

00:06 to: @Wardmans (The Netherlands)  
10pm

00:27 to: *tasneem*  
i was on vacation :(

00:32 to: *Bill Wong @BillWongOT*  
just Claire left

00:34 to: *Andrea P and Andrew McK (Scotland)*  
9PM

00:35 to: *Michèe Verdonck*  
nerd!!!

00:41 to: *Esra OT*  
11.00 pm

00:44 to: *kirstyes (UK)*  
Only Helen I think - where are you Helen?

00:45 to: *Bill Wong @BillWongOT*  
geek... lol... but I am proud of them, though

00:50 to: *Bill Wong @BillWongOT*  
oh yeah

00:53 to: *Bill Wong @BillWongOT*  
helen.. not claire

00:57 to: *Helen OTUK*  
i am here

01:23 to: *Elysa Roberts*  
yes

01:23 to: *tasneem*  
yes

01:23 to: *Bill Wong @BillWongOT*  
yes

01:23 to: *Helen OTUK*  
yes

01:25 to: *Andrea P and Andrew McK (Scotland)*  
YES

01:26 to: *MartinOD*

yes

01:27 to: *NickaZ*

yes

01:36 to: *Pauline USA*

a bit fuzzy

02:48 to: *tasneem*

yes

02:48 to: *@Wardmans (The Netherlands)*

yes

02:48 to: *Esra OT*

yes

02:49 to: *Julie C - Ireland*

yes

02:49 to: *kirstyes (UK)*

Yes

02:51 to: *MartinOD*

yes

02:51 to: *Bill Wong @BillWongOT*

yes

02:57 to: *Michèle Verdonck*

bit fuzzy

03:04 to: *Maja/Canada*

when u move closer to the mic you sound better

03:09 to: *kirstyes (UK)*

Yay Helen - was worried Brock was going to be on his own

03:15 to: *Susan Burwash (Canada) (no longer Moderator)*

that's good

03:28 to: *Helen OTUK*

nope i am here, going strong

03:48 to: *Helen OTUK*

Just had to let Blu out

03:55 to: *kirstyes (UK)*

(6)

03:58 to: *Andrea P and Andrew McK (Scotland)*  
(c)

04:01 to: *tasneem*  
:D:D

04:02 to: *MartinOD*  
(6)

04:04 to: *Bill Wong @BillWongOT*  
lol

04:07 to: *kirstyes (UK)*  
Just carved 2 pumpkins

04:24 to: *Helen OTUK*  
getting slow!

04:28 to: *Andrea P and Andrew McK (Scotland)*  
Pumpking and chinese!

04:28 to: *Bill Wong @BillWongOT*  
now i jumped the gun... lol

04:35 to: *Michèle Verdonck*  
have a lovely pottery one.. no caving!!

04:42 to: *Bill Wong @BillWongOT*  
finally got one

05:10 to: *tasneem*  
i miss halloween lol

05:18 to: *kirstyes (UK)*  
Yes Andrea - still too full for chocolate. You've bought someone with you.

05:18 to: *@Wardmans (The Netherlands)*  
chocolate cake? great idea!

05:30 to: *Esra OT*  
anyone, some tea? :)

05:35 to: *@Wardmans (The Netherlands)*  
me!

05:49 to: *@Wardmans (The Netherlands)*  
yes

05:51 to: *tasneem*  
yes

05:51 to: *Helen OTUK*  
yes!

05:52 to: *kirstyes (UK)*  
Yes perfect

05:52 to: *NickaZ*  
yes

05:54 to: *Anita Hamilton*  
yes

05:55 to: *Karen (Truro, UK)*  
yes

06:00 to: *Paula C, OT, NY, USA*  
yes

06:17 to: *Andrea P and Andrew McK (Scotland)*  
I have, friend from SOTLS 2010 committee letting me use his wifi

06:22 to: *Esra OT*  
yes :)

06:37 to: *jfaias*  
finally got the time to attend on the sessions

06:59 to: *Bill Wong @BillWongOT*  
better late than never. :)

07:00 to: *Helena Culshaw UK*  
Sorry I am late

07:09 to: *jfaias*  
and I got Karen Jacobs. :)

07:12 to: *Helen OTUK*  
Hello Jfaias

07:17 to: *Helena Culshaw UK*  
Just got back from my meeting in Liverpool

07:40 to: *kirstyes (UK)*  
Welcome jfaias

08:40 to: *jfaias*

thanks Kirstyes :)

09:14 to: *jfaias*

Hi Petra. Nice to found you here :)

09:51 to: *jfaias*

May we should do the Vienna international week this way, next time

10:12 to: *petraschwab*

hi joaquim yes really nice to meet you here

10:29 to: *maureen.moore1*

great quote!

12:01 to: *Esra OT*

its real big part of OT as I believe

12:07 to: *Bill Wong @BillWongOT*

yes... very true... have experienced it as a client of OT faculty practice in 3+ years

12:18 to: *Bill Wong @BillWongOT*

at USC, i mean

12:25 to: *Susan Burwash (Canada) (no longer Moderator)*

hi joaquim

12:51 to: *Bill Wong @BillWongOT*

so true... I see it in my sessions every single week

12:54 to: *Bill Wong @BillWongOT*

hey Lisa. :)

13:00 to: *jfaias*

Hi Susan :)

13:41 to: *Esra OT*

I love this slide content :)

13:43 to: *Karen Jacobs*

Great! I love this ideal path

13:43 to: *jfaias*

Very clear the explanation of the differences between Coaching and Councelling

13:46 to: *Bill Wong @BillWongOT*

second that Ersa

14:05 to: *Esra OT*

:)

14:10 to: *tasneem*  
yo esra

14:15 to: *Esra OT*  
;)

14:22 to: *Lisa Wicks*  
Hi! Excited to hear this

14:27 to: *tasneem*  
great to see u here

14:44 to: *Esra OT*  
I've benn since it has started 2.00 am :)

14:53 to: *Esra OT*  
left for some time and then came back

14:58 to: *tasneem*  
u serious .

15:03 to: *Esra OT*  
been\*

15:06 to: *Esra OT*  
aha yes

15:09 to: *tasneem*  
lucky

15:17 to: *Bill Wong @BillWongOT*  
similar here... i came a little late in the begining, took a brief nap, and came back too

15:23 to: *maureen.moore1*  
lucky us!

15:31 to: *Karen Jacobs*  
It is great and we feel so happy you are presenting.

15:34 to: *Esra OT*  
yes we are lucky :)

15:42 to: *tasneem*  
lol

15:44 to: *Bill Wong @BillWongOT*  
I think Brock and Helen are the "gold standard" this year... lol

15:46 to: *maureen.moore1*  
:)

15:52 to: *tasneem*  
amazing

15:56 to: *tasneem*  
im loving this slide

16:12 to: *Susan Burwash (Canada) (no longer Moderator)*  
great metaphor

16:14 to: *maureen.moore1*  
blimey! me too

18:18 to: *Bill Wong @BillWongOT*  
oh yes... the wellness wheel... have seen it in my OS class!

18:26 to: *Esra OT*  
Elysa, your amazing , your spotting on lovely important images of life essentials

20:21 to: *Esra OT*  
:)

20:21 to: *tasneem*  
happy late birthday :)

20:33 to: *Esra OT*  
hhh :)

21:38 to: *Bill Wong @BillWongOT*  
interesting... have not heard of life balance inventory before

21:46 to: *Leonora Coolhaas*  
Hi Randel

21:47 to: *Karen Jacobs*  
It is so interesting

21:49 to: *tasneem*  
niether have i

21:52 to: *Andrea P and Andrew McK (Scotland)*  
well being scale - copm??

21:59 to: *tasneem*  
this is amazing

22:01 to: *Randel - Australia*

Hi

22:21 to: *Elaam Leung (Scotland)*

Would love to stay but have to do some homework before uni tomorrow... really interesting though! Might come back later. Enjoy! =]

22:36 to: *Esra OT*

its so nice, we made something like that in first semester of OT program

22:44 to: *Andrea P and Andrew McK (Scotland)*

bye Elaam

23:09 to: *Elaam Leung (Scotland)*

bye!

23:43 to: *jfaias*

ooooops lost the sound

23:52 to: *tasneem*

esra u mean the pie?

24:06 to: *Esra OT*

yes

24:28 to: *Esra OT*

the one I made from tubes filled with colored water

24:36 to: *tasneem*

aha time management pie ,,i remember that assignment

24:44 to: *Esra OT*

yes

25:00 to: *Karen Jacobs*

Yes, I did my doctoral dissertation on flow.

25:08 to: *tasneem*

ya ur assignment was pretty creative esra

25:19 to: *Esra OT*

:) thank you dear

25:48 to: *Bill Wong @BillWongOT*

interesting about self discovery tapestry

26:02 to: *Karen Jacobs*

I love the visual of a tapestry



26:41 to: *Bill Wong @BillWongOT*

oh yes... and some people do video blogs

26:54 to: *Karen Jacobs*

I was president and was there

27:19 to: *Karen Jacobs*

I love the idea of 101 goals.

27:20 to: *Esra OT*

really, nice :)

27:22 to: *maureen.moore1*

ah yes, a development plan with time/date limit

27:29 to: *Esra OT*

mee too Karen :)

27:30 to: *Karen Jacobs*

Congratulations!

27:34 to: *tasneem*

congrats

28:17 to: *Helen OTUK*

AliSuli's recent (1st) blog post talks about vision boards

28:17 to: *tasneem*

kinda like visualisation that the book "the secret: talked about

28:27 to: *Bill Wong @BillWongOT*

great tool for a lot of clients we serve (in terms of expressing a compelling vision)

28:51 to: *tasneem*

i do that everyday,,

29:08 to: *maureen.moore1*

mm interesting will give it a go

29:22 to: *Bill Wong @BillWongOT*

losing audio here

29:22 to: *tasneem*

i tried it with my clients

29:28 to: *jfaias #2*

got the sound back

29:34 to: *maureen.moore1*

and? results?

29:37 to: *Bill Wong @BillWongOT*  
back now

29:51 to: *Anita Hamilton*  
i like thi s:)

29:52 to: *Bill Wong @BillWongOT*  
nice visual!

30:01 to: *Esra OT*  
ipressive :)

30:01 to: *tasneem*  
i want to try this

30:49 to: *Esra OT*  
mmm its sth to thing about deep :)

32:19 to: *Bill Wong @BillWongOT*  
SMART goals- love them!

32:24 to: *kirstyes (UK)*  
Was teaching students about SMART goals in relation to CPD today.

32:41 to: *kirstyes (UK)*  
Pomodoro the worry

32:45 to: *Esra OT*  
I love them too

33:50 to: *Bill Wong @BillWongOT*  
yes... learning and outcome goals are important... have used a lot during my placements... as well as studying for my OT boards in US

34:01 to: *maureen.moore1*  
great point

34:15 to: *kirstyes (UK)*  
So colourful

34:23 to: *Karen Jacobs*  
This is a great slide

35:11 to: *Bill Wong @BillWongOT*  
takes a while for me to get this... but now I understand!

36:20 to: *Esra OT*

I have different abbreviations

36:21 to: *Brock Cook*

i was always taught that the M in SMART was Measurable

36:24 to: *tasneem*

esra „our smart criteria is almost the same .

36:28 to: *Bill Wong @BillWongOT*

yes... same here, Brock

36:36 to: *@Wardmans (The Netherlands)*

same here

36:45 to: *Andrea P and Andrew McK (Scotland)*

T was timely

36:47 to: *tasneem*

yes..and the R realistic

36:49 to: *Esra OT*

yes

36:52 to: *Esra OT*

yes

37:04 to: *kirstyes (UK)*

I like M for motivating. And loved changing Achievable to Action-Oriented.

37:05 to: *Esra OT*

R is for reliable

37:13 to: *maureen.moore1*

interesting variation

37:14 to: *tasneem*

i like the motivating more than measurable .

37:15 to: *Andrea P and Andrew McK (Scotland)*

A- achievable

37:19 to: *Esra OT*

yes

37:27 to: *Anita Hamilton*

i love it

37:36 to: *Brock Cook*

interesting concepts

37:41 to: *maureen.moore1*  
agree

37:43 to: *Marion (Aberdeen, Scotland)*  
Love this version of SMART!

37:47 to: *kirstyes (UK)*  
SMART does mean lots of different things so guess we just need to be clear which version we are using

37:51 to: *tasneem*  
love it to

37:54 to: *Esra OT*  
I never have enough :)

37:57 to: *Bill Wong @BillWongOT*  
yes... very true Kirsty

38:23 to: *petraschwab*  
love it to -without motivating the whole SMART idea doesn't work

38:28 to: *Bill Wong @BillWongOT*  
I agree... have seen it many times during my OT student journey... lol!

38:54 to: *jfaias #2*  
n:Nice

39:31 to: *@Wardmans (The Netherlands)*  
specific, measurable, acceptable, realistic, timeframe, inspiring, (eigen dutch) your own. so that makes SMARTIE. this is the one i know

39:36 to: *Bill Wong @BillWongOT*  
oh yes... I am seeing my OT for PRN basis

41:06 to: *Susan Burwash (Canada) (no longer Moderator)*  
I like this SMARTIE as a goal Wardmans

41:30 to: *Bill Wong @BillWongOT*  
love this slide!

41:34 to: *@Wardmans (The Netherlands)*  
difficult to translate from dutch. but i think i managed

41:59 to: *Bill Wong @BillWongOT*  
too bad it will be hard in Cantonese or Mandarin... lol!

42:09 to: *Bill Wong @BillWongOT*

I won't dare to do it like I did for Allison's presentation. ;)

42:30 to: *Esra OT*  
why?

42:44 to: *Bill Wong @BillWongOT*  
I got to find characters that starts with that sound

42:52 to: *Esra OT*  
oooooh

42:53 to: *@Wardmans (The Netherlands)*  
nihao! thats as far as it goes with my chinese

42:56 to: *tasneem*  
do wht bill?

43:03 to: *maureen.moore1*  
very helpful slide

43:24 to: *Bill Wong @BillWongOT*  
translate SMART into Chinese... hehe

43:40 to: *tasneem*  
hhhhhhh that would be so cool

44:01 to: *@Wardmans (The Netherlands)*  
the quote from allisulli was more inspiring then SMART imho

44:26 to: *Bill Wong @BillWongOT*  
that's more like an idiom

45:00 to: *Esra OT*  
thank you heapsss

45:02 to: *Esra OT*  
:)

45:11 to: *Esra OT*  
:)

45:13 to: *maureen.moore1*  
oops couldn't hear question

45:51 to: *kirstyes (UK)*  
I liked your view

46:15 to: *Esra OT*  
what was the q?

46:21 to: *Anita Hamilton*

I just want to say thank you and that there were a few take home messages for me today

46:26 to: *Susan Burwash (Canada) (no longer Moderator)*

helena has hand up

46:42 to: *Helena Culshaw UK*

What about factoring in unplanned life events that can knock you off course on your exemplary life even on a daily basis? How does coaching take this into account?

47:11 to: *Corrie Trattner*

Unfortunately, I missed the first 15 minutes due to work. Is there a way of getting the beginning again? Also, what would you recommend for starting a coaching practice. Sorry if this was already covered.

47:11 to: *Corrie Trattner*

covered.

47:26 to: *Ellen Nicholson (OTEllenN)*

What I heard was very inspiring - can't wait to hear the whole presentation! Well done & thank you Elysa.

47:51 to: *jfaias #2*

Elysa made me think that I may need some coaching

47:59 to: *Susan Burwash (Canada) (no longer Moderator)*

corrie - recordings will be at ot4ot.com website in next 10 days-2 weeks

48:09 to: *Helena Culshaw UK*

Thanks

48:10 to: *Corrie Trattner*

How do you go about finding the right coach?

48:24 to: *Esra OT*

I believe I have used it through my year in uni and I believe it could never be a success without the balance I supported by personal social relationships

48:31 to: *Esra OT*

years\*

48:43 to: *Esra OT*

believe\*

49:04 to: *Bill Wong @BillWongOT*

I also believe sometimes it's helpful to have someone who don't know you too well

49:22 to: *Esra OT*

yessss I am with you on this point

49:29 to: *kirstyes (UK)*

Helen/Brock you still awake?

49:35 to: *Helen OTUK*

yep

49:51 to: *Esra OT*

it helps you know yourself better and what u r able to do

49:56 to: *kirstyes (UK)*

Hurrah - I'm cheerleading you through the last two sessions.

50:08 to: *Helen OTUK*

thanks

50:20 to: *Corrie Trattner*

What happens when you disagree with the coach or possibly need to find a new one?

50:23 to: *Esra OT*

do you think we may start training on self and close persons ?

50:26 to: *Susan Burwash (Canada) (no longer Moderator)*

Nest session is at: <http://tinyurl.com/ot24vx2012-23>

50:30 to: *Anita Hamilton*

Corrie

50:35 to: *kirstyes (UK)*

I think you mentioned about the environment being important - can you say more about overcoming enviornmental barriers

50:38 to: *maureen.moore1*

Thank you so much great presentation

50:40 to: *Esra OT*

through applying the concepts ogf the session?

50:56 to: *Merrolee (NZ)*

Hi OT4OT buddies - i'm off for a meeting now but will join you at lunchtime for the final session and closing :-)

51:00 to: *Esra OT*

I cant ear u

51:07 to: *Esra OT*

hear\*

51:16 to: *jfaias #2*

Thank you. great learning. great presentation

51:19 to: *Helen OTUK*

Thanks Elysa, things to ponder.

51:22 to: *kirstyes (UK)*

change your environment maybe?

51:28 to: *Anita Hamilton*

Susan.. I like your current log in name:)

51:40 to: *Karen Jacobs*

Thank you for this engaging presentation. I feel inspired and plan to read the books you mentioned. Everyone, let's thank Elysa. Please join us for the next session at <http://tinyurl.com/ot24Vx2012-23>

51:48 to: *maureen.moore1*

thank you again

52:19 to: *emily*

can you give us your email again

52:33 to: *kirstyes (UK)*

Thank you

52:35 to: *@Wardmans (The Netherlands)*

thank you!

52:40 to: *Esra OT*

thank you for your efforts :)

52:45 to: *Anita Hamilton*

you were a fabulous speaker

52:55 to: *Corrie Trattner*

Please send me the handouts and I'd appreciate if you could send me the beginning of the presentation that I missed or how I can get to hear the whole thing again.

Thanks. [cstrattner@gmail.com](mailto:cstrattner@gmail.com)

53:02 to: *jfaias #2*

bye

53:07 to: *Elysa Roberts*

[exemplarylifedesign@gmail.com](mailto:exemplarylifedesign@gmail.com)