Session EIGHT: RDML Kristen Fabry, “Weaving in the planned and unplanned”

Start Time : Feb 26, 2021



Zoom Meeting Recording:
https://zoom.us/rec/share/SlDFIja9b4wjQxFS9EQo0IDyR2I40o13XQPgz5uqmsPBT_N2kgDtoPdE_HFin_wm.MGWNh53FLgHL5rbP

References:

The wife of the Chief Of Naval Operations, Mrs. Gilday, wrote this letter to the fleet recently, which is her way of sharing how one might work through unplanned life events:
https://www.navy.mil/resources/blogs/detail/article/2479073/letter-from-mrs-gilday-on-covid-resources/

or,

This 12min TED talk gives a framework for women on time management by priority:
https://leanin.org/education/laura-vanderkam-ted-talk

or,

This handout has exercises to track your time related to your goals:
https://media.sgff.io/sgff_r1eHetbDYb/2019-12-18/1576705996339/Setting_Your_2020_Goals_Discussion_Guide.pdf

Summary notes:

Highlights of what I got from RDML Kristen Fabry's reflections:

-"If I had more time, I would have written a shorter letter." —Mark Twain. "Noodling" or talking out our emails, letters or speeches with friends helps us to edit.

-My "broken water heater" moment.. . So, there she was . . . eating peanut butter on a spoon like a lollypop for dinner at 9pm, wondering how a child was going to fit into this "already full" life!

-Can't compartmentalize: Embrace the chaos! Forget "balance," instead, combine and weave our personal and professional lives.

-Collisions are wonderful! (excepting any ship metaphor there). . The most memorable moments in her personal and professional life are when she walked into the chaos. . . they helped her learn more empathy.

-White board moment with JO—how to take a "to-do" list and prioritize the top 5, the important vs. urgent. Do the important FIRST.

-Advice told her about deployment and kids: it's quality, not quantity, of moments—ways to find quality moments.

-Lemonade out of lemon. Or not. She and her daughter listed all the BAD things about her pending deployment. She stopped trying to have an answer for everything, and grieved with her. Therapeutic! The next day, and unexpectedly JOYFUL farewell!

-The four star Admiral's secret stash of chocolate chip cookies in his desk!

-Plaque on her childhood kitchen wall, by H. Jackson Brown, Jr: "Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein."

-And so, so many more stories and connections! Watch/listen for yourself, and share!