



Chat Transcript: The WELCOA Pulse Find Your Unicorn Space

14:02:53 - Eve Rodsky:
Hello everyone! So happy to be here.

14:03:03 - Michelle:
Portland Oregon

14:03:04 - Anji:
Got it! I can hear now. Joining from Colorado!

14:03:04 - niashani:
Chicago, IL

14:03:04 - Tammy:
Cedarburg, Wi

14:03:05 - Stephanie:
West Allis, Wisconsin

14:03:05 - Jennifer:
Juneau, Alaska

14:03:06 - Amanda:
Los Angeles, CA

14:03:06 - Sarah:
Lincoln, NE

14:03:06 - Becky:
Stuart, FL

14:03:06 - Jamie:
Gaithersburg, MD

14:03:06 - Mari:
Burlington, VT

14:03:06 - Jane:
College Station, TX

14:03:06 - Kari:
Provo, UT



14:03:07 - Edwina:
Wisconsin

14:03:07 - Jessica:
Menomonee Falls, WI

14:03:08 - Sandra:
College Station, TX

14:03:08 - Janice:
Norwalk, Ohio

14:03:08 - Destiny:
Hello from Austin, TX!

14:03:08 - Stephanie:
Little Rock, AR

14:03:08 - Raeanna:
Ogden, Utah

14:03:08 - Melissa:
Chilton, WI

14:03:09 - Lindsay:
Portland Oregon!

14:03:09 - Erika:
Hello everyone from Arizona!

14:03:09 - Alex:
Washington, DC

14:03:09 - Meagan:
Oklahoma City, OK

14:03:09 - Christine:
Wisconsin

14:03:09 - Eve:
Los Angeles, CA

14:03:09 - Joanne:
Queen Creek, AZ



14:03:10 - Angela:
Omaha, NE

14:03:10 - Megan:
Anaheim, CA

14:03:10 - Kelly:
Chardon, Ohio

14:03:10 - Faye:
Hi. Boston, MA

14:03:10 - Kerry:
San Pablo, CA

14:03:10 - Kay:
Mequon, WI

14:03:11 - Pamela:
La Canada, California

14:03:12 - Veila:
Puerto Rico

14:03:12 - Amy:
Amy from Columbus, GA

14:03:12 - Jennifer:
Appleton, WI

14:03:12 - Tianna:
Marshfield, WI

14:03:12 - Dawn:
Miami, FL

14:03:12 - Judith:
Judith from City of San Antonio!

14:03:12 - Ginger:
Naperville IL

14:03:13 - Blake:
Cleveland OH



14:03:13 - Shelly:
Green Bay, WI

14:03:13 - Sharla:
Stephenville, TX

14:03:13 - Jennifer:
Rhode Island

14:03:14 - Leona:
Raleigh, NC

14:03:14 - Heather:
Vermont

14:03:14 - LeAnn:
Guthrie, Oklahoma

14:03:15 - Wendy:
Millsboro, DE

14:03:15 - Oscar:
Waco, TX

14:03:15 - Amy:
Columbus, Ohio

14:03:15 - Michelle:
Ontario, Canada

14:03:15 - Shauna:
College Station, Tx

14:03:15 - Alicia:
WI

14:03:15 - JoJo:
Wheat Ridge, CO

14:03:15 - Annie:
Northern Wisconsin

14:03:16 - Sharon:
Baton Rouge, LA



14:03:16 - Samantha:
Vail, Colorado

14:03:16 - Heidi:
Olympia WA

14:03:17 - Gina:
Buffalo, NY

14:03:17 - Julee:
Paris, IL

14:03:17 - Christine:
Albuquerque NM in the house!

14:03:17 - Andrea:
Canton, OH

14:03:17 - Jennifer:
Waxhaw, North Carolina

14:03:17 - Lisa:
Buffalo, NY

14:03:18 - Shannon:
Goodyear, AZ via Omaha, NE

14:03:18 - Molly:
Stephenville, TX

14:03:18 - Deanne:
Winnipeg, Canada

14:03:18 - Anna:
Nashville, TN!

14:03:19 - Jennifer:
Hi, from Raleigh, NC

14:03:19 - Holly:
Ontario, Canada

14:03:19 - Amy:
Minneapolis



14:03:19 - Kimberly:
Fort Myers, Florida

14:03:20 - Nichole:
Ohio

14:03:20 - Marian:
Kentucky

14:03:20 - Denna:
Pella, IA

14:03:20 - Pat:
Pat, Tallahassee, FL

14:03:21 - Ann:
Florence, AL

14:03:22 - Christina:
Ontario, CA

14:03:22 - Sarah:
Montreal, Canada

14:03:23 - Sandi:
Indianapolis, IN

14:03:24 - Courtney:
College Station, Texas

14:03:26 - Denise:
Rocky River Ohio (near Cleveland)

14:03:26 - Julie:
Baltimore, MD

14:03:26 - Patricia:
Utica, NY

14:03:26 - Patricia:
Oregon

14:03:26 - Lonna:
Olympia WA



14:03:27 - Karyn:
Joining from Sun Prairie Area School District in Wisconsin!

14:03:28 - Desiree:
Kansas City, MO

14:03:28 - Maddy:
Augusta, GA

14:03:32 - shelley:
Mpls MN

14:03:33 - Heidi:
MN

14:03:34 - Kimberly:
Boca Raton, Florida

14:03:34 - Patti:
Southington, CT

14:03:36 - Ashley:
Portland, OR

14:03:36 - Jennifer:
NC

14:03:39 - Roberto:
Roberto Bilbao NM

14:03:40 - Elizabeth:
Aries Industries in Waukesha WI

14:03:41 - Kelly:
Chardon, Ohio

14:03:42 - Alicia:
Chattanooga, TN

14:03:42 - Christine:
Albuquerque NM in the house! :-)

14:03:46 - Angela:
Joining from Richfield, N



14:03:49 - Alison:
Cocs HR

14:04:07 - Gail:
Gail, Charleston, SC

14:04:08 - Angela:
Richfield, MN

14:04:24 - Lori @WELCOA:
Read more about WELCOA's theme of Safety for 2022:
<https://www.welcoa.org/blog/why-safety-is-our-2022-well-being-baseline/>

14:04:55 - Mary:
Today I am calling in from Bartlett IL!

14:05:09 - Nereida:
Sacramento, CA!

14:05:19 - Megan:
Anaheim, CA 😊

14:05:34 - Penny:
Phoenix

14:05:42 - michelle:
Plano, Texas!

14:11:49 - Lori @WELCOA:
Learn more about Fair Play and Unicorn Space at [_fairplaylife.com_](http://fairplaylife.com/)
(<http://fairplaylife.com/>)

14:19:13 - Fred:
Sounds like many similarities with theme of this book:
<https://www.ucpress.edu/book/9780520344075/the-end-of-burnout>

14:19:16 - Eve:
Boundaries, Systems, Communication

14:19:31 - Roberto:
Not yet



14:19:53 - Lori @WELCOA:

You can find Fair Play here:

Fair Play website: <https://www.fairplaylife.com/the-book>

14:20:13 - Stacia:

I am writing furiously taking notes. This is fabulous!! *0/*

14:20:36 - Gina:

hahaha

14:20:44 - Denise:

me too!

14:25:31 - Fred:

So, how is/isn't Unicorn Space similar to Flow?

14:25:57 - Joanne:

Can you give examples of Unicorn spaces that people have found?

14:26:11 - Stacia:

I am one of the lucky few :) So blessed

14:30:59 - Bobbi:

what was the saying? I wish you the appropriate emotion at the appropriate time and the ? to weather it

14:31:00:

"The appropriate emotion, at the appropriate time— and the ability and strength to....?" Could you repeat, so I can pick ups on the last element that I missed?

14:31:09 - Destiny:

Strength

14:31:11 - Julie:

Strength and ability to weather it

14:31:14 - Lori @WELCOA:

I wish you the appropriate emotion at the appropriate time and the ability and strength to weather it

14:31:15 - niashani:

Ability

14:31:30 - Fred:

Thank you!



14:31:33 - Bobbi:
thank you

14:31:55 - Christine:
Thank you, Lori!

14:32:06 - shelley:
so good!

14:33:32 - Becky:
My first manager in TV had me create a file of accomplishments and to reflect on it when I felt dejected/defeated - To remind me of all I HAD accomplished and done to help stay motivated, reinvigorated. A very wonderful management strategy...

14:33:42 - niashani:
Single parent AND caretaker. Blend of both.

14:34:03 - Janelle:
Love that Becky!

14:34:07 - CHRISSY:
and grandchild at home

14:34:33 - Denise:
new empty nester with spouse

14:34:55 - Gail:
Widowed.

14:35:24 - Shannon:
I'm with you Denise ^^^

14:35:27 - Sandra:
Living with spouse, but also his kids from a previous marriage.

14:35:52 - Fred:
Not to be a downer— and this is way at the other end of the spectrum from erotica ; -) but: I'm a hospice volunteer, and for one of my patients, I read to him from The Lord of the Rings.... It sure takes his mind off of his present situation.... I'm not sure, though, that I'll be able to finish it before our relationship comes to an end

14:36:09 - Kari:
Spouse aka big kid...



14:36:22 - Denise:
Lol

14:36:30 - Audrey:
I'm a songwriter, separate from my professional life. I feel like I never have time anymore. But I totally relate to Kat's story. When I write and when I COMPLETE a song...there is nothing like that feeling. It's like breathing air. It's truly life-giving.

This is helping me realize how important it is to create that "unicorn" space to write. Especially for my mental well-being.

14:37:12 - Michelle:
hence why single now without the spouse :-)

14:37:59 - Sandra:
Lol

14:38:29 - Sandra:
(that's why I divorced) on the 2nd marriage now

14:39:07 - Adam @WELCOA:
Good on you, Fred! That's awesome that you do that!

14:39:11 - Christine:
oooooh - a mixology class - - - that could happen - -

14:39:45 - Mary:
Spouse, kids, and taking care of elderly parent!

14:39:50 - Karyn:
Thank you for acknowledging that!!! As a single person, I feel people often think we have a more flexible schedule to take on more responsibilities or shoulder more work!

14:40:51 - Kari:
True! That's why my mom waited so long to retire is she didn't want people to throw other responsibilities on her plate.

14:41:26 - niashani:
"My time is diamonds" Love that!

14:41:55 - Jessica:
amen!



14:41:57 - Becky:
LOL

14:42:00 - Christine:
hahahaha Eve - you are awesome!!!

14:42:06 - Heidi:
HAHA! YES!

14:42:21 - Michelle:
OMG...Eve is keeping it real. LOVE IT!

14:42:36 - Patricia:
All so true!

14:42:55 - Toni:
All TRUE!!!

14:43:38 - Amy:
I'm reading Untamed by Glennon Doyle - many similarities! Thanks Eve!

14:43:54 - Kimberly:
I just read Untamed too!

14:44:14 - Faye:
I'm reading a suggestion of Eve's - Night Bitch. Mindblowing.

14:44:22 - Kimberly:
Just started Year of Yes by Shonda Rhimes

14:45:11 - asha:
who is the author Faye?

14:45:59 - Faye:
Rachel Yoder wrote Night Bitch

14:46:21 - CHRISSY:
Whats UNTAMED about?

14:46:26 - asha:
thanks hun

14:47:03 - shelley:
Untamed - so good!! Definitely worth reading.



14:47:25 - Kimberly:

Untamed is about finding yourself, setting healthy boundaries, and being your most true self

14:47:26 - Patti:

Love 'Untamed' too! Definitely recommend

14:47:44 - Amanda:

Untamed was about female empowerment and trusting yourself in your life. Amazing book.

14:48:13 - CHRISSY:



14:49:24 - Ana:

Animals

14:49:27 - Candace:

Outdoors

14:49:27 - Heather:

spiritual wellness

14:49:30 - Deanne:

Gardening

14:49:31 - Becky:

health and wellness

14:49:32 - Kerry:

sports with wheels

14:49:35 - Dawn:

Running

14:49:41 - Mary:

Cooking

14:49:42 - Heidi:

Running

14:49:42 - Angela:

Cooking



14:49:43 - Shelly:
Circus

14:49:43 - Wendy:
genealogy

14:49:43 - Bobbi:
find and foraging

14:49:43 - Leona:
Writing

14:49:45 - Julee:
puzzles

14:49:49 - Karyn:
Outdoors...capturing impromptu family moments!

14:49:52 - Sarah:
Baking

14:49:55 - Alex:
restoration

14:49:56 - Julie:
Pairing outdoors - taking pictures outside with your family to tap into the power of nature on wellness and still connecting with them

14:49:57 - Rita:
gaming

14:50:02 - Oscar:
Fitness/Recreation

14:50:03 - Wendy:
event planning

14:50:04 - Denise:
gardening

14:50:05 - Becky:
traveling

14:50:08 - asha:
puzzles



14:50:15 - Alicia:
Travel

14:50:21 - Heidi:
health and wellness

14:50:24 - asha:
photography

14:50:27 - Janice:
Baking

14:50:28 - Megan:
Fitness, sports with balls

14:50:30 - asha:
travel

14:50:31 - Alison:
sports with balls

14:50:31 - Lori @WELCOA:
I totally do that! I take pictures at family wedding receptions to capture the moments that the main photographer missed.

14:50:33 - Stacia:
This is a very similar game that is used by the YMCA of the USA called the big picture deck

14:50:34 - Edwina:
nature/traveling/cars

14:50:35 - Stephanie:
gardening

14:51:08 - AmberLace:
cooking and playing with flavors

14:51:22 - Alicia:
art

14:51:23 -Fred:
Wabi-sabi



14:51:29 - Jennifer:
cooking

14:51:33 - Jennifer:
puzzle

14:51:57 - Teri:
Baking

14:52:14 - asha:
I have audio, this is asha

14:52:57 - Heather:
you can turn a photo into a puzzle

14:53:28 - Ali:
Yes @heather I was thinking the same thing. Turn fav pics into puzzles. 👍

14:53:42 - Michelle:
When my kids were small we made a puzzle out of a current picture

14:53:47 - Rita:
yes there is a site

14:53:51 - asha:
yes there is

14:53:51 - Shelly:
yes

14:53:54 - Jennifer:
yes

14:53:55 - Stephanie:
My FIL does that with pictures

14:53:55 - Melissa:
yes..shutterfly

14:53:59 - Bobbi:
puzzle collage of family time

14:53:59 - Stephanie:
Yes, Shutterfly



14:54:01 - Angela:

I like to take pictures of what I cooked. lol

14:54:09 - Jennifer:

How do you add the community card in too?

14:54:22 - Wendy:

and then hang it on the wall!

14:54:31 - Leona:

Capturing a photo and include it in a letter to the person you associate it with to share the thoughts or memories you have of that person

14:54:33 - Christine:

would make a great gift for someone, too!

14:54:49 - asha:

yes it makes a great gift !!!

14:54:59 - AmberLace:

I would combine photos with scents. This is what I do when I take a pic or give a gift I always spray perfume or add essential oils to it so that there is also a scented memory with that picture or image

14:55:02 - Lori @WELCOA:

info@everodsky.com

14:55:06 - Meghan:

Wonderful!

14:55:07 - Toni:

Great

14:55:27 - Tammy:

How exciting and wonderful, so many leaders could use this tool!

14:55:38 - Erika:

Awesome tool!

14:56:03 - Faye:

One more, late-breaking photo idea - I started an Instagram with my photos...

14:57:07 - niashani:

Same thing we do with our clients!



14:57:16 - Lori @WELCOA:

Curiosity - How do we start with Curiosity?

Connection - Why is it important to share our Unicorn Space with the world?

Completion - What does it mean to leave an active creative legacy?

14:59:59 - Michelle:

Thank you!!! This was wonderful!

15:00:03 - Eve:

THANK YOU ALL FOR THIS BEAUTIFUL CHAT

15:00:10 - Christine:

always told my kids to follow their passion and life would fall into place: one son took a beer-making class in college for fun; that actually helped him get his first job as it created a connection between him and the interviewer lol

15:00:11 - Heidi:

Thank you EVE!!

15:00:14 - niashani:

This was lovely. Thank you.

15:00:14 - Adam @WELCOA :

I'm placing my order for a copy of Unicorn Space right now. 😊

15:00:15 - Rita:

Thank you - this is the message I share with my work. Can't wait to read your book.

15:00:19 - Kimberly:

THANK YOU!

15:00:23 - Julee:

Thank you! Ordering your book today!

15:00:23 - Michelle:

thank you :-)

15:00:25 - Wendy:

thank you!

15:00:27 - Adam @WELCOA:

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

<https://www.surveymonkey.com/r/20220216-pulse-rodsky>



15:00:27 - CHRISSY:
Love you Eve!!!

15:00:28 - Faye:
Thank you, Eve. Having such an interesting conversation with my husband about sharing the cards!

15:00:29 - Shannon:
Thank you! Can't wait to read the new book!

15:00:32 - Toni:
THANK YOU!!!

15:00:32 - Denna:
Thank you!

15:00:34 - Ali:
Thank you so much! 🐱🐱🙏🙏

15:00:35 - Megan:
Thank you!

15:00:35 - Penny:
Thank you for this inspiration to get back to living again!

15:00:36 - Paula:
Thank you. This has been fabulous!

15:00:37 - Denise:
Wonderful! Thank you!!

15:00:38 - Jennifer:
Thank you so much!

15:00:41 - Heidi:
Super awesome lovely time! :) Thank you!!!!

15:00:42 - Erika:
Thank you!!

15:00:43 - Jennifer:
Thanks so much!



15:00:44 - Jane:
Thank you!!

15:00:45 - Oscar:
Thank you! Have a good day!

15:00:45 - Kayla:
Thank you!

15:00:45 - Christine:
major fan here! :-)

15:00:46 - Deanne:
Thank you!

15:00:46 - asha:
loved this

15:00:47 - Judith:
Thank you!

15:00:51 - Staci:
Amazing! Thank you!

15:00:51 Tammy:
Thank you!!!

15:00:52 - AmberLace:
Thank you

15:00:55 - Gail:
Thank you.

15:00:55 - Carolyn:
I loved this talk!!

15:00:55 - Adam @WELCOA:
Please take a few minutes to give us your feedback on today's WELCOA Pulse:
<https://www.surveymonkey.com/r/20220216-pulse-rodsky>

15:00:55 - Shauna:
Thank you! 😊



15:00:55 -Dayna:
really enjoyed this session! And I'm super webinar'ed out! Great message!

15:00:56 - Amy:
Thank you!

15:00:57 - Fatima:
Thank you so much!

15:01:02 - Andrea:
Thank you!!

15:01:05 - shelley:
Thank you - this was what I needed today!

15:01:07 - Becky:
Thank you- very affirming!

15:01:08 - Patti:
Thank you!

15:01:09 - Regina:
Thank you!