Corey Andrew Powell ([00:00](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hello everyone. Welcome to another episode of the Motivational Mondays podcast. I am Corey Andrew, your host as always. And today I'm really excited to welcome a colleague to the show. So not just an ordinary guest. This is a colleague of mine at the NSLS, Mr. Peter Orozco. And Peter is dedicated to social learning and being a facilitator and a speaker, and a coach of mindfulness. Now, his personal journey was impacted by a near death experience at age 17, which profoundly shaped his life and his passion for social learning and community building. With a master's in public administration and nonprofit leadership through the National Urban Fellowship, Peter has committed his life to fostering communities that promote healthier living and more fulfilling lives. Peter, welcome to Motivational Mondays.

Peter Orozco ([00:58](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hi, Corey. And I'm so excited that we get to do this together. We've been working together for so long, so I'm really excited.

Corey Andrew Powell ([01:04](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yes, yes, indeed. As I was, uh, saying before, um, you know, before we began recording, you know, we'd go back a long way because we both started on the same date and SL last, but, um, I had no idea when you and I started that you had actually been with the organization prior, and then you left to some other things and came back, and now you're doing great work again with the NSLS. So it is wonderful, wonderful to be working with you and having you on the show. So, first I wanna also mention, I began to follow you on LinkedIn and you shared so many wonderful stories about your journey that really aligned with the mission here, uh, on motivational Mondays of overcoming, uh, adversity and resilience and tenacity, and all those wonderful traits that make great leaders. So I thought we'd have you on the show. So first, let's talk about your experience that I referenced. Can you share that pivotal moment of your near death experience and how it shaped your approach to life and community building?

Peter Orozco ([01:59](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah, absolutely. Thanks Corey. So, uh, some context here. I'm a type one diabetic and I've been a type one diabetic for over 20 years. And this, this situation that Corey's addressing is, uh, this happened when I was 17. I was an undergrad in, in college, first semester in college freshman year. And at that moment, I was having a really difficult time in life in, in multiple areas. So, uh, I had just split up with my high school sweetheart. Uh, I thought that was someone I was gonna marry. Um, I'm in the first in my family to ever go to college, and it was just stressful trying to make it the classes on time, uh, not really adjusting too well. And on top of that, as a type one diabetic, my blood sugar numbers were not in range. So as a type one diabetic, you wanna be in a certain range between 80 and 120, that those are the magic numbers.

Peter Orozco ([02:54](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And one day in a, in a fit of confusion and reactivity, I said, I'm gonna try to gain some type of control in my life, and I'm going to do something crazy. I'm gonna double the amount of medication that I take insulin. And I decided to take double the amount and see what happens. And miraculously, in the middle of the day, my numbers were perfect. They were 95, 100, that's where I wanna be. And then I said, great. I can forget about this. Uh, I don't recommend anyone do that. Uh, and also, I, I wasn't, I wasn't choosing an action from a wise state of mind. It was reactivity.

Corey Andrew Powell ([03:38](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Peter Orozco ([03:39](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

So what ended up happening was I went to bed that night forgetting that my little device, I had one, a device connected to me that was giving me medication. Not only was it giving, giving me double the amount of medication, it was giving me double the amount every hour.

Corey Andrew Powell ([03:58](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([03:59](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And when I went to bed, my blood sugar number started to dip below 80, 70, 60, 50 40. And this is really dangerous because this is can lead to a low diabetic coma and low blood sugar, diabetic coma. And that's what ended up happening to me. Um, in, in the middle of the night before I went into the coma, my body tried to wake up. I tried to move, but because I had lacked energy, I couldn't move, move my body. Um, and just, I remember a, a my body just releasing all of this, these endorphins, these this fear just to try to wake up. And I couldn't move. And then, and then I went into a coma, and luckily a day and a half later, my sister found me. And what the doctors were telling me was, I, I could have gone I any moment because my machine with the insulin still had two days of insulin left. Uh, and it's amazing that even made it that long. So I woke up with the paramedics around me with an IV in my arm, and it was at that point in my life, really started to change.

Corey Andrew Powell ([05:06](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Wow. You know, we always hear the term diabetic coma. We really don't know sort of what that is. Those of us who don't really have that condition. But, um, no matter what, slipping into a coma with no one around is surely, uh, a recipe for disaster for any of us, no matter what the condition. You said something really interesting that I love, though, and I wanna touch on that the idea that what you had done with doubling up on your medication was, uh, a reactionary position where you sort of almost panicked in a way and did something that was not well thought out. And I wanna expand on that a little bit. So basically in that moment, you felt like you were taking control of the, of the situation by doubling up your medication. What was the end result? You thought that you could like, regulate it better by just kind of getting ahead of it by doubling up the medication? Is that, like, what was your mindset when you, when you thought about that?

Peter Orozco ([05:56](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah. Uh, you know, uh, to be honest, there wasn't a lot of thinking <laugh> going on <laugh>. Um, the, the most basic thought pattern was high blood sugar numbers, more insulin, brings down the blood sugar numbers. And it, it was, it was mostly a reaction.

Corey Andrew Powell ([06:17](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Peter Orozco ([06:17](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And that's, that's the trouble. Yeah. You know, without having to take the time to, to breathe and, and be with yourself, to be with the emotions that are coming up, you, you don't have the opportunity to really make conscious wise decisions. And that I didn't do that. Um, and that's okay. I forgive my younger self <laugh>. Yeah, yeah. I was just trying to find a solution, but I just, it was like double the amount of insulin, something will happen and something did happen. <laugh>. Yeah.

Corey Andrew Powell ([06:48](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Gosh. Yeah. And, you know, again, here's another, uh, another leadership lesson you just tapped into, which is, you know, the mistakes of the past. They don't define us, but we learn from them. And if we're lucky, they stop us from making the same mistakes again. So I love that. You know, of course we're putting out this disclaimer to the whole world, listening and watching, please take your medications as described and as told to you by your physician, and do not do any sort of home, uh, variations of that based on reactionary responses in your life. But, you know, Peter, I wanna ask you about that in regard to the community leadership component. So how did that support, uh, from, well, how did support from your community leaders influence your decision to pursue a master's in public administration? Was there a correlation there?

Peter Orozco ([07:33](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Oh, absolutely. A hundred percent. And this is why I'm so passionate about social learning communities of practice. Um, so, you know, I make it out of the diabetic coma, which is a miracle. Um, but life got harder after that. Um, the cost of going to the hospital, the, the, the, I had to go see a therapist and all that. It was too much for me and my family to afford, and I couldn't afford to go back to school.

Corey Andrew Powell ([08:01](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([08:01](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

So I dropped out of college and 'cause I couldn't afford it, and because I dropped out, I lost health insurance. And so now I, I went a whole year as a type one diabetic without health insurance, you know, racking up credit card debt, trying to pay for insulin, going to these community centers to, to get some type of insulin. And what was happening here was I felt alone.

Corey Andrew Powell ([08:23](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([08:23](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And I didn't know how to get out of this, this situation, and I thought I was stuck. And, you know, sometimes there's this grace in life, and I think when I got the letter to join the NSLS, that was one of those grace moments because that's what introduced me to communities of practice, to communities of other students who wanted to become leaders. And that letter from the NSLS, it said there that an advisor believed in my leadership capabilities. This is, I was a year outside of college, I was living paycheck to paycheck, and someone said they believed in me. That's what I needed to hear.

Corey Andrew Powell ([09:02](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([09:02](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

I, I scrounged up some money to just be a part-time student. Again, I paid for one or two classes that allowed me to go to, uh, some of the NSLS meetings. And I skipped the sequence. I went straight to a success networking team, And it was in this community of, of students, of leaders that helped me get back into school full time. That helped me get health insurance. Again. We were all working together to, to be successful and accomplish what we want to in our lives. And it was that success networking team process to, to be with other people who care about their success and your success. That's, that's transformational. And, you know, that's why I've been with the NSLS for so long. That's why I went, I, that's why I left the NSLS for two years to get my master's in public administration and nonprofit leadership to learn more from the National Urban Fellows about communities of development. And to bring that back to the NSLS and what I do now is the manager of chapter leader development.

Corey Andrew Powell ([10:01](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah. That's so wonderful. Because young people in general, when we're at that age of trying to figure stuff out, college age, whatever it is, around that time period, very often it makes a difference if one person does just say, Hey, uh, I believe in you. Um, I think you can do some great work. Let me give you some tools to help you. I know you've had a, a few hard knocks, but let me help you get back up. I mean, we don't really often really examine how powerful that is just for someone or a presence like the NSLS to have, uh, an opportunity like that for young people to sort of recalibrate, like in your case, right. You were able to sort of, it was a second chance the way you're describing it, in a way. Isn't that, how does that, how it felt to you?

Peter Orozco ([10:46](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Oh yeah, absolutely. It was, it was definitely a second chance and I feel so grateful. And it was actually, uh, an NSLS speaker that like, just kind of nailed it into me that I had a second chance, um, Les Brown.

Corey Andrew Powell ([10:59](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([10:59](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Uh, he said, you know, you don't wanna have deaf bed regrets. And I was like, whoa. Wow. I was on my deck <laugh>

Corey Andrew Powell ([11:07](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Period. Yeah. Like full stop, right? Yeah. Yeah. <laugh>. That's great.

Peter Orozco ([11:11](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah. Yeah. Mm-Hmm. <affirmative>. So, uh, yeah. Um, community leadership. So being in, in, in groups with people, but a key aspect of leadership is going out and reaching out to people saying, Hey, I believe in you. I, I trust in your ability to grow. And, and sometimes you don't get the thank you from that. And that's okay, because I wish I had said thank you to that SNT group.

Corey Andrew Powell ([11:33](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Peter Orozco ([11:34](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Because they don't know how profoundly they changed my life. So as a leader, I think that's one of the most important things to, to reach out to people to say, Hey, I see you. I, I know you, I believe in you. And sometimes you might not get the thank you, but just know that you're really impacting people's lives.

Corey Andrew Powell ([11:49](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Well, in that case too, is that like, sort of when we expand that to the notion of what is a learning community, uh, when you talked about the SNT, and we should probably, um, if you wouldn't mind, just maybe briefly summarize for those you who don't know, um, how the SNT works, the su success networking team, like, you know, its purpose and, and, and how it actually helps you sort of stay on point to goals and aspirations.

Peter Orozco ([12:14](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah, sure. So really basic overview. Um, first I really encourage you to come and, and do a success networking team. That's where you really get to know and experience this like, life changing community of practice, this learning community. But what happens in a success networking team is, is about, you know, four to six people in a group. Each individual in that group has their own goal that they wanna accomplish. And so you say the goal to the group, hopefully it's based on the smart model, specific, measurable, actionable, realistic, timely, you know, the r is can, can change, realistic, rewarding. And you say that goal to the group, and then the rest of the group gives you ideas, feedback, network. So someone may have had a similar goal, gives you ideas on how to accomplish that. Someone might have someone who's in that field and will connect you to that person. In my example, when I said I wanted to get back into school full-time and I lost health insurance, someone in that group had an uncle who had lost health insurance. And I got to be able to connect with them and figure out how I get health insurance.

Corey Andrew Powell ([13:19](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([13:19](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And so everyone does that in the group, shares feedback connects with each other. And we do that three times to accomplish a, a goal at the end of that. So that's a little bit of the success networking team. There's, there's more that goes into that.

Corey Andrew Powell ([13:33](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Wow. Yeah. I mean, I hear like nothing but great ideas come from that. And people really get to sort of, um, implement dreams and ideas. They didn't really think about maybe putting forward. I think I participated a couple times in, uh, some exercises and someone said, what are you, you know, what's your goal? And I'm like, you know, I wanna be on, um, the Tamron Hall show as a guest. And I was just kidding. As a, you know, as a contributor to the Tamron Hall show. And someone in the SNT group was like, well, let's figure it out. How do we do it? Who do we know? And it in tv, who can we call? Like, it's like the brain starts working and people really start to help you with these goals. So it's really, really important that, you know, people take an opportunity to put some of these plans in motion. So what strategies do you think you would use, or do you use actually to help employ students, like young people, to stay focused and maybe see beyond today? Because when you're young, I think you're not really looking to a future. I mean, how do you relate to a college age student or younger people that, you know, what they're doing today is actually really, really aligned with tomorrow?

Peter Orozco ([14:42](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah, that's a great question. The way I like to think about this is, uh, how big is your identity? Um, I see a lot of people who, when you ask who they are or where they, who they tell you who you are, they usually give you a title or a position or, you know, they, they tell you about their favorite sports team. Um, and that's beautiful. That's, that's a part of who we are. But when that's all you are.

Corey Andrew Powell ([15:08](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([15:09](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Like, you know, I'm a Mets fan and everything Mets is all I do. Um, or I'm just a title in my position, or, you know, for college students, I'm, I'm an undergrad, I'm a freshman. That's, that's who I am. Or, or I'm just my major. Um, I call that a small identity. And the reason why it's small is because you're focused on that one thing and you start to lose the connection to everything else in your environment that's going on that can open you up to possibilities that you may have not been aware of because you're, you're perspective was so narrow.

Corey Andrew Powell ([15:48](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Mm.

Peter Orozco ([15:49](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Leadership and leadership development is partly physical. Right. You know, uh, we need to be healthy, we need to move around, do stuff like that. We need to be in environments. But it's mostly a change in perspective. The way you see the world needs to change and needs to expand. And so what I encourage people to do is expand your identity, have a cosmic identity, if you can really expand it that far, because it really starts to connect you to other people. Uh, if you're giving orders just from your own point of view, like, um, you know, I'm a, I'm a manager of chapter leader development, and so I'm focused on my KPIs and all that. I'm giving orders just based on that. Um, I get to LI lose the connection with the people I'm working with and the students I'm working with. But if I expand my perspective, not only am I manager of chapter leader development, but I'm here to share a story with people on how to change their lives because I had a life changing experience. And students, whether no matter what your age is, whether you're, you're, you know, brand new to college or you're coming back to school, you have an opportunity to change your life if you ex open up your perspective and expand it.

Corey Andrew Powell ([17:04](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([17:05](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

What's this is something that always just, just knocks me off my chair. It's, did you know, and this is scientifically proven that you, we have hydrogen in helium atoms in our bodies that were there at the beginning of the universe. We have atoms in our bodies that are billions of years old. And when you start to expand yourself to that kind of cosmic identity, you start to see connections to other people. And it's no longer about a specific task or, you know, about solving a specific problem. It's about building community. It's about learning to live in this moment, in this present moment and seeing how expansive it is. And that our, our are small problems right now. You know, oh, I'm gonna be late to work. Or, you know, I need to see that, send that email though. It's important at the time. It's, it's not the most important thing when you start to expand and see a wider point of view.

Corey Andrew Powell ([18:02](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([18:03](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And so if I were to tell college students about, you know, leadership development and you know, how to really grow is Yeah. Right now you're in this position, whether you're a specific major or, um, you're, you're just graduating, but take some time to realize that this, this, whatever little narrow challenges or problems that you have is, yes, they're real, they hear, but there's way more happening in the whole world right now.

Corey Andrew Powell ([18:37](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah.

Peter Orozco ([18:37](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And when you start to connect that those, those problems start to get smaller.

Corey Andrew Powell ([18:41](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm. I love that too. Especially in an era where we have so much divisiveness right now, and there is a disconnect between people, whether it be driven by the political landscape, which is very tangible. 'cause that's, we're in one of the most tumultuous political times I've ever experienced, um, on in my lifetime. And, um, I think I hear my neighbor's dog agreeing with me barking through my window. Um, so I apologize if you guys hear the barking, but, um, yeah, I think that brings me to this other point of this idea of like digital detoxing, right? Versus needing to stay balanced and staying connected with people. So there's like this really weird balance of like, you know, trying to balance the world that we have as a tech technological world, and also not losing the humanity, which is what I feel like you're saying about the cosmic thing that's bigger than digital technology and connection, right? Yeah,

Peter Orozco ([19:37](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah, for sure. So, um, a a a group of us, we, we do these little di digital detoxes. We do 'em for about a week or a month. And the the point of that is we, we put so much of our attention in, in, in these devices, you know, and, and to be honest, they're quite amazing. You know, how much knowledge and information we have on these, these devices. The problem is, information alone is not enough for you to transform.

Corey Andrew Powell ([20:08](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([20:09](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

It's not about information is about transformation. And this includes you being active in the world, seeing people around you, not getting stuck on the, on the scroll. Um, and so what we do with the digital detoxes is not, it's not about saying that technology is bad. Technology has been useful, but again, we, we've narrowed our focus so much into these devices that it's starting to dictate the way we live. You know, uh, there, there was a a point in my life where this thing woke me up in the morning, told me where to go, <laugh>, and then, you know, tell me what headlines to read it. And it was pretty crazy. Um, so the digital detoxes, they help you create some space from the technology. Not, and I, I think, you know, some people get confused with the digital detox and say like, technology is bad and all that. No, it's not bad. I think we're just too hooked to it.

Corey Andrew Powell ([21:08](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Peter Orozco ([21:09](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

We need some space.

Corey Andrew Powell ([21:10](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah.

Peter Orozco ([21:11](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Um, and when you can create space from these devices, from this technology, from some of the news that's going on, again, you can start to widen your perspective and say, okay, like, well, what else is going on in the world? There are some beautiful things probably happening in your neighborhood right now, but we're too focused on, on, on what's going on in here.

Corey Andrew Powell ([21:33](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Uh hmm.

Peter Orozco ([21:33](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah. And so it's, it's, you know, I highly encourage anyone to, to take some time to, to do, uh, a little digital reset. You know, just shut off your phone for a whole day, um, and then see, see how you change. See, see what opens up for you. Um, 'cause that's really important right now.

Corey Andrew Powell ([21:52](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

I just did that myself. Um, and it's not easy 'cause I kept feeling like this urge to like, you know, look over at the phone and, you know, pick it up and it, you know, but you, it's almost like going through withdrawal. So <laugh> the term digital detox, you know, is pretty spot on 'cause I felt like for the first few minutes I was like, okay, I gotta, I, I'm missing something. But then after I got through that, I felt like my eyes felt better because I didn't realize how much they were probably fatigued from staring at a screen. Um, and I just said, you know what? I'm gonna just lay back and watch television. I'm not going to watch the news at all. Turn that off to, and I binge watched something on Netflix, which was just something I don't do normally. And you're right, it felt like a treat. Right. I caught up on a mini series that I had been hearing about that people had talked about that I didn't participate in the conversation because I hadn't watched as I was too much watching CNN <laugh>, you know? So, yeah. I mean, there was something to be said about like, really just kind of disconnecting and having some me time. And I also think when you're away from technology, it's a good contemplative time for you to think about your life without other voices coming at you as well. That's a really big one. I think that I, I have found, um, I would love to talk about your role as a ma manager of chapter leader development. And so when it comes to your specific role, are there some challenges you see for leaders that you try to maybe focus on to help them overcome? Or do you see that, you know, there's a lot of, uh, leaders out there who are really sort of like nailing it and doing their thing? Or you see there's some, there's some room for improvement in your and, and your line of work.

Peter Orozco ([23:35](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah. Yeah. Uh, that's a great question. And, you know, we, we see it all there, there are some students and some chapter leaders who are nailing it, and it's pretty amazing. And I learned from them. Um, there are students who, who are having a little bit of a challenge. Um, I think if we're gonna name one challenge right now that I'm seeing with chapter leaders is just feeling like they don't have the time or the confidence to step into one of these positions. And that's a real thing. And I am glad that students are bringing that up. But I think what a lot of student leaders and maybe even some older leaders are, are challenged with is we get caught in the idea that we're always supposed to feel happy and everything's supposed to feel great and all that. And that's important. We need that in our lives. Uh, but we want to be a whole human being a, a full human being. And that also includes dealing with fear. Uh, it also includes, you know, dealing with some confusion and and doubt. And that's, that's part of the whole human experience. And when I talk to younger chap, chapter leaders and, and, and younger students who wanted to become chapter leaders, they're afraid of making a mistake.

Corey Andrew Powell ([24:55](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Peter Orozco ([24:57](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

But making mistakes is your path to transformation is your path to growth. And I think, um, one of the things we need to realize is that we're, we're not gonna get rid of fear. Uh, we're, we're, we're not gonna get rid of anxiety. And in fact, fear and anxiety can serve a purpose for us. Um, to prepare for something, you know, getting ready for this talk, I was a little nervous, <laugh>, we're gonna be a hundred percent vulnerable <laugh>. But, you know, I, I, I worked with that feeling and say, okay, you know, let me prepare a little bit, maybe make sure my mic is working and all that. And so that helped me be more comfortable here. But the most important thing that I want, especially young leaders, but any person in their leadership journey to, to realize is, is that is not that we no longer have fear, but the transformation is that fear no longer has the ability to determine who we are. And that quote comes from James Finley, who's, who's one of my favorite teachers. And the way you are able to be what fear and not let it determine who you are is having what we were just talking about earlier, a contemplative practice. A a practice where you can be what yourself to, to simply breathe for five minutes and acknowledge the fear that's coming up. And to ask yourself, well, where is this coming from? And sometimes the fear is real and we need to work on certain things to, to navigate that fear. But a lot of the times the fear is self-created.

Corey Andrew Powell ([26:39](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([26:40](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

It's the fear of people not liking me. It's, it's the, it's the fear of, um, you know, making a mistake. And when you're able to be with that and breathe through it and, and start to use the mindfulness practice, which I highly encourage everyone do, when you can create that space, what your breath, when you have the awareness, awareness is of fear is no longer fear. It's no longer fear as your identity awareness is a fear is now a space between who you are and this emotion that's coming up. And now you can decide what to do with it. Uh, going back to my diabetic coma experience, if I was able to sit with the emotions I was having, I was having fear confusion. If I was able to sit and breathe with that and acknowledge the fear that was coming up, okay, you know, my blood sugar numbers are out of control. I do need to do something about that. Um, maybe doubling my insulin every hour wasn't the, the best idea. Maybe what I needed was to go to other people for help.

Corey Andrew Powell ([27:47](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Right, right.

Peter Orozco ([27:48](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And so, you know, again, one of the challenges I see with young student leaders is, you know, being afraid that they become their fear, but don't fear fear <laugh>, if that makes sense.

Corey Andrew Powell ([28:00](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Oh, it does. Yeah. Yeah. No, it does. Um, in fact, the leaders I've had on this show, the most successful ones have said the very same things that you're saying now, like the most successful, like, I mean like on the, in the business space, like the CEO of Chuck E Cheese for example. Or you know, really big brands where there's A CEO who's just rocking it. And their personal journey, a common denominator is their personal journey is full of these moments. When they were given an opportunity and they had no idea how to do it, they were terrified. They thought they'd say yes, and then get on the job. And then, what if I bomb? What if I blow it? What if they realize I can't do it? But the successful ones all said yes. And instead of being afraid, they said, I said yes. And I said, I'll figure it out when I get there, <laugh>. You know, and that was the difference versus what you're talking about is really important. Not letting fear paralyze you to the point where you don't even take the opportunity. You just almost like stunt your own growth and development because the fear paralyzed you and stops you from getting ahead. And I think that's the, that's the bigger tragedy. So I really love that, you know, that you share that. And I do wanna also go back too, 'cause we talk a lot about healthcare ine equity and just the situation you were in college couldn't afford your medication. I can only imagine how many other students have been in this situation are are in this situation. Have you come across talking to other students who your story has paralleled what they're going through when it comes to maybe affording health insurance or navigating the expenses of college? And if so, uh, what kind of advice have you given them?

Peter Orozco ([29:43](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Yeah. Um, you know, I I I've talked to family members of, of diabetics who, who, who lost their, their diabetic family members comas and.

Corey Andrew Powell ([29:52](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Mm.

Peter Orozco ([29:53](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Um, I talked to college students who are struggling with something similar to what I was struggling with. And it's, we have to acknowledge that, that, that this is still a problem, is a sad thing that's happening.And I think, you know, when I, when I was going through my, my challenges with, you know, the, the health insurance, not having health insurance for a year, I was, I didn't give myself an opportunity to be sad. Which, which, which might sound strange, but I think for a lot of us as diabetics who are struggling with this, we, we kind of fight this feeling of like being sad about the state of the world and what's happening. I think sadness is really important if you know how to process it to, to let it be there. We need to process that sadness so then we can be influenced to change, to, to grow into something different.

Corey Andrew Powell ([30:50](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([30:50](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And for those college students, you know, who are having issues with getting health insurance affording insulin, what I always tell them the most important thing is to find community. Um, and if, if you're listening to this right now, you're a diabetic and you want to talk about the experience, like, you know, reach out to me on LinkedIn, uh, I'd be happy to talk to you about it. And community is one of the most impactful experiences you can have to be able to be vulnerable in pe in front of people that you can trust. And there's a transformation that's happening with these people to say like, Hey, I'm not sure what to do. Like, I feel really sad about having diabetes. I'm afraid of, of what's going to happen. There was a long time where I was afraid to go to bed 'cause I was worried I was gonna go back into a diabetic coma.

Corey Andrew Powell ([31:35](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([31:35](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

And you know, talking to other people about that is what helped me, you know, get out of that mind state.

Corey Andrew Powell ([31:41](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm.

Peter Orozco ([31:41](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Um, so probably the most important thing for people going, whether you're a diabetic or you're in the healthcare system and having a hard time, no, you're not alone. This is happening to a lot of people. And it's okay to be sad. And what I would encourage you to do is reach out to someone, whether it's a family member, some other people who have a similar condition that you have, you start to build these tru this, these, these communities of trust, and then you can turn it into a learning community. Okay, what do I need to do? Who should I go to? What, what's worked in the past for you? Um, and so yeah, I think that's one of the most transformative things that people can do who are in a similar state.

Corey Andrew Powell ([32:16](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Hmm. The most important thing about guests like you on a show like this, is you're not a talking head who hasn't experienced what they're talking about. What you're sharing is coming from a place of experience, and that makes it all the more tangible giving advice to other people who may be going through something similar. So thank you for your words of wisdom today, Mr. Peter Orozco, dedicated social learning facilitator, speaker and mindfulness teacher, and my colleague here at the NSLS. Thank you so much for being here today with us on Motivational Mondays.

Peter Orozco ([32:49](https://www.temi.com/editor/t/nfa-CrzjwicI8OPPmfm0lLMI6LeJfYbnk-GEssdqXL0ykfVvXaO6LLzlDPiaYftJmMLe0uxIqZidO6CjByvEmgas4QI?loadFrom=DocumentDeeplink)):

Thank you, Corey. It's a pleasure.