

00:25 to: *Ginny Stoffel*  
Karen, I just lost the volume

00:27 to: *Bill Wong @BillWongOT*  
no audio

00:28 to: *@Wardmans (The Netherlands)*  
me too

00:30 to: *Helen OTUK*  
no sound

00:31 to: *Marion (Aberdeen, Scotland)*  
Me too

00:31 to: *Brock Cook*  
Team24OT rocking ur socks off!

00:31 to: *Pauline USA*  
lost sound

00:35 to: *Emily Kringle (Minnesota, USA)*  
Sound is back.

00:35 to: *Ginny Stoffel*  
back

00:35 to: *Helen OTUK*  
its back

00:36 to: *@Wardmans (The Netherlands)*  
your back

00:39 to: *Helen OTUK*  
off again

00:39 to: *Bill Wong @BillWongOT*  
lost again

00:42 to: *Anita Hamilton*  
Sound is coming and going

00:44 to: *@Wardmans (The Netherlands)*  
gone, back

01:10 to: *Karen Jacobs*  
can you hear me?

01:11 to: *Esra OT - Jerusalem -*

yes

01:12 to: *Gillian Crossley UK*  
YES

01:14 to: *Marion (Aberdeen, Scotland)*  
yes

01:15 to: *Ginny Stoffel*  
in and out

01:16 to: *Melissa Sweetman, OTD, OTR/L*  
yes

01:16 to: *Lisa Wicks*  
yes

01:17 to: *Karen (Truro, UK)*  
yea

01:18 to: *Emily Kringle (Minnesota, USA)*  
yes--it's coming and going.

01:19 to: *Bill Wong @BillWongOT*  
yes

01:22 to: *Anita Hamilton*  
yes

01:22 to: *Pauline USA*  
yes

01:23 to: *Ginny Stoffel*  
yes

01:24 to: *Emily Kringle (Minnesota, USA)*  
yes

01:24 to: *Esra OT - Jerusalem -*  
aha

01:25 to: *tasneem*  
yes

01:25 to: *@Wardmans (The Netherlands)*  
yes

01:27 to: *Paula C USA*  
yes

01:30 to: *Sarah Huey*  
yes

01:32 to: *Elizabeth Hart, USA*  
yes

01:32 to: *kirstyes (UK)*  
Yes

01:33 to: *tasneem*  
yes

01:33 to: *Linda from Thunder Bay, ON Canada*  
yes

01:33 to: *Gillian Crossley UK*  
YES

01:33 to: *Melissa Sweetman, OTD, OTR/L*  
yes

01:34 to: *petraschwab*  
yes

01:34 to: *Ginny Stoffel*  
yes

01:34 to: *Karen (Truro, UK)*  
yes

01:34 to: *emily*  
yes

01:35 to: *Marion (Aberdeen, Scotland)*  
yes

01:35 to: *Anita Hamilton*  
yes

01:35 to: *jen*  
yes

01:36 to: *Esra OT - Jerusalem -*  
yes

02:20 to: *Lisa Wicks*  
Hi

02:21 to: @LeonoraOT  
Hi

02:23 to: Karen Jacobs  
Please type in Hi

02:29 to: Esra OT - Jerusalem -  
hi

02:31 to: Paula C USA  
Hi everyone

02:34 to: @Wardmans (The Netherlands)  
hi

02:36 to: Emily Kringle (Minnesota, USA)  
hi

02:36 to: Bill Wong @BillWongOT  
hi

02:36 to: Ginny Stoffel  
hi

02:36 to: Elizabeth Hart, USA  
hi

02:37 to: Gillian Crossley UK  
Hi

02:37 to: Melissa Sweetman, OTD, OTR/L  
Hi

02:37 to: Michèle Verdonck  
howzit

02:37 to: emily  
hi

02:38 to: Helen OTUK  
hi

02:38 to: Karen (Truro, UK)  
hi

02:38 to: jen  
hi =)

02:39 to: Linda from Thunder Bay, ON Canada

hi

02:40 to: *Pauline USA*

hi

02:40 to: *Cheryl (@otnotes) USA*

yo

02:40 to: *kirstyes (UK)*

hi

02:40 to: *Sarah Huey*

hi

02:43 to: *Corrie Trattner*

Hi

02:44 to: *JulzNT*

hi everyone, im having problems with sound

02:49 to: *David Lau (Hong Kong)*

Hi

02:52 to: *Susan and Rashid (Canada) (no longer moderatiing)*

karen you're squirellinig

03:13 to: *Anita Hamilton*

driving to work. Will be back soon. Taking laptop with me in the car!! Promise not to text and type

03:55 to: *Karen Jacobs*

yes

03:55 to: *Esra OT - Jerusalem -*

ooooh WELCOME and we are pleased to be with you tonight

03:55 to: *@Wardmans (The Netherlands)*

yes

03:55 to: *Cheryl (@otnotes) USA*

yep

03:55 to: *Gillian Crossley UK*

YES

03:55 to: *Esra OT - Jerusalem -*

:D

03:56 to: *Susan and Rashid (Canada) (no longer moderatiing)*

yes

03:56 to: *Emily Kringle (Minnesota, USA)*

yes

03:57 to: *Sarah Huey*

yes

03:57 to: *Karen (Truro, UK)*

yes

03:58 to: *Melissa Sweetman, OTD, OTR/L*

yes

03:58 to: *Karen Jacobs*

great!

03:59 to: *Helen OTUK*

yes

04:01 to: *JulzNT*

Yes

04:01 to: *Olina*

yes

04:02 to: *Paula C USA*

Hi, Ginny! So pleased that you are a presenter!

04:05 to: *Helen OTUK*

sound clear

04:07 to: *ERWIN V (BELGIUM)*

;) )

04:07 to: *Bill Wong @BillWongOT*

yes

04:22 to: *Bill Wong @BillWongOT*

not up yet

04:53 to: *Karen Jacobs*

I have advanced the slide

04:54 to: *Bill Wong @BillWongOT*

there we go

05:00 to: *Susan and Rashid (Canada) (no longer moderating)*

looks good!

05:00 to: *Helen OTUK*  
it is up

05:11 to: *Anita Hamilton*  
I advanced that Karen

05:14 to: *Karen Jacobs*  
Do you see the slides

05:19 to: *Helen OTUK*  
yes

05:19 to: *Gillian Crossley UK*  
yes

05:23 to: *Emily Kringle (Minnesota, USA)*  
yes

05:27 to: *JulzNT*  
yes

05:27 to: *petraschwab*  
yes

05:37 to: *Karen Jacobs*  
Please do not have a video

05:37 to: *Helen OTUK*  
echo

05:39 to: *Cheryl (@otnotes) USA*  
someone has a video and mike on...

06:19 to: *Karen Jacobs*  
Participants, please do not touch any buttons.

06:33 to: *Olina*  
sorry.

06:34 to: *@Wardmans (The Netherlands)*  
sorry about that! was clicking the wrong buttons

06:50 to: *Olina*  
me, too

06:58 to: *JulzNT*  
Hi

07:11 to: @Wardmans (The Netherlands)  
high five for us rebels!

08:09 to: @Wardmans (The Netherlands)  
i thought ginny was at the top and wanted to make it bigger

08:43 to: @Wardmans (The Netherlands)  
but maybe that was you olin, red hair?

09:02 to: Olin  
well, got me...

09:04 to: Esra OT - Jerusalem -  
its ok, lets all focus with Ginny :)

09:11 to: David Lau (Hong Kong)  
OK

09:54 to: Karen Jacobs  
Yes, please listen to Ginny. It is special presentation.

12:19 to: Bill Wong @BillWongOT  
love the "hat analogy".

12:38 to: Cheryl (@otnotes) USA  
I don't see it

12:42 to: Bill Wong @BillWongOT  
nope... only the front slide

12:42 to: Emily Kringle (Minnesota, USA)  
Mine just shows the front slide

12:43 to: Paula C USA  
still on first slide here

12:45 to: Gillian Crossley UK  
i don't see it

12:46 to: Helen OTUK  
no front slide

12:52 to: Marion (Aberdeen, Scotland)  
still on the first one here

12:58 to: Corrie Trattner  
Mine only shows the first slide

13:00 to: Emily Kringle (Minnesota, USA)



there it is

13:01 to: *Marion (Aberdeen, Scotland)*  
there we are

13:03 to: *Paula C USA*  
ok thanks

13:06 to: *Bill Wong @BillWongOT*  
ok good

13:19 to: *Karen Jacobs*  
Do you see the reflection slide? I see it.

13:25 to: *Emily Kringle (Minnesota, USA)*  
yep, now it's there

13:25 to: *Bill Wong @BillWongOT*  
now i do

13:26 to: *Esra OT - Jerusalem -*  
aha

13:26 to: *Helen OTUK*  
yes

13:29 to: *Karen Jacobs*  
Great!

15:56 to: *David Lau (Hong Kong)*  
see

18:08 to: *Karen Jacobs*  
Does everyone see a slide that says, "What kind of leader...."

18:12 to: *Emily Kringle (Minnesota, USA)*  
no

18:14 to: *Karen (Truro, UK)*  
no

18:15 to: *Esra OT - Jerusalem -*  
no

18:15 to: *Sarah Huey*  
no

18:16 to: *jen*  
no

18:17 to: *petraschwab*  
no

18:18 to: *Tim*  
no

18:21 to: *Olina*  
no

18:23 to: *Emily Kringle (Minnesota, USA)*  
yes

18:23 to: *Esra OT - Jerusalem -*  
yes

18:24 to: *Karen (Truro, UK)*  
yes

18:26 to: *jen*  
yes

19:57 to: *Bill Wong @BillWongOT*  
yes

20:34 to: *JulzNT*  
Yes

21:32 to: *Karen Jacobs*  
It should say, The Choice is Clear?

21:37 to: *Emily Kringle (Minnesota, USA)*  
yes

21:40 to: *Helen OTUK*  
yes

22:08 to: *JulzNT*  
Yes

22:42 to: *Karen Jacobs*  
Does it say Lessons?

22:47 to: *@Wardmans (The Netherlands)*  
yes

22:53 to: *petraschwab*  
yes

22:57 to: *Karen Jacobs*

Thanks, just double checking.

24:38 to: *Karen Jacobs*

Sustaining Dipositions?

24:41 to: *@Wardmans (The Netherlands)*

yes

24:42 to: *petraschwab*

yes

24:45 to: *Emily Kringle (Minnesota, USA)*

yes

24:47 to: *Karen Jacobs*

Great, thanks.

24:51 to: *@Wardmans (The Netherlands)*

thank you

24:58 to: *Bill Wong @BillWongOT*

love this slide!

25:05 to: *Esra OT - Jerusalem -*

LOVE :)

25:06 to: *Karen Jacobs*

I do, too.

27:00 to: *haley*

hey sarah huey

27:36 to: *Karen Jacobs*

Leadership sustainabiity slide

27:40 to: *Esra OT - Jerusalem -*

aha

27:40 to: *Bill Wong @BillWongOT*

yes

27:41 to: *Emily Kringle (Minnesota, USA)*

you got it :)

27:42 to: *Helen OTUK*

yep

27:42 to: *petraschwab*

yes

27:44 to: *Karen Jacobs*  
Thanks

27:48 to: *Esra OT - Jerusalem -*  
:)

27:53 to: *Esra OT - Jerusalem -*  
voice gone

27:54 to: *Emily Kringle (Minnesota, USA)*  
i just lost audio.

27:55 to: *Helen OTUK*  
lost sound?

27:55 to: *Bill Wong @BillWongOT*  
lost audio

27:58 to: *Marion (Aberdeen, Scotland)*  
lost audio

27:59 to: *petraschwab*  
audio has gone

28:01 to: *Karen Jacobs*  
I did, too

28:11 to: *Cheryl (@otnotes) USA*  
right after mental accumulation

28:12 to: *WCHS, Melbourne AUS*  
lost audio

28:29 to: *Bill Wong @BillWongOT*  
lost again

28:32 to: *Emily Kringle (Minnesota, USA)*  
Audio is back--seems to be coming and going.

28:32 to: *Esra OT - Jerusalem -*  
again

28:36 to: *Esra OT - Jerusalem -*  
bk

28:37 to: *WCHS, Melbourne AUS*  
back now. thanks

28:37 to: *petraschwab*  
back again

28:41 to: *Karen Jacobs*  
Ginny, we lost your audio. Can you please check your talk button?

28:50 to: *haley*  
i like dogs

28:53 to: *Esra OT - Jerusalem -*  
aha

28:53 to: *Helen OTUK*  
yes

28:53 to: *Bill Wong @BillWongOT*  
yes

28:53 to: *petraschwab*  
yes

28:54 to: *Emily Kringle (Minnesota, USA)*  
yes

28:56 to: *Karen Jacobs*  
yes

28:59 to: *Gillian Crossley UK*  
yes

29:00 to: *Helena Culshaw UK*  
on and off audio

29:14 to: *Karen Jacobs*  
Thank you for starting again on this important slide.

30:37 to: *Esra OT - Jerusalem -*  
yes, I would use them to make sure on the right track

30:44 to: *Bill Wong @BillWongOT*  
wise words

30:56 to: *Karen Jacobs*  
Does it say, How will I...?

31:00 to: *@Wardmans (The Netherlands)*  
yes

31:02 to: *Emily Kringle (Minnesota, USA)*  
yes

31:05 to: *Esra OT - Jerusalem -*  
aha

31:45 to: *Esra OT - Jerusalem -*  
yes

32:01 to: *Cheryl (@otnotes) USA*  
do you have any tips for balancing when you are early in your career and also early in family life?

32:02 to: *Esra OT - Jerusalem -*  
yes

32:14 to: *Bill Wong @BillWongOT*  
good question Cheryl!

32:19 to: *Cheryl (@otnotes) USA*  
and I jjust lost sound

32:24 to: *Cheryl (@otnotes) USA*  
so I can't get response

32:43 to: *Melissa Sweetman, OTD, OTR/L*  
Do you have any suggestions for sustaining yourself as a leader when your own leadership does not see the value in the dispositions and strategies you shared?

33:19 to: *Esra OT - Jerusalem -*  
do you believe in what says that a good family base success is a life success overall?

33:53 to: *Gillian Crossley UK*  
what were the biggest barriers to balancing and how did you over come them?

34:16 to: *Cheryl (@otnotes) USA #2*  
back-- personal speaker problem

34:54 to: *Esra OT - Jerusalem -*  
:)

36:30 to: *Emily Kringle (Minnesota, USA)*  
During "busier" times in professional vs. family life--what strategies do you use to maintain self-care as a priority?

37:44 to: *Cheryl (@otnotes) USA #2*

when there are so many areas of the profession that are interesting, how do you know when to jump at the opportunity and when to say no? can be a similar problem with leisure activities.

39:20 to: *Melissa Sweetman, OTD, OTR/L*  
Thank you!

39:44 to: *Helena Culshaw UK*  
Professional leadership can take its toll. As a former Chair of the UK College of Occupational Therapists your presentation makes perfect theoretical sense. Do you find that your AOTA requirements an

39:44 to: *Helena Culshaw UK*  
d your loyalty to that as an elected responsible person/professional leader/trustee sometimes compromises your best intentions for priorities, balance and protected home life and what strategies if an

39:44 to: *Helena Culshaw UK*  
y do you have to deal with that?

41:06 to: *kirstyes (UK)*  
Cheryl - know that dilema

41:45 to: *Cheryl (@otnotes) USA #2*  
glad it's not just me Kirsty... if there's an occupational balance dilemma, I'm probably living it

42:09 to: *Esra OT - Jerusalem -*  
(y)

42:34 to: *Emily Kringle (Minnesota, USA)*  
"Enjoy what you do and do what you enjoy"--love that.

42:47 to: *Ritchard Ledgerd*  
Good question Helena.

43:08 to: *Bill Wong @BillWongOT*  
<3

43:20 to: *Bill Wong @BillWongOT*  
great questions everyone!

43:34 to: *Esra OT - Jerusalem -*  
I always use this quote and I love it <3

44:46 to: *Esra OT - Jerusalem -*  
I am so pleased I am in this session, Ginny , you gave me the feeling of life refreshment <3

44:56 to: *Ritchard Ledgerd*  
Great! Agree with Esra.

45:06 to: *Cheryl (@otnotes) USA #2*  
when there are so many areas of the profession that are interesting, how do you know when to jump at the opportunity and when to say no? can be a similar problem with leisure activities.

45:29 to: *Helena Culshaw UK*  
Sometimes I felt I overdosed on OT and when I got back to the family I was worn out with 'talking' ;)

45:33 to: *kirstyes (UK)*  
Have you tried the occubuzz test Cheryl?

45:33 to: *Paula C USA*  
Definitely food for thought and reflection...thank you!

45:43 to: *Bill Wong @BillWongOT*  
ditto Paula!

45:51 to: *Esra OT - Jerusalem -*  
hhh with u Helen ;)

45:56 to: *kirstyes (UK)*  
<http://www.occubuzz.com/>

46:06 to: *Bill Wong @BillWongOT*  
lol

46:29 to: *Karen Jacobs*  
Please go to our last session. It is at: <http://tinyurl.cm/ot24vx2012-24>

46:33 to: *Helena Culshaw UK*  
Do we have to live and breath concepts of Occupational therapy 24/7?

46:36 to: *Cheryl (@otnotes) USA #2*  
thank you so much!!

46:36 to: *kirstyes (UK)*  
Sarah and Angela from Salford and ot4ot developed it.

46:49 to: *Bill Wong @BillWongOT*  
thank you Ginny!

46:50 to: *Gillian Crossley UK*  
thanks!!

46:54 to: *kirstyes (UK)*



Only if we want to and it's fulfilling Helena

46:55 to: *Ritchard Ledgerd*  
Thanks Ginny

46:55 to: *Emily Kringle (Minnesota, USA)*  
Thanks for an insightful and thoughtful presentation Ginny!

47:01 to: *kirstyes (UK)*  
Thank You

47:03 to: *Esra OT - Jerusalem -*  
thank you thank you <3

47:04 to: *Anita Hamilton*  
Great work Ginny

47:08 to: *Anita Hamilton*  
inspirational

47:09 to: *Helena Culshaw UK*  
Good session, thanks

47:14 to: *JulzNT*  
Thanks for the great presentation :)

47:19 to: *Randel - Australia*  
Good morning - great session. thanks

47:24 to: *Ginny Stoffel*  
Thanks everyone-- have a wonderful day

47:24 to: *Anita Hamilton*  
Listened to it in the car on way to work!!!

47:29 to: *@Wardmans (The Netherlands)*  
thank you!

47:46 to: *Esra OT - Jerusalem -*  
the link is not working