



PRESENCE-BASED®  
COACHING

## NPS PBL Follow-up Call #1 Chat Notes

3-31-20

**Amy Bracewell:** hello!  
**Shaun Eyring:** worried  
**Lynne's iPhone:** tired, concerned  
**wjanssen:** too much to keep track of  
**SChari:** Frazzled.  
**KBeck-Herzog:** anxious and grateful  
**Amy Bracewell:** tired  
**Robin Snyder:** stressed  
**Rebecca Stanfield**  
**McCown:** worn out  
**Sarah Halley:** grateful, tired  
**gafisher:** Flustered and appreciative  
**Bebe Hansen:** overwhelmed  
**KFellner:** stretched but also safe  
**Melissa:** frustrated  
**gafisher:** calmer  
**Amy Bracewell:** grateful to be together!  
**Shaun Eyring:** calm  
**gafisher:** taking comfort  
**Sarah Halley:** spacious  
**Melissa:** settled  
**KBeck-Herzog:** feeling connected  
**Robin Snyder:** better  
**SChari:** more grounded  
**wjanssen:** calm and grateful to be with everyone  
**Lynne's iPhone:** more peaceful & focused  
**Rebecca Stanfield**  
**McCown:** thankful to have this space  
I shared this with my team [https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm\\_source=facebook&utm\\_campaign=hbr&utm\\_medium=social](https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief?utm_source=facebook&utm_campaign=hbr&utm_medium=social)  
**Rebecca Stanfield**  
**McCown:** I have been sharing this with coaching clients.  
[https://www.linkedin.com/pulse/brain-science-fear-uncertain-times-8-things-you-can-do-hildy-gottlieb/?fbclid=IwAR0nDEhcOMNe2hAvigxh4fSteu0ZSIJhqTR5bEibrEzj\\_C78cgR-x8BNZY8](https://www.linkedin.com/pulse/brain-science-fear-uncertain-times-8-things-you-can-do-hildy-gottlieb/?fbclid=IwAR0nDEhcOMNe2hAvigxh4fSteu0ZSIJhqTR5bEibrEzj_C78cgR-x8BNZY8)  
**Sarah Halley:**



My internet is in and out. I have no camera. I have no microphone. I am not kidding when I say our technology at APCO is circa 1865. I just want to say that you ladies taught me that triggers are opportunities. And I said people need to stop triggering me. And now it is like the triggers are a firing squad. I am here with you all. I hear you. I thank you and treasure you. Thank you for sharing your thoughts. It has helped me more than you know. I think this is the first time I have let myself cry . . . cause there is not time for that when we are trying to lead people we care about.

**Robin Snyder:**

**KFellner:**

Thank you for saying that Robin - we hear you.

**Sarah Halley:**

We are here with you Robin

**Amy Bracewell:**

sending you lots and lots of love Robin!

**Robin Snyder:**

thank you.

**gafisher:**

And congratulations for allowing yourself to cry

**gafisher:**

(That was to Robin)

**wjanssen:**

Thank you everyone!

**wjanssen:**

We're here with you Robin. Thanks for sharing.

**Robin Snyder:**

Did you feel that their messages were missing the soul? Kind of like our WASO calls? Cause right now, I think we need to lead, but also speak with our souls. I shared Wendell Berry, The Peace of Wild Things with my staff. I am sure some of them thought I was crazy, but most of them appreciated it.

**Robin Snyder:**

Robin, I think that is what I have seen with the scripted messages from WASO...doesn't have soul or really express compassion

**Amy Bracewell:**

**Sarah Halley:**

Love that Robin! And useful to NOT organize around the naysayers

**KFellner:**

Robin and Amy - I was also thinking of the scripted WASO calls.

**Amy Bracewell:**

LOVE Mike Reynolds!

**Robin Snyder:**

Yep! Sangita - you can be the soul!

**KFellner:**

They are saying what they think should be said and not what needs to be said. I've got to jump off the call.....loooooove this group and am so appreciative of everyone's contributions. Sangita - thank you for reminding all of us to be the soul in leadership!

**Amy Bracewell:**

**Rebecca Stanfield**

I like Meg Wheatley's book Perseverance and have been sharing pieces with my team.

**McCown:**

**Robin Snyder:**

Yes.

**wjanssen:**

Yes!

**Robin Snyder:**

Thank you all so much for today.

**gafisher:**

Good bye all! I have to go. I'm so thankful for this group!