



## **Chat Transcript: The WELCOA Pulse I'm Still Standing – Rising Up with Resilience**

15:01:02 - Eric:  
Wisconsin

15:01:03 - Nichole:  
Ohio

15:01:05 - Rachel:  
Hi from Baltimore, MD!

15:01:05 - Susan:  
Hello from Oklahoma City

15:01:05 - Lynn:  
Cape Cod

15:01:06 - Lisa:  
Kansas

15:01:08 - Mariah:  
Los Angeles, CA

15:01:08 - Erika:  
Portland, OR

15:01:08 - Julie:  
Lincoln, NE!

15:01:09 - Nichelle:  
Tulsa, OK

15:01:11 - Sharon:  
New York, NY

15:01:12 - Meredith:  
Wisconsin

15:01:14 - Ginger:  
Chicago

15:01:15 - Emily:  
OH



15:01:15 - Nichelle:  
Leslie, Emily, and Kyle from Tulsa OK

15:01:15 - April:  
Pittsburgh

15:01:16 - Stacy:

Waukesha, WI  
15:01:17 - Mandi:  
Wisconsin

15:01:24 - Patricia:  
NY

15:01:27 - Stephanie:  
Chicago

15:01:27 - Dawn:  
Minnesota

15:01:30 - Lyta:  
Vallejo CA

15:01:33 - Fred:  
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15:02:39 - Lori Thomas (WELCOA):  
Explore the WELCOA Premier Provider Network by visiting  
<https://www.welcoa.org/providers/> where you can search by product, service, or  
provider name.

15:03:41 - Lori Thomas (WELCOA):  
Learn more about our upcoming Special Event - How to Buy Wellness: Insider  
Secrets and New Tech - [https://www.welcoa.org/welcoa-special-event-how-to-buy-  
well-being-solutions/](https://www.welcoa.org/welcoa-special-event-how-to-buy-well-being-solutions/)

15:07:41 - Lori Thomas (WELCOA):  
Connect with Rachel on LinkedIn  
(<https://www.linkedin.com/in/rachelbdruckemiller/>) and on her website  
(<https://unmutedlife.com/>).

15:09:59 - Yesenia:  
Love your singing voice. Put a smile on my face :)



15:18:41 - Lori Thomas (WELCOA):

Access Rachel's reading list: <https://unmutedlife.com/reading-list>

15:20:24 - Lori Thomas (WELCOA):

Humor

9 years ago, I ended up in the ICU with an internal bleed after the birth of my 4th child and interestingly enough, humor is something that kept me going strong

15:20:44 - Nichelle:

Knowing that I was not the only one suffering, that other people are having it worse than me and humor too :)

15:22:45 - Lori Thomas (WELCOA):

Refreshed

15:22:49 - Nichole:

light headed lol :)

15:23:00 - Adam @WELCOA:

More centered, focused.

15:23:45 - Robyn:

exactly - My shoulders are always so tense, and I noticed they were relaxed

15:24:18 - Lynn:

I was disappointed that we stopped so soon!

15:24:35 - Robyn:

I loved you named her Roberta

15:26:36 - Susan:

Ambiguous loss.

15:28:56 - Nichole:

I have to drop off for another meeting. Will there be a recording of this session? If so, where can I find it?

15:31:05 - Susan:

I heard a pastor say take what we've learned from this experience and make a better normal.

15:32:04 - Adam @WELCOA:

@Susan, I like that a lot!



15:35:08 - Lori Thomas (WELCOA):

WELCOA Members - you have access to the employer and employee-facing toolkits to help with all the things Rachel and Sara are talking about!

View/download them here: <https://www.welcoa.org/covid/#toolkits>

15:42:34 - Fred:

Some interesting observations here (very much in line with what Rachel has been talking about): <https://hbr.org/2021/10/how-to-help-your-team-get-out-of-a-lull>

15:47:27 - Lori Thomas (WELCOA):

Energy flows where attention goes. ❤️

15:48:03 - Adam @WELCOA:

I've been rewiring my brain since 2019 after I lost my wife to breast cancer. Very tough but necessary.

15:48:20 - Nichelle:

10 Bright Things is a great idea!

15:48:39 - Lori Thomas (WELCOA):

The WELCOA team shares our personal and professional highlights for the week at our stand-up meeting every Friday. This celebration with each other has become a favorite part of the week!

15:51:51 - Lori Thomas (WELCOA):

Great resources to continue this work:

- Quick Guide: Tips for Rising Up with Resilience When Life Knocks You Down:

<https://www.welcoa.org/resources/quick-guide-tips-rising-resilience-life-knocks/>

- Resilience Toolkit through Rachel's Unmuted Website:

<https://unmutedlife.ac-page.com/hr-resilience-toolkit>

15:53:36 - Lisa:

Hi Rachel! I've always loved hearing your ideas and wisdom. You are so wise! You should write a book! I would buy it! :)

15:55:55 - Rachel Druckenmiller, UNMUTED:

Connect with Rachel:

LinkedIn: <https://www.linkedin.com/in/rachelbdruckenmiller/>

Website: <https://unmutedlife.com/>

Instagram: <https://www.instagram.com/unmutedlife/>



15:57:15 - Eric:

A hope dealer...I like the sound of that!

15:57:30 - Lori Thomas (WELCOA):

We need more hope dealers in the world

15:57:47 - Adam @WELCOA:

Please take a few minutes to give us your feedback on today's WELCOA Pulse:

<https://www.surveymonkey.com/r/20211019-pulse-druckenmiller>

15:57:55 - Nichelle:

Thank you

15:58:11 - Eric:

Thank you Rachel and WELCOA

15:58:21 - Susan:

Yes yes

15:58:22 - Lisa:

Thank you! Love Rachel!

15:58:29 - Maria:

took it

15:59:09 - Haley:

Love it! Great work Rachel!!

15:59:19 - Nichelle:

One of my FAVORITES!! Thank U

Taking it now! Love your singing.

15:59:27 - Ginger:

Love the WELCOA community!

15:59:32 - Nichelle:

took it

15:59:46 - Lori Thomas (WELCOA):



15:59:48 - Adam @WELCOA:

Humor heals... AND SO DOES MUSIC!



16:00:06 - Nichelle:  
Music is my therapy

16:00:06 - Susan:  
I believe you

16:00:11 - Nichelle:  
Done and thank you for the song! It reminds me when my oldest daughter is home,  
she sings awesome



16:00:13 - Lisa:  
Clap, clap, clap!!!! Bravo!

16:00:15 - Sharon:  
Bravo! Thank you!

16:00:17 - Angel:  
Thank you both!