

A T I M E T O T H R I V E

Successful Student Transitions

Fundamentals for Well-being
Dynamics for THRIVING
through change

Episode 30
Why Community Matters

Welcome to Successful Student Transitions – A Time to Thrive

This podcast series is for you if you are:

- A student leaving full-time education and moving into the world of work.
- A student moving to university or some form of higher education.
- An educator, parent or counsellor supporting students as they take the next steps in their journey from school/college/sixth form into the world of further education or work.

For many students this represents the first big life transition. It can be an exciting and challenging time.

This podcast series provides strategies to develop self-awareness, understanding and the ability to thrive through times of transition.

This episode is part of Series Three: Fundamentals for Well-being – Dynamics for thriving through change and transition.

This is the full transcript with links to associated episodes.

You can also access the show notes, resources and worksheets mentioned in the podcasts by registering [HERE](#).

About Your Hosts

Elizabeth Gillies

Elizabeth is an Education Psychologist based in London who has worked in schools as a psychologist at the individual, group and systems level for over 30 years.

She has been fortunate to live, work and raise her family in America, Japan, and Australia so, unsurprisingly, she is interested in the challenges and opportunities of transitions.



Elizabeth is a CBT (Cognitive Behaviour Therapy) and ACT (Acceptance and Commitment Therapy) specialist. She works in schools, on-line and, near her home base in South London, incorporating walking with talking therapy in green spaces.

At the crunch points at the beginning and end of the school year, Elizabeth runs workshops for young people, teachers, and parents to help them understand common patterns of transition and how to use this knowledge to help themselves during this time and future changes.

Together with a great group of professionals in London, Elizabeth is growing a multi professional support service called Special Networks and can be found [HERE](#)

Elizabeth is a member of FIGT (Families in Global Transition) and with Louise and another FIGT member, is a co-chair of the FIGT UK affiliate. Link to FIGT. Connect via LinkedIn [HERE](#)

About Louise Wiles

Louise Wiles is a well-being, change and transition consultant, trainer and coach and the parent of two teens.

Alarmed by the recent explosion of well-being challenges amongst children and teens, especially during exam years and through times of change and transition. Louise believes we should be better preparing young people for life beyond school and university so that they can thrive through the natural highs and lows of life.



Louise combines her professional background in organisational psychology (MSc) and coaching, with her expertise as a wellbeing, positive change and strengths practitioner and her personal experience of life on the move, to develop training courses and coaching programmes that help her clients prepare for, and thrive, through the challenge of change and transition.

You can connect with Louise on LinkedIn [HERE](#)

Website [HERE](#) and contact Louise [HERE](#)

Louise is also the author of *Thriving Abroad: The Definitive Guide to Professional and Personal Relocation Success*

Introduction

“So, let's talk a little bit about actually getting involved in developing community. So, Elizabeth, you talked a bit about your Japanese experience and what you did to become part of that new community. Have you any other stories or experiences to share in that respect?”

‘I've got this story that I think it's a lovely warm community when we're thinking about safety, satisfaction and connection, it meets all these criteria. So, I went to, my husband and I went to live in America, and we moved into a house, and there was a knock at the door in the early days one day, and I went to the door, I answered the door, and it was a woman and she was from, the Welcome Wagon.

Hello and a warm welcome to Successful Student Transitions hosted by me, Louise Wiles and my co-host, Elizabeth Gillies. Our aim is to support you as you step out, find your new gear and thrive in the next stage of your life – perhaps a move to university, a year abroad, a work placement or out into the world of work.

This week we are talking about the amazing value of community, to learn more about the welcome wagon, it's role in creating community and other stories, tips and insights into the value of creating community in your new place, listen on.

Louise Wiles 01:39

Hello, and a really warm welcome. Today we're going to be talking about community. And we've discussed relationships in the past two previous episodes. And today, we're going to focus on the value of belonging to communities, and how you can take the first steps in your new environment to enter and create beneficial well-being enhancing communities. So, as you embark on this life change, and the period of transition and adjustment that's going to follow, communities can and I'm sure will be extremely valuable in helping you to settle and feel a sense of belonging. So, if you're just moving to university, in your first year, you'll be joining a ready-made community in some senses in terms of the broad institution. And you will also have the opportunity to join countless other communities within that organisation throughout the fresher's week and beyond. And if you're transitioning into the world of work, you will become part of the community of the company that you're working for and your new organization, perhaps your department, and your team. So, what actually is a community? Well, Mah & Carpenter in 2016, said a community was, or is, “a social group that share something in common such as customs, identifying characteristics, values, beliefs, and norms”. It may be physical, or physical community, but increasingly, we're seeing community as something virtual as well. And Elizabeth and I met through a virtual community Families in Global Transition. So that's evidence of how, yeah, we can meet and build relationships through community. And hopefully, community also gives this sense of togetherness, warmth, belonging, and friendship. So why is community important? Well, community is important for all the reasons that we have discussed in previous relationship episodes, we're social beings, we're how hardwired to belong to groups and tribes for our physical survival, but also for psychological and physiological reasons. And I'm not going to go through it all again, you can go back and listen to the relationship episodes to hear more about that there. But I think the really underlying an important point is, and this totally relates to this series, which is all about the fundamentals for well-

being. Being in community contributes to our well-being provided, of course, it's a positive experience. And in that sense of community, we also contribute to others well-being, because well-being is socially constructed. Okay, we can all do things individually to create our well-being. But actually, when we think about it, and we'll encourage you to think about as we go through this podcast, well-being is socially constructed.

Elizabeth Gillies 04:40

And that's a little bit about our well-being buckets, isn't it? So that, you know, we can fill and have drains in our own, but we can also fill other people, or they can fill ours. So, we're not a bucket on our own. We belong to, imagine a community, you're a group of buckets.

Louise Wiles 05:00

So, if you want a metaphor for community, think of a group of buckets. Jillian Sandstrom, who is a researcher at the University of Sussex, says research shows us that we thrive more when we have lots of people to fill up various emotional needs. So, I want to take you back to that relationship matrix that we did at the beginning of the first relationship episode. We suggested you think of all your relationships, and you were asked to put them to different boxes and create this matrix, really to demonstrate to you that you have this quite complex interaction of relationships and friendships. And some of those will be relationships and friendships that have come through, and are in, community. So, if you want to go back, go back and look at that episode and do that Matrix if you haven't, if you did do that matrix then perhaps get it out and have it in front of you as we continue this conversation. Communities help us to build our social diversity. And so, this is really important for well-being, as well. Peggy Kern, who's another researcher in this area says: "Our well-being perceptions, experience and behaviours are diverse and spread through a complicated web of social connections". So well-being, as I said, is socially connect constructed. And it's really important, we think about it from that perspective. Well-being exists at the individual level, the 'Me' level. So, you know, we can all do our own things to pour into our buckets, and we can all drain our buckets too. And a lot of what we've been discussing about that, in previous episodes, we've been talking about health, about movement, about nutrition, it's been about what we, individually, can do to contribute to our buckets. But well-being also exists at the 'We' level. That's the relationships, the interrelationship between us. So those buckets standing together, pouring into each other, and draining each other's buckets, but then also at the 'Us' level, at the much bigger, societal or broader community level. So, this is a sort of a question, I guess, for educational institutions and for organisations, you know, what, as an organisation, do you do to support the well-being of your community? And what are you pouring into the individuals in your communities well-being bucket and how you draining their buckets too, I think that's a really important thing to think about. So, we have these three levels 'Me' 'We' and 'Us'. And I think it's important to think about well-being from those perspectives, you've got multiple levels and directions of connection and interconnection, some feeding our well-being positively, and some feeding it negatively.

So, what I'd like you to do now is to take some time to think about some of the communities that you've perhaps been involved in, ones that, let's focus on the positive for now, ones that have been broadly positive for you. And just to give you an example, I belong to a tennis club, and I have done for the last seven years. So, I view it as a community of people that I'm involved in. And I play in one of their teams, the ladies doubles team. And I played one night this week, and it really did not go particularly

well. In fact, we lost quite badly. And I was feeling a little bit at the end of it, 'oh, why do I do this, it's not really not doing so well, these days, perhaps I should rethink this'. And luckily, one of the ladies in the group had brought a bottle of wine, we hadn't planned this, but she just pitched up with a bottle of wine and some crisps. And so, she said, after we finished, let's go and have a chat and a glass of wine and some crisps, which we did. And it was so nice to sit down with these six, seven ladies. And we just had a really fun conversation. And it just reminded me about why I do this. I don't just play tennis to win, I'm past that it's not Wimbledon. It's just some fun. And so, I had had some fun, I had some reasonable exercise. And then I had this nice social time. So, in the end, it became an input into my well-being bucket. I was personally individually draining my well-being bucket about that at the end of the match, because I was thinking 'oh, this didn't go well, and physically I wasn't as good as I normally am' - not feeling so brilliant. But that social connection that came from that community then poured more into my well-being bucket. And I left feeling better than I had arrived, even though I have lost. So that to me is the value of community, you know, you can input to each other's well-being buckets. And as long as you're conscious about doing that. And you know, I spent time with people and deepen my relationships with them, which is really great, so next time I see them at the club, I have no more to say to them when we have a greater connection. So, Elizabeth, do you have an example of a community that has impacted you in some way?

Elizabeth Gillies 10:00

Yeah, I, when I was thinking about what I'd say at this point, I was thinking that, a community that I had at a time of transition was when I moved to live in Tokyo and of course, really different from the UK and I met lots of people who were in a similar position to me. We were finding out, we were exploring, we were fast learning about how to live in a different society. And so there was a kind of shared struggle, shared joy in it. That, you know, everybody else was experiencing something quite similar and there was that kind of, I can help you, you can help me, that sharing stuff, 'oh I've got this, would you like that'. So, there was a lot of sharing and being with each other. And the really interesting thing is that, that experience and that really early experience of being with a group of people like that, it's continued, but I'm not in that community anymore. So, although I'm not living in Tokyo, the people that I made those connections with, in Tokyo, they're still really strong. And, you know, if somebody calls or you get a message from somebody, it's almost like, maybe it was part of the struggle that bonded people together. Because it wasn't all wonderful, there were tough times of things. And, you know, some of the toughness was about, there was a, there was a high turnover of people. So, you'd have a really good friend, and then they'd leave, you know, as happens often, or maybe your children would have some good friendships. And then and then maybe you would leave. So there was a there was a kind of constant drain of high mobility of people coming and going. Nevertheless, I think the struggle kind of united people in those together. So, I don't know, an example of my community that was and is actually still going even although I'm not there.

Louise Wiles 12:20

Ah. So it was a physical in person one, and now it's become a virtual one. And evolved. That's fantastic. And I think that shared experience is so important. So, if you're moving to university, then you will have experiences in common, and that will help build community for sure. If you're moving into an organisation, I would say search and look for people who are new to that organisation to and perhaps build a community through that that might be one way to start. Yeah. So anyway, if you want to pause

the podcast now and just have a think about your past communities and your experience of those. Think about the characteristics of those communities, and what was important to you about those communities and how they fed into your well-being through your involvement. What characteristics would be important for you to find it in a community as a result, as you're thinking forward to the next stage of your life and the communities you hope to build.

Elizabeth Gillies 13:23

And one of the other things I'd say about the community that I was in, that I really enjoyed, was the diversity of it. So in a funny way, I wasn't looking for people that were the same as me. I think I'd gone off to kind of this foreign country, you know, going to Japan and I wasn't necessarily thinking, oh I'm going to meet people like me, I thought I would, because people that move around are kind of similar in some way. But I was also looking for different people to have a different view of the world and to kind of open up my world and my eyes to things. So, you know, in particular, you know, I really wanted to make friends with Japanese people. So, I wasn't just looking for people like me, I was looking for people who weren't like me. That diversity was really important.

Louise Wiles 14:24

Yeah, that cultural diversity. So, we'll come on to talk a bit about that at the end, part of this conversation that will we'll move on to there. So, for you, cultural diversity was part of the important aspect of your community or the opportunity for. So, I'm going to share seven broad characteristics of communities that I think are important and that I've drawn from various articles and studies on the subject. So, the first part is membership, you know, at university during Freshers week, you'll have this chance to join all these societies and membership is part of that, paying your fee and becoming a member. But more important than just that membership title. It's feeling that you're part of the group, feeling that sense of belonging. But that doesn't happen overnight. That takes time, you're going to have to do things to achieve that. So just being aware that it takes time, that you have to nurture your sort of presence in these communities is really important. And the second is shared purpose and goals. You tend to share beliefs and values around a certain activity, event or whatever this community is about. You may not all be exactly the same in terms of your broad beliefs and values. Probably not at all. There'll be diversity there. But you will be working to achieve something similar, so if it's a sporting one you're wanting to win, if it's something creative, then you're, perhaps drama, you're wanting to create something together, so you'll have that shared purpose and goal. The third is you're hopefully going to feel comfortable and safe to express yourself as you wish and know that you're going to be treated fairly. And I think that's a really important part of a valuable community. So, if I were you and I was joining communities at university, I would be asking myself, is this somewhere where I'm going to feel comfortable? I've heard stories about some communities, at some universities, and comfort is not the word that some people use to describe those. So, you know, that's your own choice obviously, you have your own values around that. But just think about that. And if you're feeling uncomfortable, or think, well, is this something I want to invest my time and effort and energy in? Often, there'll be rituals, routines, forms of celebration, initiation ceremonies in some clubs at university. I mean, that's another question to ask yourself, is this something I want to be involved in and to do? But also, you know, some of them are fun, they're playful, they're enjoyable, thinking back to the rest and recovery episode, different forms of rest. So being involved in a community that is playful, and fun, is a form of rest. So perhaps that's how you will see it, and what you'll draw from it. Hopefully, a feeling of empathy,

connection, compassion, all those are things that are essential to building relationships apply obviously in community to that camaraderie, you know, the trust and the friendship, the familiarity and sociability, that all grow with time. And with that collaboration, you know, so you're collaborating to achieve something, it's not that someone's leading you and you just follow. So hopefully, there is that sense of collaboration. And finally, support, a real community, I think, is your safety net, it's somewhere that you can turn to and say, today, it's not a good day who can support me here. But of course, communities have different purposes. So perhaps that isn't the purpose of the community, or one. So, all of these could be part of a community and may not be part of the community. What's important for you is understanding the nature of that community and whether it's meeting your needs in this sense. And the reason I say that is because Rick Hansen who is the author of *Hardwiring Happiness: The new brain science of contentment, calm and confidence*, says that we will have three core needs: safety, satisfaction, and connection. And the three operating systems supporting these three needs help us to avoid harm. So that's the safety aspect, approach rewarding and satisfaction, and attachment to others. And so, when these three needs are met, our brains then become much more responsive, much more open. So, if you have a community that is meeting those three needs, you're probably going to have a very different feel to that community than another community that doesn't. So that might explain why you feel that some communities really do work and others don't. And that's just worth bearing in mind as you sort of work your way into new communities and decide where to spend your time. So, let's talk a little bit about actually getting involved in developing community. So, Elizabeth, you talked a bit about your Japanese experience and what you did to become part of that new community? Have you any other stories or experiences to share in that respect?

Elizabeth Gillies 19:23

Um, I've got this story that I think it's a lovely warm community when we're thinking about safety, satisfaction and connection, it meets all these criteria. So, I went to, my husband and I went to live in America, and we moved into a house, and we were kind of setting up home there. And there was a knock at the door in the early days one day, and I went to the door, I answered the door, and it was a woman and she was from the Welcome Wagon. I had never heard that. There's me being British. And the function of the Welcome Wagon, I guess was from pioneering times, when people in wagons went across America and how important it would be to connect up people, help them belong, help them find out: who was who, and what was what in community. So, this well this woman from this organisation called the Welcome Wagon did exactly that for me. She helped me find out where the doctor surgery was, where I needed to go, where the good shops were, just like she gave me the lay of the land, right wagon or no wagon and gave me a kind of basket of simple provisions that I would need to kind of fill up my cupboard. And so, it really, it really made me think about how important that was to have somebody that orientated me into this new place. And so, I've kind of continued that I, you know, I really like buddy systems, you know, when people are maybe joining schools or going new places, or even in work, because actually, my husband had a buddy at work. Maybe in some cultures, there is more of that kind of thinking about how you welcome people and integrate people in, and it might be in your work, that might be something for you to think about. But I really kind of liked that, that notion of me being welcomed in and then being able to do it for other people. So that's how you start to develop community, giving them exactly as you said, that kind of idea about, knowing how to get connected, you know, and knowing where, you know, you would just link up with other people. And as well as the Welcome Wagon, there was also something called a Newcomers Club that you could belong to for two

years, where everybody would be new, and you would do things, there were things set up for you. And then after the two years, they, they thought you could do it on your own. So, there was structure there to help people get integrated into that community, which I never experienced anywhere else I've lived.

Louise Wiles 22:24

Yeah. And I experienced this similar thing. Well actually both when I moved to Madrid, and then to Lisbon, and the clubs that I joined there, because when I first, and actually, this is this is probably a lesson about not joining community and why it's really worth looking for one. When I first moved to Madrid, I decided, I'm not joining any of these expat communities, because I'm here to learn Spanish and to get to know Spanish people. Problem was my husband was working all day long, long days, and I was not, initially, and I was doing a Spanish course, I did meet friends, people through that, but not so many. And I ended up being really lonely. And in the end, I did join some expat clubs. And they had this newcomers welcome. So, in Madrid, they were called amigas and they would get in touch with you. And then the same system actually in Lisbon, same word, and they would, you know, and then I became an Amiga and I would phone people and welcome them. And just yeah, just to give people background information about the locality and the community and everything and draw them into the club, really valuable, especially, and I learnt, you know, that's the way you start. And then you can branch out into the local community and learn to meet local people, but it just gives you that initial orientation and support in those initial days. So, my message here would be, don't walk away from offers of community initially, use those to help you settle a little bit, then you can choose not to be part of them as you move forward, if you don't want to, but at least, that initial connection is really valuable. So, let's talk a little bit about how to identify and find a place in community. So, the first thing I would suggest is think about your interests, your skills that you want to develop things you want to learn and do, perhaps write a list of those, and then look around, look around for communities that provide that kind of focus. That would be a starting place. And then also groups that create, research has shown that groups that are creative in what they do often facilitate closeness and togetherness really well. So, think here about if you're creative, in a musical sense, or if you're artistic, if you like being involved in drama, you love books, anything really that draws you together to reflect and learn from some activity and then to create something from it. I guess sports as well, because you're creating there a performance, a team spirit and everything. So, think about something that has that purpose that is about creating something positive. You can look at neighbourhood group groups, if you've moved into a new neighbourhood, often there are groups that support that neighbourhood. If you're religious or spirit and you have some form of spiritual interests, look for those kinds of groups and charitable organisations as well often looking for volunteers and very welcoming.

It's really important think about your own values, and what's important to you in terms of connection. So, think about that carefully so that you're better able to judge whether a community is the right one for you. If you can't find a group that has the interest that you're interested in more, you could start one. You don't have to start big. You can start a small community of two or three people. So, for example, if you love to hike, and you can't find one that's doing the kind of hikes you like, well, why not start one. Or if you'd like to read books, why not start a club that's around reading books and discussing those. And then it's really important to make your participation a habit to show up regularly and to participate. And to talk to people. In the episode on building relationships, we talked about talking to strangers, and how that can be quite daunting, but not always, it can feel quite daunting. But the more that we do it,

the easier it becomes. So actually, making this getting involved in community as a habit will help in the long term. And support I mean, often we join a community because we're looking for support for ourselves. But also, it can be useful to think about, well, I'm going to go join this community and offer my support to others, don't wait for people to offer you support just you know, contribute and offer your support. Because from that will develop relationships and support for you. It will be reciprocated. And don't feel too scared and vulnerable. I love this quote from Brené Brown about vulnerability and I think this applies to sort of getting stuck into community building. She says "vulnerability is not winning or losing. It's having the courage to show up and be seen when we have no control over the outcome. Vulnerability is not weakness. It's our greatest measure of courage." So yeah, be courageous, be vulnerable, and get stuck in. And as we close this episode, I've got one thought for you to consider and it's this. You know, often people talk about community members needing to have shared values. So, this is going to link back to what Elizabeth was saying about cultural diversity. And there's a great author of a book called 'Sounding the Drum: Community building in the digital age' called Lori Gosellin. And she suggests that, perhaps, you know, this sharing of values and beliefs is limiting for community building. She says, "we all share in the very challenging and sometimes joyful, painful experience of life. And perhaps community buildings should encompass diversity in every sense". So, from emotional to intellectual, to academic to physical, economic, religious, cognitive, cultural, and ethnic diversity. So, looking for that diversity and community is perhaps the source for creating a really powerful community. So, keeping a broad perspective on what community might be is really important. And I think if community were a shape, Elizabeth, what shape would you give community?

Elizabeth Gillies 28:58

I think it would be a circle. I think all encompassing, you know, and maybe it wouldn't have a straight, you know, a straight circumference, it would be permeable. So, there would be movement in and out wouldn't there?

Louise Wiles 29:10

Osmosis, Fantastic, Yes, I like that one. So, I really hope this has sparked some thoughts for you about community and what it's going to mean to you in this next stage of your life and the value, that community can contribute to your well-being and the well-being of others. So, let's just think through that PERMAH framework that we like to end each of our episodes with, and think about how community can build our own PERMAH, but also the PERMAH of others. So, starting with positive emotions, you know, so if you're connecting with others, and it's going well, then that pure connection, that sense of belonging, and that sense of love, support gives you a sense of joy. So, lots of really lovely positive emotions are created through connection. Engagement what about engagement Elizabeth?

Elizabeth Gillies 30:07

Well, I think, you know, if you're engaged in an activity, it enables you to do what you like doing, to use your strengths, to achieve great things, to just be engaged in doing something for yourself and with other people.

Louise Wiles 30:27

Yep. And of course, relationships. Well, it goes without saying, Yeah, you're creating and developing multiple interesting relationships through community hopefully. I mean, not everyone has to be your

friend. I think that's an important point to make about community, you know, some will become very good friends, but not everyone. That doesn't matter. What's important about community is that connection and sense of purpose as well.

Elizabeth Gillies 30:51

And the meaning is about looking for that purpose that's larger than ourselves. And belonging to a community often can provide that. And it reminds me of a Doctor I once knew, she seemed to do quite well with all her family and everything. And I asked her what she did, you know, to encourage her kids to be part of a community. And she said, every day she asked them, it might have got a little bit boring, but she asked them 'what they were doing for the world?' So, they were connecting with this bigger world outside of them.

Louise Wiles 31:30

Yeah, yeah. And I think that's so important. So, the penultimate is accomplishment. And that's hopefully, hopefully, we feel that we're achieving and progressing something, some aspects of our lives through community. And the one thing I would say about community, you know, we're talking about the fundamentals for well-being, and a lot of what we've talked about has been, encouraging you to, to reflect individually on what contributes to your well-being. But as I said, at the beginning, well-being is socially constructed, and it's much broader than just about us. I think it's also really important that we broaden that thought and our consideration around well-being, to thinking about others, and asking ourselves, 'How am I in my daily activities contributing to the well-being of others'? Because as we do that, and contribute to others well-being, it will pay back to us in you know, leaps and bounds because they'll also contribute to our ours as well. And so, then the final is health. And we talked about in the health, we talked about, sleep, we talked about, okay, sleep, we can't really involve others in sleep, although how we sleep in a community, we need quiet and silence for sleeping, that might contribute. And then there is nutrition, we talked in the other nutrition session about, you know, involving others in our nutrition and planning, meal planning, and all of that. And that's really important. And that's fun, and supports our well-being, we talked about rest and recovery, multiple means of rest, and how important we can be thinking about rest is something other than sleep, sitting down, doing stuff that actually is enjoyable, and provides us with that time and scope for rest and recovery. And that often involves other people too. And then movement and the benefits of movement individually, but there was quite a bit about in that session around why moving in community is so beneficial for us. So, lots of lovely links there to community too. Any final words, Elizabeth?

Elizabeth Gillies 33:34

You know, I think I would just echo one of the things that Louise said throughout the podcast today, it takes time, you know, and maybe use those groups or structures there as a starting point that you can use and then continue if you want, or use them as a stepping off platform to find other things to do. So, it's a place to start finding the structures that are there. You don't have to stick with them, but then you can use them to move on.

Louise Wiles 34:20

Absolutely, totally agree. So happy community building..

Elizabeth Gillies

Thanks for listening.

Resources:

We hope this episode has given you some inspiration and rationale for becoming involved in some communities in your new environment.

Some other episodes that may be of interest to you include:

Our introduction to the Fundamentals for Well-being Series: Episode 21, 22 and 23. If the PERMAH framework mentioned at the end of the podcast is new to you then listen to:

- **Episode 22: Well-being Foundations** and for an explanation of the well-being bucket
- **Episode 23: The Well-being Bucket.**

We talked about building Relationships in Episode 28: Relationships that Matter.

The Two books mentioned in this episode were:

- Rick Hansen who is the author of *Hardwiring Happiness: The new brain science of contentment, calm and confidence*
- Lori Gosselin *Sounding the Drum: Community building in the digital age.*

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