WEBVTT

1

00:00:00.000 --> 00:00:00.920

Marjorie Olney: You are.

2

00:00:03.040 --> 00:00:10.910

Marjorie Olney: I I have what I think is going to be a fun activity today, and I wanted to make sure

3

00:00:11.420 --> 00:00:13.690

Marjorie Olney: that everybody has

4

00:00:13.790 --> 00:00:24.640

Marjorie Olney: a way to do some writing pencil and paper, a word document on it screen some way to be able to chat some of your own thoughts.

5

00:00:26.060 --> 00:00:34.619

Marjorie Olney: because a lot of what we're going to be doing is some writing crowns. so i'm going from some things that I've written.

6

00:00:34.990 --> 00:00:39.800

Marjorie Olney: sharing those with you, and then prompting you to do some of your own writing

7

00:00:40.110 --> 00:00:55.020

Marjorie Olney: with the whole idea that ultimately we think about our work and by extension we think about the work that we're encouraging our clients to engage in. So that's that

8

00:00:55.030 --> 00:01:01.070

Marjorie Olney: Before we start any questions i'm going to pull up the Powerpoint that I want to do that prematurely

9

00:01:03.160 --> 00:01:04.259

Marjorie Olney: good to go.

10

00:01:07.500 --> 00:01:08.530

Okay.

11

00:01:09.740 --> 00:01:11.320

Marjorie Olney: let me

12

00:01:11.380 --> 00:01:13.680

Marjorie Olney: start a Powerpoint for you.

13

00:01:25.770 --> 00:01:26.990

Marjorie Olney: Okay.

14

00:01:27.230 --> 00:01:28.929

Marjorie Olney: so i'm

15

00:01:29.170 --> 00:01:34.069

Marjorie Olney: titled the screen strategies to maximize employment success.

16

00:01:34.450 --> 00:01:54.420

Marjorie Olney: and one of the things that I know from 25 years of teaching rehabilitation counselors is that when you're going through the program, almost everyone said, oh, my least favorite course with Gio Placement. you know it was such a grind it was so stressful.

17

00:01:54.560 --> 00:01:59.990

And then people come back years later and say, you know, that was the most important class I took.

18

00:02:00.610 --> 00:02:06.359

Marjorie Olney: and so they was almost stuck in my mind, and I always really had a focus in my

19

00:02:06.650 --> 00:02:09.450

Marjorie Olney: writing, in my career, in my

20

00:02:09.539 --> 00:02:19.329

Marjorie Olney: a publishing around employment and around how to help maximize employment success for the people we serve.

21

00:02:20.110 --> 00:02:27.950

Marjorie Olney: And I I wanted to just start by introducing myself, and I I know I've got an audience with people who know me, but i'll just kind of quickly

22

00:02:28.270 --> 00:02:30.890

Marjorie Olney: share with you a little about myself.

23

00:02:31.310 --> 00:02:37.700

Marjorie Olney: I was a job placement professional for my for 17 years on the job

24

00:02:37.820 --> 00:02:40.619

Marjorie Olney: prior to going back from my doctorate

25

00:02:40.640 --> 00:02:50.779

Marjorie Olney: and then work 25 years, and it's a college professor. It's a lot of years of work and realizing. And i'm realizing also that my retirement is well deserved.

26

00:02:51.620 --> 00:03:02.580

Marjorie Olney: 20 years of my teaching was focused on psychiatric rehab. So, looking specifically at the needs of people with serious mental illness.

27

00:03:02.750 --> 00:03:03.920

Marjorie Olney: I

28

00:03:04.320 --> 00:03:09.979

Marjorie Olney: the process I developed the the cycling of program.

29

00:03:10.050 --> 00:03:16.159

Marjorie Olney: and then a a recent thing that I did was to author working it out. And

30

00:03:16.290 --> 00:03:31.960

Marjorie Olney: that book is somewhat autobiographical but has an awful lot to do with work, and I was going to use working it out as our main text today just drawn some of the materials that I wrote in that book.

31

00:03:32.030 --> 00:03:43.789

Marjorie Olney: and giving us an opportunity to go from there and build on what we left, knows about work, and wants to do with helping people become employed.

32

00:03:45.620 --> 00:03:50.310

Marjorie Olney: My second career is as a person with bipolar symptoms and

33

00:03:51.610 --> 00:03:59.459

Marjorie Olney: so it's been 25 years since I was diagnosed. I had symptoms for a long time before that, but it took a while to figure that out.

34

00:03:59.800 --> 00:04:13.399

Marjorie Olney: about 15 years in recovery, which is, of course, getting a handle on it and getting some control of my symptoms. that whole notion of being in recovery.

35

00:04:13.480 --> 00:04:18.950

Marjorie Olney: And then about a year and a half of what I would call being completely out of the closet.

36

00:04:20.350 --> 00:04:25.469

Marjorie Olney: That that was a process to learning how to

37

00:04:26.830 --> 00:04:27.940

Marjorie Olney: the

38

00:04:28.810 --> 00:04:33.789

Marjorie Olney: you use use my own disabilities for the front center

39

00:04:33.930 --> 00:04:37.719

Marjorie Olney: as part of what i'm doing for teaching and training.

40

00:04:41.230 --> 00:04:44.680

Marjorie Olney: the working it out. Book we found in Amazon books.

41

00:04:45.070 --> 00:04:46.480

Marjorie Olney: Easy to get to

42

00:04:47.610 --> 00:04:49.780

Marjorie Olney: learning objectives for today.

43

00:04:50.600 --> 00:04:55.989

Marjorie Olney: Hopefully, by the end you will be able to name 5 re of counseling strategies

44

00:04:57.740 --> 00:05:03.950

Marjorie Olney: use the narrative writing process to explore strengths, interest skills, and in in history

45

00:05:04.620 --> 00:05:06.919

Marjorie Olney: embrace the importance of selfies

46

00:05:06.980 --> 00:05:07.820

Marjorie Olney: so

47

00:05:07.960 --> 00:05:09.090

Marjorie Olney: of help

48

00:05:09.240 --> 00:05:12.340

Marjorie Olney: seeking in long-term career success

49

00:05:13.300 --> 00:05:16.849

Marjorie Olney: and to generalize your learning to the people you serve.

50

00:05:17.050 --> 00:05:23.400

Marjorie Olney: So this will be a a meditation. Serve on ourselves and our own experiences.

51

00:05:23.450 --> 00:05:28.869

Marjorie Olney: with the expectation that at the end you're able to generalize that to the people you serve

52

00:05:32.200 --> 00:05:34.789

Marjorie Olney: some of the strategies

53

00:05:34.900 --> 00:05:49.719

Marjorie Olney: that I covered in working it out, and have also covered in classes. So it those of you, taking classes with me are familiar with some of these concepts. We talked a little bit about recovering

54

00:05:49.840 --> 00:05:55.440

Marjorie Olney: being that you know, gaining some control

55

00:05:55.630 --> 00:06:01.410

Marjorie Olney: of your symptoms to the point where you're able to function and do the things you want to do.

56

00:06:02.350 --> 00:06:05.809

Marjorie Olney: Disclosure being a really important element

57

00:06:05.880 --> 00:06:12.760

Marjorie Olney: figuring out when, why, and in what situations to disclose

58

00:06:13.560 --> 00:06:15.160

Marjorie Olney: symptom management.

59

00:06:15.200 --> 00:06:19.940

Marjorie Olney: One of the things that I teach in my classes is Mary Alan Copeland's rap.

60

00:06:20.170 --> 00:06:25.039

Marjorie Olney: a wonderful tool for symptom management, but not the only one. There are several

61

00:06:26.430 --> 00:06:30.229

Marjorie Olney: medications as a a wonderful add chunk

62

00:06:30.250 --> 00:06:32.110

Marjorie Olney: to all those other things

63

00:06:34.030 --> 00:06:38.610

Marjorie Olney: job accommodations critically. Important strategy.

64

00:06:38.840 --> 00:06:45.400

Marjorie Olney: and working with people to teach them how to

65

00:06:45.480 --> 00:06:48.959

Marjorie Olney: request accommodations, and not only how, but when

66

00:06:51.340 --> 00:07:00.440

Marjorie Olney: the importance of family and friends, and is, real professionals how to help feel some of those relationships.

67

00:07:03.760 --> 00:07:07.710

Marjorie Olney: professional services that are really helpful.

68

00:07:07.800 --> 00:07:21.299

Marjorie Olney: but one of the thing you know. Oftentimes people say, Well, what's the difference between site we have introduced to mental health services, and that's exactly it. If you look at this entire list of things.

69

00:07:21.970 --> 00:07:23.870

Marjorie Olney: Professional services

70

00:07:23.900 --> 00:07:27.860

Marjorie Olney: are just one small component of the whole.

71

00:07:27.930 --> 00:07:34.199

Marjorie Olney: whereas traditional mental health services, that's it, psychiatry and counseling.

72

00:07:35.200 --> 00:07:38.620

Marjorie Olney: So it's like we get this all the Southern good stuff.

73

00:07:39.270 --> 00:07:42.179

Marjorie Olney: skillful means which we'll talk about today.

74

00:07:44.110 --> 00:07:49.539

Marjorie Olney: Queer exploration something wonderful that you can do with your clients

75

00:07:49.630 --> 00:07:56.379

Marjorie Olney: to help them feel a little bit more secure about their abilities.

76

00:07:56.540 --> 00:08:00.260

Marjorie Olney: can open their eyes to the possibilities.

77

00:08:00.290 --> 00:08:01.730

Marjorie Olney: All that good stuff

78

00:08:03.040 --> 00:08:10.400

Marjorie Olney: benefits counseling, really critical, and one of one of the things that that I've done a lot in my career is

79

00:08:10.530 --> 00:08:20.090

Marjorie Olney: work on with social security and trying to figure out how to help people get past that.

80

00:08:20.370 --> 00:08:23.010

Marjorie Olney: what can be a real barrier

81

00:08:23.040 --> 00:08:24.120

to people

82

00:08:25.470 --> 00:08:32.750

Marjorie Olney: because they're on benefits and they're trying to figure out how to get off benefits and back into the world world of work.

83

00:08:33.490 --> 00:08:37.999

Marjorie Olney: values clarification. We'll do a little activity on that today.

84

00:08:39.650 --> 00:08:42.149

Marjorie Olney: and greater insight. Which

85

00:08:42.309 --> 00:08:51.480

Marjorie Olney: hopefully by the end of today also, we will handle real handle on. So we'll cover some of these concepts in the lecture today.

86

00:08:51.700 --> 00:08:55.119

Marjorie Olney: As I mentioned, all of them are discussed

87

00:08:55.610 --> 00:08:57.310

Marjorie Olney: and working it out.

88

00:09:00.550 --> 00:09:04.669

Marjorie Olney: So let's start in here what?

89

00:09:05.600 --> 00:09:08.210

Marjorie Olney: And I i'd like to share

90

00:09:09.320 --> 00:09:14.090

Marjorie Olney: what I wrote about what career means to me, and then i'm going to ask you to write about

91

00:09:14.200 --> 00:09:16.080

Marjorie Olney: what career means to you.

92

00:09:18.260 --> 00:09:21.170

Marjorie Olney: One of the things I have to do is move

93

00:09:21.350 --> 00:09:23.580

Marjorie Olney: your pictures so that I can read

94

00:09:25.230 --> 00:09:32.530

Marjorie Olney: having meaningful work, is always been central to my identity and well being, and it may be good for you as well

95

00:09:32.630 --> 00:09:37.479

Marjorie Olney: interestingly, with all of its benefits, the least of which is a paycheck.

96

00:09:37.620 --> 00:09:43.519

Marjorie Olney: People with psychiatric disabilities have been discouraged from working by well-meaning clinicians.

97

00:09:44.320 --> 00:09:47.030

Marjorie Olney: They have said that work is too stressful.

98

00:09:47.270 --> 00:09:51.289

Marjorie Olney: The title of the following article should be a slogan on a t-shirt

99

00:09:51.480 --> 00:09:58.940

Marjorie Olney: If work makes people with mental illness, sick or to unemployment, Poverty and social isolation costs.

100

00:09:59.560 --> 00:10:07.590

Marjorie Olney: In this vintage. Article. Maroni and Kalalka discuss the benefits of work and make the case that in many cases

101

00:10:07.620 --> 00:10:11.230

Marjorie Olney: people with psychiatric disabilities can, should.

102

00:10:11.740 --> 00:10:12.889

Marjorie Olney: and most

103

00:10:13.820 --> 00:10:16.199

Marjorie Olney: importantly want to work.

104

00:10:17.030 --> 00:10:17.940

Marjorie Olney: So

105

00:10:18.470 --> 00:10:22.329

Marjorie Olney: that's what I had to say. And here's my questions to you.

106

00:10:22.990 --> 00:10:26.639

Marjorie Olney: I'm going to set my little timer here for a few minutes.

107

00:10:26.980 --> 00:10:32.700

Marjorie Olney: and so, if you'll just take a few minutes to write about your career, what led you to your work?

108

00:10:33.010 --> 00:10:35.130

Marjorie Olney: What keeps you motivated.

109

00:10:35.260 --> 00:10:39.159

Marjorie Olney: how you manage hard times, how you celebrate good times.

110

00:10:39.810 --> 00:10:44.609

Marjorie Olney: and how your thoughts and feelings about your work and form how you provide services.

111

00:10:45.340 --> 00:10:47.930

Marjorie Olney: I'll just give you a few minutes to do that

112

00:13:57.080 --> 00:14:02.299

Marjorie Olney: next about 3Â min. Does anyone want an extra minute or so to finish up.

113

00:14:06.570 --> 00:14:08.520

Marjorie Olney: you ready to discuss.

114

00:14:10.320 --> 00:14:16.379

Marjorie Olney: So does anybody want to share what led you to your work? What is it?

115

00:14:16.500 --> 00:14:18.520

Marjorie Olney: What are your thoughts and feelings?

116

00:14:19.230 --> 00:14:22.810

Marjorie Olney: that Inform what you do as a service provider.

117

00:14:42.960 --> 00:14:46.329

Chuck Degeneffe: You march. Are you able to see the the the chat messages?

118

00:14:47.630 --> 00:14:48.600

Marjorie Olney: Oh.

119

00:14:48.940 --> 00:14:49.850

Marjorie Olney: yeah.

120

00:14:55.610 --> 00:14:57.800

Marjorie Olney: Okay, All right.

121

00:15:03.720 --> 00:15:04.960

Marjorie Olney: Okay.

122

00:15:05.790 --> 00:15:07.200

Marjorie Olney: Hema.

123

00:15:08.880 --> 00:15:22.610

Marjorie Olney: Working at America's job centers in San Diego County seeking the work you are did for this job seekers. My son is a learning dispute. I wanted to learn more about how to better assist him to navigate his own disability.

124

00:15:22.990 --> 00:15:27.110

Marjorie Olney: How I manage hard times by taking time off for self-care.

125

00:15:27.230 --> 00:15:28.990

Marjorie Olney: Celebrate the good times

126

00:15:29.760 --> 00:15:31.240

Marjorie Olney: and

127

00:15:31.700 --> 00:15:33.420

Marjorie Olney: with anyone who's willing

128

00:15:33.630 --> 00:15:35.350

Marjorie Olney: to hear my good news.

129

00:15:35.480 --> 00:15:37.169

Marjorie Olney: It's great thanks.

130

00:15:37.980 --> 00:15:40.459

Marjorie Olney: Hey, Eva. So nice to see.

131

00:15:40.880 --> 00:15:49.460

Marjorie Olney: I don't think you could. I see you nice to see you, Jim Mark. Here you are great to see you. So you're in Oregon.

132

00:15:51.080 --> 00:15:54.530

Eva Blixseth: Yeah, Portland. Actually.

133

00:15:54.740 --> 00:15:55.970

Marjorie Olney: Yeah.

134

00:15:56.040 --> 00:15:58.419

Marjorie Olney: yeah.

135

00:15:59.040 --> 00:16:13.030

Eva Blixseth: I love it. I have a payload that's dedicated to folks who sprint intellectual and development with disabilities. And then I have partial individuals. I serve, who experience mental health and other various disabilities.

136

00:16:15.230 --> 00:16:16.430

and

137

00:16:16.670 --> 00:16:22.459

Eva Blixseth: I've been working in this particular office after I came back for maternity maternity.

138

00:16:26.960 --> 00:16:28.320

Eva Blixseth: you know it's

139

00:16:30.950 --> 00:16:35.650

Eva Blixseth: it can be challenging to engage in services or

140

00:16:35.890 --> 00:16:50.629

Eva Blixseth: other challenges. Maybe there's things that they want that our policies can't support, and so usually I talk it out manager. I've with leadership and good colleagues. So we all support one another, which is really important to me.

141

00:16:51.630 --> 00:16:59.380

Eva Blixseth: and I also see a lot of positive aspects on the job, You know, seeing people become employed successfully seeing them happy

142

00:16:59.580 --> 00:17:05.089

Eva Blixseth: and involved in their community. just that's really what keeps me going.

143

00:17:05.579 --> 00:17:15.130

Marjorie Olney: Yes, you know the the job. Environment makes such a difference, and it's an easy thing to see kind of extend from our own experience with

144

00:17:15.220 --> 00:17:20.329

Marjorie Olney: I know, working in our department with always just

145

00:17:20.490 --> 00:17:24.919

Marjorie Olney: a really positive experience, and I always felt really supported.

146

00:17:25.010 --> 00:17:27.809

Marjorie Olney: And having that it's serious.

147

00:17:27.940 --> 00:17:35.449

Marjorie Olney: it really does translate over into how critically important that is for the people we serve as well.

148

00:17:35.620 --> 00:17:36.540

Eva Blixseth: Oh, yeah.

149

00:17:36.640 --> 00:17:37.360

Eva Blixseth: yeah.

150

00:17:38.100 --> 00:17:39.260

Eva Blixseth: definitely.

151

00:17:40.470 --> 00:17:46.589

Eva Blixseth: I mean. And also I was kind of nervous about working for folk rehab when I was in the masters program, as you remember.

152

00:17:46.920 --> 00:17:55.429

Eva Blixseth: and a lot of your words and the faculty's words really stuck with me and encouraged me to maybe give it a shot in Oregon when I moved here.

153

00:17:55.820 --> 00:18:06.639

Marjorie Olney: I'm glad, you know. Yeah, You know one of the amazing things about bulk rehab is that you can do so much because you actually have money

154

00:18:07.040 --> 00:18:23.100

Marjorie Olney: that you can use to help people where it's a lot of the helping professionals, you know. You can just like blah blah blah talk all day. But you don't have any way to actually make something happen. So it's it's a a wonderful opportunity.

155

00:18:23.230 --> 00:18:26.129

Marjorie Olney: and great to know that you're there.

156

00:18:26.840 --> 00:18:34.710

Marjorie Olney: how about how? How about all? Thank you? Oh, it was great! How about other folks? If you were in the chat. Let me know

157

00:18:40.090 --> 00:18:44.639

Marjorie Olney: we'll have to look up to one more person and then move on to the next activity.

158

00:18:48.370 --> 00:19:07.049

Karen Shein: Well, I can share. I I see Alexis is in the chat and me and desk so in case you can't see that for for me similar what? What led me to this work was my originally my motivation to help my son with his mental health

159

00:19:07.130 --> 00:19:08.800

Karen Shein: issues, which I

160

00:19:08.940 --> 00:19:21.269

Karen Shein: I was dear in the headlights and the more I learned the more intrigued I became, and that led me to, you know, getting to the mid to the program.

161

00:19:21.360 --> 00:19:24.520

Karen Shein: I what keeps me motivated

162

00:19:24.730 --> 00:19:36.250

Karen Shein: is people people are amazing, and I love my clients. having a positive impact on seeing seeing people's progress is like super exciting to me.

163

00:19:36.320 --> 00:19:48.160

Karen Shein: and it's that's what gives meaning to this work? how do I manage? Hard times at work? Not well. I've just gone through a period of burnout.

164

00:19:48.290 --> 00:19:55.220

Karen Shein: that I let go too far and then realize I I need to take a look at what I'm experiencing

165

00:19:55.260 --> 00:20:14.280

Karen Shein: it. Why, and explore what I need to do to change things which I just did, and things are doing good now, celebrating good times. I just love that feeling when my heart is full because of progress that clients have made, or something they've discovered.

166

00:20:14.290 --> 00:20:21.610

Karen Shein: and I celebrate with them by reviewing that progress and making sure that we're both aware of of that. So

167

00:20:21.720 --> 00:20:23.180

Karen Shein: those are my answers

168

00:20:23.220 --> 00:20:32.429

Marjorie Olney: That's wonderful. Those are those are really rich. That's great. Is there any other thing sort of in the back of your mind you want to share before we move ahead.

169

00:20:32.600 --> 00:20:35.029

Marjorie Olney: 1, 2, 3!

170

00:20:39.050 --> 00:20:39.900

Marjorie Olney: Oh.

171

00:20:42.680 --> 00:20:44.170

Marjorie Olney: this is interesting.

172

00:20:44.670 --> 00:20:47.520

Marjorie Olney: This happens Sometimes we here, here we go.

173

00:20:47.610 --> 00:20:49.599

Marjorie Olney: I couldn't get this to forward

174

00:20:51.330 --> 00:20:58.490

Marjorie Olney: I our next day. Activity is an employment timeline, and it's something that I suggest

175

00:20:58.500 --> 00:21:14.520

Marjorie Olney: in working it out that it's something for people to do, and something you can do with your clients as well. it get them really thinking about sort of their own job history, and what went well, and what probably needs to be different this time

176

00:21:21.290 --> 00:21:25.300

Marjorie Olney: I have to. I have to move our pictures every time I do this.

177

00:21:25.650 --> 00:21:32.939

Marjorie Olney: my commitment to helping people with disabilities gain full economic and social integration, has been lifelong

178

00:21:34.300 --> 00:21:50.359

Marjorie Olney: in 1,992 I returned to school for a doctorate to explore new ideas, strategies, and techniques. My 4 years of doctoral study were exciting, and my mood to kind higher and higher. By the month I had a seemingly unlimited capacity for work.

179

00:21:50.440 --> 00:22:03.659

Marjorie Olney: I worked long hours, and eventually was sleeping only a couple of hours each night. This high energy state came with the price. I didn't realize it at the time, but I was experiencing a manic episode.

180

00:22:04.590 --> 00:22:07.450

Marjorie Olney: So it's something we haven't in my

181

00:22:07.480 --> 00:22:08.270

Marjorie Olney: work.

182

00:22:09.620 --> 00:22:11.190

Marjorie Olney: experience.

183

00:22:11.910 --> 00:22:16.839

Marjorie Olney: and how about you in your employment. Timeline.

184

00:22:17.080 --> 00:22:21.380

Marjorie Olney: think about your job history, what you've done previously.

185

00:22:22.120 --> 00:22:25.650

Marjorie Olney: how your current job makes sense within that context.

186

00:22:26.090 --> 00:22:33.670

Marjorie Olney: some pivotal moments, and then how you've grown as a person because of your work and I'm. I'm going to set my

187

00:22:34.120 --> 00:22:35.140

Marjorie Olney: phone

188

00:22:35.800 --> 00:22:37.449

Marjorie Olney: and give you a few minutes

189

00:22:38.560 --> 00:22:40.039

Marjorie Olney: to work on that.

190

00:22:48.260 --> 00:22:50.200

Marjorie Olney: and I will look at the chats.

191

00:24:39.390 --> 00:24:40.260

Marjorie Olney: Oh.

192

00:25:52.130 --> 00:25:55.190

Marjorie Olney: there was 3Â min. Does anyone need another minute?

193

00:25:58.080 --> 00:25:59.040

Marjorie Olney: How you?

194

00:25:59.880 --> 00:26:02.049

Marjorie Olney: I noticed in a number of people

195

00:26:02.260 --> 00:26:07.409

Marjorie Olney: put some notes in the chat, and I wanted to take a look at those together.

196

00:26:07.880 --> 00:26:11.570

Marjorie Olney: dance. Thank you for your comments. And

197

00:26:14.130 --> 00:26:16.049

Marjorie Olney: I just want to go back to

198

00:26:17.130 --> 00:26:18.430

Marjorie Olney: there we are.

199

00:26:18.830 --> 00:26:20.939

Marjorie Olney: I just want to go back to your note.

200

00:26:22.350 --> 00:26:29.320

Marjorie Olney: The the site of a homeless veteran, and Alex led her to

201

00:26:32.220 --> 00:26:34.019

Marjorie Olney: working in this field.

202

00:26:37.270 --> 00:26:38.490

Marjorie Olney: And

203

00:26:38.550 --> 00:26:44.899

Marjorie Olney: and yeah, you know it it, you know. There, there's plenty of need out there, so it's exciting that people

204

00:26:45.090 --> 00:26:46.260

Marjorie Olney: actually

205

00:26:50.600 --> 00:26:54.450

Marjorie Olney: you know, are moved by things like that, and make some life decisions.

206

00:26:56.370 --> 00:26:59.059

Marjorie Olney: Melissa Gomez, it was good to see you. Mel

207

00:27:01.320 --> 00:27:05.979

Marjorie Olney: talked about our own personal challenges. I think this was in response to the first prompt

208

00:27:07.900 --> 00:27:09.359

Melissa Gomez: good to see you.

209

00:27:10.140 --> 00:27:11.790

Marjorie Olney: Oh, it's great.

210

00:27:14.250 --> 00:27:18.170

Marjorie Olney: it's, you know. The zoom gives us a way to get together.

211

00:27:21.450 --> 00:27:22.550

Marjorie Olney: So

212

00:27:23.000 --> 00:27:25.840

Marjorie Olney: Hema talks about the work that she's done

213

00:27:27.590 --> 00:27:30.859

Marjorie Olney: case management services listening to others.

214

00:27:32.130 --> 00:27:34.340

Marjorie Olney: Oh, Tedia! Hi!

215

00:27:35.920 --> 00:27:39.270

Marjorie Olney: and then some of the stuff that Teddy has done in the past.

216

00:27:41.460 --> 00:27:50.960

Marjorie Olney: you know, from PET sitting to realizing that that these are related skills, it's really exciting.

217

00:27:53.770 --> 00:27:54.910

Marjorie Olney: And

218

00:27:56.790 --> 00:28:00.680

Marjorie Olney: desk talking about the reason she left the corporate world.

219

00:28:01.680 --> 00:28:04.590

Marjorie Olney: She had to fire people. All that is hard.

220

00:28:06.400 --> 00:28:08.340

Marjorie Olney: and Kathleen.

221

00:28:10.090 --> 00:28:12.589

Marjorie Olney: keeping up to date on resources

222

00:28:14.080 --> 00:28:17.880

Marjorie Olney: developed a bigger view of the world so exciting.

223

00:28:19.420 --> 00:28:22.160

Marjorie Olney: How about other? How about on their

224

00:28:23.110 --> 00:28:27.849

Marjorie Olney: Other thoughts your unemployment timeline?

225

00:28:27.960 --> 00:28:37.619

Marjorie Olney: You have an opportunity to think about how previous jobs kind of the the work you're doing now, and

226

00:28:37.950 --> 00:28:40.909

Marjorie Olney: probably it all falls together for you or not.

227

00:28:55.130 --> 00:28:58.679

Karen Shein: Well, I can share. This is Karen.

228

00:28:58.820 --> 00:29:07.210

Karen Shein: Not only my previous job, I mean I've I've gotten. I realized that I've gotten something out of every job I've ever had

229

00:29:08.740 --> 00:29:16.429

Karen Shein: that, you know, makes up who I am today, and it all comes back at some point when working with other people.

230

00:29:17.750 --> 00:29:19.700

Karen Shein: I can relate to

231

00:29:20.360 --> 00:29:31.240

Karen Shein: things that other people have been through. and also, like I worked in an addiction, addiction, rehab facility, an outpatient facility. at first.

232

00:29:31.370 --> 00:29:32.240

Karen Shein: and

233

00:29:32.460 --> 00:29:38.020

Karen Shein: I learned so much more working there on treatment and

234

00:29:38.170 --> 00:29:53.319

Karen Shein: post-acute withdrawal, symptoms, and the terminology and that's come back to help in many cases with clients that I work with now, and the one other thing that I want to say, which is a little different than this. But but

235

00:29:53.350 --> 00:30:00.740

Karen Shein: I always knew I wanted to be a mental health counselor. So being in the rehabilitation counseling program was like.

236

00:30:00.900 --> 00:30:03.300

Karen Shein: Is this the right program for me or not?

237

00:30:03.510 --> 00:30:10.459

Karen Shein: And I have to say to Chuck and to mark. Thank you because I have.

238

00:30:10.490 --> 00:30:20.860

Karen Shein: I'm so glad that I had that fuller education, because you know, people have disabilities, and people have struggles that are.

239

00:30:20.890 --> 00:30:25.159

Karen Shein: I mean I my My education is so much broader.

240

00:30:25.190 --> 00:30:34.939

Karen Shein: in our program, then. a lot of mental health counselors. So all of that has come back to to help me in working with people.

241

00:30:35.260 --> 00:30:36.700

it's great

242

00:30:37.130 --> 00:30:48.929

Marjorie Olney: thanks, Karen. Anybody else want to add anything about your employment timeline any thoughts that came up that you thought to yourself well, that it actually does relate, or

243

00:30:48.980 --> 00:30:51.200

Marjorie Olney: or they it's an outlier.

244

00:30:55.980 --> 00:30:57.669

Marjorie Olney: Okay, we'll move on

245

00:31:06.380 --> 00:31:15.030

Marjorie Olney: we we talk a lot about soft skills, and one of the chapters in my book is dedicated to

246

00:31:15.200 --> 00:31:19.520

Marjorie Olney: improving those and to helping your clients

247

00:31:19.580 --> 00:31:21.479

Marjorie Olney: Build

248

00:31:21.580 --> 00:31:24.180

Marjorie Olney: some of the soft skills that you need

249

00:31:24.310 --> 00:31:29.799

Marjorie Olney: in order to get along with others to work well in the workplace, etc.

250

00:31:32.090 --> 00:31:34.700

Marjorie Olney: So this is what I wrote about it.

251

00:31:35.410 --> 00:31:48.539

Marjorie Olney: I start specifically with the Buddhist concept of skillful means, the skills, abilities, and attitudes that get you where you want to go while leaving other people in the environment relatively unscathed.

252

00:31:49.370 --> 00:31:54.650

Marjorie Olney: These skills are part of what are often called soft skills in the world of business.

253

00:31:54.680 --> 00:32:07.739

Marjorie Olney: but they go beyond soft skills to introduce compassion and understanding for our coworkers and supervisors, even if we possess wisdom, and we want to share with other beings and help them.

254

00:32:07.820 --> 00:32:11.310

Marjorie Olney: We need to be patient, creative, and compassionate.

255

00:32:11.440 --> 00:32:16.579

Marjorie Olney: so that we will be able to hear, accept, and act on what we have to share.

256

00:32:19.660 --> 00:32:25.890

Marjorie Olney: So our next little writing activity is around tapping into those soft skills

257

00:32:26.160 --> 00:32:30.509

Marjorie Olney: right about a time that you were able to use your skillful means

258

00:32:30.850 --> 00:32:35.999

Marjorie Olney: to make a work situation. Better maybe. Talk about what that situation was.

259

00:32:36.920 --> 00:32:41.400

Marjorie Olney: and then how you feel about your soft skills, and how you're going to cultivate these.

260

00:32:43.680 --> 00:32:45.459

Marjorie Olney: I will set my timer.

261

00:32:53.580 --> 00:32:54.420

Okay?

262

00:35:57.420 --> 00:35:58.270

Marjorie Olney: Well.

263

00:35:58.310 --> 00:36:10.960

Marjorie Olney: 3Â min, 3Â min can seem really long or really short. What do you think of? I don't know what you think, but I I would. I just wrote my own little response to that prompt, and I thought.

264

00:36:11.050 --> 00:36:13.609

Marjorie Olney: well, 3Â min. It's a little bit long.

265

00:36:14.940 --> 00:36:17.769

Marjorie Olney: so maybe we'll shorten it on the next one.

266

00:36:19.530 --> 00:36:22.100

Marjorie Olney: Any thoughts about

267

00:36:22.440 --> 00:36:28.460

Marjorie Olney: to use those skillful means?

268

00:36:30.330 --> 00:36:32.610

Marjorie Olney: And what were the outcomes?

269

00:36:35.660 --> 00:36:38.639

Marjorie Olney: I'm going to check in the chat and see if anybody is

270

00:36:47.890 --> 00:36:50.910

Marjorie Olney: okay. has one.

271

00:36:50.940 --> 00:37:03.370

Marjorie Olney: We had a difficult client and a parent who were demanding certain services. I acquired the case in a meeting them. The parents threatened to fire, file a grievances. They did not get what they demanded.

272

00:37:05.700 --> 00:37:06.899

Marjorie Olney: Some folks hard.

273

00:37:07.150 --> 00:37:18.160

Marjorie Olney: I was able to offer a listening approach, and allowed them to be and share their frustration. At the end of the meeting the parent apologize for coming out, so Bro. And thank me for offering.

274

00:37:18.360 --> 00:37:20.779

Marjorie Olney: I'm listening here this fantastic

275

00:37:21.470 --> 00:37:27.600

Marjorie Olney: and then Kathleen Crisis Counseling training has helped many times in my current position.

276

00:37:27.700 --> 00:37:31.129

Marjorie Olney: I help others come down to discuss matters better.

277

00:37:31.580 --> 00:37:33.640

Marjorie Olney: Anyone else who wants to.

278

00:37:34.070 --> 00:37:35.700

Marjorie Olney: Here?

279

00:37:35.850 --> 00:37:38.450

Marjorie Olney: tamping into soft skills.

280

00:37:46.780 --> 00:37:51.879

Marjorie Olney: I actually had what I realized. one of the things that I can do.

281

00:37:52.520 --> 00:37:57.239

Marjorie Olney: It's either a strength or a weakness started depending on the situation.

282

00:37:57.930 --> 00:38:02.040

Marjorie Olney: But I have the ability to smooth things over.

283

00:38:02.520 --> 00:38:09.850

Marjorie Olney: and sometimes it's really good, and it's really good when you can get people to start talking about their differences.

284

00:38:10.220 --> 00:38:21.430

Marjorie Olney: And I realized, as I was writing, that I actually used it in teaching kind of bringing up perspectives and getting people to discuss different points of view.

285

00:38:22.730 --> 00:38:28.709

Marjorie Olney: So some of these strings could be a strength or a weakness depending on the situation, or depending on how you handle it.

286

00:38:31.680 --> 00:38:33.560

Marjorie Olney: Any other thoughts?

287

00:38:37.870 --> 00:38:39.269

Marjorie Olney: Oh, hey.

288

00:38:40.130 --> 00:38:41.409

Marjorie Olney: even just wrote

289

00:38:41.500 --> 00:38:52.689

Marjorie Olney: what helps me is to provide the limited self closure about my personal experiences to help them relate to me. I think that's a really good skill as well. It humanizes us.

290

00:38:53.400 --> 00:39:04.609

Marjorie Olney: 1 one of the one of the things about teaching qualitative research methods is a lot of the textbooks. Say, Don't, disclose anything about yourselves.

291

00:39:04.870 --> 00:39:19.550

Marjorie Olney: and I found that to be just wrong, I I think. Limited self disclosure. You're not taking over the discussion. You're not making the focus yourself, but limited self disclosure really helps to pave the way.

292

00:39:19.870 --> 00:39:21.069

Marjorie Olney: And

293

00:39:21.320 --> 00:39:25.179

Marjorie Olney: maybe someday, i'll get around to writing my own qualitative research

294

00:39:25.300 --> 00:39:26.330

Marjorie Olney: textbook.

295

00:39:26.490 --> 00:39:27.330

Marjorie Olney: maybe.

296

00:39:29.170 --> 00:39:31.150

Marjorie Olney: other thoughts.

297

00:39:44.580 --> 00:39:45.669

Marjorie Olney: Okay.

298

00:39:51.140 --> 00:39:52.130

Marjorie Olney: there we are.

299

00:39:52.530 --> 00:39:59.200

Marjorie Olney: values clarification. This is an activity that I've done with some classes, not all classes.

300

00:39:59.350 --> 00:40:03.359

Marjorie Olney: So some of you may have done this before, and some of you may not have.

301

00:40:03.840 --> 00:40:07.879

Marjorie Olney: But take a second and Jack down my instructions here.

302

00:40:08.420 --> 00:40:13.370

Marjorie Olney: The instructions are to select 3 to 5 values. They're going to be on the next slide.

303

00:40:13.620 --> 00:40:16.509

Marjorie Olney: 3 to 5 values that are most important to you.

304

00:40:16.540 --> 00:40:19.890

Marjorie Olney: and 3 to 5 values that are least important to you.

305

00:40:20.500 --> 00:40:28.789

Marjorie Olney: And then your test is going to be to write about how your values and how they influence your decision making at home and at work.

306

00:40:29.480 --> 00:40:31.979

Marjorie Olney: So we'll do that next.

307

00:40:32.630 --> 00:40:35.750

Marjorie Olney: Let me give you a few minutes with these values.

308

00:40:40.290 --> 00:40:47.259

Marjorie Olney: and these are not all of them. You may have values that Aren't included on the list, but this is at least a prompt for you.

309

00:43:26.080 --> 00:43:28.910

Marjorie Olney: Does anyone want to see the previous slide?

310

00:44:14.200 --> 00:44:15.419

Marjorie Olney: Okay.

311

00:44:16.540 --> 00:44:22.089

Marjorie Olney: I'm just looking up in the chat to see who's left anything for me here? Anybody?

312

00:44:28.130 --> 00:44:30.910

Marjorie Olney: Oh, yes, previous slide. Okay.

313

00:44:35.820 --> 00:44:39.029

Marjorie Olney: I'm. Maybe a little trouble getting the the

314

00:44:39.710 --> 00:44:41.749

Marjorie Olney: the slide to go back.

315

00:44:49.360 --> 00:44:52.419

Marjorie Olney: So i'm sorry i'm not able to to do that.

316

00:45:00.640 --> 00:45:01.729

Marjorie Olney: Oh.

317

00:45:01.750 --> 00:45:02.830

okay.

318

00:45:08.310 --> 00:45:12.120

Marjorie Olney: Melissa listed her values.

319

00:45:15.550 --> 00:45:16.660

Marjorie Olney: Okay.

320

00:45:18.170 --> 00:45:19.779

Marjorie Olney: I just want to share those.

321

00:45:25.260 --> 00:45:29.889

Marjorie Olney: Oh, here it i'll start with Karen

322

00:45:31.050 --> 00:45:36.810

Marjorie Olney: The values, autonomy, compassion, humor, cooperation, creativity.

323

00:45:37.350 --> 00:45:38.669

Marjorie Olney: and then least

324

00:45:38.690 --> 00:45:39.990

Marjorie Olney: important.

325

00:45:40.120 --> 00:45:43.370

Marjorie Olney: it's interesting. Sometimes it tells you a lot about a person.

326

00:45:46.500 --> 00:45:51.479

Karen Shein: Yeah, my least important might seem really weird to people.

327

00:45:51.750 --> 00:46:01.829

Karen Shein: I I don't believe there ever will be world peace. And so i'm not going to focus on hoping that it's going to happen. So that's why I said it was the least

328

00:46:01.880 --> 00:46:08.030

Karen Shein: and hard work with something that I just realized. I just had a client who

329

00:46:08.320 --> 00:46:24.349

Karen Shein: I didn't feel I was doing anything I like to work, you know. I like to feel like I've done something. And this client was just talking, talking, talking all the time. At the end I realized that the client was really progressing by

330

00:46:24.700 --> 00:46:30.329

Karen Shein: processing while they were talking, and so I didn't have a lot to do.

331

00:46:30.840 --> 00:46:45.419

Karen Shein: But that's been like me getting over. Being a workahol like that was a really good lesson to learn like it's not about hard work. It's about work that's appropriate for the benefit of the client. So that was. That's why I put that down.

332

00:46:45.560 --> 00:46:52.209

Marjorie Olney: That's interesting. It's really interesting, and Chuck had some to justice, integrity, gratitude.

333

00:46:52.470 --> 00:46:59.580

Marjorie Olney: and that's and and then not such important things. Again, probably world piece, just because it's something that

334

00:46:59.850 --> 00:47:02.749

Marjorie Olney: is not necessarily approachable.

335

00:47:02.880 --> 00:47:06.180

Marjorie Olney: How about his empathy acceptance service?

336

00:47:06.810 --> 00:47:12.900

Marjorie Olney: These These values are important to me as a professional. Personally, if i'm crucial to being able to

337

00:47:13.000 --> 00:47:15.240

Marjorie Olney: provide a person-centered approach

338

00:47:15.380 --> 00:47:17.439

Marjorie Olney: and then least important.

339

00:47:22.940 --> 00:47:26.670

Marjorie Olney: Oh, I will get him be able to control this a little better

340

00:47:28.470 --> 00:47:30.580

Marjorie Olney: of wealth, etc.

341

00:47:30.650 --> 00:47:38.240

Marjorie Olney: and a and i'm guessing that there's a lot of similarities between us as people who have dedicated themselves

342

00:47:38.340 --> 00:47:40.209

Marjorie Olney: to the helping professions.

343

00:47:40.500 --> 00:47:41.910

Marjorie Olney: desk.

344

00:47:42.190 --> 00:47:48.030

Marjorie Olney: My important values, honesty, safety, dependability. The longing is hard work.

345

00:47:49.040 --> 00:47:52.979

Marjorie Olney: wealth, power, authority not nearly as important.

346

00:47:53.810 --> 00:47:54.839

Marjorie Olney: And

347

00:47:55.290 --> 00:47:56.830

Marjorie Olney: yeah.

348

00:47:57.500 --> 00:48:00.430

Marjorie Olney: Kathleen, sometimes listening is the most important.

349

00:48:00.460 --> 00:48:01.660

Marjorie Olney: I agree

350

00:48:02.300 --> 00:48:10.949

Marjorie Olney: that's great. Does anyone have anything they want to add to the values. I I love this values activities something that I teach

351

00:48:11.510 --> 00:48:15.250

Marjorie Olney: when i'm teaching motivational interviewing

352

00:48:15.690 --> 00:48:18.699

Marjorie Olney: and one actually discussion that that

353

00:48:18.850 --> 00:48:21.510

Marjorie Olney: Karen and I just had was

354

00:48:21.960 --> 00:48:28.429

Marjorie Olney: that Sometimes you can get people to write their own obituary

355

00:48:28.960 --> 00:48:41.100

Marjorie Olney: and and and that can get at somebody's values as well, because how you know how I want to be. Remember the things that are so critically important to me as a person.

356

00:48:41.450 --> 00:48:45.270

Marjorie Olney: But a belly's clarification. Activity is always

357

00:48:45.360 --> 00:48:47.799

Marjorie Olney: a good thing to do.

358

00:48:47.980 --> 00:48:56.119

Marjorie Olney: and especially good when you're really talking about next steps and moving on and moving into employment.

359

00:49:03.350 --> 00:49:06.149

Marjorie Olney: Okay, this one developing new insights.

360

00:49:09.860 --> 00:49:16.449

Marjorie Olney: This is what I wrote about insight. I I I dedicated a chapter to it it's just so

361

00:49:16.560 --> 00:49:19.660

Marjorie Olney: very, very important, and it's an area

362

00:49:19.710 --> 00:49:27.889

Marjorie Olney: that all of us can develop in so many different ways. There's so many creative ways to develop more.

363

00:49:28.190 --> 00:49:31.189

Marjorie Olney: You say that to ourselves and into the world.

364

00:49:31.780 --> 00:49:34.530

Marjorie Olney: what I wrote was

365

00:49:34.630 --> 00:49:39.240

Marjorie Olney: insight comes with self understanding, and that is true for everyone.

366

00:49:39.440 --> 00:49:42.880

Marjorie Olney: Socrates is often credited with the phone. Quote.

367

00:49:43.000 --> 00:49:45.750

Marjorie Olney: To know yourself is the beginning of wisdom.

368

00:49:46.020 --> 00:49:55.460

Marjorie Olney: My hope is that you come to really know and love yourself, not in spite of your disability, but by embracing it as an integral aspect of yourself

369

00:49:55.750 --> 00:50:04.000

Marjorie Olney: overall through my journey. I've come to accept myself, quirks and all. However, it's not been a one and done proposition.

370

00:50:04.460 --> 00:50:10.600

Marjorie Olney: I have constantly have to work. It's self acceptance. You may have to work at it as well.

371

00:50:12.010 --> 00:50:14.500

Marjorie Olney: So our final activity is

372

00:50:16.410 --> 00:50:18.959

Marjorie Olney: on developing new insights.

373

00:50:19.930 --> 00:50:21.990

Marjorie Olney: Why and how is it critical?

374

00:50:22.380 --> 00:50:25.640

Marjorie Olney: What kind of activities do you do to increase in the study?

375

00:50:26.110 --> 00:50:29.700

Marjorie Olney: How the insights impacted you and people around you?

376

00:50:30.150 --> 00:50:36.599

Marjorie Olney: And what does insight you have to do with soft skills and value clarification. So we're kind of coming full circle.

377

00:50:37.690 --> 00:50:40.419

Marjorie Olney: I'll give you a few minutes to write about that.

378

00:53:57.700 --> 00:53:58.540

Marjorie Olney: Why.

379

00:53:58.930 --> 00:54:00.279

Marjorie Olney: it was quick.

380

00:54:02.650 --> 00:54:03.920

Marjorie Olney: I'm just looking.

381

00:54:05.300 --> 00:54:07.690

Marjorie Olney: I'm just looking at the X.

382

00:54:07.780 --> 00:54:16.289

Marjorie Olney: that's right. I'm trying to practice quieting down first when i'm emotionally charged before I respond to an email

383

00:54:16.340 --> 00:54:20.319

Marjorie Olney: when i'm a less reactive i'm more in turn to

384

00:54:20.560 --> 00:54:29.459

Marjorie Olney: with the other person. I also enroll after work activities such as Hila dance. Absolutely now all the things that you can do.

385

00:54:29.610 --> 00:54:32.499

Marjorie Olney: One of the things that I wrote in.

386

00:54:33.070 --> 00:54:35.589

Marjorie Olney: and my little activity here

387

00:54:35.650 --> 00:54:39.460

Marjorie Olney: was live theater. I just find

388

00:54:39.690 --> 00:54:43.319

Marjorie Olney: the arts to be something to evoke

389

00:54:45.910 --> 00:54:50.180

Marjorie Olney: new thoughts. new insights.

390

00:54:52.090 --> 00:55:03.660

Marjorie Olney: So you know whether it be wandering through a gallery or hearing a lot of music or seeing theater, or even even a good movie. Those things can evoke all kinds of

391

00:55:04.110 --> 00:55:06.800

Marjorie Olney: of critical insights.

392

00:55:07.130 --> 00:55:08.960

Marjorie Olney: how about others.

393

00:55:12.270 --> 00:55:19.710

Marjorie Olney: Well, Chuck was saying. He finds the the walking and other forms of quiet a long time, helpful, absolutely

394

00:55:22.200 --> 00:55:24.319

Marjorie Olney: quiet time, Mark was saying.

395

00:55:32.700 --> 00:55:34.120

Marjorie Olney: Okay.

396

00:55:35.930 --> 00:55:40.040

Marjorie Olney: Melissa, I try to keep myself grounded as much as possible.

397

00:55:40.070 --> 00:55:42.940

Marjorie Olney: That could be something as simple as adding humor

398

00:55:43.160 --> 00:55:48.080

Marjorie Olney: if appropriate, practicing mindfulness, techniques, and giving myself reminders

399

00:55:54.630 --> 00:56:02.010

Marjorie Olney: that we're all human. We all have our own issues, and we're all dealing with that. We're all dealing with at the end of the day.

400

00:56:04.520 --> 00:56:07.260

Marjorie Olney: I can reflect on the positive things I've done.

401

00:56:07.880 --> 00:56:09.690

Marjorie Olney: That's nice Check was agreeing.

402

00:56:10.200 --> 00:56:11.569

Marjorie Olney: It's

403

00:56:11.680 --> 00:56:14.419

Marjorie Olney: those are really nice. Any other thoughts about

404

00:56:14.510 --> 00:56:18.110

Marjorie Olney: anyone put together any thoughts about how

405

00:56:18.380 --> 00:56:21.029

Marjorie Olney: your self skills and your values

406

00:56:22.920 --> 00:56:26.539

Marjorie Olney: have to do with insight how those things fit together.

407

00:56:33.190 --> 00:56:37.340

Marjorie Olney: Oh, Karen Karen, for I think fly fishing is the most mindful activity.

408

00:56:37.560 --> 00:56:41.590

Marjorie Olney: And desk right walking. Your dog at night is very common.

409

00:56:41.920 --> 00:56:43.849

Marjorie Olney: So all the good things that we do.

410

00:56:45.630 --> 00:56:46.470

Okay.

411

00:56:47.330 --> 00:56:53.579

Marjorie Olney: all right. We are getting to the end of the hour, and I want to finish up. So let me move forward, either

412

00:56:59.520 --> 00:57:03.419

Marjorie Olney: getting a little some of getting that slides to forward.

413

00:57:04.930 --> 00:57:10.209

Marjorie Olney: There we get getting the right job. And here's what I wrote about getting the right job.

414

00:57:10.430 --> 00:57:27.790

Marjorie Olney: Getting my job is just the start. Like me. You may need to attend to those soft skills skillful means not only to keep the job, but to move through the ranks. I wrote at length about how to ask for accommodations, how to manage symptoms and help seeking skills.

415

00:57:27.810 --> 00:57:30.139

Marjorie Olney: These methods are tried and true.

416

00:57:30.190 --> 00:57:34.229

Marjorie Olney: I'm confident that the skills and approaches discussed in this book

417

00:57:34.560 --> 00:57:41.239

Marjorie Olney: i'm sure that you can find and keep a great job in that and a rewarding career for your future.

418

00:57:41.930 --> 00:57:44.600

Marjorie Olney: So the final activity

419

00:57:44.820 --> 00:57:52.080

Marjorie Olney: was basically about taking all of what we've just done today, and generalizing to the people you serve.

420

00:57:53.460 --> 00:58:00.420

Marjorie Olney: So and and I and I think we've got just maybe 2Â min. so if anyone would like to

421

00:58:02.010 --> 00:58:07.430

Marjorie Olney: jump in with a thought about how you can generalize what we've covered today

422

00:58:09.280 --> 00:58:12.260

Marjorie Olney: and apply it to the folks that you serve.

423

00:58:22.910 --> 00:58:27.000

Marjorie Olney: I'm good. I i'm going into the chat to see if anyone's

424

00:58:27.590 --> 00:58:29.090

Marjorie Olney: hiding out in here

425

00:58:30.770 --> 00:58:32.430

Marjorie Olney: any thoughts on that.

426

00:58:35.600 --> 00:58:41.289

Marjorie Olney: I hope. First of all, that you could all agree that this is applicable to what we do

427

00:58:41.360 --> 00:58:51.340

Marjorie Olney: not just an opportunity to reflect on ourselves that our own skill building and our own perceptions and our own values.

428

00:58:51.360 --> 00:58:57.729

Marjorie Olney: but an opportunity to really think broadly about the people that we come in contact with every day.

429

00:59:25.840 --> 00:59:29.180

Marjorie Olney: Okay, Did somebody just enter in in the chat?

430

00:59:31.750 --> 00:59:37.039

Marjorie Olney: Oh, Karen writes, I do the values exercise with most of my clients.

431

00:59:37.150 --> 00:59:42.769

Marjorie Olney: They can use their values as compass for their work, decisions, and all their other decisions absolutely.

432

00:59:42.950 --> 00:59:49.679

Marjorie Olney: and we all have them as a matter of whether we've made them explicit in our own thinking or not.

433

00:59:49.830 --> 00:59:55.220

Marjorie Olney: And it it. It can be a really really good thing to look at values.

434

00:59:57.000 --> 00:59:58.529

Marjorie Olney: any other thoughts.

435

01:00:10.980 --> 01:00:16.339

Marjorie Olney: Okay, then, we'll just summarize because I think we are getting to the end of the hour.

436

01:00:16.560 --> 01:00:18.560

Marjorie Olney: what we discussed.

437

01:00:19.320 --> 01:00:22.810

Marjorie Olney: we talked about working it out.

438

01:00:23.420 --> 01:00:29.390

Marjorie Olney: We talked about the 12 strategies that we covered a few of them in this activity today.

439

01:00:29.740 --> 01:00:31.880

Marjorie Olney: What our careers mean to us.

440

01:00:32.030 --> 01:00:35.850

Marjorie Olney: our own employment timelines tipping into soft skills.

441

01:00:36.100 --> 01:00:37.919

Marjorie Olney: various clarification

442

01:00:38.430 --> 01:00:43.910

Marjorie Olney: insights about employment, and then the importance of work to the people we serve.

443

01:00:44.260 --> 01:00:53.399

Marjorie Olney: Those were the topics, and you know how you're supposed to do with the presentation. You tell people what you're going to present. You present it, and then you tell them again what you did.

444

01:00:53.510 --> 01:00:55.390

Marjorie Olney: So there you have it

445

01:00:56.300 --> 01:00:57.810

Marjorie Olney: any questions?

446

01:01:09.580 --> 01:01:10.529

Marjorie Olney: Well.

447

01:01:10.800 --> 01:01:20.940

Marjorie Olney: thank you so much. It was a pleasure. It is a great great seeing so many people I know, and a few people I don't know so welcome. I hope to see you again.

448

01:01:21.540 --> 01:01:24.890

Marjorie Olney: but thanks for sharing this hour with me.

449

01:01:26.580 --> 01:01:29.120

Melissa Kronberger: Thank you. March I

450

01:01:29.140 --> 01:01:39.250

Melissa Kronberger: I I it was good to see you, too, and I guess because I just did a seminar yesterday or the day before on cultivating

451

01:01:39.330 --> 01:01:50.000

Melissa Kronberger: your best self. and ethics. It kinda all comes full circle when we know ourselves Well, when we take good care of ourselves, when we think about what our

452

01:01:50.140 --> 01:01:57.560

Melissa Kronberger: what our intentions are, and then how to You know. How do we relate that to our consumers or clients

453

01:01:57.690 --> 01:02:00.379

Melissa Kronberger: in in the efforts of

454

01:02:00.400 --> 01:02:11.660

Melissa Kronberger: you know, being good listeners? And I think really some sums up for me, and and and listening to this, reaffirms to me that listening and being my best self every day.

455

01:02:11.720 --> 01:02:12.549

Melissa Kronberger: and

456

01:02:12.770 --> 01:02:16.989

Melissa Kronberger: thinking of the other person that i'm serving before all of my

457

01:02:17.140 --> 01:02:22.519

Melissa Kronberger: other. You know my personal needs, I think, helps me the best when i'm helping other people

458

01:02:22.720 --> 01:02:32.669

Marjorie Olney: so good reminder of that for me.

459

01:02:32.700 --> 01:02:36.830

Marjorie Olney: I find that just the process of thinking through these issues to be very.

460

01:02:36.870 --> 01:02:40.359

Marjorie Olney: We all need this. We all need to stop

461

01:02:40.590 --> 01:02:44.570

Marjorie Olney: and really think and consider and feel

462

01:02:45.030 --> 01:02:50.639

Marjorie Olney: and not just do, do, do, do, do, which is what we often do.

463

01:02:51.090 --> 01:02:53.020

Marjorie Olney: Agreed: yeah.

464

01:02:53.220 --> 01:02:56.169

Marjorie Olney: Great to see you. Yeah, likewise. Thank you.

465

01:02:58.300 --> 01:03:01.059

Marjorie Olney: So I guess with that

466

01:03:02.570 --> 01:03:03.829

Marjorie Olney: i'm gonna stop

467

01:03:05.600 --> 01:03:07.029

Marjorie Olney: screen sharing

468

01:03:08.490 --> 01:03:09.500

Marjorie Olney: and

469

01:03:10.510 --> 01:03:20.079

Marjorie Olney: say goodbye to all the people I know so well, and some of whom I don't know at all. I hope to encounter you, Kathleen, and Des and

470

01:03:20.390 --> 01:03:23.150

Marjorie Olney: I don't think I know Ben and Hema

471

01:03:23.320 --> 01:03:30.569

Marjorie Olney: hopefully. In future classes we'll run into each other, but great to see the rescue. Mel

472

01:03:30.590 --> 01:03:32.200

Marjorie Olney: Eva. Just

473

01:03:32.310 --> 01:03:34.399

Marjorie Olney: really nice to see you all.

474

01:03:34.970 --> 01:03:46.790

Marjorie Olney: It's good to see you, too. March, Mark.