EVENT NAME
Lunch with Leaders LiVECast
EVENT DATE: THURSDAY, 16 DECEMBER 2021
EVENT BY: MTP 4

EVENT CHAT

[2021-12-16 11:53:39] [Gretchen Kolb] We are thrilled to have you join us for our Lunch with Leaders Holiday Spectacular. We have an exciting show planned for you, complete with surprise guest appearances! We will get started promptly at noon.
[2021-12-16 11:54:44] [dinah] I'm here early for this! Stoked!
[2021-12-16 11:56:33] [Gretchen Kolb] @Dinah, so glad you could be here! Communications Team Rocks!
[2021-12-16 11:57:01] [Amy Schwartz] I'm really enjoying these holiday jams 😆
[2021-12-16 11:57:04] [Joy Winner] Happy Holidays to all. Love the music. Stay safe all. Looking forward to this. Joy Winner
[2021-12-16 11:57:34] [Susan Crow] Surprise guests 😏😏
[2021-12-16 11:57:39] [dinah] Thanks @gretchen!
[2021-12-16 11:58:11] [Jey] Love the music! 😆
[2021-12-16 11:58:17] [Gretchen Kolb] @Susan, prepare to be amazed!
[2021-12-16 11:58:39] [Gretchen Kolb] For CME/CE credits:
Text 75595 to 215-398-6728
Login at https://upenn.cloud-cme.com and enter the event code via My CE/CME >> Claim Credit
[2021-12-16 11:58:58] [Gretchen Kolb] For questions, please contact pennCME@pennmedicine.upenn.edu
[2021-12-16 12:01:07] [Kevin Mahoney] my best to all of you from a grateful CEO. you are the very best. it is hard right now but if we stick together we will get through it Happy 2022!
[2021-12-16 12:01:41] [Gretchen Kolb] Kevin Mahoney, here? I know him! I know him!
[2021-12-16 12:01:48] [Jen Rader] #joysuperspreader
[2021-12-16 12:01:56] [Samantha DiPompeo] That super spreader joke made me LOL in my very silent office
[2021-12-16 12:04:20] [Laura Porter] Agree with Kevin; this has been an amazing "gift" during this difficult time for everyone. Thank you Cindy, Gretchen, Young Un, Casey, etc....We appreciate all of you!
[2021-12-16 12:04:27] [Young Un Cho] 👏
[2021-12-16 12:04:31] [cristine hutchinson] thank you Kevin!
[2021-12-16 12:04:35] [Noelle Ciara] Thank you!
[2021-12-16 12:04:38] [Lakeisha Gayles] thank you :) 
[2021-12-16 12:04:42] [Gretchen Kolb] 👏
[2021-12-16 12:04:43] [Camille] Thank you!
[2021-12-16 12:04:43] [Carolyn Hewson] Thank you!!!
[2021-12-16 12:04:44] [Maya Shenoy] Thank you Kevin!
[2021-12-16 12:04:44] [Samantha DiPompeo] Thank you!!
[2021-12-16 12:04:45] [Carolyn] Thank you!!!
[2021-12-16 12:04:45] [Susanna Wiborg] Thank you!!
[2021-12-16 12:04:46] [Monica] Thank you, Kevin! Appreciate all of your support for all of us and our teams!
[2021-12-16 12:04:46] [Nikki Gilroy] Thank you!
[2021-12-16 12:04:46] [Felicia Morrison] Thank you Kevin!!!!
[2021-12-16 12:04:46] [Efrain ] Thank you
[2021-12-16 12:04:47] [Robert Vonderheide] Kevin ROCKS !!!
[2021-12-16 12:04:47] [Crystal Mills] Thank you Kevin!!!
[2021-12-16 12:04:48] [Jen Rader] Thanks Kevin! 👏
[2021-12-16 12:04:49] [Christina] Thank you SO much!!!
Thank you, Kevin!!

Thank you, Kevin! 😊

Thank you, Kevin!!

It is so AMAZING that you give us the opportunity to pause, learn, and have an opportunity to grow as leaders!

Thank you Kevin!!

Thank you, Kevin!!

👏👏

Thank you Kevin!!

Thank you!!

Thank you Kevin!!

👏👏

Thank you!!

Thank you!

Thank you

Thanks

thank you!

thank you!

Thank you, wishing you a great holiday!

Thank you Kevin!

Thank you Kevin!!

👏👏

Thank you Kevin, wishing you a great holiday!

Thank you for your leadership, Kevin!

Thank you for your support!

Thank you Kevin!!!!

Thank you!

Thank you, Kevin!!

Thank you!!

[Joy Winner] Thank you so much Kevin. Joy

Thank you so much, Kevin!!

[Kim ] Thank you Kevin!

Thanks for keeping us pointed and whole, Kevin!

Thank you Kevin. We love you, too!

Thank you Kevin for all you do for us and our patients!

Thank you, Kevin!!

Thank you Kevin!!

👏👏

Thank you Kevin and all of PMA!

Thank you Kevin!!

👏👏

Thank You Kevin

👏👏

Thank you Kevin!!

[EWaller] Thank you Kevin!

[Mary Jane Casey] Thank you

THANK YOU KEVIN!! We appreciate you....so very much.

[Liberty Simmons] Thank you!
Thank you!!!

THank you!

Thank You

Thank you much for your leadership and support!!!!

Thank you

Thanks Kevin, Merry Christmas and a Wonderful 2022 to everyone at Penn!

Thank you for your leadership

The recording for this session, other resources and presentations are available via Lead Strong at:
https://www.med.upenn.edu/uphscovid19education/lead-strong.html

Thank you for being such a caring leader, Kevin. Happy Holidays!

Thank you, Kevin!!

👏👏

Thank you, Kevin!

Thanks for all you do, Kevin!

Thank you so much!

“Telling a Story with Data”, “Finding Your Dream Career”, “Building a Feedback Rich Environment” and all our other pathways for leading yourself, others and the business at:
http://pennpointplus.uphs.upenn.edu/sites/PMA/leadershiptools/SitePages/Landing.aspx

It WAS!!!

Thank you, your words are motivating and appreciated.

Happy Holiday Kevin!

Thank you for your hard work. Happy holidays!

Thank you Kevin. Merry Christmas and Happy Holidays to you and the family.

Thank you, your words are motivating and appreciated.

Happy Holiday Kevin!

Thank you for your hard work. Happy holidays!

Thank you Kevin. Merry Christmas and Happy Holidays to you and the family.

Thank you to Kevin for your leadership and support and creating a culture that makes us feel as important contributors. happy holidays to you.

Agreed!

love squid games!


Squid Games is great!

Leaders that connect to others make a big difference in the workplace. Thank you for reaching out and making me feel like I make a difference too.

Today is a bones day for those who are curious!

[Anokha ] Thanks for stating Insurrection for what it is. 

What were your highlights?!

More Penn Medicine in the news:

I love your enthusiasm! Thanks for making this year in review so fun!!

WHAT a year. Phew

May I love it. A bones day for sure.

great summary!

We love Young Un!

What were your highlights?!

Using your cell phone, text “pennmedicine918” to “22333"
If you are on your computer, you can also click on the link on chat www.PollEv.com/pennmedicine918

TLA Vaccine site was amazing. So rewarding!

personal highlight: New Role at PMA / SIM

Get well soon George!

@Cristine, thrilled to have you!!

That's a great photo of George!

Feel better George!!!

Great group!

Feel better George!

Get Well soon - George!!!

Get well soon, George!

Feel better George

Get well soon, George!

Feel better soon George!

Gary Ginsberg George as aged well 😁

Casey O'Neill

It's the Covid-coster of emotions...up and down!

https://www.nytimes.com/2021/12/10/opinion/covid-omicron-psychology-fear.html

anxious! Totally! that happy/sad kind!

Shout out to Patty Inacker!

Patty is the absolute best :) 32 years is amazing!

Yes, Patty! Always be learning!

I knew Lee way back when :-)

Patty is a straight shooter. Its what makes her a great leader!

What was YOUR high point / proudest accomplishment from 2021?

HUP Pavilion opening!!

Keeping team spirit even though working remotely.

Maintaining good morale as an organization!

My staff resiliency!

Joining Penn Medicine’s EAP team!

Having such a fantastic team!

Staff beating the learning curves necessary for remote work

Cutting the red ribbon on the first day of the vaccine clinic at the Theater of the Living Arts. Still get emotional thinking about it!

Celebrating 5 years at HUP!

My team!

Patty i is one of a kind. A true patient champion.

Personally - graduating from Grad school and moving into new role. Team/Organization - pride in the work of LG Health and Penn Medicine around the work, the vaccine, and surviving the last 21 months.

getting 4 new team members here and started in the last 2 months!

Most recently graduating from Grad School, getting thru Breast cancer and caring for my husband and celebrating 4 years at PHIT

Building a new inpt Neurology APP team @HUP!

HUP Cedar go-live , Pavilion go-live and the amazing team that i manage - Nursing Systems !!!

Joining the Department of Family Medicine & Community Health and building a new leadership team.
[2021-12-16 12:17:52] [Kari Mastro] All four of my Kids have jobs in their field and are happy. AND, the research, publication, presentation and interest nationally about the outcomes of the work we the interprofessional team at Penn Med Princeton did during Covid makes me proud!

[2021-12-16 12:18:09] [Heather Smith] At work, my promotion and outside of work, great success with nonprofit work.

[2021-12-16 12:18:17] [JLentz] The resilience of our IT and Operations teams to continue to deliver quality work while remote.

[2021-12-16 12:18:19] [Caren Gentile] Standing up 2 high-throughput COVID testing labs at Rittenhouse with an amazing Molecular Pathology and Microbiology Team!

[2021-12-16 12:18:22] [Joshua Barnes] Starting my doctorate

[2021-12-16 12:18:22] [Samantha DiPompeo] Opening of two brand new labs to test COVID

[2021-12-16 12:18:30] [Irina Glukhovsky] My 1 year Anniversary with PMAH and buying a beach house!

[2021-12-16 12:18:35] [Elle Gordon] Getting married!

[2021-12-16 12:18:36] [Jasper Smith] Joining HUP Cedar Clinical Engineering!!!

[2021-12-16 12:18:46] [mpedley] Patty has a wicked good sense of humor, and knows when to use it! She understands the gravity of what we do but balances that with humor and humanity like nobody's business. Go Dr. Inacker!

[2021-12-16 12:18:55] [Gretchen Kolb] @Irina, where? My highlight could be visiting you!

[2021-12-16 12:19:00] [sheila kempf] the team I work with is fabulous ! my daughter FINALLY decided to go to nursing school!

[2021-12-16 12:19:04] [Morgan Curran] Becoming a mom!

[2021-12-16 12:19:13] [Rich Wender] Community vaccination clinics - Still going! Hamilton School today

[2021-12-16 12:19:33] [Caitlyn] Exceeding our training goal for occupancy for HUP Pavilion!

[2021-12-16 12:19:38] [Casey Templin] Getting my 5 year old vaccinated

[2021-12-16 12:19:55] [Karla] working at the vaccine clinics PMPH

[2021-12-16 12:20:00] [Gretchen Kolb] @Caitlyn, congrats on HUP Pavilion!

[2021-12-16 12:20:01] [Jen Rader] Well said Lee! Vulnerability is a strength!

[2021-12-16 12:20:12] [Gretchen Kolb] How have you grown / changed the most over the course of the year?

[2021-12-16 12:20:14] [Susan Crow] Grad school graduation and seeing 3 teammates earn promotion

[2021-12-16 12:20:15] [Matthew Vandertuyn] Well said, Lee!

[2021-12-16 12:20:17] [Greta Gilbode] Great point Lee!

[2021-12-16 12:20:18] [Lester Lledo] agree with Lee....looking a vulnerability as a strength instead of weakness


[2021-12-16 12:20:43] [Joshua Barnes] I’ve also learned to be more vulnerable in how I approach my staff. It’s deepened our bonds together

[2021-12-16 12:20:50] [anne] Learned to be more adaptable and flexible.

[2021-12-16 12:21:05] [Greta Gilbode] I learned to give myself more grace.

[2021-12-16 12:21:05] [Tami Montroy] Learned to listen better instead of relying only on what I can see

[2021-12-16 12:21:07] [Lakeisha Gayles] knowing the TRUE definition of teamwork through the pandemic!!

[2021-12-16 12:21:11] [Kendra M.] I’ve learned to breath deeply more and rely on my faith.

[2021-12-16 12:21:38] [Rich Wender] Always learning how to move forward to doing good work - no matter how strong the headwinds are. And we’re all learning the importance to live life more thoughtfully, planning and coping day by day.

[2021-12-16 12:21:44] [Susan Crow] Greater flexibility with myself and others

[2021-12-16 12:21:45] [Lauren Ellis] Learned to be adaptable, more vulnerable and thinking more strategically and give my self grace

[2021-12-16 12:21:49] [Kellie Wilson] I like that Patty - Learning not to take what you have and what's important for granted.

[2021-12-16 12:22:07] [Marcie Ordowich] Lee’s openness certainly is a strengthen in his leadership! He’s a strong, trustworthy partner to all of us.
I learned the importance of boundary setting, balance, and the hard work that’s needed to truly practice self-care.

Amen to having a dog!

Working at the vaccine clinic and having people applaud when the vaccine arrived. Tearjerker

What kept you sane this year? How did you do it?

Patty Inacker has kept me sane!!!

Shout out to all the pets! 🐶🐱🐹🐠

Making it a priority to “turn off” sometimes!

Prayer and exercise

My colleagues and my faith

Dawana, my colleagues and my faith

Spending time with my new grandson

My team, our funny texts and wine!

Mark Famador, Prayer and exercise

If Tiffany Clifton- Reed faith and family and coworkers

Connecting to a greater sense of meaning, meditation, yoga, animals, family, friends.

My husband’s unconditional love and support

Sharing with my family (and dogs) 😊

Awesome team members

Knowing that we are all in the same boat was a comfort and talking about it when I was struggling

My coworkers are such good people; they have sustained me this year.

Daily yoga sun salutation and meditation

Family and faith

Family, humor, and learn to tune out the "noise"

Exercise and meditation

The support of our Clin Ops leadership team, coming to work, my family

I haqve been working remotely for Penn Medicine for 6 years and very thankful for celebrating 37 yeras at Penn medicine

Family, friends, and my team. There may have also been wine and Netflix.

My new granddaughter

3000?

10,000

MY faith

10,000

wow!!!
[2021-12-16 12:24:30] [Carolyn Hewson] Having an excellent team who always had my back, celebrated our successes, and lifted me up when I needed a boost.
[2021-12-16 12:24:33] [Elizabeth Wentzel] 20,000
[2021-12-16 12:24:39] [Samantha Simonsen] Staying connected and keeping self care as part of my routine
[2021-12-16 12:25:01] [Sonja Ogden] Joining committee's and groups that i am compassionate about has been personally gratifying. My contributions have meaning and add to the diversity of these groups it allows other perspectives. seeing Penn allow talks for Juneteenth shows that we are growing as a university on many levels.
[2021-12-16 12:25:08] [anne] Pretty impressive!
[2021-12-16 12:25:12] [Michelle Holmes] Music, dancing, and laughing a lot.
[2021-12-16 12:25:19] [Felicia Morrison] #Standing Ovation
[2021-12-16 12:25:30] [Sherelyn Riddick] virtual meetings rock
[2021-12-16 12:25:35] [Gretchen Kolb] #TheBennyGoesTo
[2021-12-16 12:25:39] [Susan Crow] 3 F's - faith, family & friends
[2021-12-16 12:25:40] [anne] It would be harder to participate in person
[2021-12-16 12:25:46] [Crystal Mills] I've LOVED the Penn Medicine book clubs! So interesting and inspiring.
[2021-12-16 12:26:18] [Craig Loundas] My goal for PMX for 2022 is to make the top 5!
[2021-12-16 12:26:23] [Gretchen Kolb] If you have not seen any of these, they are new to you!
[2021-12-16 12:26:40] [Gretchen Kolb] The recording for this session, other resources and presentations are available via Lead Strong at: https://www.med.upenn.edu/uphs covid19education/lead-strong.html
[2021-12-16 12:26:45] [Irina Glukhovsky] Gratitude of my patients and watching them improve, as my children watched me go to work during the pandemic.
[2021-12-16 12:26:50] [Lauren Ellis] These sessions have all been fantastic and so impactful!
[2021-12-16 12:26:51] [Samantha Simonsen] Must add I volunteer at many venues that i have a personal connection too, most recently have become a volunteer firefighter
[2021-12-16 12:27:06] [Lester Lledo] congratulations Kevin
[2021-12-16 12:27:24] [Marie D] I got to see my fiancé for a total of 9 days in the last 2 years because he is in Ireland and there was a travel ban...talking to him everyday and video dates and calls helped keep me sane and sharing my fears and anxiety with my wonderful boss and friends helped when I was scared and overwhelmed
[2021-12-16 12:27:30] [Jen Rader] Wow!
[2021-12-16 12:27:45] [Craig Loundas] Wells Fargo!
[2021-12-16 12:27:52] [Samantha DiPompeo] The Kimmel Center
[2021-12-16 12:28:01] [Gretchen Kolb] We have international fans!
[2021-12-16 12:28:57] [Gretchen Kolb] Who is that amazing dancing elf!?!?
[2021-12-16 12:29:03] [Gretchen Kolb] Check out the moves on her!
[2021-12-16 12:29:12] [Kylie Todaro] Sweet dance skills, Cindy!
[2021-12-16 12:29:24] [Kim ] Hysterical
[2021-12-16 12:29:28] [Jessie] Cindy, I always knew you could dance. YAY!
[2021-12-16 12:29:32] [Sonja Ogden] love it!
[2021-12-16 12:29:37] [Mary Riendeau] Cute
[2021-12-16 12:29:38] [Lakeisha Gayles] love it!!!!
[2021-12-16 12:29:39] [Tarskia Chase] Nice!
[2021-12-16 12:29:42] [Carolyn Hewson] I will always see you this way, Cindy!
[2021-12-16 12:29:46] [Sonja Ogden] nice moves!!!
[2021-12-16 12:29:48] [Felicia Morrison] Okayyy Cindy!
[2021-12-16 12:29:50] [Brad Okonak] A little aggressive, I like it
[2021-12-16 12:29:54] [Kellie Wilson] That was great!!
[2021-12-16 12:30:12] [Eboni Pelzer ] 😊
Big thanks to Maya and Shannon for helping with churning the data!

Link to enter the quiz: https://www.menti.com/u8vkjtd4ff

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[2021-12-16 12:34:39] [Cindy Brockway] C
[2021-12-16 12:34:42] [Regina Bristow] b
[2021-12-16 12:35:03] [Carolina Cerino] d
[2021-12-16 12:35:06] [Jessie] a
[2021-12-16 12:35:07] [Mackeisha] c
[2021-12-16 12:35:08] [Lester Lledo] Zeke
[2021-12-16 12:35:12] [Lakeisha Gayles] A
[2021-12-16 12:35:48] [Carolina Cerino] a
[2021-12-16 12:35:48] [Mackeisha] a
[2021-12-16 12:35:49] [Jessie] b
[2021-12-16 12:35:49] [Lakeisha Gayles] B
[2021-12-16 12:35:50] [Elizabeth Wentzel] Chris Tierney!!!
[2021-12-16 12:35:50] [Tiffany Clifton-Reed] a
[2021-12-16 12:35:51] [Lester Lledo] Karen
[2021-12-16 12:35:56] [Cindy Brockway] b
[2021-12-16 12:35:59] [Regina Bristow] b
[2021-12-16 12:36:09] [Gretchen Kolb] Congrats Carolyn!!
[2021-12-16 12:36:09] [cristine hutchinson] that was fun!
[2021-12-16 12:36:12] [Young Un Cho] Go Carolyn, congratulations!!
[2021-12-16 12:36:15] [Carolyn Hewson] Woohoo I won!
[2021-12-16 12:36:24] [Susan Crow] That was fun!
[2021-12-16 12:36:26] [Jen Rader] Yay Carolyn!
[2021-12-16 12:36:27] [Kylie Todaro] Way to go, Carolyn!!!
[2021-12-16 12:36:32] [Olivia Foster] Carolyn!!
[2021-12-16 12:36:35] [Maya Shenoy] YAY Carolyn!!!
[2021-12-16 12:36:42] [Gretchen Kolb] You saw it here first!
[2021-12-16 12:36:43] [Young Un Cho] Thanks Chris for the video!
[2021-12-16 12:36:48] [sheila kempi] love it
[2021-12-16 12:36:49] [Jessie] love it!!!
[2021-12-16 12:36:52] [Kylie Todaro] THIS IS HYSTERICAL! Love it, Chris.
[2021-12-16 12:36:53] [cristine hutchinson] wow!
[2021-12-16 12:36:54] [Lester Lledo] ahaha
[2021-12-16 12:36:59] [Tiffany Clifton-Reed] Oh I love this
[2021-12-16 12:37:02] [Anastasia Mylonas] 😄
[2021-12-16 12:37:06] [Ritesh Bhatt] LOL
[2021-12-16 12:37:07] [dinah] Chris, please submit that for Penn's Got Talent next year.
[2021-12-16 12:37:47] [Gretchen Kolb] Why do you tune in to LwL? Let us know!
[2021-12-16 12:38:13] [Jen Rader] We all need to give these types of gifts to ourselves! Keep going, keep growing.
[2021-12-16 12:38:13] [mary logiudice] motivational speaking
[2021-12-16 12:38:17] [Kari Mastro] The nuggets of knowledge
[2021-12-16 12:38:24] [laura swartz] Great point Lee
[2021-12-16 12:38:39] [Mackeisha] Inspiring. knowledge
[2021-12-16 12:38:41] [Cindy Brockway] Breath of fresh air, innovative, fun in the midst of alot of sorrow
[2021-12-16 12:38:45] [Mark Famador] to replenish and learn more.
[2021-12-16 12:38:45] [Marie D] It makes me feel connected and is a wonderful break to learn from my coworkers
[2021-12-16 12:38:50] [Cheryl Monturo] time to think, feel, learn, and laugh
[2021-12-16 12:39:00] [Susan Crow] Learning is fun and practical. Even if I'm not at a screen to watch, I can listen while driving, etc. Very do-able
[2021-12-16 12:39:14] [Lester Lledo] It’s interesting, energy filled, motivational and educational and encourages engagement in our penn medicine community
[2021-12-16 12:39:44] [Elizabeth Wentzel] I feel more connected to leaders from other entities and makes me feel a part of one penn medicine!
[2021-12-16 12:39:55] [Sonja Ogden] I love connecting with everyone and hearing these personal and professional thoughts. We don't always meet with these folks but hearing these perspectives is an opportunity to learn and hear these insights!
[2021-12-16 12:40:11] [Sarita] This is only my second time joining. I returned because you all inspire me. I am so grateful that you have posted these as I plan to watch them all on repeat.
[2021-12-16 12:40:24] [anne] It fills my cup weekly and helps me learn from great leaders
[2021-12-16 12:40:41] [Ritesh Bhatt] Makes us One UPHS...not longer entity silos!!!
[2021-12-16 12:40:44] [Joy Whinner] To hear great information from our great leaders.
[2021-12-16 12:41:09] [Lina Sanchez] Love learning from our talented & experienced Penn leaders. Great shows!!! Thank you!
[2021-12-16 12:41:15] [Kellie Wilson] I find it inspiring, informative, a way to be connected, and re-energizing.
[2021-12-16 12:41:54] [Efrain ] Cindy is an awesome host! It truly feels like a talk show. Great work to all involved.
[2021-12-16 12:41:59] [Irina Glukhovsky] This is my first viewing. I received an email invitation and it looked interesting, to meet leaders of such a prestigious organization and their success stories. So here I am. Thank you.
[2021-12-16 12:42:11] [Gretchen Kolb] Superfan testimonials
Part 2: https://upenn.box.com/s/ex0lemxe3u7t4copg755u9bxca8rrq80
[2021-12-16 12:42:28] [Gretchen Kolb] Even more great reasons fans love LwL
[2021-12-16 12:42:51] [Susan Crow] Navigating career transitions and 80's learnings
[2021-12-16 12:42:53] [Lakeisha Gayles] This is my first time as well!! I think I will continue to tune it :) This is great!!!
[2021-12-16 12:43:20] [Kendra M.] Favorite tip: Be where your feet are.
[2021-12-16 12:43:27] [Lester Lledo] Kevin Mahoney, Catherine Morrison, Regina Cunningham were three of my favorite panelists
[2021-12-16 12:43:32] [Gretchen Kolb] What was your favorite show? Guest? Key pearl that you put into place?
[2021-12-16 12:43:33] [Regina Bristow] Yes, Growing up Penn Medicine!
[2021-12-16 12:43:38] [Sue Smith] Debbie Foster - great message
[2021-12-16 12:43:38] [Tiffany Clifton-Reed] This is my first time, But this is great, I will continue to tune in!
[2021-12-16 12:44:56] [Sonja Ogden] I always enjoy hearing from Kevin and Cindy you keep it engaging!
[2021-12-16 12:45:06] [Gretchen Kolb] LET'S MAKE YEAR THREE OF THE PANDEMIC OUR BEST YEAR YET!
[2021-12-16 12:45:18] [Mary Kinney] 😊
[2021-12-16 12:45:58] [Gretchen Kolb] If you missed Katy on the Penn Medicine Book Club Site check this out: https://www.uphs.upenn.edu/employeeselfservice/LandingPages/PennMedicine_BookClub/index.html
[2021-12-16 12:46:02] [Carolyn Hewson] I love Katy and How to Change. I'm already putting it into practice!
[2021-12-16 12:46:06] [Greta Gilbode] Thank you Cindy for my Letterman moment!
[2021-12-16 12:48:10] [Lester Lledo] Thank you Cindy, Young Un, Gretchen and the PMA team for a great year of learning and community.
[2021-12-16 12:48:31] [Susan Crow] My 2021 resolution was to reclaim my physical strength, specifically to do a pull up. It took 9 months, but in September I was able to do not 1 but 2 pull ups. Been thinking about 2022 resolution
[2021-12-16 12:48:42] [Crystal Mitchell] There is a Monday every week! Love it!
[2021-12-16 12:49:26] [Eleanor Anderson] I too want to sing Cindy's praises-- I love her energy and her sense of humor!
[2021-12-16 12:50:23] [Crystal Mitchell] Awesome Greta! My new physical goal was to do 10 push ups (not the girls push-ups either). ✌
Robert Vonderheide: I started walking in pandemic. For 2020, I hit 1000 miles. Set that goal for 2021 and again surpassed 1000 miles. I resolve to do it again in 2022. Plus, I am now in MUCH better shape than Chris Masotti!!

Gretchen Kolb: If you missed Katy on the Penn Medicine Book Club Site check this out: https://www.uphs.upenn.edu/employeeselfservice/LandingPages/PennMedicine_BookClub/index.html

Gretchen Kolb: Good goal!

Kylie Todaro: Love those, Patty!

Shawn: Such good goals Patty!

Karen Jones: I like that listen more talk less

Gretchen Kolb: These are great ideas. What's on your list of goals for 2022?

Mary Riendeau: Patty, I love your goals! I'm curious-how do you operationalize kindness? Acts of service? Kind words?

Lori Gustave: SAME LEE! I want to spend more quality time with my oldest son who is leaving for college in 2023!

Elizabeth Wentzel: Read more! Watch screens less.


Mark Famador: Be kinder to myself.

Julie Mozes: Less screens! More downtime!

Greta Gilbode: Pass the ACHE exam

Gretchen Kolb: @Greta - yeah!

Tiffany Clifton-Reed: Focus on my next career move within PennM

Irina Glukhovsky: To finally loose baby weight!!!!

Mackeisha: be more proactive with career goals

Kellie Wilson: Get in shape - myself and my basement/garage.

Lisa: Is it still baby weight if your baby is 30?

Craig Loundas: ABC- Always Building Community

Carolyn Hewson: Live my values: kindness, gratitude, growth, community, and health

Jasper Smith: They were very good

Kellie Wilson: Lisa - LOL; I ask myself that all the time.

Sonja Ogden: apply for my master's degree - but more simply WRITE the entry essays to begin the process!

Amy Schwartz: Increase # of Peloton rides without ending up like Mr Big (too soon?)

Gretchen Kolb: Reminder: The recording for this session, other resources and presentations are available via Lead Strong site at:

https://www.med.upenn.edu/uphcovid19education/lead-strong.html

David Weinstein: Amy....same

Michael Parmacek: Thanks Cindy!! Have a great holiday!

Karen Jones: thank you for sharing

Noelle Ciara: LOL Amy

Cindy Brockway: Thanks Lunch for Leaders Team!!!

Gretchen Kolb: @Amy, not too soon. Big was kind of a shmuck

Mackeisha: thanks Patty! go Hall Mercer!

Amy Schwartz: @gretchen 😊

Gretchen Kolb: We value your feedback. Please complete this brief survey to let us know how we could improve these sessions.


Sonja Ogden: looking forward to it!
[2021-12-16 12:57:54] [Crystal Mitchell] Cindy thank you! You are an awesome moderator!!! Happy Holidays & New Year to all!!!
[2021-12-16 12:58:09] [sheila kempf] thank you so much Cindy and your team!, great series....
[2021-12-16 12:58:13] [Heather Smith] Great job today - thank you all!
[2021-12-16 12:58:15] [Carolina Cerino] Congrats all!
[2021-12-16 12:58:16] [David Weinstein] I get the emails from Peloton asking me if I am OK, because they haven't seen me 😅
[2021-12-16 12:58:25] [Sue Smith] Cindy, thank you so much. You and your team are amazing!!
[2021-12-16 12:58:28] [Joy Winner] Thank you all for your great information and show today. Happy Holidays to all. Safe & Happy New Year.
[2021-12-16 12:58:34] [Amanda Williams] Thank you Cindy and PMA!!
[2021-12-16 12:58:35] [Jasmine] Have a great holiday! PMA, thx for a tremendous program!
[2021-12-16 12:58:39] [Noelle Ciara] Hearing Patty’s wisdom and insights is the highlight of my week!! Thank you so much :)
[2021-12-16 12:58:48] [Kellie Wilson] Thank you all and Happy Holidays!!
[2021-12-16 12:58:49] [David Weinstein] Thanks Cindy and team.....always a great event 👍
[2021-12-16 12:58:53] [Kathleen Bailer] Amazing! Happy Holidays!
[2021-12-16 12:58:53] [Gretchen Kolb] Happy holidays from these elves to you Penn Medicine! We appreciate all your do for our organization and community! We ARE stronger together!
[2021-12-16 12:58:59] [Lester Lledo] Best wishes to all of you for a happy and safe holiday!!!
[2021-12-16 12:59:03] [Lakeisha Gayles] This was so great and refreshing - so glad I decided to tune in - see you in 2022 :) !!!
[2021-12-16 12:59:05] [Tiffany Clifton-Reed] Thank you and Happy Holidays
[2021-12-16 12:59:05] [Mary Riendeau] Happy holidays all! YES to dancing :)
[2021-12-16 12:59:08] [Karen Jones] Merry Christmas have a great holiday
[2021-12-16 12:59:21] [Lakeisha Gayles] Happy Holidays everyone :) !!!
[2021-12-16 12:59:26] [Craig Loundas] What a riot!
[2021-12-16 12:59:29] [Young Un Cho] Thank you so much for joining. Happy Holidays and THE best year yet to everyone!
[2021-12-16 12:59:34] [Carolina Cerino] Happy Holidays!!!
[2021-12-16 12:59:34] [LaDonna Lally] Love the beach elves!
[2021-12-16 12:59:34] [Olivia Foster] I am LOVING this
[2021-12-16 12:59:37] [Carolyn Hewson] This is so amazing!
[2021-12-16 12:59:37] [dinah] Take it on the road!
[2021-12-16 12:59:44] [Carolina Cerino] Glad to be part of Penn Medicine
[2021-12-16 12:59:45] [Lester Lledo] cheers everyone!
[2021-12-16 12:59:50] [dinah] LwL Lambada
[2021-12-16 12:59:52] [Kylie Todaro] Fabulous job, team! Happy Holidays!
[2021-12-16 12:59:53] [Melissa] I want to be on the beach! Happy holidays all.
[2021-12-16 12:59:53] [Gretchen Kolb] Happy holidays from these elves to you Penn Medicine! We appreciate all your do for our organization and community! We ARE stronger together.
[2021-12-16 12:59:55] [Mark Famador] Happy Holidays to all!!
[2021-12-16 12:59:56] [Kathleen Bailer] too funny!
[2021-12-16 12:59:57] [Anokha] This is FUN
[2021-12-16 12:59:57] [Carolyn Hewson] It's how I envision all of our PMA holiday parties
[2021-12-16 13:00:01] [Terese Kornet] Peace!
[2021-12-16 13:00:09] [Anastasia Mylonas] hahaha! Very nice!!!
[2021-12-16 13:00:12] [Sonja Ogden] awesome performance!!!
[2021-12-16 13:00:17] [Sarita] Thank you and happy holidays
[2021-12-16 13:00:19] [Carolyn Hewson] Outstanding!
[2021-12-16 13:00:19] [Jessie] We need a live reenactment
[2021-12-16 13:00:20] [Lina Sanchez] Love it!!!!
[2021-12-16 13:00:20] [Kellie Wilson] Mele Kelikimaka
[2021-12-16 13:00:21] [Matt Dietz] Happy Holidays! Great elfing!
[2021-12-16 13:00:26] [maria molina] happy holidays
[2021-12-16 13:00:29] [Karen Sylvester] LOVE THIS!!! template for our next staff meeting!
[2021-12-16 13:00:32] [Irina Glukhovsky] Thank you!
[2021-12-16 13:00:38] [Joy Winner] That was great. Happy Holidays to all.
[2021-12-16 13:00:42] [DeElva Ashmore] Happy Holidays everyone!
[2021-12-16 13:01:14] [Kristin Butterworth] thank you