

1

00:00:00,016 --> 00:00:04,421

Welcome, welcome, welcome. Victoria Cumberbatch here,

2

00:00:04,422 --> 00:00:09,401

walking you through adventuring with ADHD for the late diagnosed and confused.

3

00:00:09,701 --> 00:00:13,706

If you do hear some birds in the background or what have you,

4

00:00:13,707 --> 00:00:18,334

some running water, I am currently in the the Austrian

5

00:00:18,335 --> 00:00:20,531

Alps living my best life.

6

00:00:20,532 --> 00:00:25,516

So please allow some space and grace for some background

7

00:00:26,019 --> 00:00:29,515

nature sounds. Aside from that,

8

00:00:29,880 --> 00:00:32,236

thrilled to have you here.

9

00:00:32,237 --> 00:00:37,061

We are going to move swiftly into this masterclass,

10

00:00:37,062 --> 00:00:41,779

something that I created after my own late

11

00:00:41,780 --> 00:00:46,461

diagnosis. In addition to a slew of other

12

00:00:46,462 --> 00:00:51,162

diagnoses along the way. I decided to dive a little bit deeper

13

00:00:51,163 --> 00:00:55,714

into discerning really why and how the

14

00:00:55,715 --> 00:01:00,618

multi-diagnosis effect is happening

15

00:01:00,619 --> 00:01:05,154

in my female body and why my body most of the women in

16

00:01:05,155 --> 00:01:07,964
my life, and most of the women that I have coached,

17

00:01:08,764 --> 00:01:13,797
tend to have found a slew of diagnoses themselves after

18

00:01:14,032 --> 00:01:17,742
finding one or the other, whether they were diagnosed with neurodivergence,

19

00:01:17,743 --> 00:01:21,149
and then they found out a slew of others, or the slew of others

20

00:01:21,150 --> 00:01:23,804
came first, and the neurodivergence later.

21

00:01:23,805 --> 00:01:28,624
It's all very chicken or egg, but this is a great first stop in

22

00:01:28,625 --> 00:01:31,212
terms of you finding out,

23

00:01:31,539 --> 00:01:36,104
or going to get yourself diagnosed if that is of interest to

24

00:01:36,105 --> 00:01:39,693
you. Self-diagnosis is just as reliable,

25

00:01:39,694 --> 00:01:43,693
especially in the female body. You will soon see why.

26

00:01:44,214 --> 00:01:48,758
This is a great kind of 101. I'm in kindergarten of learning this

27

00:01:48,759 --> 00:01:52,485
whole thing about my new diagnosis. And I've been where you are,

28

00:01:52,486 --> 00:01:57,017
a new diagnosis. I want to either dive into everything or I'm completely

29

00:01:57,018 --> 00:01:59,955
deterred by learning anything more because it's all so overwhelming.

30

00:01:59,956 --> 00:02:04,503

So my aim and hope is that you find some resonance

31

00:02:04,504 --> 00:02:09,163

and some relief. Maybe those shoulders drop as you find out about a little

32

00:02:09,164 --> 00:02:12,277

bit more here. There's the wins. Okay.

33

00:02:13,278 --> 00:02:15,342

So this masterclass,

34

00:02:15,343 --> 00:02:17,960

as I, as I mentioned, I'll just be a little bit more clear,

35

00:02:18,716 --> 00:02:23,323

was really made for women who are medically or self-diagnosed with ADHD later

36

00:02:23,324 --> 00:02:27,546

in life, who are seeing, who are seeking validation and clarity about their experience.

37

00:02:28,387 --> 00:02:33,046

Also, for people curious about lesser known comorbidities and how those

38

00:02:33,047 --> 00:02:35,904

might be impacting your overall well-being.

39

00:02:37,245 --> 00:02:41,111

Maybe those that feel overwhelmed or confused by traditional approaches.

40

00:02:41,112 --> 00:02:50,126

And although

41

00:02:50,127 --> 00:02:53,392

you may be watching this on your own, and there's not necessarily a community

42

00:02:53,393 --> 00:02:53,589

around you, but my hope is that those that are seeking a supportive community

43

00:02:53,590 --> 00:02:58,097

will be where they can ask

44

00:02:58,098 --> 00:03:02,164

questions, share stories, and feel less alone in their ADH journey will find that

45

00:03:02,165 --> 00:03:06,598

this is a great first step toward that end.

46

00:03:06,919 --> 00:03:12,142

There is a large multi-faceted community of us

47

00:03:12,143 --> 00:03:15,493

ladies with ADHD dreams. We all ADHD, whether late diagnosed or not,

48

00:03:15,988 --> 00:03:20,366

who want to show up and be reliable for one another.

49

00:03:20,367 --> 00:03:23,972

And so, I hope that you will find that down the road with some

50

00:03:23,973 --> 00:03:29,416

of the resources I share. My intention within this,

51

00:03:29,417 --> 00:03:32,567

Usually this is a live masterclass and it tends to take an hour and

52

00:03:32,568 --> 00:03:35,489

15 minutes. This might be something more like 45,

53

00:03:35,490 --> 00:03:40,196

let's see. Uhm, is really to foster feelings of resonance and belonging for

54

00:03:40,197 --> 00:03:43,433

you. Sharing some of those lesser studied insights.

55

00:03:43,434 --> 00:03:45,491

Presenting a regulation technique.

56

00:03:45,492 --> 00:03:50,172

And then wrapping it all up right there at the end with some resources.

57

00:03:51,899 --> 00:03:54,368

So, before I get too far, again,

58

00:03:54,369 --> 00:03:57,551

I am Victoria Cumberbatch. By this point my last name will have changed.

59

00:03:57,552 --> 00:04:00,419

Uh, hence why I'm in the Austrian Alps.

60

00:04:00,420 --> 00:04:03,261

I'm on my honeymoon. I do go by Vicky,

61

00:04:03,262 --> 00:04:07,961

and I work with people, teams, and communities to pivot from tension to intention.

62

00:04:08,200 --> 00:04:11,789

Through coaching, workshops, body doubling facilitation,

63

00:04:12,060 --> 00:04:16,734

and in-person community engagement. I do tend to attract the neurodiverse

64

00:04:16,735 --> 00:04:21,628

crew, uh, and so the origination of this masterclass is therefore

65

00:04:21,629 --> 00:04:24,426

obvious. A quick disclaimer,

66

00:04:24,844 --> 00:04:26,964

I am not a medical professional.

67

00:04:27,585 --> 00:04:29,711

Simply a late diagnosed ADHD addict.

68

00:04:29,712 --> 00:04:34,330

I am a credentialed ICF coach

69

00:04:34,613 --> 00:04:39,622

and my aim is to collate and share my findings with others to

70

00:04:39,623 --> 00:04:42,608

build the community that I wish to see, to be the change in the

71

00:04:42,609 --> 00:04:45,535

world that I also wish to see.

72

00:04:45,536 --> 00:04:48,360

So that's it. That's the long and short of me. Okay,

73

00:04:48,361 --> 00:04:52,240

well, a little bit longer. Uh, I will absolutely not go through this slide

74

00:04:52,241 --> 00:04:56,464

verbatim. I just wanted to share in a visual way some of my own

75

00:04:56,724 --> 00:04:59,086

journey. So check it too long. Didn't read.

76

00:05:00,627 --> 00:05:05,473

I'd always assumed I had ADHD, but upon getting diagnosed in my thirties,

77

00:05:06,033 --> 00:05:10,442

I've had the opportunity to rediscover so many aspects of myself.

78

00:05:10,704 --> 00:05:13,985

In addition to riding the varying stages of anger.

79

00:05:13,986 --> 00:05:16,091

Disbelief, relief, exhaustion,

80

00:05:16,092 --> 00:05:20,632

and cycling back again. I simply wanted to pop this in here so that

81

00:05:20,633 --> 00:05:25,253

you can know, feel, and see that we're on the same journey,

82

00:05:25,254 --> 00:05:29,368

regardless of kind of what step in that journey you are on.

83

00:05:29,369 --> 00:05:32,012

There is no ego. You're further than me. You're behind me.

84

00:05:32,013 --> 00:05:35,999

There's none of that kind of egotistical viewpoint and perspective when it comes to

85

00:05:36,000 --> 00:05:40,791

journeys like this. We all are on

86

00:05:40,792 --> 00:05:44,052

this pathway at some place.

87

00:05:44,875 --> 00:05:47,465

Some may have experienced some of the same things as you.

88

00:05:47,466 --> 00:05:52,013

Some may have experienced them in more amplification or to lesser degrees.

89

00:05:52,014 --> 00:05:56,731

None of that matters as much as a lot of the systems that we

90

00:05:56,732 --> 00:05:59,829

have found ourselves enveloped within,

91

00:05:59,830 --> 00:06:02,143

medical system, pharmaceutical system, what have you,

92

00:06:02,144 --> 00:06:06,989

educational system, educational systems that have caused a variety

93

00:06:06,990 --> 00:06:11,298

of emotions to really rise up in our bodies without support.

94

00:06:11,541 --> 00:06:16,084

Okay. So I simply chose to get some additional training and enveloped myself

95

00:06:16,085 --> 00:06:18,431

in neurodiverse communities so that I can say,

96

00:06:18,432 --> 00:06:20,915

satisfy my obsessive research tendencies.

97

00:06:21,225 --> 00:06:25,922

I'm sure some of you can relate. After my diagnosis of ADHD,

98

00:06:25,923 --> 00:06:30,021

I sat down and brain-dumped all the things I'd questioned about myself over the

99

00:06:30,022 --> 00:06:32,837

years. The things that I thought made me dumb,

100

00:06:32,838 --> 00:06:35,353

inferior, behind-the-scenes. And inadequate,

101

00:06:35,354 --> 00:06:39,343

those are the bigger ones for me. Many of them are listed here.

102

00:06:40,661 --> 00:06:44,013

The deep and sustaining relief that has ensued,

103

00:06:44,511 --> 00:06:49,034

and continues to, really began from that one big

104

00:06:49,035 --> 00:06:51,838
brain-dump and, you cry session,

105

00:06:51,839 --> 00:06:56,685
let's be honest. Acknowledgement of what is,

106

00:06:57,779 --> 00:07:00,822
relief that it actually hasn't all been my fault,

107

00:07:01,617 --> 00:07:05,374
and now acceptance. And as I'm just looking at this slide,

108

00:07:05,529 --> 00:07:09,804
at the the top where it says, Plus PCOS and prediabetes,

109

00:07:10,449 --> 00:07:14,016
let's also add in diagnosed with MCAS,

110

00:07:14,245 --> 00:07:18,860
mass cell activation syndrome. So that will be some additions

111

00:07:18,861 --> 00:07:22,811
to this masterclass, which I should also note at this point.

112

00:07:22,812 --> 00:07:26,415
As I improve this masterclass,

113

00:07:26,416 --> 00:07:30,413
the content within it, and so on, I will always create a new video

114

00:07:30,414 --> 00:07:33,554
as well, and it will be added into your bundle.

115

00:07:33,555 --> 00:07:37,472
So, stress less! That's enough about me.

116

00:07:37,473 --> 00:07:40,804
So, let's get us on with the content.

117

00:07:41,359 --> 00:07:43,661
So, before you ask,

118

00:07:43,789 --> 00:07:45,959
yes, I have a luscious list of resources for you at the end. Those

119

00:07:45,960 --> 00:07:49,727

will be in, like, buttons that you can download or click on after this,

120

00:07:49,728 --> 00:07:52,407

so no stress there.

121

00:07:52,408 --> 00:07:56,231

So, let's go ahead also,

122

00:07:56,232 --> 00:07:58,284

simply because I want to ensure that we all,

123

00:07:58,285 --> 00:08:00,401

uhm, well,

124

00:08:00,806 --> 00:08:02,971

I was going to say on time, but you've got all the time in

125

00:08:02,972 --> 00:08:07,889

the world for this. So, if you do find that you have questions or

126

00:08:08,165 --> 00:08:10,949

pieces of thought you want to share, you can go ahead and email those

127

00:08:10,950 --> 00:08:16,739

to me. So,

128

00:08:16,740 --> 00:08:20,852

ADHD is abbreviated from attention deficit hyperactive disorder.

129

00:08:20,876 --> 00:08:26,556

There is no longer ADD. It's all ADHD. It's a super

130

00:08:26,557 --> 00:08:28,945

common disorder. It's a affecting focus,

131

00:08:28,946 --> 00:08:31,024

impulse control, emotional response,

132

00:08:31,025 --> 00:08:33,411

executive functioning, and so much more.

133

00:08:33,412 --> 00:08:38,379

Those are the biggies. Also recently has thought

134

00:08:38,617 --> 00:08:43,451
to be a solely biological male disorder.

135

00:08:43,452 --> 00:08:45,615
Why is that,

136

00:08:45,616 --> 00:08:48,264
Vic? And here are a few reasons for you.

137

00:08:49,106 --> 00:08:53,360
One, there's a very clear white male bias in scientific research.

138

00:08:54,000 --> 00:08:58,105
This is not a judgment. This is objective fact.

139

00:08:58,606 --> 00:09:02,898
So for example, women's tampons and pads have only started getting tested with menstrual

140

00:09:02,899 --> 00:09:05,005
blood since around COVID times.

141

00:09:05,834 --> 00:09:10,560
Whereas tampons have been around in some sense since the 1930s.

142

00:09:12,210 --> 00:09:15,491
Additionally, there has been a significant uptick in ADHD research.

143

00:09:15,492 --> 00:09:18,473
Research overall since about COVID,

144

00:09:18,474 --> 00:09:23,070
hence ADHD has been put on the map in a really big and mainstream

145

00:09:23,071 --> 00:09:26,796
way. And a lot of that has to do with the fact that as

146

00:09:26,797 --> 00:09:31,503
a result of COVID and people choosing and having to work from home and

147

00:09:31,504 --> 00:09:36,777
at home, most of the time, they've been able to actually

148

00:09:37,379 --> 00:09:43,387

find some time to get medical recommendations

149

00:09:45,495 --> 00:09:47,771

and have things diagnosed and have things looked at that maybe have been before.

150

00:09:47,772 --> 00:09:52,106

They've put on the back burner for a few years simply due to lack

151

00:09:52,107 --> 00:09:54,431

of time, resources, or what have you.

152

00:09:54,432 --> 00:09:58,521

So more people are able to go out of their way and find these

153

00:09:58,522 --> 00:10:02,355

diagnoses and get some of the answers they've been subconsciously seeking,

154

00:10:02,356 --> 00:10:06,172

let's say. Secondly,

155

00:10:06,173 --> 00:10:11,017

societal norms have shown that the acceptance around boys' ADHD expression

156

00:10:11,018 --> 00:10:14,477

as hyperactive, bouncing off the walls,

157

00:10:14,967 --> 00:10:21,198

risky behavior, and so on, whereas girls tend to express in a more internalized

158

00:10:21,199 --> 00:10:23,275

way, like subtle fidgeting,

159

00:10:23,387 --> 00:10:25,986

mentally disorganized, having low motivation,

160

00:10:25,987 --> 00:10:28,108

or dissociating. Thus,

161

00:10:28,109 --> 00:10:31,091

girls are, and have been, unseen,

162

00:10:31,096 --> 00:10:33,733

unheard, and disregarded. And yes, I do hear that,

163

00:10:33,734 --> 00:10:36,196

so let me go ahead and pause for a moment.

164

00:10:36,197 --> 00:10:40,766

And we're back. Okay, that third point is girls are often

165

00:10:40,767 --> 00:10:43,167

misdiagnosed around puberty,

166

00:10:43,496 --> 00:10:46,462

when symptoms begin to become more overt,

167

00:10:47,207 --> 00:10:49,661

and they're misdiagnosed with anxiety, depression,

168

00:10:49,662 --> 00:10:54,609

or some other mood disorder that has been acting as a mask

169

00:10:55,149 --> 00:10:57,487

for their ADHD by that point.

170

00:10:58,464 --> 00:11:00,643

It's often at this juncture, puberty,

171

00:11:00,895 --> 00:11:03,596

girls are placed on birth control, especially in the West,

172

00:11:03,912 --> 00:11:08,550

as a pattern. And it's a pattern that's very common,

173

00:11:10,673 --> 00:11:14,957

and it's a pattern that's very common,

174

00:11:16,078 --> 00:11:21,141

and it's Because,

175

00:11:21,142 --> 00:11:24,325

again, girls tend to be misdiagnosed,

176

00:11:25,541 --> 00:11:27,865

women in adulthood go back,

177

00:11:28,932 --> 00:11:32,814

find diagnoses maybe after their own children have been diagnosed,

178

00:11:33,955 --> 00:11:41,121
and it becomes a bit more 50-50. So

179

00:11:41,122 --> 00:11:43,639
we won't spend too much time here, I do go into this in my

180

00:11:43,640 --> 00:11:46,690
own coaching programs a touch more, but for now,

181

00:11:47,381 --> 00:11:50,061
there would otherwise be a poll for the live version.

182

00:11:50,602 --> 00:11:53,051
But I want you to consider for a moment,

183

00:11:53,052 --> 00:11:55,588
and if you want to write this down,

184

00:11:55,589 --> 00:11:58,326
feel free or keep it in your thoughts. Also fine.

185

00:11:59,161 --> 00:12:03,674
How many of these comorbid issues are

186

00:12:03,675 --> 00:12:06,449
true for you in your world right now?

187

00:12:07,455 --> 00:12:10,107
Do you find that you also have insulin deficiency? Disregulation,

188

00:12:10,108 --> 00:12:12,638
which might be pre-diabetes, diabetes.

189

00:12:15,380 --> 00:12:18,364
How about disembodiment? Can you feel when you're hungry,

190

00:12:18,365 --> 00:12:22,575
when you have to pee? OCD.

191

00:12:22,576 --> 00:12:25,331
Do you have endocrine issues like PCOS, PCS?

192

00:12:25,332 --> 00:12:27,445
PMDD, endometriosis,

193
00:12:27,459 --> 00:12:29,674
adenomyosis, and so on.

194
00:12:29,921 --> 00:12:32,393
How many of these comorbid do you have now?

195
00:12:32,394 --> 00:12:33,373
Take a moment with that.

196
00:12:37,469 --> 00:12:41,998
So the too long, didn't read version is this with scientific

197
00:12:41,999 --> 00:12:45,551
study on biological females, it's still a bit,

198
00:12:46,155 --> 00:12:49,404
is it the chicken or the egg as in which comes first when it

199
00:12:49,405 --> 00:12:54,050
comes to the connection between neurodivergence and sky high rates

200
00:12:54,088 --> 00:12:56,161
of chronic fight,

201
00:12:56,162 --> 00:13:00,935
flight, and fawn reactions. This matters because those

202
00:13:00,936 --> 00:13:05,602
high rates of constant cortisol release over the course of decades

203
00:13:06,513 --> 00:13:12,254
can present in our bodies as hormonal issues like PCOS,

204
00:13:12,440 --> 00:13:15,810
adrenal fatigue, and abrupt autoimmune development,

205
00:13:16,668 --> 00:13:20,832
early bone degeneration, early onset of diabetes.

206
00:13:20,833 --> 00:13:23,128
Just for example, those are a few examples.

207

00:13:23,129 --> 00:13:26,121

Anyone with autoimmune, like I have MCAS,

208

00:13:26,297 --> 00:13:29,771

hello, I see who. These are just a few.

209

00:13:29,772 --> 00:13:34,325

Two of the lesser known or least studied comorbidities of

210

00:13:34,326 --> 00:13:38,571

neurodivergence, particularly in the biologically female body.

211

00:13:40,530 --> 00:13:43,496

So, we get to do the dot connecting ourselves.

212

00:13:43,497 --> 00:13:47,436

So,

213

00:13:47,437 --> 00:13:49,469

a second question for you to ponder.

214

00:13:49,470 --> 00:13:54,255

How many of these daily life hurdles do you experience

215

00:13:54,956 --> 00:13:58,061

on a day-to-day basis? High irritability,

216

00:13:58,549 --> 00:14:00,741

time blindness, procrastination,

217

00:14:00,742 --> 00:14:05,485

high anxiety, overwhelming pronounciation, just take a little poll of yourself

218

00:14:05,486 --> 00:14:10,058

and where you're at. And the

219

00:14:10,059 --> 00:14:14,399

follow-up to that question is how long have you been experiencing all of these?

220

00:14:16,293 --> 00:14:19,013

Is it a few months? Is it a few years? Is it as long

221

00:14:19,014 --> 00:14:22,358

as you can remember? Just take a moment with that.

222

00:14:26,611 --> 00:14:29,088

And you can pause at any point, obviously.

223

00:14:31,986 --> 00:14:34,456

So when we look at this life pie right here,

224

00:14:34,457 --> 00:14:38,337

we're talking about the cost, often called the ADHD tax,

225

00:14:38,338 --> 00:14:42,485

if you will. So go ahead and take a moment to consider what areas

226

00:14:42,486 --> 00:14:47,150

of your life have been affected by all that we just went over

227

00:14:47,151 --> 00:14:50,227

and rate it out of six. So,

228

00:14:50,228 --> 00:14:52,984

because of there are six slices to this life pie,

229

00:14:52,985 --> 00:14:55,385

that's what we're rating out of six. So, for example,

230

00:14:55,386 --> 00:14:59,965

if spirituality as well as health and

231

00:14:59,966 --> 00:15:04,466

wellbeing are the most affected for you due to

232

00:15:04,467 --> 00:15:06,556

the ADHD tax.

233

00:15:06,557 --> 00:15:09,248

then you would be two out of six.

234

00:15:10,537 --> 00:15:14,141

If it's actually also relationships are a little bit of a struggle,

235

00:15:14,290 --> 00:15:19,077

it's three out of six. So take a moment with that

236

00:15:19,078 --> 00:15:22,451

for yourself and be honest and be real. No one else is watching,

237

00:15:22,452 --> 00:15:22,990

no one's keeping track, no one's doing school.

238

00:15:27,445 --> 00:15:31,061

If you are, if you do have a journal or a notebook nearby and

239

00:15:31,062 --> 00:15:33,615

you do have a chance to write some thoughts down,

240

00:15:33,616 --> 00:15:35,679

here are some questions for you I'd like you to consider.

241

00:15:37,714 --> 00:15:42,291

What, if anything, is coming up for you right now?

242

00:15:43,067 --> 00:15:47,525

Mentally, emotionally, physically, can you feel your breath catching?

243

00:15:47,526 --> 00:15:51,209

Can you feel your jaw tightening? Can you feel your shoulders moving up and

244

00:15:51,210 --> 00:15:55,735

tightening? Do you find yourself having the start

245

00:15:55,736 --> 00:16:00,383

of some ruminating thoughts? Do you feel a little

246

00:16:00,384 --> 00:16:03,101

down? Do you feel a little up? Where are you at?

247

00:16:05,854 --> 00:16:08,400

How do you feel in your body right now,

248

00:16:08,401 --> 00:16:10,996

recognizing where ADHD is?

249

00:16:10,997 --> 00:16:14,361

And then what are those actual

250

00:16:18,504 --> 00:16:22,240

costs?

251

00:16:24,176 --> 00:16:27,136
What actually within relationships do you value?

252
00:16:27,137 --> 00:16:29,274
What do as the ADHD tax?

253
00:16:29,275 --> 00:16:33,213
What's actually happening that you can map out and name?

254
00:16:34,548 --> 00:16:37,138
Because the idea here, particularly with coaching,

255
00:16:37,139 --> 00:16:41,792
is name it to tame it to

256
00:16:41,793 --> 00:16:46,591
claim it. The

257
00:16:46,592 --> 00:16:48,755
farther we are from naming something,

258
00:16:48,756 --> 00:16:51,821
the more weight we put on it, the more burdensome it feels,

259
00:16:51,822 --> 00:16:55,782
the heavier it becomes. The quicker we can name the thing,

260
00:16:56,583 --> 00:16:59,291
even if it's, I'm miserable.

261
00:17:04,181 --> 00:17:05,545
And my energy has been low for months, and I don't want anyone around

262
00:17:05,546 --> 00:17:07,804
me. I'm actually depressed.

263
00:17:07,805 --> 00:17:10,694
By naming the truth there,

264
00:17:13,671 --> 00:17:19,522
the taming of it begins. And

265
00:17:19,523 --> 00:17:24,235
eventually, you claiming it allows it to inevitably find its way to be

266

00:17:24,236 --> 00:17:28,744

let go. I'm not saying that's necessarily true for you of

267

00:17:28,745 --> 00:17:30,988

depression as of right now.

268

00:17:30,989 --> 00:17:33,371

It certainly doesn't. It's certainly an example,

269

00:17:35,516 --> 00:17:37,957

but the possibilities are there for you.

270

00:17:37,958 --> 00:17:42,957

So,

271

00:17:44,122 --> 00:17:46,532

regardless of your stories around coulda,

272

00:17:46,533 --> 00:17:50,432

shoulda, wouldas, which I am sure came up in that last slide there,

273

00:17:50,811 --> 00:17:53,140

around an earlier diagnosis maybe,

274

00:17:54,618 --> 00:17:56,956

we are not crying over spilled milk up in here,

275

00:17:56,957 --> 00:18:01,589

I'll tell you that. What we are doing is gathering data to become our

276

00:18:01,590 --> 00:18:06,189

own best advocates, to pivot in the to a more resilient state of being

277

00:18:06,190 --> 00:18:10,800

and to share our gathered data as a service with

278

00:18:11,887 --> 00:18:14,687

our communities,

279

00:18:14,688 --> 00:18:16,987

with our fellows, with our fellow humans, okay?

280

00:18:17,331 --> 00:18:20,592

This, the ancestral way of sharing around the fire,

281

00:18:20,613 --> 00:18:22,683
let's say, or in the red tent, let's say,

282

00:18:23,066 --> 00:18:25,477
gets to be what we boomerang back to.

283

00:18:25,478 --> 00:18:30,047
So undiagnosed ADHD increases these

284

00:18:30,048 --> 00:18:36,345
things. The, the risk for myriad mental health issues including

285

00:18:36,346 --> 00:18:41,495
higher rates of depression, anxiety, and self-harm the likelihood to internalize

286

00:18:41,599 --> 00:18:47,239
struggles perceiving difficulties as personality traits leads

287

00:18:47,240 --> 00:18:49,467
to low self-esteem, self-blame,

288

00:18:49,468 --> 00:18:52,271
self-mistrust, and thus disembodiment.

289

00:18:52,272 --> 00:18:54,674
I don't know how I feel.

290

00:18:54,675 --> 00:18:59,344
Please don't ask me. Right? Other consequences are increased

291

00:18:59,345 --> 00:19:02,451
risk for unplanned pregnancy, postpartum depression,

292

00:19:02,452 --> 00:19:05,025
social isolation, and so much more.

293

00:19:05,270 --> 00:19:11,139
Those are just a few. So,

294

00:19:11,140 --> 00:19:14,567
before we move into the next portion, I'm going to invite you to sit

295

00:19:14,568 --> 00:19:16,854

back in your chair or if you're standing,

296

00:19:16,855 --> 00:19:19,098

just feeling your feet solidly on the floor.

297

00:19:19,099 --> 00:19:23,917

You can just follow my voice. I invite you to roll

298

00:19:23,918 --> 00:19:26,741

your shoulders back, taking in a belly breath,

299

00:19:26,976 --> 00:19:31,640

extending the belly out to breathe. Give your neck a side

300

00:19:31,641 --> 00:19:34,651

to side stretch, luxuriously slow.

301

00:19:36,240 --> 00:19:39,181

Maybe. Maybe give your eyes a long blink,

302

00:19:42,969 --> 00:19:45,268

and as you open up your eyes,

303

00:19:45,815 --> 00:19:48,882

returning to my voice in this space,

304

00:19:48,885 --> 00:19:52,636

grounded and present, bring those costs.

305

00:19:52,637 --> 00:19:54,992

from the life pipe back to your mind,

306

00:19:56,432 --> 00:20:00,077

and start to write this down. What thing,

307

00:20:00,078 --> 00:20:02,337

person, experience, feeling,

308

00:20:02,455 --> 00:20:08,771

or state of being do you want now?

309

00:20:08,772 --> 00:20:13,405

Be

310

00:20:13,406 --> 00:20:17,319
real. How often are you asked what you want?

311
00:20:17,820 --> 00:20:21,777
I recognize this, uh, may be the farthest thing from easy.

312
00:20:23,686 --> 00:20:29,651
But we got to start at the start. How

313
00:20:29,652 --> 00:20:34,526
do you want to feel? Who do you want to be?

314
00:20:35,249 --> 00:20:39,900
And what do you want to have in your life?

315
00:20:40,655 --> 00:20:45,593
So, that might sound like this. I want to feel

316
00:20:46,402 --> 00:20:49,926
fulfilled, satisfied,

317
00:20:49,927 --> 00:20:52,948
contented, exuberant.

318
00:20:54,045 --> 00:20:58,080
I want to be somewhat of impact.

319
00:20:59,265 --> 00:21:02,493
I want to be adventurous.

320
00:21:03,113 --> 00:21:05,127
I want to be energetic.

321
00:21:06,269 --> 00:21:10,788
I want to be a mom. And what do

322
00:21:10,789 --> 00:21:14,501
you want to have? I want to have my own home.

323
00:21:16,895 --> 00:21:22,138
I want to have a life-first business.

324
00:21:22,139 --> 00:21:30,493
I want to have a family. Closer

325

00:21:30,494 --> 00:21:35,551

proximity to my family. Those are a few inspirational

326

00:21:35,552 --> 00:21:38,399

ideas for you. So take your time with that. Feel free to pause again.

327

00:21:39,345 --> 00:21:44,149

I'm going to move on here. So

328

00:21:44,150 --> 00:21:49,187

the possibilities become endless with not just more knowledge of ADHD

329

00:21:49,188 --> 00:21:53,741

in general, but coupled with a greater grasp of your holistic health

330

00:21:54,613 --> 00:21:57,207

and then integrating nervous system regulation,

331

00:21:58,270 --> 00:22:01,636

as well as discovering the best tools for the best care.

332

00:22:01,637 --> 00:22:05,030

usage of your individual brain.

333

00:22:06,567 --> 00:22:09,231

The costs can begin to lessen,

334

00:22:09,478 --> 00:22:13,580

while the I-wonder-ifs take up more space.

335

00:22:14,605 --> 00:22:17,776

The belief in possibility starts to soften.

336

00:22:17,777 --> 00:22:20,009

Squeeze back in.

337

00:22:23,242 --> 00:22:28,646

You might find yourself migrating from an inner narrative of inadequacy

338

00:22:28,797 --> 00:22:31,174

to empowerment, Right, from,

339

00:22:31,463 --> 00:22:33,856

ugh, I never do this right, to,

340

00:22:33,857 --> 00:22:37,155

Well, I've had this lesson a few times.

341

00:22:37,156 --> 00:22:41,702

I know what to do. From hiding your voice to advocating for

342

00:22:41,703 --> 00:22:44,457

yourself, especially in the medical room.

343

00:22:45,738 --> 00:22:49,991

From feeling frozen stiff to taking action.

344

00:22:49,992 --> 00:22:54,882

From emotional dysregulation to a wider

345

00:22:55,109 --> 00:22:59,274

window of tolerance as life lives,

346

00:22:59,566 --> 00:23:04,414

because it ain't stopping. We can find better usage

347

00:23:04,415 --> 00:23:09,034

of how our brains function individually and collectively. And we can optimize ourselves.

348

00:23:10,359 --> 00:23:14,979

Because this can actually be an adventure once we

349

00:23:14,980 --> 00:23:19,733

know the game. Which is going to bring us on

350

00:23:19,734 --> 00:23:22,271

the downward slope of this masterclass toward the nervous system.

351

00:23:22,272 --> 00:23:24,397

Which, in my opinion,

352

00:23:24,398 --> 00:23:28,425

is the queen in chess,

353

00:23:28,426 --> 00:23:33,476

if you will, of this whole game. So,

354

00:23:33,477 --> 00:23:38,791
too long, didn't reach. So, I'm I'd safely assume that if you are watching

355

00:23:38,792 --> 00:23:43,348
this from the Western Hemisphere where you live within capitalistic and patriarchal

356

00:23:43,349 --> 00:23:46,317
systems, your body is inflamed,

357

00:23:46,318 --> 00:23:51,296
my friend. I've hinted at it with the discussion around Comorbidities,

358

00:23:51,297 --> 00:23:55,593
but it would be remiss to skip this portion before I share a somatic

359

00:23:55,594 --> 00:23:58,440
technique with you. Currently,

360

00:23:58,441 --> 00:24:03,302
science is suggesting that inflammation of the body

361

00:24:04,273 --> 00:24:08,417
plays a pivotal role in the pathogenesis of ADHG,

362

00:24:09,290 --> 00:24:12,619
or the genetic onset.

363

00:24:13,694 --> 00:24:15,738
So take a moment with that thought. Let me,

364

00:24:15,739 --> 00:24:19,338
let me say it again. Currently,

365

00:24:19,339 --> 00:24:24,256
science is suggesting that inflammation of the body plays a pivotal role

366

00:24:24,454 --> 00:24:28,318
in the genetic onset of ADHD.

367

00:24:29,411 --> 00:24:32,806
So maybe we are getting closer to is it chicken or the egg?

368

00:24:34,197 --> 00:24:38,946
Studies are starting to prove the high correlation between ADHD and

369

00:24:40,968 --> 00:24:45,294
inflammatory disorders, which ding,

370

00:24:45,295 --> 00:24:48,130
ding, ding, are all autoimmune disorders.

371

00:24:48,131 --> 00:24:52,854
Number one, all the ones we've been talking about are inflammatory

372

00:24:52,855 --> 00:24:58,225
responses in the body. So how breaking

373

00:24:59,062 --> 00:25:01,413
is it really that women from all walks of life,

374

00:25:01,414 --> 00:25:06,102
regardless of socioeconomic class are finally

375

00:25:06,103 --> 00:25:10,036
finding out that the way been told to live life,

376

00:25:10,037 --> 00:25:12,270
do the more, be more,

377

00:25:12,271 --> 00:25:14,482
have more, produce, persevere,

378

00:25:14,483 --> 00:25:19,322
push, don't procrastinate, have actually been dis-easing

379

00:25:19,323 --> 00:25:22,176
our bodies from the start.

380

00:25:24,677 --> 00:25:29,422
In my opinion, being connected to the body

381

00:25:29,872 --> 00:25:34,611
is paramount. It comes before all the

382

00:25:34,612 --> 00:25:39,467
tools, tips, tricks, and biohacks to outperform your ADHD,

383

00:25:39,554 --> 00:25:43,211
which are the mainstream media ADHD products.

384

00:25:43,212 --> 00:25:46,857

Perspective. I say,

385

00:25:46,858 --> 00:25:50,087

let us partner with it. We have it for life.

386

00:25:51,131 --> 00:25:56,046

It's easier for those of us with neurodivergence to dip into inflammation

387

00:25:56,493 --> 00:25:59,073

and high cortisol release and fight,

388

00:25:59,074 --> 00:26:02,741

flight, fawn responses. So how can we partner?

389

00:26:04,521 --> 00:26:09,169

And just as a note, inflammation is the body's natural response to

390

00:26:09,170 --> 00:26:11,376

a disturbing stimulant.

391

00:26:12,100 --> 00:26:15,496

Can it look like anything from redness and swelling,

392

00:26:15,497 --> 00:26:18,355

around a splinter to eventual autoimmune disorders,

393

00:26:18,437 --> 00:26:23,794

right? Some causes of high inflammation,

394

00:26:23,971 --> 00:26:26,932

stress, being over or underweight,

395

00:26:26,933 --> 00:26:30,968

which comes from stress. Also vitamin D deficiency,

396

00:26:31,576 --> 00:26:33,599

especially if you are BIPOC,

397

00:26:34,501 --> 00:26:38,001

we tend to be woefully insufficient with vitamin D.

398

00:26:38,002 --> 00:26:41,841

Please have that looked at. Having poor sleep,

399

00:26:42,306 --> 00:26:45,275

being addicted to the blue light, right?

400

00:26:46,220 --> 00:26:49,261

All of these things cycle in and out of each other and they cycle

401

00:26:49,262 --> 00:26:51,832

in and out of primary ADHD gaps.

402

00:26:57,993 --> 00:27:00,855

What's also very real and cannot be understood stated is,

403

00:27:02,000 --> 00:27:04,747

there is a molecule made by the X chromosome,

404

00:27:05,561 --> 00:27:10,406

it's called cyst, in every

405

00:27:10,407 --> 00:27:15,604

single biological female. And it can generate antibodies

406

00:27:15,605 --> 00:27:18,377

at the woman's own tissues.

407

00:27:19,974 --> 00:27:23,946

So in the U.S. for example, there's a range of 20 to 50 million

408

00:27:23,947 --> 00:27:27,235

people suffering from some kind of autoimmune disease.

409

00:27:27,236 --> 00:27:31,931

20 to 50 million, big range. Four out of five.

410

00:27:31,932 --> 00:27:36,547

Five of these known cases are within women.

411

00:27:37,623 --> 00:27:39,628

They include rheumatoid arthritis,

412

00:27:40,075 --> 00:27:43,039

MS, scleroderma, fibromyalgia,

413

00:27:43,040 --> 00:27:45,256
lupus, and so on.

414
00:27:45,257 --> 00:27:48,071
You know them. Systemic lupus.

415
00:27:48,072 --> 00:27:53,093
Lupus and rheumatoid arthritis are among the autoimmune disorders reported with much

416
00:27:53,094 --> 00:27:58,414
more frequency in the first degree relatives of neurodivergent

417
00:27:58,415 --> 00:28:02,530
women. In general,

418
00:28:02,531 --> 00:28:07,360
there is also an increased prevalence of autoimmune conditions among the mothers

419
00:28:07,361 --> 00:28:11,961
of neurodivergent women. So what's finally starting to get

420
00:28:11,962 --> 00:28:15,496
noticed, thanks to people like Dr.

421
00:28:15,497 --> 00:28:20,231
Gabor Maté, a controversial and internationally renowned

422
00:28:20,232 --> 00:28:22,463
trauma and stress physician,

423
00:28:23,745 --> 00:28:26,526
is that the repression of emotion,

424
00:28:27,733 --> 00:28:29,788
particularly anger,

425
00:28:30,665 --> 00:28:33,808
manifests as an autoimmune disease.

426
00:28:35,175 --> 00:28:37,280
And if you want to know a little bit more about that, you can

427
00:28:37,281 --> 00:28:39,982
read When the Body Says No by Dr. Gabor Maté right there,

428

00:28:39,983 --> 00:28:44,700

I suggested it. If you are a woman of color where the cultural

429

00:28:44,701 --> 00:28:49,161

norm of emotional repression was a tenet of your upbringing,

430

00:28:49,961 --> 00:28:52,451

then self-silencing can be lethal.

431

00:28:52,452 --> 00:28:55,105

We have women like Tricia Hersey of,

432

00:28:55,106 --> 00:29:00,105

um, the Knapp Ministry to thank for bringing rest as a revolutionary

433

00:29:00,106 --> 00:29:02,328

act back to the fore.

434

00:29:03,799 --> 00:29:06,453

So I'm sharing this to make the point as clear as a sunny day

435

00:29:06,688 --> 00:29:11,608

that healing even in ways you had not imagined

436

00:29:13,240 --> 00:29:17,686

can be more than possible for you through somatic experiencing,

437

00:29:18,455 --> 00:29:22,591

which we're about to do next, through things like mindfulness,

438

00:29:22,592 --> 00:29:24,671

not necessarily meditation, but being mindful.

439

00:29:24,672 --> 00:29:27,458

Being mindful by vocalizing,

440

00:29:27,459 --> 00:29:32,229

utilizing your voice and taking up space.

441

00:29:32,230 --> 00:29:34,741

Ask the question, do the hard thing,

442

00:29:34,909 --> 00:29:37,779

have a conviction, say it out loud.

443

00:29:39,013 --> 00:29:44,733

Nobody said it was easy. Okay.

444

00:29:44,734 --> 00:29:49,264

So with all that being said, I'm going to leave you with a somatic

445

00:29:49,265 --> 00:29:53,306

technique. This is aimed at regulating your nervous system.

446

00:29:54,327 --> 00:29:56,951

There's a whole mess more we could have gone into in this masterclass.

447

00:29:56,952 --> 00:30:00,816

Weaving in the endocrine system,

448

00:30:00,817 --> 00:30:04,921

nervous system, immune systems. But this is not a science class.

449

00:30:04,922 --> 00:30:07,747

So I will leave a lot of that up to you with the resources

450

00:30:07,748 --> 00:30:11,234

I have at the end. Again, this was just a super high level overview

451

00:30:11,235 --> 00:30:16,224

to get started. Because healing isn't just about quitting smoking

452

00:30:16,225 --> 00:30:20,634

or lessening sugar or just exercising or getting in those 10,000 steps a day.

453

00:30:21,326 --> 00:30:25,219

It is also about expression over repression.

454

00:30:25,869 --> 00:30:29,116

It is also about lowering your cortisol.

455

00:30:29,117 --> 00:30:31,928

By regulating your nervous system every day.

456

00:30:32,286 --> 00:30:34,338

Yep. Every single day. So,

457

00:30:34,339 --> 00:30:37,908

soma,

458

00:30:37,909 --> 00:30:41,197

when I say somatic, it comes from the Greek language.

459

00:30:41,198 --> 00:30:44,610

It simply means of the body. So if you're familiar with that,

460

00:30:44,611 --> 00:30:47,814

excellent. If you are not, I don't want to leave anybody in the dust

461

00:30:47,815 --> 00:30:51,732

here by using jargon. So when we're talking about somatic regulation,

462

00:30:51,733 --> 00:30:55,347

we're talking about body embodied regulation.

463

00:30:55,348 --> 00:31:00,258

Nervous system regulation, okay? So what we do is get to reconnect

464

00:31:00,259 --> 00:31:03,235

to our bodies. Consistently,

465

00:31:03,236 --> 00:31:06,233

to not only rediscover the infinite wisdom they hold,

466

00:31:06,234 --> 00:31:10,822

our intuition, hello, but also to allow for a much

467

00:31:10,823 --> 00:31:13,495

larger spectrum of tolerance in our day to day.

468

00:31:15,515 --> 00:31:17,596

So I'd like to share with you a quick technique right now.

469

00:31:17,597 --> 00:31:22,565

So you can experience the ease with which regulating

470

00:31:22,566 --> 00:31:25,681

our systems can be brought into the day.

471

00:31:27,798 --> 00:31:31,162

Allowing more chances as life-lives,

472

00:31:32,138 --> 00:31:33,671
because it always will.

473

00:31:38,480 --> 00:31:40,528
To pause, reflect, and respond, as opposed to react, retort,

474

00:31:40,611 --> 00:31:43,929
or avoid. These work,

475

00:31:43,930 --> 00:31:48,440
I don't care in whatever facet of life you are in.

476

00:31:48,961 --> 00:31:51,712
CEO, at work,

477

00:31:51,713 --> 00:31:55,063
to CEO of the home, and anybody in between.

478

00:31:56,699 --> 00:31:59,362
So let's get started. I'd like to invite you to stand,

479

00:31:59,363 --> 00:32:00,500
if possible,

480

00:32:04,940 --> 00:32:07,442
and simply be there for a few moments.

481

00:32:08,393 --> 00:32:10,459
Maybe feeling your weight over your feet.

482

00:32:12,614 --> 00:32:17,149
Maybe your feet feel the solidity of the floor or ground

483

00:32:17,150 --> 00:32:21,728
that you are standing upon. Noticing

484

00:32:21,729 --> 00:32:24,108
your body. Noticing what you hear beyond my voice.

485

00:32:26,738 --> 00:32:30,891
Observing what you can see, whether your eyes are open or closed.

486

00:32:34,577 --> 00:32:38,051
And go ahead taking a nice slow breath in from the belly.

487

00:32:38,052 --> 00:32:43,084

Letting that breath rise through your lungs up

488

00:32:43,085 --> 00:32:46,819

into your throat. Hold it there at the top for four,

489

00:32:47,260 --> 00:32:49,284

three, two, one,

490

00:32:49,285 --> 00:32:50,047

and exhale.

491

00:32:54,136 --> 00:32:58,646

And I'm like, on your next inhale, I invite you to

492

00:32:59,158 --> 00:33:04,212

imagine squeezing or tensing your muscles up from your toes.

493

00:33:05,193 --> 00:33:10,396

Continue to breathe. You can exhale and inhale at your pace.

494

00:33:10,397 --> 00:33:12,645

Tensing or squeezing your muscles,

495

00:33:12,646 --> 00:33:15,716

toes, calves,

496

00:33:16,696 --> 00:33:22,250

up through the knees, through the quads and hamstrings,

497

00:33:23,530 --> 00:33:25,854

up the glutes. Tighten,

498

00:33:25,855 --> 00:33:28,356

keep everything tight. Passing the abs,

499

00:33:29,822 --> 00:33:33,377

holding all these places with tension, squeezing your fists,

500

00:33:34,438 --> 00:33:37,748

tensing upper arms, bringing your shoulders up to your ears,

501

00:33:38,180 --> 00:33:40,744

take a final itty-bitty sip of air,

502

00:33:42,135 --> 00:33:45,342

and release. Release everything fully, letting everything simply just drop,

503

00:33:45,343 --> 00:33:50,765

just be there. Take

504

00:33:50,766 --> 00:33:53,187

another natural breath at your pace.

505

00:33:53,188 --> 00:33:58,103

Move your body if it's requesting a stretch,

506

00:33:58,104 --> 00:34:00,354

a bend. A forward fold,

507

00:34:00,630 --> 00:34:02,807

a sway, some twisting,

508

00:34:02,891 --> 00:34:08,171

or just simply being. And

509

00:34:08,172 --> 00:34:12,214

that, my friends, are actually two techniques to take with you.

510

00:34:12,992 --> 00:34:17,711

The deep inhale and hold, that we did at the top,

511

00:34:17,712 --> 00:34:20,159

as well as progressive muscle tensing,

512

00:34:20,160 --> 00:34:23,220

which, if you're prone to panic or anxiety attacks,

513

00:34:23,827 --> 00:34:28,957

this is a way to begin allowing those to dissipate,

514

00:34:29,350 --> 00:34:33,904

by intentionally creating tension in the body and releasing

515

00:34:33,905 --> 00:34:36,133

it, showing your body that you do,

516

00:34:36,134 --> 00:34:39,231

in fact, have control. You are, in fact, in the driver's seat of this

517

00:34:39,232 --> 00:34:42,819

body. So something as simple,

518

00:34:42,820 --> 00:34:47,351

though not easy, as these can begin unraveling

519

00:34:47,352 --> 00:34:50,641

the tension in your body from chronic high cortisol release.

520

00:34:50,642 --> 00:34:54,879

I'm telling you, it's always in the consistency,

521

00:34:55,478 --> 00:34:57,919

right? Not perfection,

522

00:34:58,774 --> 00:35:03,556

but progress. By adding embodiment techniques daily,

523

00:35:03,557 --> 00:35:08,200

you can lower cortisol, which lowers your chance of

524

00:35:08,201 --> 00:35:13,385

body inflammation, and therefore lowering the intensity of ADHD.

525

00:35:14,906 --> 00:35:19,936

And if nothing else, providing a rhythm and ritual into your day-to-day.

526

00:35:19,937 --> 00:35:22,804

which our yearning for dopamine loves,

527

00:35:24,617 --> 00:35:28,456

this is a way to partner on your adventure with neurodivergence.

528

00:35:31,548 --> 00:35:34,320

So I know you're thinking, whoa, Vic, this is a wordy slide.

529

00:35:35,578 --> 00:35:39,032

But here's how my own brain makes sense of new information through connective mind

530

00:35:39,033 --> 00:35:42,363

mapping. This is another common ADHD technique,

531

00:35:42,364 --> 00:35:46,867
mind you. So if we start here

532

00:35:46,868 --> 00:35:49,100
with ADHD presents itself differently in women,

533

00:35:51,160 --> 00:35:54,677
with very little historical and scientific data as a result,

534

00:35:55,276 --> 00:35:59,610
tends to leave women significantly misdiagnosed with feelings of loneliness,

535

00:35:59,611 --> 00:36:01,758
inadequacy, anxiety, and many more.

536

00:36:01,759 --> 00:36:06,525
Which leads us to chronic

537

00:36:06,526 --> 00:36:11,437
fight, flight, and fawn, which

538

00:36:11,438 --> 00:36:14,226
increase cortisol and increase body inflammation.

539

00:36:16,396 --> 00:36:20,865
Where women then tend to suffer from multiple diagnoses at once,

540

00:36:21,907 --> 00:36:26,836
which can equate to huge life costs or the ADHD attacks.

541

00:36:28,432 --> 00:36:32,645
We know some of these, I'm sure. I say the advice.

542

00:36:32,646 --> 00:36:36,547
My venture is by partnering with more knowledge,

543

00:36:37,264 --> 00:36:40,076
doing the research on your own, doing the due diligence,

544

00:36:40,420 --> 00:36:44,992
being part of a bundle like this one, connecting with your body,

545

00:36:46,839 --> 00:36:51,391
and connecting with community. it's possible to

546

00:36:51,392 --> 00:36:57,032
have a lifelong adventure with ADHD. And

547

00:36:57,033 --> 00:37:01,233
with that, we've made it to the end. Thank you deeply for taking the

548

00:37:01,234 --> 00:37:03,983
time and energy out of your day to be here and nerd out with

549

00:37:03,984 --> 00:37:08,546
me. This slide

550

00:37:08,589 --> 00:37:12,523
will be available to you on the,

551

00:37:13,141 --> 00:37:15,305
on this, like, webinar page right below.

552

00:37:15,699 --> 00:37:18,600
You can click You any of these as you can see,

553

00:37:18,601 --> 00:37:23,698
you could click those. And those are for you to do that due diligence.

554

00:37:23,699 --> 00:37:26,674
Should you like, I have them separated by scholarly articles.

555

00:37:26,675 --> 00:37:30,583
These are more like case studies and things and multimedia deep dives are anything

556

00:37:30,584 --> 00:37:32,699
from articles to podcasts to YouTube,

557

00:37:32,700 --> 00:37:37,583
to a book. Much of those are here for whatever sort of learner

558

00:37:37,584 --> 00:37:42,113
that you are. So I'd love to hear

559

00:37:42,114 --> 00:37:46,015
from you if this stuck out for you in some way at any time.

560

00:37:46,016 --> 00:37:50,481

You can also hold on to it until you get into the course and

561

00:37:50,525 --> 00:37:53,210

leave me some comments there, but at any point,

562

00:37:53,211 --> 00:37:55,364

any time, I would love to hear from you. Thank you,

563

00:37:55,365 --> 00:37:59,206

thank you, thank you for being here. And that is all she wrote.