

Jeffersonian Lunch

April 24, 2019

The Jefferson, Lemaire Restaurant (Monticello Boardroom)

ATTENDEES:

Jennifer Elsner

Steve Perkins

Gin Carter

Stinson Mundy

Kim Brundage

Debbie Fisher

Karen McManus

Ed Cook

Roxanne Brown

Kristan McGehee

Lauren DeSimone

THEMES

- How do you define your joy?
- What brings you joy at work?
- How do you be a force multiplier for your team?

NOTES

- How to facilitate learning in flow of work, not just in a “classroom” context?
- Joy is photographing to show someone’s beauty.
- Joy is doing what we’re supposed to be doing, when we’re aligned with our higher selves.
- Joy is that inflection point where we can start owning our life, and stop following the instructions.
- Is joy a means to an end as well as the end itself?
- To know joy you have to understand the opposite of joy.
- Everybody wants to do great work, but that’s not enough for “a team.”
- A “team” has to acknowledge that systems of people have their own personality, there is a group norm/identity.
- Is joy fleeting?
- Joy requires vulnerability.
- Joy means giving space for people to show up with their fears.
- In law and accounting, malpractice is real, so mistakes aren’t allowed which creates fear-based practice.
- Is joy a privilege? Depends on how you define joy. It’s a mindset. You can find joy in any thing, especially practicing gratitude.

- Have to contend with negativity biases.
- If you ask “what *are they* afraid of?” you have to also ask “what *am I* afraid of?”