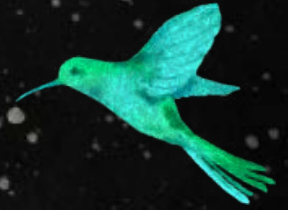


KD
KELLY DIELS



Visibility + Visuals
Workshop with
Danielle Cohen



00:03:27 JANE CHARLESWORTH (THEY/SHE)

Will this be recorded? Unfortunately I have to leave early. :/

00:03:51 RACHEL ALVA (SHE/THEY)

Looks like it's recording

00:03:53 MICHELLE CROWDER-SOELLNER

I see the record button going Jane :)

00:07:09 JANINE (SHE/HER)

OH! I'm already so glad a cancellation allowed me to be here today!

00:18:46 SARAH HISTAND (SHE/HER)

This is 🔥🔥

00:18:52 ALEX (THEY/SHE) BRENNAN-ARNOPOL

RIGHT?! SO GOOD.

00:20:46 AMY OSCAR

It drops me right into my seat - lower body

00:20:52 ALEX (THEY/SHE) BRENNAN-ARNOPOL

Tingling in my palms

00:20:59 JANINE (SHE/HER)

shoulders relaxed

00:21:00 MAGGIE BATTISTA SHE/HER

It drops me into my inner being, inner voice, I feel more in my body

00:21:01 AMY KUBANEK (SHE/HER/THEY/THEM)

Voos are one of my favourite tools

00:21:01 SARAH HISTAND (SHE/HER)

More expansiveness in my chest

00:21:04 CELIA MARIE (SHE/HER)

Hear opened

00:21:05 GOSIA KOZLOWSKA

it's so relaxing!

00:21:07 CELIA MARIE (SHE/HER)

heart

00:21:24 RACHEL ALVA (SHE/THEY)

My jaw relaxed to make space for resonance

00:23:53 N. CHLOÉ NWANGWU (SHE/HER)

YES, SPEAK TO THOSE MIRROR NEURONS

00:25:37 N. CHLOÉ NWANGWU (SHE/HER)

omg this is so good Danielle

00:33:51 ALEX (THEY/SHE) BRENNAN-ARNOPOL

Just gotta hype someone in Los Angeles!!!! She doesn't advertise it on her website- but she does embodied photoshoots that are a true collaboration! She truly makes work look like YOU- <http://www.joy-newell.com>

00:35:49 CV HARQUAIL (SHE/ELLE)

Why a microphone?

00:37:00 LORETTA G (SHE/HER)

that's a beautiful prompt! connect through the camera

with our person

00:42:01 MELISSA KING

I think I could listen to you forever

00:43:06 AMY OSCAR

This is a remarkable teaching. Danielle, just knowing other people experience what I feel ... priceless.

00:43:20 SARAH HISTAND (SHE/HER)

I find the vagal ladder such a helpful way to understand my tension in social media world. Would love to hear a bit more from you on that

00:43:31 MELISSA KING

@amy I agree. It's gorgeous.

00:43:44 ALEX (THEY/SHE) BRENNAN-ARNOPOL

Yes yes yes yes yes!

00:44:12 AMY OSCAR

For me, it's aging -

00:45:56 CV HARQUAIL (SHE/ELLE)

Me too Amy—I haven't even see 'brand photography' for / with women over 50. Or 55. Or 60.

00:47:03 AMY OSCAR

It's asserting that I am still beautiful - or MORE beautiful - and claiming /taking up space

00:47:36 NICOLE BURKHARD (SHE/HER)

I love that perspective

00:48:08 JANINE (SHE/HER)

This is so beautiful and powerful, thank you Danielle

00:48:25 NICOLE BURKHARD (SHE/HER)

A 'ghost hungry' is never satisfied...

00:49:00 KRISTYPOWERS

If there's time I'd love to hear about the next slides you were mentioning. Loving all of this!

00:49:07 MARISA PAHL

Danielle - I'd love it if you could talk more about developing a story or narrative around your business (and life) using images

00:49:18 IXCHEL (EE-SHELL) SHE/WE

^^^^

00:49:30 AMY OSCAR

Ditto. More on storying our images

00:49:50 MELISSA KING

Oooh yes @Marisa

00:50:32 MELISSA KING

I missed that. How to sneak in safety??

00:50:48 AMY OSCAR

Just knowing it happens to everyone - wow. I coach people. How would I NOT know that? LOL

00:50:57 N. CHLOÉ NWANGWU (SHE/HER)

To take on an observer role @Melissa

00:51:03 MELISSA KING

Thanks!

00:51:08 N. CHLOÉ NWANGWU (SHE/HER)

Sure thing!

00:51:37 MELISSA KING

@amy - we can't know everything. And we need others to hold us while we hold others. Which I know you also knew 💕

00:52:21 JANINE (SHE/HER)

We can all always use more water!

00:52:21 NICOLE BURKHARD (SHE/HER)

Compassion, curiosity, reverence = our strongest medicine

00:52:27 AMY OSCAR

@Melissa :) Thank you. What a bright heart you are.

00:52:43 MICHELLE CROWDER-SOELLNER

Oh wow, I've been having tea for all my sales calls and client calls where I'm feeling like I'm stretching myself. So grounding.

00:56:03 MELISSA KING

Whoa

00:56:15 MELISSA KING

Freaking brilliant

00:56:21 MELISSA KING

Thank you Danielle!

01:00:19 AMY OSCAR

So our photos become evidence that our psyche can integrate into self-image we carry. We can expand our sense of self. Brilliant.

01:00:38 NICOLE BURKHARD (SHE/HER)

Yes Kelly those photos are exceptionally powerful

01:00:55 CELIA MARIE (SHE/HER)

Kelly that is such a powerful reframe! How can I create space for other people by sharing photos of me that I don't always appreciate.

01:01:33 AMY OSCAR

Yes, I often put artwork made by my clients behind me.

01:02:24 IXCHEL (EE-SHELL) SHE/WE

Mmmmm

01:03:52 AMY OSCAR

me too. photography/vanity

01:03:59 MARISA PAHL

Ugh that is so true for me too Jaimie

01:04:36 JAMIE GREENWOOD (SHE/HER)

Thanks Amy and Marisa. XO

01:04:41 IXCHEL (EE-SHELL) SHE/WE

When I finally got to travel after sacrificing my youth for children, I made it a point to always hire a photographer to capture it. (I like traveling alone).

01:05:32 AMY OSCAR

During this call, I realized that I can make images of an older woman in full joy, full creativity.

01:05:46 LORETTA G (SHE/HER)

yes @Amy O!! <3

01:05:57 CV HARQUAIL (SHE/ELLE)

That shift from vanity from culture making— critical aha

01:06:34 NICOLE BURKHARD (SHE/HER)

Yes @cv!

01:08:04 NICOLE BURKHARD (SHE/HER)

So important @amy. Check out the Japanese fashionista elders on tiktok!

01:08:23 AMY OSCAR

ooh! I will. Thank you @Nicole

01:09:04 NICOLE BURKHARD (SHE/HER)

I'll try to find it for you and share in MN :)

01:09:08 LORETTA G (SHE/HER)

<https://www.scmp.com/lifestyle/fashion-beauty/article/3097403/glamorous-grannies-return-beijing-street-catwalk-celebrate>

01:09:11 LORETTA G (SHE/HER)

for @Amy

01:09:31 NICOLE BURKHARD (SHE/HER)

Oh no!! So sorry to hear that Kelly

01:10:00 JAMIE GREENWOOD (SHE/HER)

Thank you so much Danielle and love you Kelly!

01:10:13 NICOLE BURKHARD (SHE/HER)

Yes, thank you @loretta :)

01:11:05 NICOLE BURKHARD (SHE/HER)

My kids in a nutshell :)

01:11:30 NICOLE BURKHARD (SHE/HER)

So brilliant!

01:11:45 IXCHEL (EE-SHELL) SHE/WE

Thank you Danielle!

01:11:47 TORY

yes thank you!

01:11:47 CV HARQUAIL (SHE/ELLE)

Thank you!!!!!!

01:11:48 MICHELLE CROWDER-SOELLNER

Thank you!

01:11:50 NICOLE BURKHARD (SHE/HER)

Thank you so much

