39.890 --> 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 --> 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 --> 00:06:55.378 And this is how I really operate

NOTE Confidence: 0.855954  
00:06:55.378 --> 00:06:57.258 in trying to be really present  
NOTE Confidence: 0.855954  
00:06:57.258 --> 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 --> 00:07:04.332 it is lost. So here is a  
NOTE Confidence: 0.8653755  
00:07:04.332 --> 00:07:06.438 piece of the flyer for this.  
NOTE Confidence: 0.8653755  
00:07:06.440 --> 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 --> 00:07:12.758 which you know you all know you're here.  
NOTE Confidence: 0.8653755  
00:07:12.760 --> 00:07:14.656 But let's just say when I  
NOTE Confidence: 0.8653755  
00:07:14.656 --> 00:07:15.920 was graduating from college,  
NOTE Confidence: 0.8653755  
00:07:15.920 --> 00:07:18.352 I'm not so sure you would have been  
NOTE Confidence: 0.8653755  
00:07:18.352 --> 00:07:20.806 looking at me to their medical school.  
NOTE Confidence: 0.8653755  
00:07:20.810 --> 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,  
NOTE Confidence: 0.8653755

00:07:25.840 --> 00:07:28.276 I did some some hunting around right?  
NOTE Confidence: 0.8653755

00:07:28.280 --> 00:07:30.128 Because in this moment you know  
NOTE Confidence: 0.8653755

00:07:30.128 --> 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 --> 00:07:37.960 CA and I wanted to know what the  
NOTE Confidence: 0.8653755

00:07:37.960 --> 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 --> 00:07:42.846 Well, in 1857,  
NOTE Confidence: 0.8653755

00:07:42.846 --> 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 --> 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 --> 00:07:54.490 but it wouldn't be until 1948 that the 1st.  
NOTE Confidence: 0.8653755

00:07:54.490 --> 00:07:56.578 Black Woman would graduate from the  
NOTE Confidence: 0.8653755

00:07:56.578 --> 00:07:58.914 School of Medicine at you that isn't  
NOTE Confidence: 0.8653755

00:07:58.914 --> 00:08:01.305 lost on me and I'm thinking about that

NOTE Confidence: 0.8653755

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 --> 00:08:05.096 I think about this man.

NOTE Confidence: 0.8653755

00:08:05.100 --> 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 --> 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 --> 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 --> 00:08:18.200 to another College in Alabama.

NOTE Confidence: 0.8653755

00:08:18.200 --> 00:08:20.560 And he was very excited to be the

NOTE Confidence: 0.8653755

00:08:20.560 --> 00:08:23.190 first in his family to go to college.

NOTE Confidence: 0.8653755

00:08:23.190 --> 00:08:26.196 One of 11 children, the 7th of 11 children.

NOTE Confidence: 0.8653755

00:08:26.200 --> 00:08:27.789 And this was going to be his

NOTE Confidence: 0.8653755

00:08:27.789 --> 00:08:29.140 chance to go to college.

NOTE Confidence: 0.8653755

00:08:29.140 --> 00:08:30.140 And he loved people.

NOTE Confidence: 0.8653755



00:08:30.140 --> 00:08:31.840 And he loved science just like me.  
NOTE Confidence: 0.8653755

00:08:31.840 --> 00:08:34.150 And so he told that college counselor.  
NOTE Confidence: 0.8653755

00:08:34.150 --> 00:08:36.374 I think I want to be a doctor.  
NOTE Confidence: 0.8653755

00:08:36.380 --> 00:08:38.740 I'm going to major in biology and that  
NOTE Confidence: 0.8653755

00:08:38.740 --> 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 --> 00:08:44.024 This is a big chance for you to  
NOTE Confidence: 0.8653755

00:08:44.024 --> 00:08:45.707 get out of the Jim Crow South.  
NOTE Confidence: 0.8653755

00:08:45.710 --> 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 --> 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 --> 00:08:56.859 here in Birmingham Teaching School  
NOTE Confidence: 0.8653755

00:08:56.859 --> 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,

NOTE Confidence: 0.8653755

00:08:59.960 --> 00:09:01.188 but but this counselor,

NOTE Confidence: 0.8653755

00:09:01.188 --> 00:09:03.030 who looked like my father and

NOTE Confidence: 0.8653755

00:09:03.092 --> 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 --> 00:09:09.815 knew to point my father to to talk to.

NOTE Confidence: 0.8653755

00:09:09.820 --> 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 --> 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 --> 00:09:19.530 in mechanical engineering.

NOTE Confidence: 0.8653755

00:09:19.530 --> 00:09:21.850 It took him six whole years to graduate.

NOTE Confidence: 0.8653755

00:09:21.850 --> 00:09:23.880 He was not a good math student,

NOTE Confidence: 0.8653755

00:09:23.880 --> 00:09:25.742 but he did get his first job

NOTE Confidence: 0.8653755

00:09:25.742 --> 00:09:27.359 out on the West Coast.

NOTE Confidence: 0.8653755

00:09:27.360 --> 00:09:29.208 He followed the Great Migration like

NOTE Confidence: 0.8653755

00:09:29.208 --> 00:09:31.130 many African Americans did at that time,  
NOTE Confidence: 0.8653755

00:09:31.130 --> 00:09:35.298 and he would build his family in California.  
NOTE Confidence: 0.8653755

00:09:35.300 --> 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 --> 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 --> 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 --> 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 --> 00:09:50.579 it would be a great idea to go there.  
NOTE Confidence: 0.8542991

00:09:50.580 --> 00:09:53.009 I didn't even get a secondary application.  
NOTE Confidence: 0.8542991

00:09:53.010 --> 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 --> 00:09:58.300 which I loved by the way and  
NOTE Confidence: 0.8542991

00:09:58.300 --> 00:10:00.110 apply to Emory for residue.

NOTE Confidence: 0.8542991

00:10:00.110 --> 00:10:02.036 Nancy didn't even get an interview,

NOTE Confidence: 0.8542991

00:10:02.040 --> 00:10:04.222 but as it turns out, full circle.

NOTE Confidence: 0.8542991

00:10:04.222 --> 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 --> 00:10:11.058 and here I am today speaking at Yale now,

NOTE Confidence: 0.8542991

00:10:11.060 --> 00:10:12.344 something that really I

NOTE Confidence: 0.8542991

00:10:12.344 --> 00:10:13.628 think I ever expected.

NOTE Confidence: 0.8542991

00:10:13.630 --> 00:10:15.877 And as I reflect on my father

NOTE Confidence: 0.8542991

00:10:15.877 --> 00:10:18.137 and all that he wanted to do,

NOTE Confidence: 0.8542991

00:10:18.140 --> 00:10:20.303 this is a really important moment and

NOTE Confidence: 0.8542991

00:10:20.303 --> 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 --> 00:10:28.574 The first black man to graduate from Yale,

NOTE Confidence: 0.8542991

00:10:28.580 --> 00:10:30.155 his father before him actually

NOTE Confidence: 0.8542991

00:10:30.155 --> 00:10:32.040 wanted to be a doctor too,

NOTE Confidence: 0.8542991

00:10:32.040 --> 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 --> 00:10:38.937 and so none of this is lost on me.  
NOTE Confidence: 0.8542991

00:10:38.940 --> 00:10:41.300 And this is what a habit of reflection  
NOTE Confidence: 0.8542991

00:10:41.300 --> 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 --> 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 --> 00:10:54.012 Society of General Internal Medicine  
NOTE Confidence: 0.8542991

00:10:54.012 --> 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 --> 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 --> 00:11:04.383 colleague,

NOTE Confidence: 0.8542991

00:11:04.383 --> 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 --> 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 --> 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 --> 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 --> 00:11:29.030 it isn't so much work.

NOTE Confidence: 0.8542991

00:11:29.030 --> 00:11:30.899 So we'll talk a little bit about

NOTE Confidence: 0.8542991

00:11:30.899 --> 00:11:31.700 what is reflection,

NOTE Confidence: 0.8542991

00:11:31.700 --> 00:11:33.296 why you should care about it,

NOTE Confidence: 0.8542991

00:11:33.300 --> 00:11:35.869 and how can you develop a habit

NOTE Confidence: 0.8542991

00:11:35.869 --> 00:11:36.603 of reflection.  
NOTE Confidence: 0.8542991

00:11:36.610 --> 00:11:39.373 So reflection is really a thought or an idea,  
NOTE Confidence: 0.8542991

00:11:39.380 --> 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 --> 00:11:44.618 or as a result of meditation.  
NOTE Confidence: 0.8542991

00:11:44.620 --> 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 --> 00:11:51.389 interact with our patients.  
NOTE Confidence: 0.8542991

00:11:51.390 --> 00:11:53.856 If we pause for a moment and think a  
NOTE Confidence: 0.8542991

00:11:53.856 --> 00:11:56.624 little bit about what is happening around us,  
NOTE Confidence: 0.8542991

00:11:56.630 --> 00:11:57.244 that's reflection,  
NOTE Confidence: 0.8542991

00:11:57.244 --> 00:11:59.086 that's all there is to it.  
NOTE Confidence: 0.8542991

00:11:59.090 --> 00:12:01.974 It's not really that hard to do.  
NOTE Confidence: 0.8542991

00:12:01.980 --> 00:12:03.044 Now we say reflection,  
NOTE Confidence: 0.8542991

00:12:03.044 --> 00:12:05.170 especially when I'm talking to my residents.

NOTE Confidence: 0.8542991

00:12:05.170 --> 00:12:07.039 There's a few residents who you know

NOTE Confidence: 0.8542991

00:12:07.039 --> 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 --> 00:12:15.610 but some feel this way,

NOTE Confidence: 0.8542991

00:12:15.610 --> 00:12:17.762 but I have to say there's many times

NOTE Confidence: 0.8542991

00:12:17.762 --> 00:12:19.957 that there are people who are skeptics.

NOTE Confidence: 0.8542991

00:12:19.960 --> 00:12:21.900 They think reflection isn't that

NOTE Confidence: 0.8542991

00:12:21.900 --> 00:12:24.520 what I used to call my hair.

NOTE Confidence: 0.8542991

00:12:24.520 --> 00:12:26.680 There's people who don't want to see this.

NOTE Confidence: 0.90575165

00:12:26.680 --> 00:12:29.209 Oh my gosh, please, no, not that again.

NOTE Confidence: 0.90575165

00:12:29.209 --> 00:12:30.388 Downright hate it.

NOTE Confidence: 0.90575165

00:12:30.390 --> 00:12:31.962 And then the ones who want

NOTE Confidence: 0.90575165

00:12:31.962 --> 00:12:33.670 to run out of the room.

NOTE Confidence: 0.90575165

00:12:33.670 --> 00:12:35.302 And it happens a lot, right?

NOTE Confidence: 0.90575165



00:12:35.302 --> 00:12:37.206 But all of us could benefit from  
NOTE Confidence: 0.90575165

00:12:37.206 --> 00:12:39.142 a habit of reflection and we just  
NOTE Confidence: 0.90575165

00:12:39.142 --> 00:12:41.577 have to find the way that works for us.  
NOTE Confidence: 0.90575165

00:12:41.580 --> 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 --> 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 --> 00:12:53.547 but also to be more effective teachers.  
NOTE Confidence: 0.90575165

00:12:53.550 --> 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 --> 00:13:00.930 Instead, I'll just tell you a spoiler.  
NOTE Confidence: 0.90575165

00:13:00.930 --> 00:13:02.540 Reflection is a good thing.  
NOTE Confidence: 0.90575165

00:13:02.540 --> 00:13:04.140 You can search the literature.  
NOTE Confidence: 0.90575165

00:13:04.140 --> 00:13:05.472 Trust me, it's true.  
NOTE Confidence: 0.90575165

00:13:05.472 --> 00:13:07.470 The thing about reflection is that  
NOTE Confidence: 0.90575165

00:13:07.537 --> 00:13:09.595 for those of us who are educators,

NOTE Confidence: 0.90575165  
00:13:09.600 --> 00:13:11.526 it allows us to be intentional  
NOTE Confidence: 0.90575165  
00:13:11.526 --> 00:13:12.489 as role models.  
NOTE Confidence: 0.90575165  
00:13:12.490 --> 00:13:14.710 It allows us to have meaningful  
NOTE Confidence: 0.90575165  
00:13:14.710 --> 00:13:16.450 influence on those around us.  
NOTE Confidence: 0.90575165  
00:13:16.450 --> 00:13:17.562 It's great for professional  
NOTE Confidence: 0.90575165  
00:13:17.562 --> 00:13:18.396 growth and development,  
NOTE Confidence: 0.90575165  
00:13:18.400 --> 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 --> 00:13:23.430 But also as we always think  
NOTE Confidence: 0.90575165  
00:13:23.430 --> 00:13:25.100 about the the hidden curriculum,  
NOTE Confidence: 0.90575165  
00:13:25.100 --> 00:13:26.829 we always tend to think about all  
NOTE Confidence: 0.90575165  
00:13:26.829 --> 00:13:28.573 the bad things that can happen  
NOTE Confidence: 0.90575165  
00:13:28.573 --> 00:13:29.837 with the hidden curriculum.  
NOTE Confidence: 0.90575165  
00:13:29.840 --> 00:13:31.675 But there's some positive sides  
NOTE Confidence: 0.90575165  
00:13:31.675 --> 00:13:33.510 of the hidden curriculum too.  
NOTE Confidence: 0.90575165

00:13:33.510 --> 00:13:35.596 But especially, and in a time like  
NOTE Confidence: 0.90575165

00:13:35.596 --> 00:13:37.918 this in the middle of a pandemic,  
NOTE Confidence: 0.90575165

00:13:37.920 --> 00:13:38.781 we're so disconnected.  
NOTE Confidence: 0.90575165

00:13:38.781 --> 00:13:39.929 I believe that reflection  
NOTE Confidence: 0.90575165

00:13:39.929 --> 00:13:41.699 helps us to combat loneliness.  
NOTE Confidence: 0.90575165

00:13:41.700 --> 00:13:42.996 This is a very,  
NOTE Confidence: 0.90575165

00:13:42.996 --> 00:13:45.479 very lonely time for a lot of us.  
NOTE Confidence: 0.90575165

00:13:45.480 --> 00:13:47.580 Many of us are used to hugging  
NOTE Confidence: 0.90575165

00:13:47.580 --> 00:13:49.578 each other or used to seeing,  
NOTE Confidence: 0.90575165

00:13:49.580 --> 00:13:50.876 you know our acquaintances.  
NOTE Confidence: 0.90575165

00:13:50.876 --> 00:13:53.212 And right now the people that we're  
NOTE Confidence: 0.90575165

00:13:53.212 --> 00:13:55.192 seeing the most in spending meaningful  
NOTE Confidence: 0.90575165

00:13:55.192 --> 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,

NOTE Confidence: 0.90575165

00:14:03.440 --> 00:14:04.728 one of the most.

NOTE Confidence: 0.90575165

00:14:04.728 --> 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 --> 00:14:16.519 College and just to provide context for you.

NOTE Confidence: 0.90575165

00:14:16.520 --> 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 --> 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 --> 00:14:29.196 as is Mhairi.

NOTE Confidence: 0.90575165

00:14:29.196 --> 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 --> 00:14:35.879 anywhere where I was dealt with.

NOTE Confidence: 0.90575165

00:14:35.880 --> 00:14:36.552 As am,  
NOTE Confidence: 0.90575165

00:14:36.552 --> 00:14:38.904 I was always a person who was  
NOTE Confidence: 0.90575165

00:14:38.904 --> 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 --> 00:14:45.734 This was my first time being other.  
NOTE Confidence: 0.90575165

00:14:45.740 --> 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 --> 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 --> 00:14:55.479 I was very,  
NOTE Confidence: 0.90575165

00:14:55.479 --> 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 --> 00:15:01.895 Explore the things that were  
NOTE Confidence: 0.90575165

00:15:01.895 --> 00:15:04.070 happening around me because there  
NOTE Confidence: 0.90575165

00:15:04.144 --> 00:15:06.178 was a lot that was happening.

NOTE Confidence: 0.90575165  
00:15:06.180 --> 00:15:07.968 I love this quote from Martha  
NOTE Confidence: 0.90575165  
00:15:07.968 --> 00:15:09.160 Beck that says loneliness  
NOTE Confidence: 0.85756874  
00:15:09.216 --> 00:15:10.786 is proof that your innate  
NOTE Confidence: 0.85756874  
00:15:10.786 --> 00:15:12.356 search for connection is intact,  
NOTE Confidence: 0.85756874  
00:15:12.360 --> 00:15:14.621 and I think that reflection is something  
NOTE Confidence: 0.85756874  
00:15:14.621 --> 00:15:16.380 that really helps us with this.  
NOTE Confidence: 0.85756874  
00:15:16.380 --> 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 --> 00:15:23.784 you know everybody was always in one room.  
NOTE Confidence: 0.85756874  
00:15:23.790 --> 00:15:25.960 Together they lived in the hospital together.  
NOTE Confidence: 0.85756874  
00:15:25.960 --> 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 --> 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.  
NOTE Confidence: 0.85756874

00:15:34.300 --> 00:15:36.554 Where are residents work in the hospital?

NOTE Confidence: 0.85756874

00:15:36.560 --> 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 --> 00:15:44.040 and we spent all this time together,

NOTE Confidence: 0.85756874

00:15:44.040 --> 00:15:46.028 but that evolved after 2002 with duty

NOTE Confidence: 0.85756874

00:15:46.028 --> 00:15:47.560 hours reforming people really weren't

NOTE Confidence: 0.85756874

00:15:47.560 --> 00:15:49.120 spending as much time together,

NOTE Confidence: 0.85756874

00:15:49.120 --> 00:15:51.838 but still a lot of time because we didn't

NOTE Confidence: 0.85756874

00:15:51.838 --> 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 --> 00:15:57.433 doctors lounges you probably some

NOTE Confidence: 0.85756874

00:15:57.433 --> 00:15:58.878 of you probably remember those.

NOTE Confidence: 0.85756874

00:15:58.880 --> 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 --> 00:16:04.151 if you know some doctors from way

NOTE Confidence: 0.85756874

00:16:04.151 --> 00:16:05.864 back when these doctors lounge is

NOTE Confidence: 0.85756874

00:16:05.864 --> 00:16:07.580 where all the places where doctors

NOTE Confidence: 0.85756874

00:16:07.580 --> 00:16:09.624 convened and there was this social

NOTE Confidence: 0.85756874

00:16:09.624 --> 00:16:11.088 network that happened there.

NOTE Confidence: 0.85756874

00:16:11.090 --> 00:16:13.330 But now with so much an electronic on

NOTE Confidence: 0.85756874

00:16:13.330 --> 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 --> 00:16:20.552 alot of that is lossed and there's

NOTE Confidence: 0.85756874

00:16:20.552 --> 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 --> 00:16:27.891 This paper in the New England Journal

NOTE Confidence: 0.85756874

00:16:27.891 --> 00:16:30.165 talked a little bit about this very

NOTE Confidence: 0.85756874

00:16:30.165 --> 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 --> 00:16:36.648 and so this quote from that paper says,

NOTE Confidence: 0.85756874



00:16:36.650 --> 00:16:38.946 I think we need uninterrupted time to

NOTE Confidence: 0.85756874

00:16:38.946 --> 00:16:41.044 reflect to converse and to grapple

NOTE Confidence: 0.85756874

00:16:41.044 --> 00:16:43.150 with the downsides of the unrestrained

NOTE Confidence: 0.85756874

00:16:43.150 --> 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 --> 00:16:50.540 and recapture our most treasured

NOTE Confidence: 0.85756874

00:16:50.540 --> 00:16:51.386 relationships which,

NOTE Confidence: 0.85756874

00:16:51.390 --> 00:16:55.766 if you ask me or with our patients.

NOTE Confidence: 0.85756874

00:16:55.770 --> 00:16:57.945 Now there's a difference between

NOTE Confidence: 0.85756874

00:16:57.945 --> 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 --> 00:17:05.279 an cut off from others.

NOTE Confidence: 0.85756874

00:17:05.280 --> 00:17:06.560 To be isolated though,

NOTE Confidence: 0.85756874

00:17:06.560 --> 00:17:09.040 is to be set apart from others.

NOTE Confidence: 0.85756874

00:17:09.040 --> 00:17:10.408 So thinking about loneliness

NOTE Confidence: 0.85756874

00:17:10.408 --> 00:17:11.434 and isolation together,

NOTE Confidence: 0.85756874

00:17:11.440 --> 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 --> 00:17:17.377 understand that there's a difference

NOTE Confidence: 0.85756874

00:17:17.377 --> 00:17:19.297 between solitude and loneliness, right?

NOTE Confidence: 0.85756874

00:17:19.297 --> 00:17:21.656 So this time that we're having to

NOTE Confidence: 0.85756874

00:17:21.656 --> 00:17:24.123 spend by ourselves not able to touch

NOTE Confidence: 0.85756874

00:17:24.123 --> 00:17:26.905 people in the way that we could not

NOTE Confidence: 0.85756874

00:17:26.905 --> 00:17:29.215 able to spend time laugh on patios,

NOTE Confidence: 0.85756874

00:17:29.220 --> 00:17:30.159 clink wine glasses.

NOTE Confidence: 0.85756874

00:17:30.159 --> 00:17:32.980 There has to be a time to connect.

NOTE Confidence: 0.85756874

00:17:32.980 --> 00:17:35.026 Dig deeper into appreciate what's happening,

NOTE Confidence: 0.85756874

00:17:35.030 --> 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,

NOTE Confidence: 0.85756874

00:17:42.210 --> 00:17:44.562 is a state of being alone without being  
NOTE Confidence: 0.85756874

00:17:44.562 --> 00:17:46.808 lonely and can lead to self awareness.  
NOTE Confidence: 0.85756874

00:17:46.810 --> 00:17:49.180 And so I want you to kind of sit in  
NOTE Confidence: 0.85756874

00:17:49.248 --> 00:17:52.168 that for a moment and think about your  
NOTE Confidence: 0.85756874

00:17:52.168 --> 00:17:54.796 reflective time as a time in your solitude,  
NOTE Confidence: 0.85756874

00:17:54.800 --> 00:17:56.024 where you can actually  
NOTE Confidence: 0.85756874

00:17:56.024 --> 00:17:57.248 become more self aware.  
NOTE Confidence: 0.85756874

00:17:57.250 --> 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 --> 00:18:01.956 OK, so we're going to get a  
NOTE Confidence: 0.8682541

00:18:01.956 --> 00:18:03.700 little bit more specific now.  
NOTE Confidence: 0.8682541

00:18:03.700 --> 00:18:05.912 OK, and so are more specifics will  
NOTE Confidence: 0.8682541

00:18:05.912 --> 00:18:08.307 be there will talk some more about.  
NOTE Confidence: 0.8682541

00:18:08.310 --> 00:18:09.542 Some concrete examples of  
NOTE Confidence: 0.8682541

00:18:09.542 --> 00:18:10.466 reflection and action.  
NOTE Confidence: 0.8682541

00:18:10.470 --> 00:18:12.306 'cause I like to be concrete.

NOTE Confidence: 0.8682541

00:18:12.310 --> 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 --> 00:18:19.454 but tell me what you actually do every

NOTE Confidence: 0.8682541

00:18:19.454 --> 00:18:21.535 day and then will participate in

NOTE Confidence: 0.8682541

00:18:21.535 --> 00:18:23.087 some painless reflection exercises.

NOTE Confidence: 0.8682541

00:18:23.090 --> 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 --> 00:18:30.178 recognizing that everybody isn't the same.

NOTE Confidence: 0.8682541

00:18:30.180 --> 00:18:31.720 Some people like to write.

NOTE Confidence: 0.8682541

00:18:31.720 --> 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 --> 00:18:38.996 so people like to look at a picture.

NOTE Confidence: 0.8682541

00:18:39.000 --> 00:18:41.429 Some people like to listen to music.

NOTE Confidence: 0.8682541

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 --> 00:18:45.721 deeper meaning in the extraordinary  
NOTE Confidence: 0.8682541

00:18:45.721 --> 00:18:47.325 ordinary happening around you.  
NOTE Confidence: 0.8682541

00:18:47.330 --> 00:18:50.098 So if we think of what reflection is,  
NOTE Confidence: 0.8682541

00:18:50.100 --> 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 --> 00:19:00.170 But what does this mean in a larger context?  
NOTE Confidence: 0.8682541

00:19:00.170 --> 00:19:02.571 And then how does this apply to  
NOTE Confidence: 0.8682541

00:19:02.571 --> 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 --> 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 --> 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?

NOTE Confidence: 0.8682541  
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: 0.8682541  
00:19:18.320 --> 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 --> 00:19:25.420 in this moment and reflect on the  
NOTE Confidence: 0.8682541  
00:19:25.420 --> 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 --> 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 --> 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 --> 00:19:40.960 full professor too, you know.  
NOTE Confidence: 0.8682541

00:19:40.960 --> 00:19:42.785 A graduate of a historically  
NOTE Confidence: 0.8682541

00:19:42.785 --> 00:19:43.880 black college and,  
NOTE Confidence: 0.8682541

00:19:43.880 --> 00:19:46.336 and so we didn't even get into Emory's  
NOTE Confidence: 0.8682541

00:19:46.336 --> 00:19:49.066 medical school or residency, but is here now.  
NOTE Confidence: 0.8682541

00:19:49.066 --> 00:19:50.038 There's deeper meaning.  
NOTE Confidence: 0.8682541

00:19:50.040 --> 00:19:52.020 And going through this habit of  
NOTE Confidence: 0.8682541

00:19:52.020 --> 00:19:53.704 reflection really allows you to  
NOTE Confidence: 0.8682541

00:19:53.704 --> 00:19:55.219 appreciate a moment much more.  
NOTE Confidence: 0.8682541

00:19:55.220 --> 00:19:57.188 But what it all really comes  
NOTE Confidence: 0.8682541

00:19:57.188 --> 00:20:00.032 down to if you ask me, is this.  
NOTE Confidence: 0.8682541

00:20:00.032 --> 00:20:04.140 And that is a simple question and it is.  
NOTE Confidence: 0.8682541

00:20:04.140 --> 00:20:05.508 What's getting your attention?  
NOTE Confidence: 0.8682541

00:20:05.508 --> 00:20:08.161 Because as we go through our days right  
NOTE Confidence: 0.8682541

00:20:08.161 --> 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 --> 00:20:13.380 There's so many things that we have to do.

NOTE Confidence: 0.8682541

00:20:13.380 --> 00:20:13.996 There's list.

NOTE Confidence: 0.8682541

00:20:13.996 --> 00:20:15.536 There's patients we have around.

NOTE Confidence: 0.8682541

00:20:15.540 --> 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 --> 00:20:21.080 but but we have to figure out.

NOTE Confidence: 0.8682541

00:20:21.080 --> 00:20:23.964 What will we let get our attention

NOTE Confidence: 0.8682541

00:20:23.964 --> 00:20:26.058 in the middle of a day?

NOTE Confidence: 0.8682541

00:20:26.060 --> 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 --> 00:20:33.184 we want to let it have to let

NOTE Confidence: 0.8682541

00:20:33.184 --> 00:20:35.027 everybody be able to chime in.

NOTE Confidence: 0.8682541

00:20:35.030 --> 00:20:37.398 But this is more for you to reflect

NOTE Confidence: 0.8682541

00:20:37.398 --> 00:20:39.806 upon and see where you fit in this.

NOTE Confidence: 0.8682541

00:20:39.810 --> 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,

NOTE Confidence: 0.8468345



00:20:44.300 --> 00:20:46.309 where you rarely cry and you don't  
NOTE Confidence: 0.8468345

00:20:46.309 --> 00:20:48.143 really want to have a conversation  
NOTE Confidence: 0.8468345

00:20:48.143 --> 00:20:50.271 or or read any of my narratives.  
NOTE Confidence: 0.8468345

00:20:50.280 --> 00:20:52.074 Love him dearly, but he doesn't  
NOTE Confidence: 0.8468345

00:20:52.074 --> 00:20:54.670 want to be my narrative she call or  
NOTE Confidence: 0.8468345

00:20:54.670 --> 00:20:57.269 you're all the way over here with me.  
NOTE Confidence: 0.8468345

00:20:57.270 --> 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 --> 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 --> 00:21:05.584 what I think about. Then talk about it.  
NOTE Confidence: 0.8468345

00:21:05.584 --> 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 --> 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

NOTE Confidence: 0.8468345  
00:21:13.902 --> 00:21:14.406 reflection spectrum.  
NOTE Confidence: 0.8468345  
00:21:14.410 --> 00:21:15.964 So let me help you figure  
NOTE Confidence: 0.8468345  
00:21:15.964 --> 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 --> 00:21:21.458 I notice when someone gets a new haircut,  
NOTE Confidence: 0.8468345  
00:21:21.460 --> 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 --> 00:21:32.914 my learners,  
NOTE Confidence: 0.8468345  
00:21:32.914 --> 00:21:36.253 and my peers tell me about themselves.  
NOTE Confidence: 0.8468345  
00:21:36.260 --> 00:21:38.444 I can notice when something is bothering  
NOTE Confidence: 0.8468345  
00:21:38.444 --> 00:21:40.888 one of my learners or colleagues.  
NOTE Confidence: 0.8468345  
00:21:40.890 --> 00:21:43.404 I share what's going on with  
NOTE Confidence: 0.8468345  
00:21:43.404 --> 00:21:45.879 myself within reason and my teams.  
NOTE Confidence: 0.8468345

00:21:45.880 --> 00:21:47.332 Situations with patients,  
NOTE Confidence: 0.8468345

00:21:47.332 --> 00:21:49.752 their families and or learners  
NOTE Confidence: 0.8468345

00:21:49.752 --> 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 --> 00:21:56.829 to be in patient care often.  
NOTE Confidence: 0.8468345

00:21:56.830 --> 00:22:00.484 So as you reflect on those questions.  
NOTE Confidence: 0.8468345

00:22:00.490 --> 00:22:03.070 Think about where do you fall  
NOTE Confidence: 0.8468345

00:22:03.070 --> 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 --> 00:22:14.620 No matter where you fall  
NOTE Confidence: 0.8468345

00:22:14.620 --> 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 --> 00:22:17.466 any special training.  
NOTE Confidence: 0.8468345

00:22:17.470 --> 00:22:20.094 There's a way for all of us to  
NOTE Confidence: 0.8468345

00:22:20.094 --> 00:22:22.918 reflect in the way that works for us.

NOTE Confidence: 0.8468345  
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 --> 00:22:32.000 your car into the hospital,  
NOTE Confidence: 0.8468345  
00:22:32.000 --> 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 --> 00:22:41.209 You feel the air on your face.  
NOTE Confidence: 0.8468345  
00:22:41.210 --> 00:22:42.394 See what's going on.  
NOTE Confidence: 0.8468345  
00:22:42.394 --> 00:22:44.885 Then look again and then see if you  
NOTE Confidence: 0.8468345  
00:22:44.885 --> 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 --> 00:22:49.493 right?  
NOTE Confidence: 0.8468345

00:22:49.493 --> 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 --> 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 --> 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 --> 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 --> 00:23:11.780 And so that's an idea of just a little  
NOTE Confidence: 0.8468345

00:23:11.846 --> 00:23:13.461 simple reflection that can change  
NOTE Confidence: 0.8468345

00:23:13.461 --> 00:23:16.199 the way I think about being interrupted.  
NOTE Confidence: 0.8468345

00:23:16.200 --> 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 --> 00:23:21.330 to me to be here at Yale.

NOTE Confidence: 0.8468345

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 --> 00:23:27.645 Take a mental picture or a real one.

NOTE Confidence: 0.8468345

00:23:27.650 --> 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 --> 00:23:31.440 and I have this picture

NOTE Confidence: 0.8812765

00:23:31.492 --> 00:23:33.228 of this shell because I think that

NOTE Confidence: 0.8812765

00:23:33.228 --> 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 --> 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 --> 00:23:46.465 So reflection and action looks a lot of ways.

NOTE Confidence: 0.8812765

00:23:46.470 --> 00:23:48.174 Of course, as we know from

NOTE Confidence: 0.8812765

00:23:48.174 --> 00:23:49.026 the Writers Workshop,  
NOTE Confidence: 0.8812765

00:23:49.030 --> 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 --> 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 --> 00:24:01.642 telling your kids or having a  
NOTE Confidence: 0.8812765

00:24:01.642 --> 00:24:03.590 storytelling time at your dinner table.  
NOTE Confidence: 0.8812765

00:24:03.590 --> 00:24:05.630 That's what my family does.  
NOTE Confidence: 0.8812765

00:24:05.630 --> 00:24:08.546 Photos I'm a big fan of using my photo  
NOTE Confidence: 0.8812765

00:24:08.546 --> 00:24:10.882 collection in my iPhone just to remind  
NOTE Confidence: 0.8812765

00:24:10.882 --> 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 --> 00:24:21.107 on in a moment and there's also been

NOTE Confidence: 0.8812765

00:24:21.107 --> 00:24:23.725 times where I didn't have a picture

NOTE Confidence: 0.8812765

00:24:23.725 --> 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 --> 00:24:39.976 So just to show you an example

NOTE Confidence: 0.8812765

00:24:39.976 --> 00:24:41.800 of photos for reflection,

NOTE Confidence: 0.8812765

00:24:41.800 --> 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 --> 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 --> 00:24:52.840 2019, 'cause on November 15th,

NOTE Confidence: 0.8812765



00:24:52.840 --> 00:24:54.945 2012 my older sister Deanna  
NOTE Confidence: 0.8812765

00:24:54.945 --> 00:24:57.620 died of a sudden cardiac death.  
NOTE Confidence: 0.8812765

00:24:57.620 --> 00:25:00.308 On my phone is an image of her.  
NOTE Confidence: 0.8812765

00:25:00.310 --> 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 --> 00:25:12.365 she was an amazing cook like she was  
NOTE Confidence: 0.8812765

00:25:12.365 --> 00:25:14.864 the person who could bake and cook  
NOTE Confidence: 0.8812765

00:25:14.864 --> 00:25:17.118 all the all of the family recipes  
NOTE Confidence: 0.8812765

00:25:17.118 --> 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 --> 00:25:23.580 but one of the things that Deanna  
NOTE Confidence: 0.8812765

00:25:23.580 --> 00:25:25.694 made that was amazing was she  
NOTE Confidence: 0.8812765

00:25:25.694 --> 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,

NOTE Confidence: 0.8812765

00:25:29.160 --> 00:25:31.304 so she also on my wedding day gave

NOTE Confidence: 0.8812765

00:25:31.304 --> 00:25:33.559 me this box that was filled with

NOTE Confidence: 0.8812765

00:25:33.559 --> 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 --> 00:25:40.010 They're all super easy recipes.

NOTE Confidence: 0.8812765

00:25:40.010 --> 00:25:41.870 So after my sister passed away,

NOTE Confidence: 0.8812765

00:25:41.870 --> 00:25:43.956 we realized no one in our family

NOTE Confidence: 0.8812765

00:25:43.956 --> 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 --> 00:25:50.545 it was too hard of a recipe.

NOTE Confidence: 0.8812765

00:25:50.550 --> 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 --> 00:25:55.200 I was looking for that recipe.

NOTE Confidence: 0.8812765

00:25:55.200 --> 00:25:58.050 And of course it wasn't there.

NOTE Confidence: 0.8812765

00:25:58.050 --> 00:25:58.806 So I said,

NOTE Confidence: 0.8812765

00:25:58.806 --> 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 --> 00:26:03.180 How was really missing her?  
NOTE Confidence: 0.8812765

00:26:03.180 --> 00:26:03.692 In fact,  
NOTE Confidence: 0.8812765

00:26:03.692 --> 00:26:04.972 that's her shirt that I'm  
NOTE Confidence: 0.8812765

00:26:04.972 --> 00:26:06.690 wearing an I'm just missing her,  
NOTE Confidence: 0.8812765

00:26:06.690 --> 00:26:08.419 so I decided that I am going  
NOTE Confidence: 0.8812765

00:26:08.419 --> 00:26:10.088 to try from memory to make  
NOTE Confidence: 0.8812765

00:26:10.088 --> 00:26:11.816 her yeast rolls and my son,  
NOTE Confidence: 0.8812765

00:26:11.820 --> 00:26:13.170 who now has developed a  
NOTE Confidence: 0.8812765

00:26:13.170 --> 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 --> 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 --> 00:26:24.983 remember what she did and this was my

NOTE Confidence: 0.87722003

00:26:24.983 --> 00:26:27.198 rolls when they came out of the oven.

NOTE Confidence: 0.87722003

00:26:27.200 --> 00:26:29.084 And then this is just me

NOTE Confidence: 0.87722003

00:26:29.084 --> 00:26:30.340 sitting with that box,

NOTE Confidence: 0.87722003

00:26:30.340 --> 00:26:32.218 remembering and thinking about my sister.

NOTE Confidence: 0.87722003

00:26:32.220 --> 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 --> 00:26:39.136 I'll probably see something

NOTE Confidence: 0.87722003

00:26:39.136 --> 00:26:41.020 deeper that I hadn't seen before.

NOTE Confidence: 0.87722003

00:26:41.020 --> 00:26:43.029 And that was really an example of

NOTE Confidence: 0.87722003

00:26:43.029 --> 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 --> 00:26:47.919 the extraordinary in the ordinary.

NOTE Confidence: 0.87722003

00:26:47.920 --> 00:26:49.810 Now I moments where I'm very

NOTE Confidence: 0.87722003

00:26:49.810 --> 00:26:52.008 sad about the loss of my sister.

NOTE Confidence: 0.87722003

00:26:52.010 --> 00:26:53.888 We were only 20 months apart.

NOTE Confidence: 0.87722003

00:26:53.890 --> 00:26:55.510 But this habit of reflection  
NOTE Confidence: 0.87722003

00:26:55.510 --> 00:26:57.440 has allowed me to elevate and.  
NOTE Confidence: 0.87722003

00:26:57.440 --> 00:26:58.928 Amplify the most extraordinary  
NOTE Confidence: 0.87722003

00:26:58.928 --> 00:27:00.416 ordinary moments about us,  
NOTE Confidence: 0.87722003

00:27:00.420 --> 00:27:02.285 and one of those ordinary's  
NOTE Confidence: 0.87722003

00:27:02.285 --> 00:27:04.530 was me sitting next to her,  
NOTE Confidence: 0.87722003

00:27:04.530 --> 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 --> 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 --> 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 --> 00:27:19.570 new lessons in old experiences.  
NOTE Confidence: 0.87722003

00:27:19.570 --> 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 --> 00:27:24.716 I decided that I will become

NOTE Confidence: 0.87722003

00:27:24.716 --> 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 --> 00:27:32.145 10 mile are a person who had

NOTE Confidence: 0.87722003

00:27:32.145 --> 00:27:33.489 never even run a mile,

NOTE Confidence: 0.87722003

00:27:33.490 --> 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 --> 00:27:41.161 that and say hey that was really

NOTE Confidence: 0.87722003

00:27:41.161 --> 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 --> 00:27:46.493 And that was really cool, right?

NOTE Confidence: 0.87722003

00:27:46.493 --> 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.

NOTE Confidence: 0.87722003

00:27:51.434 --> 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 --> 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 --> 00:28:01.003 and I was really excited to be out  
NOTE Confidence: 0.87722003

00:28:01.003 --> 00:28:03.703 there to run this race in my sister's honor.  
NOTE Confidence: 0.87722003

00:28:03.710 --> 00:28:05.859 So while I was running the race,  
NOTE Confidence: 0.87722003

00:28:05.860 --> 00:28:07.858 I get to like Mile 8 and I turn  
NOTE Confidence: 0.87722003

00:28:07.858 --> 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 --> 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 --> 00:28:19.302 And I'm running and I see that heel  
NOTE Confidence: 0.87722003

00:28:19.302 --> 00:28:21.906 and I just say no way I'm done.  
NOTE Confidence: 0.87722003

00:28:21.910 --> 00:28:23.230 I have come this far.  
NOTE Confidence: 0.87722003

00:28:23.230 --> 00:28:25.588 I was a person who had never run before.

NOTE Confidence: 0.87722003

00:28:25.590 --> 00:28:26.638 This was really good.

NOTE Confidence: 0.87722003

00:28:26.638 --> 00:28:29.268 I mean I had a lot to be proud of,

NOTE Confidence: 0.87722003

00:28:29.270 --> 00:28:30.896 so I just started walking and

NOTE Confidence: 0.87722003

00:28:30.896 --> 00:28:32.531 I should mention that I signed

NOTE Confidence: 0.87722003

00:28:32.531 --> 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 --> 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 --> 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 --> 00:28:49.349 look and it's this person with this

NOTE Confidence: 0.86984384

00:28:49.349 --> 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 this person

NOTE Confidence: 0.86984384

00:28:54.989 --> 00:28:57.404 comes up to me and she says.

NOTE Confidence: 0.86984384



00:28:57.410 --> 00:28:59.430 Deanna sister, let's go,  
NOTE Confidence: 0.86984384

00:28:59.430 --> 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 --> 00:29:08.556 let's go and she starts running.  
NOTE Confidence: 0.86984384

00:29:08.560 --> 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 --> 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 --> 00:29:20.216 moved by this and she's amping up the  
NOTE Confidence: 0.86984384

00:29:20.216 --> 00:29:22.245 crowd saying come on Deanna sister  
NOTE Confidence: 0.86984384

00:29:22.245 --> 00:29:24.725 sort of crowd is like Dana says there  
NOTE Confidence: 0.86984384

00:29:24.725 --> 00:29:27.147 and I am Boo Hoo crying running this  
NOTE Confidence: 0.86984384

00:29:27.147 --> 00:29:29.861 race she ran two full miles with me  
NOTE Confidence: 0.86984384

00:29:29.861 --> 00:29:31.958 chanting Go Deanna sister you got  
NOTE Confidence: 0.86984384

00:29:31.958 --> 00:29:34.262 this Dana sister and when I got to  
NOTE Confidence: 0.86984384

00:29:34.262 --> 00:29:36.854 that she ran me all the way in and

NOTE Confidence: 0.86984384

00:29:36.854 --> 00:29:39.760 we got to the end she just stopped.

NOTE Confidence: 0.86984384

00:29:39.760 --> 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 --> 00:29:50.486 But the deeper meaning in this is that.

NOTE Confidence: 0.86984384

00:29:50.490 --> 00:29:52.793 How powerful was it for a stranger

NOTE Confidence: 0.86984384

00:29:52.793 --> 00:29:54.828 to choose to run beside me?

NOTE Confidence: 0.86984384

00:29:54.830 --> 00:29:57.168 Clearly she could have run much faster,

NOTE Confidence: 0.86984384

00:29:57.170 --> 00:30:00.257 but she chose to run with me and help.

NOTE Confidence: 0.86984384

00:30:00.260 --> 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 --> 00:30:07.270 all because she saw me trying and saw

NOTE Confidence: 0.86984384

00:30:07.270 --> 00:30:09.985 me slow down and I think a lot about

NOTE Confidence: 0.86984384

00:30:09.985 --> 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

NOTE Confidence: 0.86984384

00:30:14.085 --> 00:30:15.774 about her yelling hey, Deanna,  
NOTE Confidence: 0.86984384

00:30:15.774 --> 00:30:16.118 sister,  
NOTE Confidence: 0.86984384

00:30:16.118 --> 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 --> 00:30:24.802 This is an image taken of the front of  
NOTE Confidence: 0.8551029

00:30:24.802 --> 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 --> 00:30:31.471 the more we we play the story  
NOTE Confidence: 0.8551029

00:30:31.471 --> 00:30:33.660 over and over in our head we  
NOTE Confidence: 0.8551029

00:30:33.660 --> 00:30:35.850 can get new lessons as we grow.  
NOTE Confidence: 0.8551029

00:30:35.850 --> 00:30:38.370 So I had a resident once who happened to be  
NOTE Confidence: 0.8551029

00:30:38.432 --> 00:30:40.644 a black woman from Southern California who  
NOTE Confidence: 0.8551029

00:30:40.644 --> 00:30:43.359 had gone to a historically black college.  
NOTE Confidence: 0.8551029

00:30:43.360 --> 00:30:45.544 So I'm like wow, you know what?  
NOTE Confidence: 0.8551029

00:30:45.550 --> 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.

NOTE Confidence: 0.8551029

00:30:48.060 --> 00:30:50.244 I'm thinking that while this is a

NOTE Confidence: 0.8551029

00:30:50.244 --> 00:30:52.181 mentorship match made in heaven, right?

NOTE Confidence: 0.8551029

00:30:52.181 --> 00:30:54.036 Well, as it turns out,

NOTE Confidence: 0.8551029

00:30:54.040 --> 00:30:56.448 this resident did not feel that way

NOTE Confidence: 0.8551029

00:30:56.448 --> 00:30:58.806 and she had no problem trashing

NOTE Confidence: 0.8551029

00:30:58.806 --> 00:31:01.308 me on evaluations and letting me

NOTE Confidence: 0.8551029

00:31:01.308 --> 00:31:03.482 know all things that she didn't

NOTE Confidence: 0.8551029

00:31:03.482 --> 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 --> 00:31:11.500 the harder that I tried.

NOTE Confidence: 0.8551029

00:31:11.500 --> 00:31:13.543 And so I had sort of decided in my

NOTE Confidence: 0.8551029

00:31:13.543 --> 00:31:15.638 head that she was the problem right?

NOTE Confidence: 0.8551029

00:31:15.640 --> 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 --> 00:31:21.080 with a chip on her shoulder.

NOTE Confidence: 0.8551029

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 --> 00:31:25.890 that was it. But then I grew older.  
NOTE Confidence: 0.8551029

00:31:25.890 --> 00:31:27.080 And as I grew older,  
NOTE Confidence: 0.8551029

00:31:27.080 --> 00:31:28.606 I started to reflect on some of  
NOTE Confidence: 0.8551029

00:31:28.606 --> 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 --> 00:31:32.564 that resident and what happened was  
NOTE Confidence: 0.8551029

00:31:32.564 --> 00:31:34.157 when she got there and I realized  
NOTE Confidence: 0.8551029

00:31:34.157 --> 00:31:35.872 she was a black woman from an HBCU  
NOTE Confidence: 0.8551029

00:31:35.872 --> 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 --> 00:31:42.309 if she if she doesn't look good,  
NOTE Confidence: 0.8551029

00:31:42.310 --> 00:31:44.118 I don't look good and that she needs  
NOTE Confidence: 0.8551029

00:31:44.118 --> 00:31:46.115 to come to me for anything she needs.  
NOTE Confidence: 0.8551029

00:31:46.120 --> 00:31:47.548 But she needs to make sure

NOTE Confidence: 0.8551029

00:31:47.548 --> 00:31:48.500 that everything is tight.

NOTE Confidence: 0.8551029

00:31:48.500 --> 00:31:49.690 That's not a lecture that

NOTE Confidence: 0.8551029

00:31:49.690 --> 00:31:50.880 I gave to other residents,

NOTE Confidence: 0.8551029

00:31:50.880 --> 00:31:53.013 it was just something that I gave to her.

NOTE Confidence: 0.8551029

00:31:53.020 --> 00:31:54.240 And you know what?

NOTE Confidence: 0.8551029

00:31:54.240 --> 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 --> 00:32:02.186 Maybe she wasn't the only problem.

NOTE Confidence: 0.8551029

00:32:02.190 --> 00:32:04.290 Maybe I was part of the problem.

NOTE Confidence: 0.8551029

00:32:04.290 --> 00:32:06.882 Maybe I laid the minority tax on her as

NOTE Confidence: 0.8551029

00:32:06.882 --> 00:32:09.435 soon as she got here without her even

NOTE Confidence: 0.8551029

00:32:09.435 --> 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 --> 00:32:14.276 And so with time you played the

NOTE Confidence: 0.8551029

00:32:14.276 --> 00:32:16.106 stories over and over again and

NOTE Confidence: 0.8551029

00:32:16.106 --> 00:32:17.840 you see them new new meaning.  
NOTE Confidence: 0.8551029

00:32:17.840 --> 00:32:20.248 New lessons come from all of our reflections,  
NOTE Confidence: 0.8551029

00:32:20.250 --> 00:32:22.301 so it's never too late to continue  
NOTE Confidence: 0.8551029

00:32:22.301 --> 00:32:24.159 to reflect on the same story.  
NOTE Confidence: 0.8551029

00:32:24.160 --> 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 --> 00:32:34.700 at this image for a moment.  
NOTE Confidence: 0.8551029

00:32:34.700 --> 00:32:37.283 And think about what do you see  
NOTE Confidence: 0.8551029

00:32:37.283 --> 00:32:39.298 in this image? What do you see?  
NOTE Confidence: 0.8955308

00:32:46.460 --> 00:32:48.468 So the cool thing about a picture like  
NOTE Confidence: 0.8955308

00:32:48.468 --> 00:32:50.820 this is you can look and you can see  
NOTE Confidence: 0.8955308

00:32:50.820 --> 00:32:52.568 something and then you'll see something  
NOTE Confidence: 0.8955308

00:32:52.568 --> 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 --> 00:32:59.974 Looks like a father's with his son.

NOTE Confidence: 0.8955308

00:32:59.980 --> 00:33:02.170 Looks like they're walking in the

NOTE Confidence: 0.8955308

00:33:02.170 --> 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 --> 00:33:07.758 Maybe the team lost.

NOTE Confidence: 0.8955308

00:33:07.758 --> 00:33:09.143 Maybe the sun is sad.

NOTE Confidence: 0.8955308

00:33:09.150 --> 00:33:11.089 Maybe it's the end of the season.

NOTE Confidence: 0.8955308

00:33:11.090 --> 00:33:13.388 Maybe they lost the big game.

NOTE Confidence: 0.8955308

00:33:13.390 --> 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 --> 00:33:20.123 one who took the picture and it

NOTE Confidence: 0.8955308

00:33:20.123 --> 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 --> 00:33:27.485 really big game and he was really sad

NOTE Confidence: 0.8955308

00:33:27.485 --> 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

NOTE Confidence: 0.8955308



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 --> 00:33:36.336 world that has this narrative about  
NOTE Confidence: 0.8955308

00:33:36.336 --> 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 --> 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 --> 00:33:50.255 love and support and many of the  
NOTE Confidence: 0.8955308

00:33:50.255 --> 00:33:51.989 things the world thinks isn't there.  
NOTE Confidence: 0.9387699

00:33:54.460 --> 00:33:55.440 Look at this picture.  
NOTE Confidence: 0.9164839

00:33:59.120 --> 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 --> 00:34:06.392 because I can see all of the  
NOTE Confidence: 0.9164839

00:34:06.392 --> 00:34:08.359 emotion all of the support.  
NOTE Confidence: 0.9164839

00:34:08.360 --> 00:34:10.670 Everything that as a parent I fight

NOTE Confidence: 0.9164839

00:34:10.670 --> 00:34:13.278 for for those kids to stay connected.

NOTE Confidence: 0.9164839

00:34:13.280 --> 00:34:15.595 And that's the beauty of

NOTE Confidence: 0.9164839

00:34:15.595 --> 00:34:17.447 pictures for reflection too.

NOTE Confidence: 0.9164839

00:34:17.450 --> 00:34:19.786 This is an image taken in a hallway

NOTE Confidence: 0.9164839

00:34:19.786 --> 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 --> 00:34:26.642 the YD Wing and Grady Hospital was

NOTE Confidence: 0.9164839

00:34:26.642 --> 00:34:28.792 built in an H formation because it

NOTE Confidence: 0.9164839

00:34:28.792 --> 00:34:30.640 was a segregated hospital and so

NOTE Confidence: 0.9164839

00:34:30.705 --> 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 --> 00:34:36.588 where they first started moving those

NOTE Confidence: 0.9164839

00:34:36.588 --> 00:34:39.042 patients down the Hall from the air

NOTE Confidence: 0.9164839

00:34:39.042 --> 00:34:41.100 conditioned side with all the nice

NOTE Confidence: 0.9164839

00:34:41.170 --> 00:34:43.571 sheets over to the other side where

NOTE Confidence: 0.9164839

00:34:43.571 --> 00:34:45.621 everybody all of the black patients  
NOTE Confidence: 0.9164839

00:34:45.621 --> 00:34:47.840 had been and kind of made it.  
NOTE Confidence: 0.9164839

00:34:47.840 --> 00:34:49.646 A well integrated hospital after that.  
NOTE Confidence: 0.9164839

00:34:49.650 --> 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 --> 00:34:57.496 been able to use the good sheets.  
NOTE Confidence: 0.9164839

00:34:57.500 --> 00:34:59.306 Wouldn't have had air conditioning and  
NOTE Confidence: 0.9164839

00:34:59.306 --> 00:35:01.428 maybe wouldn't have even gotten care right?  
NOTE Confidence: 0.9164839

00:35:01.430 --> 00:35:03.678 So this is an image that just helps  
NOTE Confidence: 0.9164839

00:35:03.678 --> 00:35:05.958 me to think a little bit about  
NOTE Confidence: 0.9164839

00:35:05.958 --> 00:35:08.238 how far times have come and what  
NOTE Confidence: 0.9164839

00:35:08.238 --> 00:35:10.486 it means for me to even have the  
NOTE Confidence: 0.9164839

00:35:10.490 --> 00:35:12.597 opportunity to be a doctor at Grady.  
NOTE Confidence: 0.8692399

00:35:15.270 --> 00:35:18.280 I see this image all the time on my runs.  
NOTE Confidence: 0.8692399

00:35:18.280 --> 00:35:20.618 This little path runs through my neighborhood

NOTE Confidence: 0.8692399

00:35:20.618 --> 00:35:23.287 and I just thought it was a little path

NOTE Confidence: 0.8692399

00:35:23.287 --> 00:35:25.624 for people to be able to, you know.

NOTE Confidence: 0.8692399

00:35:25.624 --> 00:35:28.158 Get from one street to the other.

NOTE Confidence: 0.8692399

00:35:28.160 --> 00:35:30.288 I would later learn that it is what's

NOTE Confidence: 0.8692399

00:35:30.288 --> 00:35:32.469 called a servants path in a servants

NOTE Confidence: 0.8692399

00:35:32.469 --> 00:35:34.985 path was because people who look like me

NOTE Confidence: 0.8692399

00:35:34.985 --> 00:35:37.008 and this is right in my neighborhood.

NOTE Confidence: 0.8692399

00:35:37.010 --> 00:35:38.780 I like less than you know,

NOTE Confidence: 0.8692399

00:35:38.780 --> 00:35:41.050 a block from my house.

NOTE Confidence: 0.8692399

00:35:41.050 --> 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 --> 00:35:48.059 they had to take these servant paths

NOTE Confidence: 0.8692399

00:35:48.059 --> 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 --> 00:35:54.205 or catch public transportation.

NOTE Confidence: 0.8692399

00:35:54.210 --> 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 --> 00:35:58.260 which used to be segregated.  
NOTE Confidence: 0.8692399

00:35:58.260 --> 00:35:59.700 But as I see them,  
NOTE Confidence: 0.8692399

00:35:59.700 --> 00:36:01.516 I stop and I stare and I look  
NOTE Confidence: 0.8692399

00:36:01.516 --> 00:36:03.785 at the ground and I think what  
NOTE Confidence: 0.8692399

00:36:03.785 --> 00:36:05.185 does each layer represent?  
NOTE Confidence: 0.8692399

00:36:05.190 --> 00:36:07.284 What was going on when that  
NOTE Confidence: 0.8692399

00:36:07.284 --> 00:36:08.680 bottom layer was there?  
NOTE Confidence: 0.8692399

00:36:08.680 --> 00:36:10.885 And then I can kind of see the women  
NOTE Confidence: 0.8692399

00:36:10.885 --> 00:36:13.033 who look like me who were surely as  
NOTE Confidence: 0.8692399

00:36:13.033 --> 00:36:15.604 smart as me with their uniforms on and  
NOTE Confidence: 0.8692399

00:36:15.604 --> 00:36:17.896 tired and really wishing they could just  
NOTE Confidence: 0.8692399

00:36:17.896 --> 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

NOTE Confidence: 0.8692399

00:36:22.216 --> 00:36:23.080 because of segregation,

NOTE Confidence: 0.8692399

00:36:23.080 --> 00:36:24.820 we've come a long way and

NOTE Confidence: 0.8692399

00:36:24.820 --> 00:36:26.250 that isn't lost on me,

NOTE Confidence: 0.8692399

00:36:26.250 --> 00:36:28.224 a habit of reflection affords me the

NOTE Confidence: 0.8692399

00:36:28.224 --> 00:36:30.604 chance to see it and feel it and

NOTE Confidence: 0.8692399

00:36:30.604 --> 00:36:32.300 understand what's going on around me.

NOTE Confidence: 0.8783557

00:36:34.400 --> 00:36:37.216 This is a cake. As you can see.

NOTE Confidence: 0.8783557

00:36:37.220 --> 00:36:38.918 But it's not just any cake,

NOTE Confidence: 0.8783557

00:36:38.920 --> 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 --> 00:36:45.707 and this was a medical student that was very,

NOTE Confidence: 0.8783557

00:36:45.710 --> 00:36:47.684 very quiet in one of my students,

NOTE Confidence: 0.8783557

00:36:47.690 --> 00:36:49.110 small groups say very little,

NOTE Confidence: 0.8783557

00:36:49.110 --> 00:36:51.861 never really seemed to be too impressed

NOTE Confidence: 0.8783557

00:36:51.861 --> 00:36:54.416 with anything going on with the group

NOTE Confidence: 0.8783557

00:36:54.416 --> 00:36:56.780 always was prepared and did her work.

NOTE Confidence: 0.8783557

00:36:56.780 --> 00:36:58.160 But at the very last small

NOTE Confidence: 0.8783557

00:36:58.160 --> 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 --> 00:37:03.708 she made me this cake and I cut

NOTE Confidence: 0.8783557

00:37:03.708 --> 00:37:05.737 into the cake and I tasted it.

NOTE Confidence: 0.8783557

00:37:05.740 --> 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 --> 00:37:12.359 In the caller,

NOTE Confidence: 0.8783557

00:37:12.359 --> 00:37:14.270 then I ask her about this cake.

NOTE Confidence: 0.8783557

00:37:14.270 --> 00:37:15.370 What was the recipe?

NOTE Confidence: 0.8783557

00:37:15.370 --> 00:37:17.270 What kind of cake is it in?

NOTE Confidence: 0.8783557

00:37:17.270 --> 00:37:18.640 This is what she said.

NOTE Confidence: 0.8783557

00:37:18.640 --> 00:37:20.488 She said this is a cake that is

NOTE Confidence: 0.8783557

00:37:20.488 --> 00:37:22.554 made up of all of your favorite

NOTE Confidence: 0.8783557

00:37:22.554 --> 00:37:24.094 flavors over the year years.

NOTE Confidence: 0.8783557

00:37:24.100 --> 00:37:24.642 You see,

NOTE Confidence: 0.8783557

00:37:24.642 --> 00:37:26.539 this student always would bake for the

NOTE Confidence: 0.8783557

00:37:26.539 --> 00:37:28.375 small group and would bring in these

NOTE Confidence: 0.8783557

00:37:28.375 --> 00:37:30.680 these cakes to the small groups, right?

NOTE Confidence: 0.8783557

00:37:30.680 --> 00:37:33.000 And so some days,

NOTE Confidence: 0.8783557

00:37:33.000 --> 00:37:33.882 she said,

NOTE Confidence: 0.8783557

00:37:33.882 --> 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 --> 00:37:43.951 So it is a banana dark chocolate

NOTE Confidence: 0.8783557

00:37:43.951 --> 00:37:46.000 espresso dusted nut cake.

NOTE Confidence: 0.8783557

00:37:46.000 --> 00:37:47.692 That I made from scratch using

NOTE Confidence: 0.8783557

00:37:47.692 --> 00:37:49.489 all of your favorite flavors in.

NOTE Confidence: 0.8783557

00:37:49.490 --> 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.

NOTE Confidence: 0.8783557



00:37:53.860 --> 00:37:55.310 But she can't paid attention,  
NOTE Confidence: 0.8783557

00:37:55.310 --> 00:37:57.445 so sometimes the habit of reflection can  
NOTE Confidence: 0.8783557

00:37:57.445 --> 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 --> 00:38:01.992 because clearly she reflected  
NOTE Confidence: 0.8783557

00:38:01.992 --> 00:38:04.064 on what she could do to honor  
NOTE Confidence: 0.8783557

00:38:04.064 --> 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 --> 00:38:10.150 An image of three of our chief residents,  
NOTE Confidence: 0.8783557

00:38:10.150 --> 00:38:12.358 and they had all snuck to be in  
NOTE Confidence: 0.8783557

00:38:12.358 --> 00:38:14.767 the back of the room as one of  
NOTE Confidence: 0.8783557

00:38:14.767 --> 00:38:16.650 our Deans was getting an award.  
NOTE Confidence: 0.8783557

00:38:16.650 --> 00:38:18.477 At the medical school and it was  
NOTE Confidence: 0.8783557

00:38:18.477 --> 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 --> 00:38:24.342 but the fact that they were there just

NOTE Confidence: 0.8783557

00:38:24.342 --> 00:38:26.932 saying so much and I love the looks

NOTE Confidence: 0.8783557

00:38:26.932 --> 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 --> 00:38:39.164 This is a picture of my father.

NOTE Confidence: 0.94275695

00:38:39.170 --> 00:38:42.530 Anne, my brother.

NOTE Confidence: 0.94275695

00:38:42.530 --> 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 --> 00:38:49.509 reflect on what could be happening then,

NOTE Confidence: 0.94275695

00:38:49.510 --> 00:38:52.111 but I love looking at the picture as a

NOTE Confidence: 0.94275695

00:38:52.111 --> 00:38:54.584 counter narrative again to all the things

NOTE Confidence: 0.94275695

00:38:54.584 --> 00:38:57.448 people say about black men and black fathers.

NOTE Confidence: 0.94275695

00:38:57.450 --> 00:38:59.753 So some props for you to be

NOTE Confidence: 0.94275695

00:38:59.753 --> 00:39:01.819 able to reflect in your life.

NOTE Confidence: 0.94275695

00:39:01.820 --> 00:39:02.540 Pretty simple.

NOTE Confidence: 0.94275695

00:39:02.540 --> 00:39:03.980 Imagine any ordinary experience

NOTE Confidence: 0.94275695

00:39:03.980 --> 00:39:05.769 that you've had involving an  
NOTE Confidence: 0.94275695

00:39:05.769 --> 00:39:07.527 interaction with a patient or learner.  
NOTE Confidence: 0.94275695

00:39:07.530 --> 00:39:08.870 What was going on?  
NOTE Confidence: 0.94275695

00:39:08.870 --> 00:39:09.875 Who was there?  
NOTE Confidence: 0.94275695

00:39:09.880 --> 00:39:11.288 What was the context?  
NOTE Confidence: 0.94275695

00:39:11.288 --> 00:39:13.910 Find the good or the lesson in it.  
NOTE Confidence: 0.94275695

00:39:13.910 --> 00:39:15.254 The moment the relationship,  
NOTE Confidence: 0.94275695

00:39:15.254 --> 00:39:16.890 the situation, the big picture,  
NOTE Confidence: 0.94275695

00:39:16.890 --> 00:39:19.630 it's up to you to choose the focus.  
NOTE Confidence: 0.94275695

00:39:19.630 --> 00:39:21.310 Think about what's going on.  
NOTE Confidence: 0.94275695

00:39:21.310 --> 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 --> 00:39:27.094 or tell someone.  
NOTE Confidence: 0.94275695

00:39:27.094 --> 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 --> 00:39:35.704 And so I'm going to share with you

NOTE Confidence: 0.94275695

00:39:35.704 --> 00:39:37.844 something that I wrote about this

NOTE Confidence: 0.94275695

00:39:37.844 --> 00:39:40.599 very moment on this on this very day.

NOTE Confidence: 0.94275695

00:39:40.600 --> 00:39:43.020 So.

NOTE Confidence: 0.94275695

00:39:43.020 --> 00:39:44.748 It starts by me reflecting on

NOTE Confidence: 0.94275695

00:39:44.748 --> 00:39:46.600 a poem by Langston Hughes that

NOTE Confidence: 0.94275695

00:39:46.600 --> 00:39:48.185 says hold fast to dreams.

NOTE Confidence: 0.94275695

00:39:48.190 --> 00:39:49.530 For if dreams die,

NOTE Confidence: 0.94275695

00:39:49.530 --> 00:39:51.540 life is a broken wing of

NOTE Confidence: 0.94275695

00:39:51.622 --> 00:39:53.258 bird that cannot fly.

NOTE Confidence: 0.94275695

00:39:53.260 --> 00:39:54.708 Hold fast to dreams,

NOTE Confidence: 0.94275695

00:39:54.708 --> 00:39:57.399 for if dreams go life is a

NOTE Confidence: 0.94275695

00:39:57.399 --> 00:39:59.549 barren field frozen with snow.

NOTE Confidence: 0.94275695

00:39:59.550 --> 00:40:00.622 It was a random.

NOTE Confidence: 0.94275695

00:40:00.622 --> 00:40:01.962 Hallway conversation I saw this

NOTE Confidence: 0.94275695

00:40:01.962 --> 00:40:03.337 student standing there in the

NOTE Confidence: 0.94275695

00:40:03.337 --> 00:40:04.662 lobby in the medical school.

NOTE Confidence: 0.94275695

00:40:04.670 --> 00:40:05.216 One day,

NOTE Confidence: 0.94275695

00:40:05.216 --> 00:40:06.581 I realized that I'd seen

NOTE Confidence: 0.94275695

00:40:06.581 --> 00:40:07.860 her many times before,

NOTE Confidence: 0.94275695

00:40:07.860 --> 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 --> 00:40:15.745 to know most of the medical students

NOTE Confidence: 0.94275695

00:40:15.745 --> 00:40:17.841 at Emory who look like me.

NOTE Confidence: 0.94275695

00:40:17.841 --> 00:40:19.976 The discussion was mostly light,

NOTE Confidence: 0.94275695

00:40:19.980 --> 00:40:22.148 and in it I asked her questions about

NOTE Confidence: 0.94275695

00:40:22.148 --> 00:40:24.820 who her mentors were and what kinds of

NOTE Confidence: 0.94275695

00:40:24.820 --> 00:40:26.980 career aspirations were in her horizon,

NOTE Confidence: 0.94275695

00:40:26.980 --> 00:40:29.516 and she told me all of these things.

NOTE Confidence: 0.94275695

00:40:29.520 --> 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.

NOTE Confidence: 0.94275695

00:40:33.020 --> 00:40:34.172 I couldn't place it,

NOTE Confidence: 0.94275695

00:40:34.172 --> 00:40:35.612 but instead of subjecting her

NOTE Confidence: 0.94275695

00:40:35.612 --> 00:40:37.148 to some analysis instead,

NOTE Confidence: 0.94275695

00:40:37.150 --> 00:40:39.058 we just agreed to get to

NOTE Confidence: 0.94275695

00:40:39.058 --> 00:40:40.330 know each other better.

NOTE Confidence: 0.94275695

00:40:40.330 --> 00:40:43.516 And as we did I got to understand more

NOTE Confidence: 0.94275695

00:40:43.516 --> 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 --> 00:40:51.276 Stacy and I had begun Co mentoring

NOTE Confidence: 0.94275695

00:40:51.276 --> 00:40:52.898 a colleague and and in those

NOTE Confidence: 0.94275695

00:40:52.898 --> 00:40:54.218 tag team meetings we recognize

NOTE Confidence: 0.94275695

00:40:54.218 --> 00:40:57.480 that we were a hell of a team.

NOTE Confidence: 0.94275695

00:40:57.480 --> 00:40:59.562 So from there we became her

NOTE Confidence: 0.94275695

00:40:59.562 --> 00:41:00.603 ragtag mentoring team.

NOTE Confidence: 0.94275695

00:41:00.610 --> 00:41:01.156 And no,  
NOTE Confidence: 0.94275695

00:41:01.156 --> 00:41:03.340 we are not responsible for any of the  
NOTE Confidence: 0.94275695

00:41:03.402 --> 00:41:05.827 things she is successfully accomplished,  
NOTE Confidence: 0.94275695

00:41:05.830 --> 00:41:07.570 but we do stand ready,  
NOTE Confidence: 0.94275695

00:41:07.570 --> 00:41:09.645 willing and able to remind  
NOTE Confidence: 0.94275695

00:41:09.645 --> 00:41:12.380 her of who she is we do.  
NOTE Confidence: 0.94275695

00:41:12.380 --> 00:41:13.684 Here's the best part.  
NOTE Confidence: 0.94275695

00:41:13.684 --> 00:41:16.039 Every affirmation we give to her is  
NOTE Confidence: 0.94275695

00:41:16.039 --> 00:41:18.055 an affirmation we give to ourselves.  
NOTE Confidence: 0.94275695

00:41:18.060 --> 00:41:20.044 I see her and I think this is  
NOTE Confidence: 0.94275695

00:41:20.044 --> 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 --> 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 --> 00:41:32.100 has been has gives that same gift back to me.  
NOTE Confidence: 0.8471456

00:41:32.100 --> 00:41:35.182 We remind her of who she is when she hits it

NOTE Confidence: 0.8471456

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 --> 00:41:40.460 telling us of who we are on a day when

NOTE Confidence: 0.8471456

00:41:40.533 --> 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 --> 00:41:48.002 I saw her while walking into the entrance

NOTE Confidence: 0.8471456

00:41:48.002 --> 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 --> 00:41:56.698 knew that it was symbolic of soul so much.

NOTE Confidence: 0.8471456

00:41:56.700 --> 00:41:59.196 Things hard to put fingers on.

NOTE Confidence: 0.8471456

00:41:59.200 --> 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 --> 00:42:07.294 truly want to hold fast to what

NOTE Confidence: 0.8471456

00:42:07.294 --> 00:42:09.560 I'm supposed to be doing.

NOTE Confidence: 0.8471456

00:42:09.560 --> 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,

NOTE Confidence: 0.8471456



00:42:13.190 --> 00:42:16.320 and now more than ever, I believe it.  
NOTE Confidence: 0.8471456

00:42:16.320 --> 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 --> 00:42:26.157 I guess my point is nothing ever really is.  
NOTE Confidence: 0.8471456

00:42:26.160 --> 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 --> 00:42:36.674 on a beautiful,  
NOTE Confidence: 0.8471456

00:42:36.680 --> 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 --> 00:42:43.392 striving to become a doctor flanked  
NOTE Confidence: 0.8471456

00:42:43.392 --> 00:42:46.320 on both sides by two of her mentors,  
NOTE Confidence: 0.8471456

00:42:46.320 --> 00:42:49.371 both of whom not only look like her but  
NOTE Confidence: 0.8471456

00:42:49.371 --> 00:42:52.027 believe in her and are already doctors.  
NOTE Confidence: 0.8471456

00:42:52.030 --> 00:42:55.102 The light in her face in hours to

NOTE Confidence: 0.8471456

00:42:55.102 --> 00:42:57.427 his triumphant and hopeful and I

NOTE Confidence: 0.8471456

00:42:57.427 --> 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 --> 00:43:06.200 off of the ground and casting her high

NOTE Confidence: 0.8471456

00:43:06.200 --> 00:43:08.537 into the heavens to soar like an eagle,

NOTE Confidence: 0.8471456

00:43:08.540 --> 00:43:10.940 and her doing just that.

NOTE Confidence: 0.8471456

00:43:10.940 --> 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 --> 00:43:18.952 They simply expand to include more than any

NOTE Confidence: 0.8471456

00:43:18.952 --> 00:43:22.596 of us realize they ever could any of us.

NOTE Confidence: 0.7126818

00:43:25.710 --> 00:43:27.600 This is on the day that I

NOTE Confidence: 0.7126818

00:43:27.600 --> 00:43:29.380 hooded her at commencement.

NOTE Confidence: 0.7126818

00:43:29.380 --> 00:43:31.408 This is match day in graduation.

NOTE Confidence: 0.7126818

00:43:31.410 --> 00:43:35.046 She's board certified and doing great.  
NOTE Confidence: 0.7126818

00:43:35.050 --> 00:43:36.982 So pointers to help you with moments  
NOTE Confidence: 0.7126818

00:43:36.982 --> 00:43:39.230 like this is just to ask who you are.  
NOTE Confidence: 0.7126818

00:43:39.230 --> 00:43:40.966 What are some unique features that affect  
NOTE Confidence: 0.7126818

00:43:40.966 --> 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 --> 00:43:46.560 the moment and who was involved and what  
NOTE Confidence: 0.7126818

00:43:46.560 --> 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 --> 00:43:55.560 someone or an experience this week.  
NOTE Confidence: 0.8610589

00:43:55.560 --> 00:43:57.198 Find a photo from a special  
NOTE Confidence: 0.8610589

00:43:57.198 --> 00:43:58.530 moment and stare at it.  
NOTE Confidence: 0.8610589

00:43:58.530 --> 00:44:00.960 Take a few moments to look at it again.  
NOTE Confidence: 0.8610589

00:44:00.960 --> 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

NOTE Confidence: 0.8610589

00:44:03.318 --> 00:44:04.737 the moment or the person?

NOTE Confidence: 0.8610589

00:44:04.740 --> 00:44:06.390 Write it down or tell someone

NOTE Confidence: 0.8610589

00:44:06.390 --> 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 --> 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 --> 00:44:24.039 you have for me and my patients said to me.

NOTE Confidence: 0.8159334

00:44:24.040 --> 00:44:27.478 Do you know the words to the national anthem?

NOTE Confidence: 0.8159334

00:44:27.480 --> 00:44:29.960 And I said Oh my gosh, 'cause I was.

NOTE Confidence: 0.8159334

00:44:29.960 --> 00:44:33.109 This is around the time that there was a lot

NOTE Confidence: 0.8159334

00:44:33.109 --> 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 --> 00:44:39.889 'cause I'm not going, you know, disrespect.

NOTE Confidence: 0.8159334

00:44:39.889 --> 00:44:41.800 One of our Grady elders and she  
NOTE Confidence: 0.8159334

00:44:41.854 --> 00:44:43.398 sees it in my face and she go.  
NOTE Confidence: 0.8159334

00:44:43.400 --> 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 --> 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 --> 00:44:51.310 'cause you know y'all?  
NOTE Confidence: 0.8159334

00:44:51.310 --> 00:44:52.892 I went to Tuskegee so of course  
NOTE Confidence: 0.8159334

00:44:52.892 --> 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 --> 00:44:58.010 Lift every voice and sing of course.  
NOTE Confidence: 0.8159334

00:44:58.010 --> 00:44:59.956 And so I tell her just that.  
NOTE Confidence: 0.8159334

00:44:59.960 --> 00:45:01.906 And she looks at me and says.  
NOTE Confidence: 0.8159334

00:45:01.910 --> 00:45:04.022 But do you know all three verses now  
NOTE Confidence: 0.8159334

00:45:04.022 --> 00:45:06.458 at some point in my life I did know  
NOTE Confidence: 0.8159334

00:45:06.458 --> 00:45:08.330 all three verses in middle school.

NOTE Confidence: 0.8159334

00:45:08.330 --> 00:45:10.490 I had to learn it for Black History

NOTE Confidence: 0.8159334

00:45:10.490 --> 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 --> 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 --> 00:45:20.649 needed to sing all three verses.

NOTE Confidence: 0.8159334

00:45:20.650 --> 00:45:22.610 But it had been like 30 years

NOTE Confidence: 0.8159334

00:45:22.610 --> 00:45:23.450 since they happened,

NOTE Confidence: 0.8159334

00:45:23.450 --> 00:45:25.466 so I was not really in a point where

NOTE Confidence: 0.8159334

00:45:25.466 --> 00:45:27.647 I could remember all three verses.

NOTE Confidence: 0.8159334

00:45:27.650 --> 00:45:28.666 So I was honest.

NOTE Confidence: 0.8159334

00:45:28.666 --> 00:45:30.523 I said I don't remember the other

NOTE Confidence: 0.8159334

00:45:30.523 --> 00:45:32.385 two verses and she said you need

NOTE Confidence: 0.8159334

00:45:32.385 --> 00:45:34.208 to know to other verses because

NOTE Confidence: 0.8159334

00:45:34.208 --> 00:45:36.361 see the first verse tells you to  
NOTE Confidence: 0.8159334

00:45:36.361 --> 00:45:38.538 make a joyful noise for all that  
NOTE Confidence: 0.8159334

00:45:38.538 --> 00:45:40.429 your people have been through.  
NOTE Confidence: 0.8159334

00:45:40.430 --> 00:45:44.070 The second verse helps you to remember.  
NOTE Confidence: 0.8159334

00:45:44.070 --> 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 --> 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 --> 00:45:55.826 You probably can get through it.  
NOTE Confidence: 0.8159334

00:45:55.830 --> 00:45:57.456 But that last one is her,  
NOTE Confidence: 0.8159334

00:45:57.460 --> 00:45:59.259 she said is my favorite because that's  
NOTE Confidence: 0.8159334

00:45:59.259 --> 00:46:01.538 the one that tells you to give glory and  
NOTE Confidence: 0.8159334

00:46:01.538 --> 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 --> 00:46:06.940 that you can't make it through next.  
NOTE Confidence: 0.8159334

00:46:06.940 --> 00:46:08.739 And so I pulled out my phone

NOTE Confidence: 0.8159334

00:46:08.739 --> 00:46:10.459 and I was just like OK.

NOTE Confidence: 0.8159334

00:46:10.460 --> 00:46:13.170 Well do you want me to play it for you?

NOTE Confidence: 0.8159334

00:46:13.170 --> 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 --> 00:46:22.699 And I did.

NOTE Confidence: 0.8159334

00:46:22.700 --> 00:46:25.337 By the time I got to the last verse,

NOTE Confidence: 0.8159334

00:46:25.340 --> 00:46:26.165 I was crying.

NOTE Confidence: 0.8159334

00:46:26.165 --> 00:46:28.849 The nurse on the floor with me was crying.

NOTE Confidence: 0.8159334

00:46:28.850 --> 00:46:30.530 The person on the other side

NOTE Confidence: 0.8159334

00:46:30.530 --> 00:46:32.370 of the curtain was crying too,

NOTE Confidence: 0.8159334

00:46:32.370 --> 00:46:34.392 and I have never heard that

NOTE Confidence: 0.8159334

00:46:34.392 --> 00:46:36.180 song the same since then.

NOTE Confidence: 0.8159334

00:46:36.180 --> 00:46:38.268 I go and I listen to every version

NOTE Confidence: 0.8159334

00:46:38.268 --> 00:46:40.728 I can get my hands on him every time

NOTE Confidence: 0.8159334



00:46:40.728 --> 00:46:42.959 I hear the words in a different  
NOTE Confidence: 0.8159334

00:46:42.959 --> 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 --> 00:46:48.785 down into something so every day  
NOTE Confidence: 0.8851289

00:46:48.785 --> 00:46:50.563 and to me that lift every voice  
NOTE Confidence: 0.8851289

00:46:50.563 --> 00:46:52.635 and sing is an ordinary in my life,  
NOTE Confidence: 0.8851289

00:46:52.640 --> 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 --> 00:46:57.350 and because of that reflection.  
NOTE Confidence: 0.8851289

00:46:57.350 --> 00:47:00.108 And now I get to reflect even  
NOTE Confidence: 0.8851289

00:47:00.108 --> 00:47:02.640 deeper by telling you that story.  
NOTE Confidence: 0.8851289

00:47:02.640 --> 00:47:04.482 So I'm going to share this  
NOTE Confidence: 0.8851289

00:47:04.482 --> 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 --> 00:47:11.105 School of Medicine and in honor  
NOTE Confidence: 0.8851289

00:47:11.105 --> 00:47:13.436 of my patient we are savoring the

NOTE Confidence: 0.8851289  
00:47:13.436 --> 00:47:15.860 words to lift every voice and sing.  
NOTE Confidence: 0.7541025  
00:47:22.400 --> 00:47:25.682 Lift every voice and sing till  
NOTE Confidence: 0.7541025  
00:47:25.682 --> 00:47:28.522 earth and heaven ring ring  
NOTE Confidence: 0.7541025  
00:47:28.522 --> 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 --> 00:47:37.360 as the listening skies let it  
NOTE Confidence: 0.7541025  
00:47:37.360 --> 00:47:40.965 resound loud as the rolling see.  
NOTE Confidence: 0.7541025  
00:47:40.965 --> 00:47:44.056 Sing a song full of the faith  
NOTE Confidence: 0.7541025  
00:47:44.056 --> 00:47:47.318 that the Dark Pass has taught us.  
NOTE Confidence: 0.7541025  
00:47:47.320 --> 00:47:49.006 Sing a song.  
NOTE Confidence: 0.7541025  
00:47:49.006 --> 00:47:52.940 Full of the hope that the president  
NOTE Confidence: 0.7541025  
00:47:52.940 --> 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 --> 00:48:03.050 March on till victory is 1. Stony  
NOTE Confidence: 0.74961025  
00:48:03.050 --> 00:48:06.500 the road we trod bitter the chesaning Rod  
NOTE Confidence: 0.74961025

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 --> 00:48:16.409 Have not our weary feet come to the place  
NOTE Confidence: 0.74961025

00:48:16.410 --> 00:48:19.760 for which her father side?  
NOTE Confidence: 0.74961025

00:48:19.760 --> 00:48:22.220 We have come over away with tears  
NOTE Confidence: 0.805901663636363

00:48:22.220 --> 00:48:23.591 has been watered.  
NOTE Confidence: 0.805901663636363

00:48:23.591 --> 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 --> 00:48:30.206 slaughter out from the gloomy  
NOTE Confidence: 0.805901663636363

00:48:30.206 --> 00:48:32.906 past till now we stand at last,  
NOTE Confidence: 0.805901663636363

00:48:32.906 --> 00:48:34.838 where the white gleam of  
NOTE Confidence: 0.805901663636363

00:48:34.838 --> 00:48:38.390 our bright stars cast. God  
NOTE Confidence: 0.8361554

00:48:38.390 --> 00:48:40.016 of our weary years.  
NOTE Confidence: 0.8361554

00:48:40.016 --> 00:48:42.946 God of our silent tears.  
NOTE Confidence: 0.8361554

00:48:42.950 --> 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

NOTE Confidence: 0.764098075

00:48:48.984 --> 00:48:52.070 might lead us into the light. Keep

NOTE Confidence: 0.74429965

00:48:52.070 --> 00:48:54.716 us forever on the path we

NOTE Confidence: 0.74429965

00:48:54.720 --> 00:48:56.920 pray lest our feet stray

NOTE Confidence: 0.74429965

00:48:56.920 --> 00:49:01.330 from the places are God where we met the less

NOTE Confidence: 0.74429965

00:49:01.330 --> 00:49:03.540 our hearts drunk with the

NOTE Confidence: 0.74429965

00:49:03.540 --> 00:49:06.450 wine of the Lord we forget

NOTE Confidence: 0.74429965

00:49:06.450 --> 00:49:09.489 shadowed beneath my hand may we

NOTE Confidence: 0.74429965

00:49:09.489 --> 00:49:12.928 forever stand. True to our God.

NOTE Confidence: 0.74429965

00:49:12.928 --> 00:49:17.130 And true to our native. Land.

NOTE Confidence: 0.87487376

00:49:28.750 --> 00:49:31.130 Some closing there is always

NOTE Confidence: 0.87487376

00:49:31.130 --> 00:49:33.510 deeper meaning if you look.

NOTE Confidence: 0.87487376

00:49:33.510 --> 00:49:36.094 And you look. And then you look again.

NOTE Confidence: 0.861403

00:49:38.240 --> 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 --> 00:49:44.100 it helps us to find deeper meaning in

NOTE Confidence: 0.861403

00:49:44.100 --> 00:49:47.139 our work and what gets your attention

NOTE Confidence: 0.861403

00:49:47.139 --> 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 --> 00:49:54.530 is for anybody with eyes and a soul.

NOTE Confidence: 0.861403

00:49:54.530 --> 00:49:57.050 And who wants to feel connection?

NOTE Confidence: 0.861403

00:49:57.050 --> 00:49:58.750 Seeing things in larger

NOTE Confidence: 0.861403

00:49:58.750 --> 00:50:00.025 context changes perspective.

NOTE Confidence: 0.9305924

00:50:02.080 --> 00:50:05.840 And what you see is what you get.

NOTE Confidence: 0.9305924

00:50:05.840 --> 00:50:09.020 And remember, it's many times with

NOTE Confidence: 0.9305924

00:50:09.020 --> 00:50:12.210 those around you get to. Thank you.

NOTE Confidence: 0.91343665

00:50:20.010 --> 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 --> 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 --> 00:50:46.409 with Amanda Calhoun who is a resident

NOTE Confidence: 0.9177671

00:50:46.409 --> 00:50:49.558 in the Solnit combined Adult and Child

NOTE Confidence: 0.9177671

00:50:49.558 --> 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 --> 00:51:02.615 Take that one. Sure,

NOTE Confidence: 0.85436827

00:51:02.615 --> 00:51:05.398 and thank you so much Doctor Manning.

NOTE Confidence: 0.85436827

00:51:05.400 --> 00:51:07.776 Another round of applause for you.

NOTE Confidence: 0.85436827

00:51:07.780 --> 00:51:09.364 Just amazing amazing delivery

NOTE Confidence: 0.85436827

00:51:09.364 --> 00:51:11.344 and presentation and loved it.

NOTE Confidence: 0.85436827

00:51:11.350 --> 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 --> 00:51:16.908 have delivered build

NOTE Confidence: 0.86275095

00:51:16.908 --> 00:51:18.096 branches, humanism faculty

NOTE Confidence: 0.86275095

00:51:18.100 --> 00:51:20.090 development curriculum here at Yale.

NOTE Confidence: 0.86275095

00:51:20.090 --> 00:51:22.464 What are your thoughts about faculty

NOTE Confidence: 0.86275095

00:51:22.464 --> 00:51:24.449 development for reflection and making

NOTE Confidence: 0.86275095

00:51:24.449 --> 00:51:26.038 purposeful communities of practice

NOTE Confidence: 0.86275095

00:51:26.038 --> 00:51:28.817 and also given Emery has been doing

NOTE Confidence: 0.86275095

00:51:28.817 --> 00:51:30.806 this faculty development for awhile,

NOTE Confidence: 0.86275095

00:51:30.806 --> 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 --> 00:51:38.985 So I think faculty development

NOTE Confidence: 0.8375606

00:51:38.985 --> 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 --> 00:51:45.060 up for that faculty development.

NOTE Confidence: 0.8375606

00:51:45.060 --> 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 --> 00:51:51.540 arrest centering around reflection.

NOTE Confidence: 0.8375606

00:51:51.540 --> 00:51:53.970 We've done several and and it's

NOTE Confidence: 0.8375606

00:51:53.970 --> 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,

NOTE Confidence: 0.8375606

00:51:59.640 --> 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 --> 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 --> 00:52:09.988 you know I became a leader in our

NOTE Confidence: 0.8375606

00:52:09.988 --> 00:52:12.498 Department and in our resident conferences.

NOTE Confidence: 0.8375606

00:52:12.500 --> 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 --> 00:52:18.210 we have four residents get

NOTE Confidence: 0.8375606

00:52:18.210 --> 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 --> 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,

NOTE Confidence: 0.8375606



00:52:28.560 --> 00:52:29.378 black residents,  
NOTE Confidence: 0.8375606

00:52:29.378 --> 00:52:32.241 it was all different residents and we  
NOTE Confidence: 0.8375606

00:52:32.241 --> 00:52:34.624 coach them on how to tell a story.  
NOTE Confidence: 0.8375606

00:52:34.630 --> 00:52:36.838 You know, kind of following them.  
NOTE Confidence: 0.8375606

00:52:36.840 --> 00:52:38.934 The moth format and really you  
NOTE Confidence: 0.8375606

00:52:38.934 --> 00:52:40.715 know residents now we're sort  
NOTE Confidence: 0.8375606

00:52:40.715 --> 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 --> 00:52:46.558 talks and storytelling and such,  
NOTE Confidence: 0.8375606

00:52:46.560 --> 00:52:50.030 so I think that says a lot about our culture.  
NOTE Confidence: 0.8706854

00:52:58.070 --> 00:52:59.858 I'm going to read the next.  
NOTE Confidence: 0.8706854

00:52:59.860 --> 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 --> 00:53:05.220 I've used that issues I had with me.  
NOTE Confidence: 0.84171087

00:53:08.070 --> 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.

NOTE Confidence: 0.84171087

00:53:11.920 --> 00:53:14.488 This crybaby salutes you Doctor Manning.

NOTE Confidence: 0.84171087

00:53:14.490 --> 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 --> 00:53:21.420 Good job and not crying.

NOTE Confidence: 0.84171087

00:53:21.420 --> 00:53:23.190 I cried for you, flattering imitation,

NOTE Confidence: 0.84171087

00:53:23.190 --> 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 --> 00:53:29.110 Let's include not just us docs,

NOTE Confidence: 0.84171087

00:53:29.110 --> 00:53:30.886 but everyone who touches a patient.

NOTE Confidence: 0.84171087

00:53:30.890 --> 00:53:33.240 Thank you.

NOTE Confidence: 0.84171087

00:53:33.240 --> 00:53:35.319 So I have a related question that

NOTE Confidence: 0.84171087

00:53:35.319 --> 00:53:37.727 I will just pop in there which is.

NOTE Confidence: 0.87907124

00:53:40.530 --> 00:53:42.510 People who are here listening to

NOTE Confidence: 0.87907124

00:53:42.510 --> 00:53:44.764 now and pretty much anybody who

NOTE Confidence: 0.87907124

00:53:44.764 --> 00:53:46.939 experiences a conversation with you.

NOTE Confidence: 0.87907124

00:53:46.940 --> 00:53:49.492 I think you can talk them into the  
NOTE Confidence: 0.87907124

00:53:49.492 --> 00:53:51.927 value of reflection and make it  
NOTE Confidence: 0.87907124

00:53:51.927 --> 00:53:54.507 just crystal clear how much meaning  
NOTE Confidence: 0.87907124

00:53:54.587 --> 00:53:56.735 and enjoy can come from that.  
NOTE Confidence: 0.87907124

00:53:56.740 --> 00:53:59.351 But there are those who are reluctant  
NOTE Confidence: 0.87907124

00:53:59.351 --> 00:54:01.666 and who hear the word reflection  
NOTE Confidence: 0.87907124

00:54:01.666 --> 00:54:04.277 and kind of run the other way.  
NOTE Confidence: 0.87907124

00:54:04.280 --> 00:54:07.256 And here at the medical school we have  
NOTE Confidence: 0.87907124

00:54:07.256 --> 00:54:09.268 required reflective writing workshops for  
NOTE Confidence: 0.87907124

00:54:09.268 --> 00:54:12.054 the students on their clinical year and.  
NOTE Confidence: 0.87907124

00:54:12.060 --> 00:54:14.300 Many of them love it and there  
NOTE Confidence: 0.87907124

00:54:14.300 --> 00:54:16.940 are always a few who are.  
NOTE Confidence: 0.87907124

00:54:16.940 --> 00:54:18.053 Just are not.  
NOTE Confidence: 0.87907124

00:54:18.053 --> 00:54:20.660 It's not their thing and they can't.  
NOTE Confidence: 0.87907124

00:54:20.660 --> 00:54:21.548 They can't.  
NOTE Confidence: 0.87907124

00:54:21.548 --> 00:54:24.656 They can't make it their thing or.

NOTE Confidence: 0.87907124

00:54:24.660 --> 00:54:27.702 How do you? How do you deal with those?

NOTE Confidence: 0.87907124

00:54:27.710 --> 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 --> 00:54:36.742 is us to, you know, a lot of times

NOTE Confidence: 0.86555296

00:54:36.742 --> 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 --> 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 --> 00:54:49.724 wrong that I really think about myself

NOTE Confidence: 0.86555296

00:54:49.724 --> 00:54:52.296 and I think that sometimes you know we

NOTE Confidence: 0.86555296

00:54:52.296 --> 00:54:54.591 have to present people with other ways

NOTE Confidence: 0.86555296

00:54:54.591 --> 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 --> 00:55:00.327 so I've done quite a few things.

NOTE Confidence: 0.86555296

00:55:00.330 --> 00:55:03.048 I've had. People compose a tweet.  
NOTE Confidence: 0.86555296

00:55:03.050 --> 00:55:04.630 280 characters, 55 horror stories.  
NOTE Confidence: 0.86555296

00:55:04.630 --> 00:55:07.948 I know you all do those.  
NOTE Confidence: 0.86555296

00:55:07.950 --> 00:55:10.145 The 55 war story then  
NOTE Confidence: 0.86555296

00:55:10.145 --> 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 --> 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 --> 00:55:23.216 compliant that they see in that they  
NOTE Confidence: 0.86555296

00:55:23.216 --> 00:55:25.170 noticed and then show it to the team.  
NOTE Confidence: 0.86555296

00:55:25.170 --> 00:55:26.822 And in fact I even show them  
NOTE Confidence: 0.86555296

00:55:26.822 --> 00:55:28.450 how to use photo editors.  
NOTE Confidence: 0.86555296

00:55:28.450 --> 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,

NOTE Confidence: 0.86555296

00:55:32.540 --> 00:55:34.424 smart pix art or something like

NOTE Confidence: 0.86555296

00:55:34.424 --> 00:55:36.702 that to really deep in it so that

NOTE Confidence: 0.86555296

00:55:36.702 --> 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 --> 00:55:42.446 they have filters put through them.

NOTE Confidence: 0.86555296

00:55:42.450 --> 00:55:44.250 So that I could really appreciate

NOTE Confidence: 0.86555296

00:55:44.250 --> 00:55:45.450 the picture even more,

NOTE Confidence: 0.86555296

00:55:45.450 --> 00:55:47.200 and some of the people that are

NOTE Confidence: 0.86555296

00:55:47.200 --> 00:55:49.056 the the the biggest like against

NOTE Confidence: 0.86555296

00:55:49.056 --> 00:55:51.150 reflecting find a way to reflect.

NOTE Confidence: 0.86555296

00:55:51.150 --> 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 --> 00:55:57.170 I just think some people it's not their

NOTE Confidence: 0.86555296

00:55:57.170 --> 00:55:59.845 jamman it's OK for it not to be your jam.

NOTE Confidence: 0.8899059

00:56:02.670 --> 00:56:06.230 Thank you, that's a great answer. Amanda.

NOTE Confidence: 0.8826101

00:56:08.070 --> 00:56:10.460 So I see another question here and  
NOTE Confidence: 0.8826101

00:56:10.460 --> 00:56:12.840 it says this morning I saw some  
NOTE Confidence: 0.8826101

00:56:12.840 --> 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 --> 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 --> 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 --> 00:56:27.097 for privacy and taking breaths  
NOTE Confidence: 0.8826101

00:56:27.097 --> 00:56:28.530 at times, great question.  
NOTE Confidence: 0.8266068

00:56:29.440 --> 00:56:31.400 So Laura was um Co.  
NOTE Confidence: 0.8266068

00:56:31.400 --> 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 --> 00:56:43.972 Milpitas resident and I remember

NOTE Confidence: 0.8266068

00:56:43.972 --> 00:56:46.564 I got very good at resuscitating

NOTE Confidence: 0.8266068

00:56:46.564 --> 00:56:49.214 patients and I remember running and

NOTE Confidence: 0.8266068

00:56:49.214 --> 00:56:51.444 resuscitating this patient a baby

NOTE Confidence: 0.8266068

00:56:51.444 --> 00:56:53.494 without knowing what the dates were

NOTE Confidence: 0.8266068

00:56:53.494 --> 00:56:56.597 and I and I feel really bad about

NOTE Confidence: 0.8266068

00:56:56.597 --> 00:56:58.589 about that resuscitation because.

NOTE Confidence: 0.8266068

00:56:58.590 --> 00:57:00.830 For about 10 days that baby was

NOTE Confidence: 0.8266068

00:57:00.830 --> 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 --> 00:57:06.985 and I remember just feeling like I

NOTE Confidence: 0.8266068

00:57:06.985 --> 00:57:09.420 was going to suffocate and I made it

NOTE Confidence: 0.8266068

00:57:09.420 --> 00:57:12.098 into a stairwell an I mean woo I was

NOTE Confidence: 0.8266068

00:57:12.098 --> 00:57:14.488 Boo Hoo crying and nobody came in there.

NOTE Confidence: 0.8266068

00:57:14.490 --> 00:57:16.660 I just got to get it all out and I

NOTE Confidence: 0.8266068

00:57:16.724 --> 00:57:19.094 think about residents calling me from

NOTE Confidence: 0.8266068



00:57:19.094 --> 00:57:21.567 stairwells and me trying to gather my  
NOTE Confidence: 0.8266068

00:57:21.567 --> 00:57:23.794 thoughts in a stairwell so I I find  
NOTE Confidence: 0.8266068

00:57:23.794 --> 00:57:26.226 them to be you know a nice little  
NOTE Confidence: 0.8266068

00:57:26.226 --> 00:57:28.819 place to kind of gather your thoughts.  
NOTE Confidence: 0.8266068

00:57:28.820 --> 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 --> 00:57:35.410 can take my mind off of something.  
NOTE Confidence: 0.8266068

00:57:35.410 --> 00:57:35.910 So yeah,  
NOTE Confidence: 0.8266068

00:57:35.910 --> 00:57:37.910 I think there's a like a a sacred  
NOTE Confidence: 0.8266068

00:57:37.974 --> 00:57:40.119 thing about stairwells in hospitals.  
NOTE Confidence: 0.8266068

00:57:40.120 --> 00:57:42.318 They all kind of look the same,  
NOTE Confidence: 0.8266068

00:57:42.320 --> 00:57:42.950 don't they?  
NOTE Confidence: 0.81778383

00:57:49.800 --> 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 --> 00:57:58.948 and his question is,

NOTE Confidence: 0.81778383

00:57:58.950 --> 00:58:00.942 have you seen any downstream

NOTE Confidence: 0.81778383

00:58:00.942 --> 00:58:02.937 effects of your initiatives of

NOTE Confidence: 0.81778383

00:58:02.937 --> 00:58:05.319 the hospital such as or resident,

NOTE Confidence: 0.81778383

00:58:05.320 --> 00:58:06.916 such as resident Wellness,

NOTE Confidence: 0.81778383

00:58:06.916 --> 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 --> 00:58:15.939 thing to put your finger on,

NOTE Confidence: 0.84158564

00:58:15.940 --> 00:58:19.510 but you know you know it when you see it.

NOTE Confidence: 0.84158564

00:58:19.510 --> 00:58:22.460 I think. I think we we really do have a

NOTE Confidence: 0.84158564

00:58:22.536 --> 00:58:25.936 culture of cultural humility and of you know,

NOTE Confidence: 0.84158564

00:58:25.940 --> 00:58:27.690 creating spaces for people to

NOTE Confidence: 0.84158564

00:58:27.690 --> 00:58:29.860 have a soft place to land.

NOTE Confidence: 0.84158564

00:58:29.860 --> 00:58:31.834 I mean, I think that translates

NOTE Confidence: 0.84158564

00:58:31.834 --> 00:58:33.790 on into both patient outcomes.

NOTE Confidence: 0.84158564

00:58:33.790 --> 00:58:34.843 An resident Wellness.

NOTE Confidence: 0.84158564

00:58:34.843 --> 00:58:37.720 I I can't really give you our data.  
NOTE Confidence: 0.84158564

00:58:37.720 --> 00:58:41.626 You know Doctor Pius, but what I will say.  
NOTE Confidence: 0.84158564

00:58:41.630 --> 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 --> 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 --> 00:58:55.790 see over zone that you just look a  
NOTE Confidence: 0.84158564

00:58:55.790 --> 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 --> 00:59:02.506 That can lead to an intervention  
NOTE Confidence: 0.84158564

00:59:02.506 --> 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 --> 00:59:09.133 I think right now the best example  
NOTE Confidence: 0.84158564

00:59:09.133 --> 00:59:11.220 is our patients. Who are, you know.  
NOTE Confidence: 0.84158564

00:59:11.220 --> 00:59:13.450 Not sure about accepting the chobit vaccine,

NOTE Confidence: 0.84158564

00:59:13.450 --> 00:59:13.962 you know?

NOTE Confidence: 0.84158564

00:59:13.962 --> 00:59:16.010 I think that this idea of us building

NOTE Confidence: 0.84158564

00:59:16.071 --> 00:59:17.896 patience and respect and understanding

NOTE Confidence: 0.84158564

00:59:17.896 --> 00:59:20.518 that every black patient who says no to

NOTE Confidence: 0.84158564

00:59:20.518 --> 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 --> 00:59:26.414 Sometimes they just have a reason

NOTE Confidence: 0.84158564

00:59:26.414 --> 00:59:28.690 and you didn't ask them what it was.

NOTE Confidence: 0.84158564

00:59:28.690 --> 00:59:30.810 And so I do think that this culture

NOTE Confidence: 0.84158564

00:59:30.810 --> 00:59:33.314 of us trying to give to our patients

NOTE Confidence: 0.84158564

00:59:33.314 --> 00:59:35.429 where we will want given to us.

NOTE Confidence: 0.84158564

00:59:35.430 --> 00:59:37.348 I think I feel like that's sort

NOTE Confidence: 0.84158564

00:59:37.348 --> 00:59:39.165 of permeated and I believe that

NOTE Confidence: 0.84158564

00:59:39.165 --> 00:59:40.405 you know our residents.

NOTE Confidence: 0.84158564

00:59:40.410 --> 00:59:42.330 They're better than us, their generation.

NOTE Confidence: 0.84158564

00:59:42.330 --> 00:59:44.010 This generation they are such good people

NOTE Confidence: 0.84158564

00:59:44.010 --> 00:59:45.797 and I'm just trying to be like them.

NOTE Confidence: 0.84158564

00:59:45.800 --> 00:59:46.481 To be honest.

NOTE Confidence: 0.84158564

00:59:46.481 --> 00:59:47.843 You mean I don't care what

NOTE Confidence: 0.84158564

00:59:47.843 --> 00:59:49.257 anybody says they think that oh,

NOTE Confidence: 0.84158564

00:59:49.260 --> 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 --> 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 --> 00:59:57.350 a lot we can learn from them.

NOTE Confidence: 0.736408745714286

00:59:59.430 --> 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 --> 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 --> 01:00:08.818 and it's at another institution now.

NOTE Confidence: 0.736408745714286  
01:00:08.820 --> 01:00:10.548 Thank you for this excellent talk.  
NOTE Confidence: 0.736408745714286  
01:00:10.550 --> 01:00:11.706 I've enjoyed your reflections  
NOTE Confidence: 0.736408745714286  
01:00:11.706 --> 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  
01:00:15.099 --> 01:00:16.698 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 --> 01:00:20.088 life's challenges and reflection.  
NOTE Confidence: 0.736408745714286  
01:00:20.090 --> 01:00:22.106 Seems like a great tool to use.  
NOTE Confidence: 0.736408745714286  
01:00:22.110 --> 01:00:23.742 Do you also encourage your patients  
NOTE Confidence: 0.736408745714286  
01:00:23.742 --> 01:00:25.580 to practice a habit of reflection,  
NOTE Confidence: 0.736408745714286  
01:00:25.580 --> 01:00:27.884 and if so, how do you do this?  
NOTE Confidence: 0.8615891  
01:00:28.730 --> 01:00:30.424 I mean, probably the same way that  
NOTE Confidence: 0.8615891  
01:00:30.424 --> 01:00:32.480 I do when I'm talking to anybody.  
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 --> 01:00:36.232 so you know to some degree  
NOTE Confidence: 0.8615891

01:00:36.232 --> 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 --> 01:00:42.926 would do more with patients that I know.  
NOTE Confidence: 0.8615891

01:00:42.930 --> 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 --> 01:00:51.036 based on my emotion that I feel  
NOTE Confidence: 0.8615891

01:00:51.036 --> 01:00:52.981 and I was showing them to her  
NOTE Confidence: 0.8615891

01:00:52.981 --> 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 --> 01:01:00.424 just capture how you were feeling like  
NOTE Confidence: 0.8615891

01:01:00.424 --> 01:01:02.588 what was going on in that day like.  
NOTE Confidence: 0.8615891

01:01:02.590 --> 01:01:05.164 This was the day that I had just voted.  
NOTE Confidence: 0.8615891

01:01:05.170 --> 01:01:07.116 This was the day that I just

NOTE Confidence: 0.8615891  
01:01:07.116 --> 01:01:08.900 saw the results of the voting.  
NOTE Confidence: 0.8615891  
01:01:08.900 --> 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 --> 01:01:15.787 we can offer to our patients to reflect.  
NOTE Confidence: 0.8615891  
01:01:15.790 --> 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 --> 01:01:26.699 I actually really regret that.  
NOTE Confidence: 0.8615891  
01:01:26.700 --> 01:01:29.570 And so if you're not going to write about it,  
NOTE Confidence: 0.8615891  
01:01:29.570 --> 01:01:32.154 capture pictures so that you know you can  
NOTE Confidence: 0.8615891  
01:01:32.154 --> 01:01:34.830 save them somewhere and savor them later.  
NOTE Confidence: 0.8615891  
01:01:34.830 --> 01:01:36.036 So I think I do that.  
NOTE Confidence: 0.8332976  
01:01:41.420 --> 01:01:43.892 And then our next question is from Seonaid  
NOTE Confidence: 0.8332976



01:01:43.892 --> 01:01:46.440 Hay and says thank you so much Kimberly.

NOTE Confidence: 0.8332976

01:01:46.440 --> 01:01:48.920 I feel so lucky to have spent the

NOTE Confidence: 0.8332976

01:01:48.920 --> 01:01:50.840 day with you. Your talks have

NOTE Confidence: 0.8332976

01:01:50.840 --> 01:01:52.409 been so moving and inspirational.

NOTE Confidence: 0.8332976

01:01:52.410 --> 01:01:54.292 My question is how to connect

NOTE Confidence: 0.8332976

01:01:54.292 --> 01:01:55.862 with patients and people from

NOTE Confidence: 0.8332976

01:01:55.862 --> 01:01:57.116 a different cultural heritage.

NOTE Confidence: 0.8332976

01:01:57.116 --> 01:01:59.316 You seem to connect so well with

NOTE Confidence: 0.8332976

01:01:59.316 --> 01:02:00.886 so many people so effortlessly

NOTE Confidence: 0.8332976

01:02:00.886 --> 01:02:02.769 and that makes you so effective.

NOTE Confidence: 0.8332976

01:02:02.770 --> 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 --> 01:02:09.708 I think some there's some really basic

NOTE Confidence: 0.84602

01:02:09.708 --> 01:02:11.570 things that I try to think about,

NOTE Confidence: 0.84602

01:02:11.570 --> 01:02:14.072 and I just think everybody wants to be seen.

NOTE Confidence: 0.84602

01:02:14.080 --> 01:02:15.760 It doesn't matter who you are.

NOTE Confidence: 0.84602

01:02:15.760 --> 01:02:18.280 So for example, if I met you the first

NOTE Confidence: 0.84602

01:02:18.280 --> 01:02:20.550 thing I would probably ask you is to

NOTE Confidence: 0.84602

01:02:20.550 --> 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 --> 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 --> 01:02:31.398 What does it mean?

NOTE Confidence: 0.84602

01:02:31.398 --> 01:02:33.764 Does it have a meaning 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 --> 01:02:37.620 And listen and pay attention.

NOTE Confidence: 0.84602

01:02:37.620 --> 01:02:39.748 You know, not be waiting to say something

NOTE Confidence: 0.84602

01:02:39.748 --> 01:02:41.647 back to you when you're talking,

NOTE Confidence: 0.84602

01:02:41.650 --> 01:02:42.541 but actually listen.

NOTE Confidence: 0.84602

01:02:42.541 --> 01:02:45.226 And then the next time I see you call

NOTE Confidence: 0.84602

01:02:45.226 --> 01:02:47.402 you by your name in the proper ways,

NOTE Confidence: 0.84602

01:02:47.410 --> 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 --> 01:02:50.744 Don't say hey,

NOTE Confidence: 0.84602

01:02:50.744 --> 01:02:52.480 I'm I just call you CEO or

NOTE Confidence: 0.84602

01:02:52.540 --> 01:02:53.749 something like that.

NOTE Confidence: 0.84602

01:02:53.750 --> 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 --> 01:03:01.718 with the most basic thing which is

NOTE Confidence: 0.84602

01:03:01.718 --> 01:03:03.742 respecting someone's name or some very

NOTE Confidence: 0.84602

01:03:03.742 --> 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 --> 01:03:08.630 broadening your life lens.

NOTE Confidence: 0.84602

01:03:08.630 --> 01:03:09.426 I mean,

NOTE Confidence: 0.84602

01:03:09.426 --> 01:03:11.814 if you if everybody that hangs

NOTE Confidence: 0.84602

01:03:11.814 --> 01:03:13.920 around you looks like you.

NOTE Confidence: 0.84602

01:03:13.920 --> 01:03:15.984 You know you gotta do something about that.

NOTE Confidence: 0.84602

01:03:15.990 --> 01:03:16.396 I mean,

NOTE Confidence: 0.84602

01:03:16.396 --> 01:03:18.637 we all do and I I looked I looked up

NOTE Confidence: 0.84602

01:03:18.637 --> 01:03:20.837 at 1 moment and realized that all of

NOTE Confidence: 0.84602

01:03:20.903 --> 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 --> 01:03:26.608 was my friend who was not black.

NOTE Confidence: 0.84602

01:03:26.610 --> 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 --> 01:03:32.050 who aren't black.

NOTE Confidence: 0.84602

01:03:32.050 --> 01:03:33.424 So I'm going to actually work

NOTE Confidence: 0.84602

01:03:33.424 --> 01:03:34.859 at some of these friendships so

NOTE Confidence: 0.84602

01:03:34.859 --> 01:03:36.497 that I can kind of brought in

NOTE Confidence: 0.84602

01:03:36.497 --> 01:03:38.600 my life lands and have a deeper  
NOTE Confidence: 0.84602

01:03:38.600 --> 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 --> 01:03:44.350 right? It leads to what we notice an.  
NOTE Confidence: 0.84602

01:03:44.350 --> 01:03:46.156 Who were willing to protect when  
NOTE Confidence: 0.84602

01:03:46.156 --> 01:03:48.478 we get on the hind legs about?  
NOTE Confidence: 0.84602

01:03:48.480 --> 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 --> 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 --> 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 --> 01:04:04.729 but that's because my life was was  
NOTE Confidence: 0.84602

01:04:04.729 --> 01:04:06.290 broadened through a relationship.

NOTE Confidence: 0.84602

01:04:06.290 --> 01:04:07.875 So I think relationships and

NOTE Confidence: 0.84602

01:04:07.875 --> 01:04:09.143 then the basic thing.

NOTE Confidence: 0.84602

01:04:09.150 --> 01:04:11.208 How you greet people and calling them

NOTE Confidence: 0.84602

01:04:11.208 --> 01:04:13.290 their name and using their pronoun.

NOTE Confidence: 0.84602

01:04:13.290 --> 01:04:15.000 I think those are really.

NOTE Confidence: 0.84602

01:04:15.000 --> 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 --> 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 --> 01:04:30.450 I'll just slide in and ask.

NOTE Confidence: 0.8323724

01:04:32.090 --> 01:04:33.642 So I'm I'm a resident.

NOTE Confidence: 0.8323724

01:04:33.642 --> 01:04:35.820 As you know an my question for

NOTE Confidence: 0.8323724

01:04:35.820 --> 01:04:37.995 you is what advice would you have

NOTE Confidence: 0.8323724

01:04:37.995 --> 01:04:39.550 for sort of physician writers?

NOTE Confidence: 0.8323724

01:04:39.550 --> 01:04:41.420 No matter our age that are

NOTE Confidence: 0.8323724

01:04:41.420 --> 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 --> 01:04:45.463 but maybe starting out  
NOTE Confidence: 0.8323724

01:04:45.463 --> 01:04:46.710 writing in the physicians,  
NOTE Confidence: 0.8323724

01:04:46.710 --> 01:04:48.884 fear and kind of balancing that just.  
NOTE Confidence: 0.8323724

01:04:48.884 --> 01:04:50.439 What are some pearls of  
NOTE Confidence: 0.8323724

01:04:50.440 --> 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 --> 01:04:58.041 resident writers is their journals and  
NOTE Confidence: 0.8260899

01:04:58.041 --> 01:05:00.410 this is what I say to our residents.  
NOTE Confidence: 0.8260899

01:05:00.410 --> 01:05:02.858 I hope this is not offensive to anybody,  
NOTE Confidence: 0.8260899

01:05:02.860 --> 01:05:05.484 but I always tell our residents and students  
NOTE Confidence: 0.8260899

01:05:05.484 --> 01:05:07.448 that journals love the kids they do.  
NOTE Confidence: 0.8260899

01:05:07.450 --> 01:05:08.965 I mean, they they love  
NOTE Confidence: 0.8260899

01:05:08.965 --> 01:05:10.820 anybody who is not out yet.  
NOTE Confidence: 0.8260899

01:05:10.820 --> 01:05:12.773 So look if you have not graduated

NOTE Confidence: 0.8260899

01:05:12.773 --> 01:05:14.490 from residency or medical school,

NOTE Confidence: 0.8260899

01:05:14.490 --> 01:05:16.175 submit show narratives to the

NOTE Confidence: 0.8260899

01:05:16.175 --> 01:05:17.860 annals and tajama because they

NOTE Confidence: 0.8260899

01:05:17.919 --> 01:05:19.377 just love the kids and us.

NOTE Confidence: 0.8260899

01:05:19.380 --> 01:05:20.784 They'll reject us,

NOTE Confidence: 0.8260899

01:05:20.784 --> 01:05:22.656 but they're like you.

NOTE Confidence: 0.8260899

01:05:22.660 --> 01:05:24.571 So number one know that people will

NOTE Confidence: 0.8260899

01:05:24.571 --> 01:05:26.846 want to read what you have to say and

NOTE Confidence: 0.8260899

01:05:26.846 --> 01:05:28.759 some of the most powerful things are

NOTE Confidence: 0.8260899

01:05:28.759 --> 01:05:30.908 written by you know people who are

NOTE Confidence: 0.8260899

01:05:30.910 --> 01:05:32.560 still like emerging in their careers.

NOTE Confidence: 0.8260899

01:05:32.560 --> 01:05:34.210 So that's one thing I'd say.

NOTE Confidence: 0.8260899

01:05:34.210 --> 01:05:36.550 And then you know.

NOTE Confidence: 0.8260899

01:05:36.550 --> 01:05:38.490 Finding different ways to write

NOTE Confidence: 0.8260899

01:05:38.490 --> 01:05:40.730 I think are good way to.

NOTE Confidence: 0.8260899



01:05:40.730 --> 01:05:42.250 Kind of you know,  
NOTE Confidence: 0.8260899

01:05:42.250 --> 01:05:44.530 strengthen that muscle up some more.  
NOTE Confidence: 0.8260899

01:05:44.530 --> 01:05:46.430 The the more you ride,  
NOTE Confidence: 0.8260899

01:05:46.430 --> 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 --> 01:05:54.790 to be a 1500 word essay every time.  
NOTE Confidence: 0.8260899

01:05:54.790 --> 01:05:57.450 You can just write with no destination.  
NOTE Confidence: 0.8260899

01:05:57.450 --> 01:05:59.627 You know when I stunned myself at  
NOTE Confidence: 0.8260899

01:05:59.627 --> 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 --> 01:06:07.346 it just changes a whole different.  
NOTE Confidence: 0.8260899

01:06:07.350 --> 01:06:09.282 Need to write an and something  
NOTE Confidence: 0.8260899

01:06:09.282 --> 01:06:11.040 that caught me off guard,  
NOTE Confidence: 0.8260899

01:06:11.040 --> 01:06:13.050 so I strongly urge you to  
NOTE Confidence: 0.8260899

01:06:13.050 --> 01:06:14.390 just try different things.  
NOTE Confidence: 0.8260899

01:06:14.390 --> 01:06:15.730 Sometimes just write 240

NOTE Confidence: 0.8260899

01:06:15.730 --> 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 --> 01:06:23.569 then it won't be so hard when

NOTE Confidence: 0.8260899

01:06:23.569 --> 01:06:25.997 you get ready to try and then

NOTE Confidence: 0.8260899

01:06:25.997 --> 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 --> 01:06:32.327 but I'll share with this group this

NOTE Confidence: 0.8260899

01:06:32.327 --> 01:06:34.657 question of what is what have you

NOTE Confidence: 0.8260899

01:06:34.657 --> 01:06:36.830 not read that you want to read?

NOTE Confidence: 0.8260899

01:06:36.830 --> 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 --> 01:06:42.720 not heard this story yet.

NOTE Confidence: 0.8260899

01:06:42.720 --> 01:06:44.586 Nobody has said this to me.

NOTE Confidence: 0.8260899

01:06:44.590 --> 01:06:46.473 And you know when I wrote that

NOTE Confidence: 0.8260899

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 --> 01:06:52.996 not heard anybody say in the two  
NOTE Confidence: 0.8260899

01:06:52.996 --> 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 --> 01:06:59.205 that Tuskegee is an institution  
NOTE Confidence: 0.8260899

01:06:59.205 --> 01:07:00.138 of academic excellence.  
NOTE Confidence: 0.8260899

01:07:00.140 --> 01:07:01.675 For for African Americans in  
NOTE Confidence: 0.8260899

01:07:01.675 --> 01:07:03.560 is where my family comes from.  
NOTE Confidence: 0.8260899

01:07:03.560 --> 01:07:05.115 Stop using the word synonymous  
NOTE Confidence: 0.8260899

01:07:05.115 --> 01:07:06.048 with medical mistrust.  
NOTE Confidence: 0.8260899

01:07:06.050 --> 01:07:08.030 'cause that ain't the only reason  
NOTE Confidence: 0.8260899

01:07:08.030 --> 01:07:09.590 people don't want stuff so.  
NOTE Confidence: 0.8260899

01:07:09.590 --> 01:07:11.750 That was one thing that was I hadn't  
NOTE Confidence: 0.8260899

01:07:11.750 --> 01:07:13.703 seen it written anywhere and I  
NOTE Confidence: 0.8260899

01:07:13.703 --> 01:07:16.071 wanted to put it somewhere where a

NOTE Confidence: 0.8260899

01:07:16.071 --> 01:07:18.003 whole bunch of people would see it

NOTE Confidence: 0.8260899

01:07:18.003 --> 01:07:19.619 and then also understanding that

NOTE Confidence: 0.8260899

01:07:19.619 --> 01:07:21.384 sometimes it's complicated why people

NOTE Confidence: 0.8260899

01:07:21.384 --> 01:07:23.637 feel like they want to say no to things,

NOTE Confidence: 0.8260899

01:07:23.640 --> 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 --> 01:07:28.848 there's just a piece of you that

NOTE Confidence: 0.8260899

01:07:28.848 --> 01:07:30.700 like treats it like you know

NOTE Confidence: 0.8260899

01:07:30.700 --> 01:07:32.305 your sister on the playground.

NOTE Confidence: 0.8260899

01:07:32.310 --> 01:07:33.810 Somebody was mean to her,

NOTE Confidence: 0.8260899

01:07:33.810 --> 01:07:35.896 you don't wanna do nothing for them,

NOTE Confidence: 0.8260899

01:07:35.900 --> 01:07:36.504 no right.

NOTE Confidence: 0.8260899

01:07:36.504 --> 01:07:38.920 And so it becomes that and I wanted

NOTE Confidence: 0.87897503

01:07:38.991 --> 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

NOTE Confidence: 0.87897503

01:07:42.290 --> 01:07:44.520 who's been a part of the workshop before.

NOTE Confidence: 0.87897503

01:07:44.520 --> 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 --> 01:07:51.537 but they haven't gone there yet?

NOTE Confidence: 0.87897503

01:07:51.540 --> 01:07:52.293 You'll be shot.

NOTE Confidence: 0.87897503

01:07:52.293 --> 01:07:54.050 There's a hot whole lot of things

NOTE Confidence: 0.87897503

01:07:54.103 --> 01:07:55.588 that people haven't said yet.

NOTE Confidence: 0.87897503

01:07:55.590 --> 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 --> 01:08:03.984 so I said I'm putting it

NOTE Confidence: 0.87897503

01:08:03.984 --> 01:08:05.310 straight on Twitter and it.

NOTE Confidence: 0.87897503

01:08:05.310 --> 01:08:08.388 And it did what I wanted it to do.

NOTE Confidence: 0.87897503

01:08:08.390 --> 01:08:10.195 And I've been promoted so

NOTE Confidence: 0.87897503

01:08:10.195 --> 01:08:12.000 needed from a CD anymore.

NOTE Confidence: 0.87897503

01:08:12.000 --> 01:08:12.720 So Hallelujah.

NOTE Confidence: 0.8823383

01:08:17.670 --> 01:08:19.470 Thank you so so much.

NOTE Confidence: 0.8823383

01:08:19.470 --> 01:08:22.622 This is been a fantastic over an hour

NOTE Confidence: 0.8823383

01:08:22.622 --> 01:08:25.979 and a wonderful day with you and.

NOTE Confidence: 0.8823383

01:08:25.980 --> 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 --> 01:08:31.574 so we can kind of keep all of these

NOTE Confidence: 0.8823383

01:08:31.574 --> 01:08:33.029 conversations going and continue

NOTE Confidence: 0.8823383

01:08:33.029 --> 01:08:35.500 to learn from you and you're just.

NOTE Confidence: 0.8823383

01:08:35.500 --> 01:08:37.545 Amazing and wonderful and thank

NOTE Confidence: 0.8823383

01:08:37.545 --> 01:08:39.590 you so much for everything

NOTE Confidence: 0.8225923

01:08:39.590 --> 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 --> 01:08:47.234 years and I charge everybody during

NOTE Confidence: 0.8225923

01:08:47.234 --> 01:08:49.816 this this Black History Month too.  
NOTE Confidence: 0.8225923

01:08:49.820 --> 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 --> 01:08:58.186 lift every voice and sing really take  
NOTE Confidence: 0.8225923

01:08:58.186 --> 01:09:00.937 some time to listen to different versions  
NOTE Confidence: 0.8225923

01:09:00.937 --> 01:09:04.540 of it that the the Ray Charles version,  
NOTE Confidence: 0.8225923

01:09:04.540 --> 01:09:05.988 the choir singing it.  
NOTE Confidence: 0.8225923

01:09:05.988 --> 01:09:08.592 Franklin on there so many versions and  
NOTE Confidence: 0.8225923

01:09:08.592 --> 01:09:11.126 it's just a whole new experience of  
NOTE Confidence: 0.8225923

01:09:11.126 --> 01:09:13.148 reflection every time you hear them.  
NOTE Confidence: 0.8225923

01:09:13.150 --> 01:09:16.020 So I challenge you to all take a listen to  
NOTE Confidence: 0.8225923

01:09:16.089 --> 01:09:18.953 that and reflect on what those words mean.  
NOTE Confidence: 0.7305652

01:09:20.270 --> 01:09:23.950 Well, thank you so much. Bye  
NOTE Confidence: 0.87490225

01:09:23.950 --> 01:09:27.151 everybody, thank you for having me.