Corey Andrew Powell ([00:00](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Hey there, listener Corey, Andrew Powell here, and I'm excited to share that Motivational Mondays is now sponsored by Better Help Feeling stressed or anxious. Well, better Help brings you online therapy that's convenient and affordable. NSLS members get 50% off your first month of Better help when you sign up@betterhelp.com slash nsls. Or click the link in the show notes. Start your journey to Better Mental Health today.

Corey Andrew Powell ([00:35](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Hello everyone and welcome to a Special Women's History Month episode Rewind of Motivational Mondays. Now, this month we are celebrating powerful voices of incredible women who have graced our show, sharing their wisdom, resilience, and inspiration. Now, throughout this episode, we're gonna revisit some of our most impactful conversations, highlighting the insights and lessons from women who are making a difference in their fields. From emotional intelligence to healthcare and equity and uncovering hidden truths, these women have left an indelible mark on all of our listeners. First up, we have Amy Porterfield, an expert in professional and personal development. In this segment, Amy discusses the importance of equal opportunities for women and the need to dispel negative myths surrounding affirmative action. She shares insights on designing a dream life that ensures women have a seat at the table in every industry. Let's dive into Amy's empowering perspectives. I love where you talked about, um, letting the, the glass ceiling that women are crashing through now finally become the floor in which we stand. Yes, I absolutely love that because I think that many women are, are realizing that power that they have, um, how they have been systemically othered in the business. And you also talk about, it's even more sort of, um, I guess amplify for women of color.

Amy Porterfield ([01:55](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([01:55](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Ethnic ethnicities, marginalized women. So speak a little bit about what you've noticed in that particular demographic of how they are impacted by these lack of opportunities for women in business.

Amy Porterfield ([02:05](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

It drives me crazy to see it, and luckily I'm seeing it less and less in the world that I'm in. As you know, we start to talk about it more and more and demand the respect that these women deserve. But what I've seen is that women of color just get passed by. And so what happens is, like when opportunities come up, I have been on so many panels and I'm, I am not proud of this. Years ago before it was very clear that I needed to make a change. I'd be on panels and it would be all white men, and then maybe one black man, and then one woman. And it was a white woman. It was usually me or someone I knew and I didn't do anything about it. I think because I looked around and thought, well, there's, at least I'm the one woman here.

Amy Porterfield ([02:49](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

At least I got on the panel, but it's not at some progress. Right. It's not good. Right. Some progress, but not good enough. Mm-hmm. And so one thing that I've learned is that now when I'm invited to a panel, I will say, who have you invited? What women are there? What women of color? I won't do it unless they show me that there's diversity. Now, this is not me being a great person. This is me doing what I should be doing because now I have influence, I have a voice. What's the point? But I just see so many women, uh, especially women of color, just not even being invited, not even being given a chance. And here's the challenge. When you're not given a chance, you don't get to grow your audience. You don't get to make the money that other people are making 'cause you're not getting out in front of the right audiences to know how brilliant you are.

Amy Porterfield ([03:36](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

And so sometimes what I think we need to do, those people that are in positions to invite other people on. Now I invite people that might not be making millions yet, but there's a lot of potential there. Invite 'em on, get 'em on your podcast. Start, uh, showcasing them because they are absolutely capable of being just as strong as all the other women that are up on those platforms. But invite them in so they get the opportunity. And this is something that I didn't do for many years and I'm really disappointed in myself, but I won't go back.

Corey Andrew Powell ([04:05](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Well, I love that you have rectified that by today having a very different approach. I mean, that's the, that's evolution. So, you know, that's part of the journey of like saying, okay, now how can I be part of the problem, part of the solution versus a part of the problem. And so, uh, that's commendable. And I think it's also really aligned with this current affirmative action issue with the Supreme Court. 'cause you bring up a good point. Uh, the people are there, the talent is there, the skills are there, but it's about connecting the people who may not otherwise have access to those hiring pools or those hiring managers or those corporations. It's really just connecting dots with people who have been sort of systemically shut out. But they're, they're talented. They, they belong to be there. It's

Amy Porterfield ([04:48](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

So true. I, I wish I could remember this woman's name, but I watched an interview and I, I think she was a lawyer. She was a black woman and she was a lawyer, and she was saying, I would've never gotten into Harvard without affirmative action. Uh,

Corey Andrew Powell ([04:59](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Joy Reed, that's yes. Yes. On M mss. NBCI saw that. Yes. Amazing. Yeah.

Amy Porterfield ([05:03](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

So good. I love that you knew her name to give her the respect Joy Reed. And she, she was saying I was in a small town in a small school, <laugh> small, there's no way they would've noticed me. Right. But look at everything she's done, because she took advantage of I got there now she did all the hard work. No one did that for her. Yeah. No one needed to open the door. Mm-hmm <affirmative>. And that's why I think it's so important.

Corey Andrew Powell ([05:24](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Next we turn to Dr. Khama Ennis, a champion for equity in healthcare. In this segment, Dr. Ennis discusses the physiological differences among ethnic and racial groups and how these variations can impact medical treatment and outcomes. She also highlights an unsung civil rights hero in medicine and shares the vision behind her Faces of Medicine initiative to promote diversity in healthcare.

Dr. Khama Ennis ([05:47](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

So there, there are racial and ethnic differences in, in the prevalence of different conditions. Mm-hmm <affirmative>. That's a hundred percent true. The question is why, you know, is it, is it access to nutrition, access to physical, safe, physical activity? Is it the many years long impact of redlining in communities? Right. Is it, you know, is it, you know, ancestral, ancestral harm? There's a lot that goes on. That is part of what lent what what ends up with disparate outcomes. And our job is to attack every aspect that we can mm-hmm <affirmative>. Um, so yes, there are statistical differences, but the question is why, why do black, why am I as a black woman more likely to die as a black woman with all those letters after my name? Right. <laugh>, um, more likely to die in childbirth than a white woman who's never graduated from college or from high school even.

Corey Andrew Powell ([06:45](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah.

Dr. Khama Ennis ([06:46](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

It's not about my biology. Mm-hmm.

Corey Andrew Powell ([06:48](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

And it's interesting too about that because it really ties into what we're seeing now where there are these efforts and successful efforts to not, um, tell the whole, not tell the whole story, uh, of race and ethnicity and all those cultural applications we could, you know, say that are relevant based on, uh, a particular group's existence here in this country. And, um, you mentioned redlining, for example, and people don't really understand that. And how a lot of, uh, black families were pushed into like, industrialized areas, or they turned their neighborhoods into industrialized areas where the more desirable areas and communities were built up for the, the more desirable people of society, if you will, who were white people. And so there were people exposed to all kinds of, well, uh, what is it like, uh, pollution and power plants and this, uh, caused maybe potentially high levels of cancerous activity in the bodies and all those things. So you're right. I mean, if we, if we educate society and tell them the truth about, Hey, we're not blaming you for your ancestors. Crazy, not <laugh>. You know, we're just want you to understand it. Like, so you understand how we got here. And I love that what you're saying when it comes to health is that same dynamic, right. Of just truth in history. It's truth,

Dr. Khama Ennis ([08:07](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

It's truth and it's stress. You know, stress is real. It's not like, you know, stress is not something that exists only in a person's head. There is a real impact. Cortisol levels increase. Cortisol is a stress hormone that increases blood pressure, that has long-term health effects. So if you live in a community that as a result of redlining is unsafe and your stress level is persistently higher, yes, you are more likely to have high blood pressure. Does that mean that you have high blood pressure because you're a black person? Mm-hmm. Or because you live in an under-resourced community or are exposed to constant messages and stories of your own, your own reflection being harmed where, as opposed to stories of, you know, successes or avenues out of difficult situations. Yeah. Um, that can lead to less stress and better health.

Corey Andrew Powell ([08:58](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Mm-hmm. Yeah. And very similar. Again, I bring up the mental health thing because one thing I learned about on this show, which I was so fascinated by, and also shocked that I had never heard it, I, um, had an amazing young woman on the show and she talked about, and the term just blew my mind. Ancestral trauma.

Dr. Khama Ennis ([09:15](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Absolutely.

Corey Andrew Powell ([09:16](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

And, you know, I mean, here I was like, at this stage in my life, and I had never even heard of that, never even considered that was a thing. And when she said it, it was like a light <laugh>, you know, like the heavens opened up and the ancestors were singing at me <laugh>. Like I totally <laugh>. I mean, I was like, whoa. Because we are, we are also carrying forth a lot that we can't see, as we just mentioned. That is from the systemic conditions that we've been subject to. And here we are now kind of stuck holding the bill <laugh>, if you will. You know, and it's really tangible, those, those things. Hmm. Powerful stuff. That's powerful stuff. And I, I wanna ask you now, when it comes to Faces of Medicine, which is your wonderful documentary that you, that you've done, is, is it all completed now or is it just, um, the trailer and a few episodes? I know I saw the trailer, which is why I was like, I have to have you on the show. Yes. So where are we now with that project?

Dr. Khama Ennis ([10:07](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

So the, the, the project as a whole will be a four-part documentary series and a podcast as well. And we have completed the first of those episodes and have had a couple of screenings that have been really well received, including one last night we got a standing ovation. So happy about that.

Corey Andrew Powell ([10:22](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

<laugh>. Oh, wonderful. Wonderful.

Dr. Khama Ennis ([10:24](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Um, so that, you know, what we told in the first episode was a story of four physicians who are practicing right now, and the very first black woman to earn an MD in this country, which I didn't know about until a few years ago, happened in 1864. Hmm. 1864. The Civil War was not over yet. Right, right. And she was in med school. Right. Like, this is not a story that I think is part of, you know, the larger cultural awareness. And her name was Rebecca Lee Crumpler. Um, and she Right. Wait,

Corey Andrew Powell ([10:56](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Wait, wait, wait, wait. I have stop right there. Wait. So she's a black woman,

Dr. Khama Ennis ([10:59](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Black woman, born slave

Corey Andrew Powell ([11:00](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Parents 64. Right? I mean, 'cause that's like, I mean, that's literally like the year after slavery end ends. Well, or before if you lived in Texas in 85. Yeah. You know. Exactly. They kept it in dark a little bit, but I mean, so <laugh>, so a like a year after, after the divorce, she's in medical school?

Dr. Khama Ennis ([11:15](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yes.

Corey Andrew Powell ([11:16](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Wow. No,

Dr. Khama Ennis ([11:17](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

She graduated. She graduated, she

Corey Andrew Powell ([11:19](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Graduated 64. Wow. That's ama I'd never heard her story at all, so I'm so glad that, um, you're talking about that. That's amazing. Yeah. Next we revisit our discussion with Sandy Rosenthal, a fearless advocate for justice. When Hurricane Katrina devastated New Orleans, many people assumed it was solely a natural disaster, but Sandy's research revealed a very different story, one of engineering failures and federal responsibility. Here's Sandy Rosenthal discussing her unwavering fight for justice. What was it that made you realize, though, that there was something more than just Mother Nature at play?

Sandy Rosenthal ([11:55](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Well, I was fortunate. Um, I didn't lose my home. I didn't lose any family members. Um, and so, uh, I was in an unusual position that I could be listening to the radio and watching the news and reading whenever I could get my hands on. And I very quickly figured out that the, the storylines weren't making sense. Hmm. Uh, I, I figured out pretty soon I learned that these levees are designed and built by the federal government and that the local officials, uh, maintain them. Okay, these, these levees are huge. Okay. We have 300 miles of levees. Mm. And and I thought to myself, this, this, it wasn't making sense. Why are we the people of New Orleans being blamed for this flooding when they're designed and built by the Army Corps of Engineers? And the more questions I asked, the more pushback I got, which, which was a signal to me that I'm irritating people by asking these questions. Mm. And and so the book goes into way more detail about this, but when I got pushback from asking questions, that's when I realized I'm either exactly right. Certainly on the right path.

Corey Andrew Powell ([13:09](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Mm. Yeah. It's just kind of scary though, because at that same time, I mean, not like I'm accusing the government of anything, but, you know, there's a lot of people who would like to keep stuff like that quiet. So if they could make your life very uncomfortable, I mean, were you ever nervous or afraid of like, you know, if I start to push or or poke the bear too much, what would that mean for even my personal safety or my life in general going forward? What were, what were the concerns?

Sandy Rosenthal ([13:33](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Well, the answer to that is yes. I, I actually had to sit down and have a conversation with myself, uh, and realize that by continuing to, uh, publicly state that the federal government was responsible for this disaster, that I was putting myself in danger. Mm-hmm <affirmative>. I mean, the federal government has deep pockets Mm.

Corey Andrew Powell ([13:53](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah.

Sandy Rosenthal ([13:54](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

And can, and spend a lot of money, hire lots of people. Uh, and I actually started looking around, you know, wondering if I was being followed. And in fact, as time went on, I was followed at every event that I ever put on. It turned up that the Army Corps had plants, had people there to record everything that was stated, record, take videos, et cetera, and bring them back to headquarters. And all of that's in my book. I did. I, but I, I, I made the con, I actually made the decision. I was 48 years old, and I said to myself, well, I've lived a good life, and if I lose, if I get put away because of trying to speak out for the public, well be that I, I'm, I'm ready to, to make that decision. And I'm still here <laugh>. Yeah.

Corey Andrew Powell ([14:37](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Thank goodness. Because, you know, as you were telling that story, I'm picturing it and, you know, it's like I'm seeing like almost like a John Grisham novel, you know, when you're telling the story and they're kind of planting people and, you know, recording you and taking it back to headquarters. That's some very serious stuff. So, of of course, then that leads me to ask, what were some of the shocking discoveries you made during the investigation?

Sandy Rosenthal ([15:00](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Some of the shocking discoveries, how it was, uh, it took a while to, to, uh, to figure out the truth. Uh, as again, the Army Corps had deep pockets and plenty of money, and they spent millions of dollars fooling the American public and fooling Congress and doing things to harass me and to get me to shut up. Hmm. Um, so, so let me see. The, the, uh, some of the, I'll, I'll tell you one, the first thing we did is using backend tools available to any amateur blogger. I figured out that the people that were harassing me online, I could look at the IP address mm-hmm <affirmative>. And for those of you, uh, the listeners who don't know what an IP address is, it's basically caller ID for computers, <laugh>

Corey Andrew Powell ([15:49](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Mm-hmm <affirmative>. Yeah.

Sandy Rosenthal ([15:50](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah. And, and you, and looking at the IP IP addresses, I figured out that it was, the Army Corps was harassing me and saying vicious things to me online about me and my family and my supporters. Mm-hmm <affirmative>. So I called a local news, um, local news, um, you know, WW l tv, a news source, a tv, and, and told them what I'd found. And they did a big story about it. Mm-hmm. Now, and they were caught. They, they were absolutely doing this. And the amazing thing is, even though it's not illegal in this country, it's not illegal for the Army Corps to do that. It's very embarrassing that they were caught mm-hmm <affirmative>. Right. It's very embarrassing that they were caught doing it. And the damage done. The Army court of this day still hasn't recovered from that.

Corey Andrew Powell ([16:34](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

And finally, we conclude with our very insightful conversation with Dr. Gi Ru, an expert in emotional intelligence. Now, as students transition into college life, emotional adjustments can be really challenging as much as academic rigor. Dr. Woo breaks down the importance of filtering through the noise of everyday conversations, and how understanding emotional intelligence can be a game changer for young adults finding their way in new environments. Let's listen to Dr. Woo invaluable insights when it comes to emotional intelligence. Let's start by really defining like what it is, because, you know, we, you were just saying how you were like, well, how do I articulate what that is? I didn't even know. Some people really still don't know. So what would you say is a simple explanation or description of emotional intelligence?

Dr. Jenny Woo ([17:21](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah. So emotional intelligence in a nutshell is really our ability to perceive how we're feeling, what we're thinking, and our sort of tendencies to act a certain way. And likewise, it's also our awareness of how we perceive others around us, to what they're thinking, what they're feeling, and how they're acting. And really putting it together is using this incredible insight to then take certain actions, build good relationship, and being able to communicate and get your points across. So that's where it sort of influenced charisma, right. Uh, leadership comes in and really, in short, being intelligent about your emotions is knowing how to make your emotions work for you and not against you. Mm-hmm <affirmative>. And, and you know, you know how it is. Like we have so many times where we, our own emotions, were tripping us up Yeah. Against us, right. When we blurt something out that we later regret, you know, we, um, you know, like I, I have kids, so they're sort of like, what is it? Um, rage quit, you know, <laugh>.

Corey Andrew Powell ([18:37](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Exactly. That was a thing. Yeah, yeah,

Dr. Jenny Woo ([18:39](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah. Or just, you know, having those emotions come out like, or buttons press and snap and we do, or say, or feel something that we later regret mm-hmm <affirmative>. So that's what I mean by, um, being able to make it work for you and not against you.

Corey Andrew Powell ([18:55](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah. That is such a biggie. And I mean, it, it's probably increasingly more difficult in the era that we are in, which is so driven by a lot of, uh, civil unrest and political arguments. And that's a lot. So, I mean, if you add that to it, it's even even more difficult to, to, to navigate. But, um, you said something really important there. The type really, really love, which is not just about what we are controlling about our own emotions, but how we are also processing the emotions and the words of other people around us. That is the key. Because I think that if we don't listen with intention, and we're not mindful, to your point, we're just going through life just like, like a ticker tape, just like mm-hmm <affirmative>. Right. Whatever you're thinking things are coming out of your mouth 'cause you don't care. But when you care about what you're saying, how it might impact others, I think that is when a light bulb goes off for emotional intelligence. What's your thought on that?

Dr. Jenny Woo ([19:58](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah, definitely. That is the foundation of emotional intelligence, which is this awareness and to be aware is also caring, right. Having that empathy, but really also having the skills to know what you're looking for. Hmm. And you know, at the youngest level, and honestly really, you know, when I teach undergrads, this is also about reading social cues because a lot of the times, you know, like you said, there's a lot of word pollution. People are just like talking, talking, talking. And you get the, you know, whether it's social media, digitally in person, just a lot of words coming at you. So being able to filter that, um, is really important. So that's a set of skills of active listening and reading between the lines, but also not just relying on words, but also body language gesturing. Right. Um, I think we talked about in that CNBC article I wrote about mirroring. Yes. So mirroring is being observant of other people's body language and, you know, to give you cues and how they think. Mm-hmm <affirmative>. And to be honest, you know, we've been through so much, um, especially our younger generations. I mean, it's, it's, it's so tough right now and it was tough, um, going through the pandemic. And so quite frankly, we just didn't have enough social practice Right.

Corey Andrew Powell ([21:22](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

To

Dr. Jenny Woo ([21:23](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Actually make some mistakes and to get exposure in different settings to really understand and build up these skills. Mm-hmm <affirmative>. And so that is why nowadays I have so many sort of media outlets reaching out to me and just honestly, basic questions like, how do I start a conversation with strangers? Yeah. How do I not feel socially anxious? How do I carry a conversation? How do I be likable and look interesting? Mm-hmm <affirmative>. Right. These are all the skill sets related to emotional intelligence. And you know, the latest was, um, someone had reached out for a piece on how do I become a considerate roommate? Oh, right.

Corey Andrew Powell ([22:04](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah. Wow. Yeah. Yeah.

Dr. Jenny Woo ([22:06](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yep. It's all connected. Well, I

Corey Andrew Powell ([22:08](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Love that too. 'cause that's not something that people normally in past generations cared about. Right. You just would hear these horror stories about, oh, my kid went off to college and there are roommates horrible. Or I had a roommate in college was horrible. Or I just got a roommate and I, I can't stand them. And now I love the fact that some people are going, Hmm. How can I not be that <laugh> to someone else?

Dr. Jenny Woo ([22:28](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

Yeah. And honestly, yeah, it's a win-win because, you know, college retention is an, you know, we think about academic probation mm-hmm <affirmative>. But a lot of the times attrition and dropouts are also on your first year experience. Right? Yeah. Yeah. Um, and especially if you're a transfer student, it's, it's, do I feel like I belong? Right? Mm-hmm <affirmative>. Do I feel like I have a say I fit in? So obviously your participation in and outside of the classroom, including roommate situations really will take a toll on you. Yeah. And things are not so much what you had expected.

Corey Andrew Powell ([23:07](https://www.temi.com/editor/t/ib5t6nJioSdbuxF0Qjue4k2S9bHpvYyV5dPgksRkgTPAFutt6DCayI9wNZgnHHjwBykOPJ--G2lWxLRdPUKGDVzyZBc?loadFrom=DocumentDeeplink)):

As we wrap up this special Women's History Month rewind episode, we hope you've been inspired by the passion, perseverance, and wisdom of these incredible women. Their stories remind us that change can happen when we challenge the status quo, advocate for what's right and continue pushing forward despite obstacles. Thank you for joining us on Motivational Mondays once again. And don't forget to subscribe, share this episode with a friend and keep striving to make an impact.