



**Increasing Positive Interactions Webinar**

April 16, 2020

Patricia Wiley: Rapid City, SD

Nicolette: Rapid City SD

Nancy Johnson: Rapid City, SD

Lori Libra: Rapid City

Kelly Renner: Rapid City, SD

Marlyn Johnson: Rapid City

Debra Anthony: South Dakota

Kerri London: Rapid City

Cheryl Lewis: Rapid City, SD

Donna Mitchell: Rapid City, SD

Michele Peterson: Rapid City, SD

Kelley Stone: I'm here in Silver Springs, FL!! :D

Mandy Hennies: Rapid City

Karen Ann Stroud: Elk Grove, California

Jose Gomez: Carson City, NV

Gina Jones: San Marcos, TX

Jenna Shultz: rapid city South Dakota

Stacy Mellegard: mutual respect and trust

Kelley Stone: Easy

Sam Brand: Being able to be honest with each other.

Jenna Shultz: positive interactions

Karen Ann Stroud: collaborative and productive

Nicolette Meiron: Respect for one another

Danette Forbes: respectful ideas and responses

Samantha Wentworth: open communication

Patricia Wiley: When you share opposing views without defensiveness

Kay Baker: Give and take

Sheila Reber: to feel comfortable to interact with others

Sam Brand: I feel empowered

Sylvia Boese: Good two way communication, listening and hearing

Nancy Johnson: Trust and respect, good communication

Jen Dragoo: You look forward to work every day and people are most productive.

Christie Hauptmeier: Being open and honest-respect- looking at the heart of each other

Kelly Renner: Respect and honesty, feels right!

Gina Jones: Open and honest communication

Jerrie Emory: honest and open feels like a team

Kelley Stone: family

Cheryl Lewis: trust and respect

Nicolette Meiron: You want to come to work

Michele Peterson: safe

Sylvia Boese: Valued

Debra Anthony: I enjoy being at work

Jose Gomez: valued

Jerrie Emory: I like safe

Cheryl Lewis: safe and valued

Kay Baker: I look forward to communicating with them and seeing them.

Stacy Mellegard: comfortable

Jenna Shultz: comfortable

Donna Mitchell: I want to go to work

Christie Hauptmeier: no fear

Patricia Wiley: safe respected

Gina Jones: accomplished, respected

Sam Brand: confident

Barb Duda: comfortable

Gerd Maines: do my job

Synova Nicolaisen: Builds trust

Cathy Zastrow: signed in

Jen Dragoo: yes

Lori Libra: no

Donna Mitchell: no

Gina Jones: No

Kim Whitney: no

Jenna Shultz: no

Barb Duda: no

Jose Gomez: no

Kelley Stone: looks familiar...

From Tamela (Tammy) Pahdocony: rush limbaugh

Jerrie Emory: politicians

Synova Nicolaisen: Movie critics

Tamela (Tammy) Pahdocony: oh!

Michele Peterson: hopeful

Tamela (Tammy) Pahdocony: they have mutual respect

Stacy Mellegard: people can have opposing views as long as there is respect

Gerd Maines: they agree to disagree

Jenna Shultz: able to understand differences and still have respect

Tamela (Tammy) Pahdocony: they have mutual respect

Gina Jones: you can have a relationship with anyone if you respect their beliefs and they respect yours

Debra Anthony: yes

Jerrie Emory: no

Donna Mitchell: No

Michele Peterson: yes

Nancy Johnson: no

Tiffney Rivers: no

Gina Jones: no

Jenna Shultz: no

Patricia Wiley: yes

Brenda Sinclair: no

Stacy Mellegard: no

Abby Jones: no

Patricia Wiley: love it

Jerrie Emory: yes I have

Stacy Mellegard: Netflix?

Patricia Wiley: Netflix

Jeanett Grimm: Everyone has a story.

Nancy Johnson: Learn about each other

Tamela (Tammy) Pahdocony: keep calm

Jerrie Emory: compassion for what others are dealing with

Kelley Stone: We need to work on humanizing each other.

Barb Duda: getting to know ppl before judging

Jeanett Grimm: You have to look a little farther to find what the story is.

Sheila Reber: open minded

Patricia Wiley: got to know and trust

Michele Peterson: It is a great show :)

Brenda Sinclair: listening, communication

Patricia Wiley: have conversations with, not just about the task at hand

Tamela (Tammy) Pahdocony: be caring, be a good listener

Jerrie Emory: trying to understand perspective and realizing that we each have different experiences therefore deal with things differently

Gina Jones: really listen to what they are saying

Danette Forbes: do not talk over anyone, listening

Sheila Reber: listen and be interested in what they have to say

Nicolette Meiron: Putting yourself in their shoes

Sheri Hade: not to be judgemental, everyone is fighting something

Lori Libra: compassion for their situation

Kelly Renner: humility, kindness and approach with grace

Jose Gomez: Try to see things from their perspective

Joanna Haney: Assume you don't understand

Nicole Lucero: Find out things about their lives outside of work to understand more about what they may be going through

Donna Mitchell: I personally can relate to the grieving.

Kelley Stone: Yes, please :)

#### HOW DO YOU LIKE TO BE TREATED?

Gina Jones: with respect

Debra Anthony: With respect

Jose Gomez: with respect

Lynette Banks: with respect

Donna Mitchell: With kindness

Jerrie Emory: with respect; like I have a voice and ideas

Nancy Johnson: Fair and kind

Kelley Stone: with respect

Sylvia Boese: with honesty and respect

Jen Dragoo: respected and listened to sincerely

Gerd Maines: respect my opinion

Patricia Wiley: my point of view is valued

Sheri Hade: respected, kindness

Danette Forbes: respect

Cheryl Lewis: with respect and kindness

Donna Mitchell: Listened to

Barb Duda: with respect and kindness

Susan Phillips: That I am listened to

Kristie Taylor: Kindness/fair

LeAnn King: respect, kindness

Lynette Banks: as equal

Nicolette Meiron: Empathy

#### **WHAT DO OTHERS WANT FROM US?**

Rhonda Lipp: equally, respect, kindness

Gerd Maines: honesty

Donna Mitchell: patience

Ruth Jensen: to feel valued

Kelly Renner: to be heard and understood

Sheri Hade: appreciated

Jen Dragoo: compassion and kindness

Barb Duda: the same as how we want to be treated

Kathy Senn: to be understood

Jeanett Grimm: To be heard and not dismissed

Jen Dragoo: help fill them up too

Bonnie Thovson: Be in the moment with them.

Synova Nicolaisen: valued

Christie Hauptmeier: a listening ear...compassion

Gina Jones: hear what they are saying and understand

Tamela (Tammy) Pahdocony: to be listened to and get feedback

Donna Mitchell: To be quiet and not judge

Kelley Stone: like the Golden Rule! :)

Nicole Lucero: Honesty

Kristie Taylor: I have not

Kelley Stone: I guess I need to read it!

Jerrie Emory: listen to hear and not listen to have a response or reaction

Sheila Reber: I have not read it either

Sam Brand: I think you stated it correctly

Jen Dragoo: yes, don't be so quick to be thinking of your response and instead truly listening

Sam Brand: It's a great read

Tamela (Tammy) Pahdocony: love all these thoughts!

INTERPERSONAL RELATIONSHIP SUCCESS IS WHEN I . . .

Donna Mitchell: I am valued

Frm Brenda Sinclair: I am comfortable and trusted

Kelley Stone: yes!

Abby Jones: listening and it just hearing them

Gina Jones: yes it does

WHAT KIND OF PERSON DO YOU WANT TO BE?

Kelley Stone: Patient

Patricia Wiley: consistent

Gina Jones: Trusted

Bonnie Thovson: Honesty

Sheila Reber: hate rudeness

Donna Mitchell: Open

Christie Hauptmeier: caring

Abby Jones: understanding

Kristie Taylor: helpful-I really like your list

Jen Dragoo: positive

Jose Gomez: honest

Nancy Johnson: Kind and have a listening ear

Danette Forbes: when I listen and respond with respect, be a good role model

Barb Duda: caring and understanding

Jerrie Emory: agree with your list and others responses

Joleen Henrikson: Kind

Tiffney Rivers: I can understand that! People will be more likely to ask for help, not only if you offer it - but if you have taken the time to build a relationship with the person.

Joanna Haney: Assertive, turn off always agreeing, use I's not yous with conflict

Sheila Reber: patient with others

Cheryl Lewis: agree with your list

Tamela (Tammy) Pahdocony: loving trustworthy cautious with answers uplifting encouraging

Stacy Mellegard: yes

Gina Jones: yes

Nicolette Meiron: yes

Patricia Wiley: no

Jerrie Emory: no

Abby Jones: yes loved it

LeAnn King: yes!

Kathy Senn: Yes, loved it

Joleen Henrikson: Loved it!!

Jose Gomez: Blue Bloods

Jerrie Emory: yes

Jeanett Grimm: Love this family!

Lori Libra: yes

Rosa Terek: yes

Jerrie Emory: DA

Danette Forbes: nice idea

Abby Jones: sure

Brenda Sinclair: done!

Rhonda Lipp: Got it!

#### HOW CAN YOU TEST IF YOUR RELATIONSHIPS ARE IN GOOD STANDING?

Synova Nicolaisen: RCAS Peeps - I'll see if I can get a requisition for M&M's for all of us! :-)

Barb Duda: lol

Abby Jones: yes!

Rhonda Lipp: Thanks Synova!

Stacy Mellegard: Please! do I like the ones with peanuts

Danette Forbes: lol

Jenna Shultz: haha

Cheryl Lewis: lol

Tamela (Tammy) Pahdocony: awesome!

Susan Phillips: m & ms would be great!

Frm Sheila Reber: Can I request peanut

Kelley Stone: Yes!

Jerrie Emory: yes

Nicole Lucero: Love it!

Lynette Banks: love m&m's!

Vanessa Weischedel: I'll be good with any. Sounds great!!

WHAT QUESTION DO YOU HAVE FOR THIS TOPIC?

Jerrie Emory: thank you!

Donna Mitchell: This was great

Debra Anthony: Thank you!

Sally Colhoff: Thank you!

Jerrie Emory: And I love m&m's too!!!!

Danette Forbes: Thank you for the wonderful webinar!!

Barb Duda: thank you

Rosa Terek: thank you!

Kathy Senn: Thank you!

Cheryl Lewis: thank you

Kelly Renner: Thank you, enjoyed it!

Nancy Johnson: Thank you

Kelley Stone: Thanks, Jessica!

Gerd Maines: Hi Shelia, Rosa and Brenda. I miss ya'll

Donna Mitchell: Same time next week?

Joleen Henrikson: Thank you!

Abby Jones: Thank you!

Jose Gomez: Thank you!

Kim Whitney: thanks

Niki Hollingsworth: Thank you!

Tiffney Rivers: Thank you! :)

Nicolette Meiron: Thank you

Gina Jones: Thank you!!

Patricia Wiley: Thank you, this was great

From Sheri Hade to All panelists and attendees: (11:30 AM)  
thank you!

Sylvia Boese: Thank you!

Sheila Reber: Thank you Jessica

Susan Phillips: Thank you! Great info!

Jenna Shultz: thanks!

Stacy Mellegard: what if the person you are trying to improve your relationship with doesn't have the same intent?

Brenda Sinclair: Thank you! enjoyed it

LeAnn King: Thanks!

Rhonda Lipp: Thank you! Awesome tips!

Zackary Eskridge: Thank You!

Ruth Jensen: thank you

Kristie Taylor: thank you too

Kay Baker: Thank-you.

Donna Mitchell: Thank you

Sam Brand: Yes, same time next week 1PM EST! Thank you everyone!! From, The STEDI Team

Mary Zuschlag: thank you

Cathy Zastrow: thanks

Gerd Maines: Thanks!

Christie Hauptmeier: Thank you!

Tamela (Tammy) Pahdocony: great! I will look forward to the next meeting!

Nicole Lucero: Thank you!

Bonnie Thovson: thank you

Cynthia Bennett: Thank you

Jenna Shultz: Will there be another link to join?

Sam Brand: Yes, we will provide another link for the next webinar, is that what you are asking?

Kelley Stone: Jenna - Check with Pat Wiley

Jenna Shultz: thanks!

Jenna Shultz: yes thank you!

Patricia Wiley: Yes, I saw this webinar and my director wanted all our clerical staff to participate. I will watch for a link next week for the next one.