ACE-DV Speakers Initiative Series: Valuing Your Story





Breckan: Welcome, everyone! I'm Breckan from NRCDV and I'll be moderating the chat box for this afternoon's webinar. Feel free to introduce yourself here!

Breckan: You can dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

Breckan: Although you can listen via your computer, we do recommend dialing in on your telephone for the best sound quality. If you experience any trouble with sound, please be sure to dial 1-877-594-8353, passcode: 527-89-148#.

Rebecca Balog: Hello all!

Cody Dailey: Hello everyone

Breckan: Hi, friends!

Allison McCall: Hello everyone!!

Charlotte Chino: Hi, I made it back in!

Breckan: Welcome back!

Breckan: Welcome everyone! We'll be getting started in just a few minutes. If you have not already done so, please dial 1-877-594-8353, pass code: 527-89-148# for audio. You may also listen through your computer.

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Breckan: Throughout the webinar, feel free to post your questions for the presenters here in the chat. And in the meantime, be sure to introduce yourself!

Patricia Clear: Patricia Clear

Breckan: Welcome, Patricia!

Rebecca Balog: Wellness Moment! "Where there is trauma- Healing is the answer." Cheers to all who do this work, you are all changemakers. Thank you for joining Valuing Your Story by ACE-DV!

Wiliam Kellibrew: Welcome everyone!

Martha Jean Anderson: Hi I'm Martha "Jeania" Anderson from Lancaster, pa

Annika: Hi Everyone, thank you for joining us.

Rebecca Balog: Martha, I am in/near Harrisburg, PA. HI!

Jade Wilson: Hi, I'm Jade Wilson. From Raleigh, NC

Lenny Hayes: Welcome everyone!

Amy Torchia: Amy Torchia, Montpelier, VT

Breckan: Welcome everyone! I'm Breckan from NRCDV, I'll be moderating the public chat box for this afternoon's webinar.

Breckan: Please submit your questions for the presenters here in the public chat – we will do our best to pose them during our time together. And be sure to introduce yourself here!

Breckan: You can also tweet along with us at @NRCDV

Charlotte Chino: Charlotte Chino, Phoenix Indian Medical Center, Phoenix, AZ

Kurt Begaye: Kurt Begaye, St. Michaels, AZ

Breckan: ACE-DV speakers guide: <u>https://vawnet.org/material/front-room-sharing-your-childhood-story-domestic-violence</u>

Breckan: Welcome, everyone!

Dara Jefferson: Dara Jefferson, Meskwaki Settlement, Tama Iowa

Tonjie Reese: Tonjie, eleven24, Los Angeles, C

Rebecca Balog: "At the Core: Survivors" #YesAnnikaYes

Deborah Butts: hi, Deborah Butts, Winnsboro, Texas

Breckan: Welcome, everyone!

Rebecca Balog: "Inspired Millions with His Story of Survival" #ThankYou William

Wiliam Kellibrew: Thank you Rebecca! My honor

Rebecca Balog: "Lenny Brings Voices of the Native LBGTQ and Two-Spirit Community" #LeaveNoOneBehindYesLenny <3

Rebecca Balog: Casey stepped forward to plant the seed of the ACE-DV work. Thank you, Casey. This is a gift to our movement.

Terri Powe: Terri Powe, GCFV

Breckan: Welcome, all! Please submit your questions for the presenters here in the public chat – we will do our best to pose them during our time together.

Kurt Begaye: any particular hashtag for the webinar? would like to tweet about the session.

Breckan: Hi Kurt! You can use #ace-dv and tweet along with us at @NRCDV

Rebecca Balog: "Two-Spirit" is a culturally-specific identity central to only certain Native American tribes. This is not an acronym or general definition of all LGBTQ or other Native LGBTQ. Two-Spirit is a cultural term, sometime appropriated (without bad intentions). Two Spirit is a highly unique cultural identity.

Rebecca Balog: Lenny Hayes taught me this important information. Thank you for your diligent work to teach us how to be respectful while we do the work.

Lenny Hayes: Thank you Rebecca! You are too kind :)

Annika: The bravery in doing our work, we are in our healing and willing to share and help others. Thank you, Rebecca!!

Annika: Yes! William, sometimes the healing happens on stage

Rebecca Balog: #YESSSSSSSSSWilliam

William Tipper Thomas, III: it absolutely happens on stage sometimes. when you say things out loud, it becomes real. a real issue that you now have the opportunity to heal from.

Breckan: So powerful!

Annika: @Rebecca survivors at the core of driving the bus

Tonjie Reese: It's so unfortunate that your organization didn't support you @Annika, but I'm glad you kept moving forward.

Annika: Thank you Tonjie!

Annika: This is about us!

Annika: #YassssssWilliam

Lina Juarbe: Sometimes we forget that we have been in preparation for our entire life to share our stories! #not a singlestory

Breckan: Well said!

Annika: Hi Lina! This is so true! We have been in preparation our whole lives

Rebecca Balog: Hello Lina! #RockStarSistah

Lina Juarbe: Absolutely gotta have someone else talk about the money. It can be someone who is in your support circle of your work.

Annika: Best to you all!!

Lina Juarbe: Hey hey Rebecca! #mysisterspeaksmymind

Rebecca Balog: Yes, and that can create severe vulnerability. A liaison would be a helpful tool.

Rebecca Balog: (have someone help with negotiations)

Lina Juarbe: Thank you Annika!!!

Breckan: Be sure to submit your questions for the presenters here in the public chat – we will do our best to pose them during our time together!

William Tipper Thomas, III: Define nationally or internationally recognized?

Martha Jean Anderson: Rebecca hope to touch base with you in the Harrisburg area

Arlene Vassell: Hi Lina!!!!

Breckan: Good question, William!

William Kellibrew: Hello "Tip"!

Lina Juarbe: Hola Arlene!!!! Love knowing we are here together.

Rebecca Zimmerman: Lenny, you mentioned receiving good advice from a mentor. Does anyone have thoughts and advice on finding a mentor?

William Tipper Thomas, III: hey bro, lol.

Lina Juarbe: When there is a federal rate also charge for prep time

William Tipper Thomas, III: yes, sir.

Lenny Hayes: Rebecca, when finding a mentor it's important to feel "SAFE" with this person. In my own experience, my mentors found me, I went to them after having conversations.

William Kellibrew: Awesome bro!

William Kellibrew: Always find someone or be found!

William Kellibrew: great point

William Kellibrew: hear your mentor speak and present

Rebecca Balog: My mentor has been one of my greatest gifts. Mentors should be safe and have honor. When you feel safe, you can trust leadership. I agree with Lenny SO MUCH- a good fit is #1!

Breckan: Thank you for sharing this great wisdom!

William Kellibrew: Also, we may negotiate up, but it is key to avoid over negotiating and going too high. It can be perceived as snooty. If we ask for a price that is way too high, we can be judged as being too inaccessible. However, when that same price is negotiated by an agent, it has a different perspective and take by those who may request us as a speaker

Rebecca Zimmerman: Thank you very much, Lenny, William, Rebecca, and everyone for the verbal and written thoughts on my question!

William Kellibrew: Read as much you can with self-help books that provide guidance

William Kellibrew: take public speaking as well. learn the technical components of presenting

Lina Juarbe: mentors must love us and challenge us at the time. I am blessed with many mentors who have invested in me...I also have created my own "kitchen cabinet" where I can be as vulnerable as transparent as possible. It can be a skill/topic specific "kitchen cabinet" as needed

Rebecca Zimmerman: Thank you Lina!

William Tipper Thomas, III: I've told my story for ten years for free before I received my first honorarium. The concept of getting paid to tell my story never entered my mind for ten years. I told it because I wanted to use my story to help other people.

Lenny Hayes: Yes Rebecca! I love that phrase! I say it all the time and remember that!

Lina Juarbe: THANK YOU Rebecca!!!

William Kellibrew: exactly William Tip!

Lina Juarbe: Our wellness is a radical act!!!

Rebecca Balog: Thank you- that was from my mentor :)

Ebony Lucas: YES!! Healed people heal people just like hurt people hurt people! I love that phrase!!

Rebecca Balog: :D <3

Rebecca Balog: Well done William Tipper Thomas III. It is okay to receive compensation for your time. At the least, consider it an energy exchange to make the world a better place and honor your own needs to continue doing the work without "volunteer burnout'

Breckan: Thank you for the great advice!

Lina Juarbe: the struggle for self-care it is real. Have people in your circle that will tell you the truth when you are not well or burning out.

Nanette Chezum: Thank you, William, for the idea to decompress after speaking.

William Tipper Thomas, III: I understand that now, Rebecca. I literally didn't know people got paid to speak until 10 years into it. I have someone negotiating my rates now but will still do 3-4 for free.

Lina Juarbe: I love bringing my family with for grounding me

Breckan: And thank you so much to everyone for joining us this afternoon!

Breckan: You can access the webinar recording and slides on VAWnet.org: <u>https://vawnet.org/material/ace-dv-speakers-initiative-series-valuing-your-story</u>

William Kellibrew: much agree Lina

Lina Juarbe: Appreciate you all for you and all you do!

William Kellibrew: our family will let us know quickly how we need to be grounded

Ivonne Ortiz: Great webinar, thanks!

Lina Juarbe: Hey Ivonne! abrazos

Amy Torchia: Thank you so much for telling your stories. It is a great way to be able to hear from kids (who are now adults!)

William Kellibrew: my grandmother does not waste anytime to tell me, what she is thinking even about my presentation.

Rebecca Balog: Ivonne!!! Heya!

Breckan: Speakers guide on VAWnet: <u>https://vawnet.org/material/front-room-sharing-your-childhood-story-domestic-violence</u>

Arlene Vassell: Great webinar! We appreciate you. Thank you all.

Amy Torchia: You are all precious!

Charlotte Chino: Great webinar, thank you!

Taylor Ahmed: Thank you!

Rebecca Zimmerman: Thank you!!

Martha Jean Anderson: thank you

Cody Dailey: Thank you

Carolyn Curtis: Thank you

Rebecca Balog: Walk in Brave Beauty!