00:15:31 OSEP- Sunyoung.Ahn (VA, MD, NH, KY): I am about to read Brene Brown's book!

00:17:37 OSEP- Sunyoung.Ahn (VA, MD, NH, KY): As you are listening to Sophia's presentation, I hope that you will reflect on these three questions: How could you use this resource or something similar for your work? Have you tried something similar before? If yes, what worked and what didn’t work?

00:19:00 CDE - Gracie Bingham: What do you consider short?

00:19:38 Jamie Like: Great idea!

00:22:58 CDE - Gracie Bingham: What type of recording equipment did you invest in for this?

00:25:29 CDE - Gracie Bingham: Thanks for that info! Any special mics/headsets that you used?

00:25:44 Mary Shepherd: Did you say how many listeners you have on average per episode?

00:31:23 Sophia Farmer: https://sisep.fpg.unc.edu/

00:32:06 Janice Creneti: Same with SIM in Florida, mostly Facebook

00:34:31 Keriann Poquette: Thats a great structure! How awesome to share and learn from one another!

00:35:32 OSEP- Sunyoung.Ahn (VA, MD, NH, KY): social media calendar sounds very smart!

00:39:14 OSEP- Sunyoung.Ahn (VA, MD, NH, KY): I love the VA logo, Michael, Virginia is For Learners!

00:40:45 Virginia - Michael Gregory: We have a WONDERUL graphic designer who does so much of our graphics

00:41:03 CDE - Gracie Bingham: Thank you, Sophia!

00:41:06 Virginia - Michael Gregory: Our agency also has a podcasting center with all of the equipment we might need as well!

00:41:08 Keriann Poquette: Thank you!

00:41:11 Virginia - Michael Gregory: Thanks Sophia!!

00:41:12 Georgia -Carole: Thank you!

00:41:17 Janice Creneti: Thank you so much! Great information.

00:41:18 Sophia Farmer: sophia.farmer@unc.edu

00:41:32 Sophie McDermott, OSE PDSS: Thank you for the inspiration!