

FINDING BRAVE

with Kathy Caprino

Transcript

Finding Brave Episode #25

Top Leadership Lessons From Omega Institute's Pioneering Programs, with Carla Goldstein

Kathy Caprino: Hello, everyone. This is Kathy Caprino, and welcome to my podcast *Finding Brave*. I've created this show for everyone who longs to create something bold and brave in their life. To rise up, speak up, and stand up for who they are, and to reach their highest and biggest visions. Each week, I'll be speaking with inspiring guests from all walks of business, leadership, entertainment, the creative arts, and the entrepreneurial world. They'll be sharing their intimate stories of finding brave and offer their best strategies for building your most rewarding, joyful, and meaningful life, business, and career.

Hello, everybody. Kathy Caprino here. Welcome to another episode of *Finding Brave*, where we're talking all about everything having to do with how to build a life, how to build a career or a business or relationships that are at the highest level of what you truly want. That requires a lot of bravery every day. I'm so excited to welcome our amazing guest who's crashingly busy. Very hard to get on her calendar, so we're thrilled to have Carla Goldstein here. Thanks for being here, Carla.

Carla Goldstein: Oh, it's such a pleasure. I love the work that you're doing. Thank you for inviting me.

Kathy Caprino: Thank you for being here. Let me tell you all about Carla's amazing experience. Carla Goldstein, JD, is a pioneer in women's leadership with 25 years of public policy experience. Serving as Omega Institute's Chief External Affairs Officer to help Omega connect its work to change making efforts around the world. She's also the co-founder of the Omega Women's Leadership Center, a hub for convening, inspiring, and training women to do powerful differently. Wow. I have to tell you, I was pouring over your Leadership Center workshops. I mean, can I go to all of them? What?

Carla Goldstein: I want to go to them.

Kathy Caprino: Unbelievable, and the speakers, a few of whom I know. Everyone's got to check this out. It's fantastic. Carla, we were talking about what we most want to chat about today, because there's so much we could talk about for hours. Can you tell everybody a little bit about Omega, if they don't know about it? In its ultimate form, what do you feel as, you're Chief External Affairs Officer, right? What you feel it's representing in the world today. What is it attempting to do?

Carla Goldstein: Yeah. Well, Omega is a non-profit organization. We've been around for 40 ... What? We're in our 41st year.

Kathy Caprino: Wow, amazing.

Carla Goldstein: Which, I've been here for 13 of those 41 years.

Kathy Caprino: Wow.

Carla Goldstein: I'm a baby. A lot of the people who are at Omega have been here for a very long time; longer than me.

Kathy Caprino: Wow.

Carla Goldstein: We've grown from an organization that sees, in the early days 100 people to now we see about 23,000 people.

Kathy Caprino: Wow. Right on the campus there?

Carla Goldstein: Right on the campus.

Kathy Caprino: Wow.

Carla Goldstein: During a six month season. The staff runs year-round, but the programs here on campus run for six months, 'cause it's an old Yiddish cultural campus, like that we bought, Camp Boiberik. None of the buildings are winterized, so we run the program during an extended summer season, but we have about two million people who see us and visit us online every year. That number is growing. I think the word 'Omega' comes from a term that a Jesuit priest, Teilhard de Chardin coined, call the 'Omega Point.'

Kathy Caprino: Wow.

Carla Goldstein: The Omega Point stands for this idea that all of consciousness is evolving.

Kathy Caprino: Wow.

Carla Goldstein: It's evolving to the Omega Point, the point at which we understand that all living things are interconnected. That we're all, the knee bone is connected to the shin bone, and that I am connected to you, that our hearts are connected, that we're connected to the earth. The idea is that at this point at which we all grasp this idea that we're interconnected, all things will change.

It's a very beautiful saying by Thich Nhat Hanh, who's a meditation teacher, a world renowned teacher, and he talks about how if you were hammering something. The hand that's holding the hammer accidentally hammered the other hand and hurt it, the hand that got hurt wouldn't suddenly be so angry and cut off the hand that hurt it.

Kathy Caprino: Wow.

Carla Goldstein: Because your hands have a fundamental understanding that you're coming from the same body.

Kathy Caprino: Oh wow.

Carla Goldstein: This idea that we are all two hands of the same body is ...

Kathy Caprino: Beautiful.

Carla Goldstein: Really our deepest calling is to help people have an experience, a learning experience that brings them deeper to this understanding. If we have this understanding, then how we relate to ourselves, how we relate to the earth, how we relate to each other, person to person, family to family, community to community, country to country, should really change because we understand, 'Hey, you know, it's a human family.' What are the implications of that understanding?

I would say in the answer to your question, that's Omega's highest aspiration is to awaken the best in the human spirit by helping people have a deeper understanding of our interconnectedness. How do we do that? How do we bring people to that? Not only an intellectual understanding, but having the experience themselves? We do it through lifelong learning. We offer about 350 workshops across a very broad spectrum of learning, sort of the wheel of life, which includes family and relationships, and mind, body, spirit, and health and healings, sustainable living, leadership, and work, a creative expression. These are the things that life is made up of.

The original founders thought of it really like a university of life. You go to school to learn reading, writing, and arithmetic, and tech and all the new things that we have to learn. Once you become a grown-up, and most of the people we see are grown-ups. We do have some kids' programs, but for the ... most of the people who come to us are grown-ups. Our belief is that we are lifelong learners. We're always learning, but because we live in a highly specialized society, it becomes hard to keep learning when you're a grown-up; both because of your obligations and you're working and all the stuff.

If you're not going to enroll in a multi-year program, how can you keep growing? How can you keep being inspired? How can you find the things that make you tick? That's what we do. We offer this wide range of learning opportunities, so people can do that: learn something, get inspired, grow, and importantly, feel that sense of community, and that sense of connectedness. We believe that so much of what plagues is isolation. The isolation comes from disconnection.

Kathy Caprino: I got a question for you, can I?

Carla Goldstein: Sure. Yes, please.

Kathy Caprino: This is unscripted, folks, so whatever comes out, who knows? I think that this language wouldn't be the language you would use, but I want to ask you about it. In my courses, as you know, I'm teaching how to build a happier, more successful career; which is, of course, how to build a life that's successful. They're inextricably linked, if you ask me. What goes on in a lot of the courses is healing, truly. It's healing.

When you talk about Omega being the point of consciousness and understanding that we're all connected, and that the one hand wouldn't lop off the other, to me, much of what you're talking about is healing either a misguided understanding, or a pain in the heart, or how we've culturally been trained, or how our family has been trained that we are in fact separate. That we are, as Brene Brown said so beautifully at the National Cathedral that, right now, it seems that we're all standing in our ideological bunkers with people who hate the people we hate.

Do you feel like even though I know you founded the Women's Leadership Conference, and I'm seeing these topics: leadership presence, communication, financial literacy. Do you feel that healing is part of what happens in the courses that are being offered there?

Carla Goldstein: Absolutely. As a matter of fact, when you asked me, "What is Omega?" I said, "Well, we work to awaken the best in the human spirit," that's like a snippet of our mission statement. Our full mission statement reads like this: through innovative educational experiences that awaken the best in the human spirit, Omega provides hope and healing for individuals in society. We would use that language.

Kathy Caprino: You would? Oh good.

Carla Goldstein: We would. We would, and we do.

Kathy Caprino: I feel like I just want to make an aside. I write about on Forbes, leadership and women's issues and communication, but really, I think what the world is missing, and what we're scared to touch on is healing, and even spirituality because we're scared of the language. We're scared of ... there's really a very negative response when people think we're going into the realm of spirituality, or whatever. Would you agree with that?

Carla Goldstein: I think so. I think there's a lot of fear and as we live in a more and more mediated society, like the role of online communication and social media, and where people get their information. The marketplace, in a strange way, thrives on opposition. There's this kind of, as it's so wonderful that we're more connected than ever, I think the disconnection also comes from this polarization of tribe; like we're the ones who feel this way. We're the ones who feel that way. People get into literally like columns of reinforcement of your idea. You only, because we get to choose our channels of news, we get to choose our channels of input.

Kathy Caprino: Wow.

Carla Goldstein: We're just reinforcing our own worldview, whatever that might be. We reinforce the us/them. That creates more and more disconnection. The places of healing, whether it's healing yourself, or healing your relationship within your family, or healing the fractions between countries or cultures, it takes a lot of spaciousness and feelings of safety that communication could actually be had without destroying each other. How can we have a meeting of the minds or come together and do that in a way that feels like if I let my guard down for one second, you're not going to destroy me. Or, I'm not going to try and destroy you.

The fundamental domination model that we've been operating under for so long is keeping people stuck. I think the good news is, and this is our experience at Omega since we see so many people and we talk to so many people. I think in contradiction to what one might think, like if you were just to come down and dip your toe from another planet into the social media stream, or the news stream, and watch any of the channels, you would think that it's all bad. It's all horrible news, and people aren't talking to each other. Countries are warring everywhere.

Yet, the reality is what we hear from the people who come here, and what we see is that there is amazing new, exciting collaborative work going on, peacemaking work going on, innovative work going on every day. I think it's a discipline, actually, to keep our eyes focused and have practices that help us reinforce what is the best in being a human being, and how can we do that for ourselves. How do we do it for each other? How do we remind each other that hey, yeah, that's a bad thing that just happened, but look at these amazingly positive, inspiring things that are going on? How do we turn to each other for strength and resilience? I see a lot of that. We see a lot of that. That's kind of what keeps us—

Kathy Caprino: I love it, I was—

Carla Goldstein: Growing and thriving.

Kathy Caprino: Oh, I can imagine. It's so inspiring, but I have two things to build on. One is a bit of a challenge to that, which is wouldn't you think, wouldn't you agree that you have a bit of a self-selected pool? Anybody coming to Omega is already on board on the spectrum towards Omega, the consciousness of connection. Even if it's ... How many did you say? 23—

Carla Goldstein: 23,000.

Kathy Caprino: Yeah.

Carla Goldstein: 23,000 people on the campus.

Kathy Caprino: I mean in the media work I'm doing, yikes. I think if what you just described, which was so beautiful, that now we can choose who we are in the ideal logical bunker with, but also because there's anonymity online, and there's so much research that when you cannot see ... That's why I like to see you when I talk to you. When you cannot see the person that you're hurting, the hurt is even ratcheted up.

Though, I feel that while there's hope, we have to be really vigilant in the other channels, in the other ways people are showing up. For instance, I run a Facebook group for adult children of narcissists. I've since closed it. These people were cruel. I would have to boot people out. I would have to say I'm going to repeat it again: that is not allowed here, because it was tearing down and it was name calling. I think that all of us have to stand up in a braver way where we see people tearing other people down in the one arm lopping off the other. What do you think?

Carla Goldstein: Yeah, I agree with that. One of the things behind this anonymity, like this, if you think of the web, and how we're all connected, and people can come on and make comments or attack people anonymously, the flip side of that, which is amazing, is that the next generation, they're not being handed a story about other people around the country or around the world that's conceptual and is being told to them by their family or by their church, that they have to either believe or reject. They are having a firsthand experience of having friends in other countries, or watching stories or films made about people in other communities like theirs, and empathy, I like to call it the empathy super highway. We're laying down these tracks that allow people to have an understanding of other people, and not everybody will.

Kathy Caprino: If they chose to have it, yeah.

Carla Goldstein: Some people are stuck. Some people are definitely stuck in these tracks, but I do think that there are more people who are not stuck in the tracks who are webbing out, and having a much more expansive understanding of our interconnectedness, and wow. Let's just take the Parkland students, for example. They reached out to kids in another community who were facing gun issues in a very different way than they were and went there themselves to have a firsthand conversation and understanding of, 'Oh, they're actually worried about gun violence outside of the school, not just inside of the school. What does that mean? Why haven't those communities gotten that kind of attention?' The internet made that possible. That would never have been possible before this.

I think we can take a lot of encouragement. What I love about your theme and really examining braveness is: what makes a brave person, and what kinds of courage do we need to have to change the trajectory of the human story? It's sort of the old story was like, 'Oh, we live in a dog-eat-dog world.' Increasingly, scientists are showing this, that that's not actually accurate. Darwin is very, very misunderstood. Really, we live in a world where life finds a way. There's a lot of cooperation going on across species, and how life actually exists on this planet.

If we have a new and different understanding that we live in a cooperative universe, not in a universe full of domination, that new storyline requires a certain kind of courage to come at everything in a new and different way; going back to sort of this idea of the Omega Point. If we say, 'Oh wow, we're all interconnected. Okay, we're all part of the same human family. What kind of courage does that require in me for how I'm going to proceed? I have to be more ... I have to be more open. I have to be more vulnerable. I have to work at finding humanity in others, and finding ways to support connection. I have to find a way to solve conflict differently,' going into the war mode automatically is like the chopping of the hand off.

Well, what's the alternative to chopping the hand off? Can we work backwards from that? Can we just work backwards from that? What do we need to do to get ourselves out of this old paradigm that we will solve our deepest conundrums and problems, and competition for resources by going to war at one extreme level? Then, you just can peel that back if we're not warring literally over land or oil or now water, what kind of wars are we in every day with our colleagues, with our partners, with our families? What do we need to have a new approach? Have a—

Kathy Caprino: To operate differently.

Carla Goldstein: To operate differently, to create the kind of ... Al Gore was once at one of our conferences, and he did this scientific analysis of the reptilian part of the brain, which is the flight or fight. That was how we evolved, like flight or fight. It's something that was so important and critical to human evolution to be able to be safe. We now live in very different conditions that we don't need that fight or flight response. How do we overcome those instincts to run or to fight?

What we know, what we've learned at Omega through all, so many amazing teachers who come through, is that practices that were really refined over thousands of years in the East, mindfulness practice, meditation practice, yoga practice, being in nature. The things that help you slow down and expand your capacity to discern, these are the kinds of things that we need to do to change this trajectory.

Kathy Caprino: Oh Carla, that's fantastic. Let me ask this. We're not going to get political here, but what I do want to ask is, I feel like what you see at Omega has got to be that you have your finger on the pulse of what's hurting people, what's confusing people, what's the conundrum that they can't deal with, I would guess, right? Would you say that? That—

Carla Goldstein: I would. I would say that.

Kathy Caprino: Well, what I wanted to ask was let's look at the past two, three years. We won't tie it to the election or President Trump, but we'll tie it to a period of time, let's say three years. I know from the work I do, things have changed dramatically for a lot of people; content-wise and process-wise. Meaning what's literally happening and also how they're processing it. What is Omega seeing, and what are you dealing with that seems substantively different now than five years ago? Can I ask that?

Carla Goldstein: You can. I do want to go back, though, to a question you asked before that I didn't answer, because it's a little bit connected to the answer to this. You said aren't the people who come to Omega, aren't they already in? Isn't it sort of like minded, and they're all kind of the same? You had asked that before.

Kathy Caprino: Now, I don't want ... Let me clarify. Not that they're the same, but they're seekers.

Carla Goldstein: They're seekers.

Kathy Caprino: That's all.

Carla Goldstein: Yeah.

Kathy Caprino: That they know they need to learn to grow and be happier.

Carla Goldstein: Right.

Kathy Caprino: That's not everybody on this planet, as we know.

Carla Goldstein: It's not, but here's ... From my learning by being here, there's a common thing that breaks down all the barriers across what otherwise might be different, which is the human journey. What happens is that inevitably, people lose people they love. People get divorced. People have health crises. People have crises of conscience. There are parts of the human journey that are universal. Nobody can escape them. What we find is that when somebody lands themselves in one of those crises, that's when they become a seeker, and that that is ... You don't have to be part of a same political party, or part of the same demographic, or part of the same wealth class. The human experience—

Kathy Caprino: The equalizing.

Carla Goldstein: —is an equalizing experience.

Kathy Caprino: Yeah, everybody ... yeah, universal.

Carla Goldstein: Yeah, it's universal.

Kathy Caprino: I would say, I don't mean to sound like a challenge, whatever, pushing back, but even in my own courses, everybody who comes is at a breaking point of some sort. I'm done with how I'm doing it.

Carla Goldstein: Yeah.

Kathy Caprino: But the thing is, there are millions standing behind them, I mean millions who haven't yet said “I'm going to get help.”

Carla Goldstein: Correct.

Kathy Caprino: What these people all have in common is they're at some point where they realize more learning, more growth is going to be helpful and they're going to have the bravery to do it.

Carla Goldstein: Exactly, yeah. We agree, but I just wanted to—

Kathy Caprino: We agree.

Carla Goldstein: I wanted to lay that foundation that people come to Omega from all walks of life. We're constantly surprised about who's sitting around the same table. The things that people have in common is that desire for healing, the way you put it is perfect. Something hurt so bad, or something's calling so loudly that they're like, 'Okay, I need something. I need to either learn something. I need to rest.' We have a lot ... You asked what's different in the last three years?

Kathy Caprino: Yeah.

Carla Goldstein: What do we see, and kind of taking it outside of the political context. One thing I would say we see is a quickening. There's a global quickening—

Kathy Caprino: Quickenings.

Carla Goldstein: Of yeah, like a quickening of information, of yearning, of understanding of this idea that we're all interconnected. I don't know how old you are, but I'm guessing—

Kathy Caprino: 50.

Carla Goldstein: Okay, so we're the same. We're about the same age. Remember when there was that photograph of the earth from space? Everybody was like, 'What?' It was like a leap in consciousness. To see the earth from space was a leap of consciousness. Suddenly, you didn't have to describe. It took much shorter time to describe the universe, the planets, what space looked like, what the earth looked like because you had this picture in your mind.

Kathy Caprino: Yeah.

Carla Goldstein: That's what we're seeing in terms of people understanding that all things are interconnected. There's a quickening. People get it. Like, 'Oh, climate change. Wow. That has to do,' ... You no longer have to do a long conversation about why we need to be concerned about coal burning that's going on in one country. What does that have to do with climate change here? Or, the interconnectivity between the gas prices and the war in the Middle East. There's a quickening understanding of our interconnectedness. That's one thing that we see. It doesn't take as long to—

Kathy Caprino: I wonder.

Carla Goldstein: —get people to be like, 'Yeah, right. We're all interconnected. What should we do?' The other thing that we see is a lot of heightened anxiety. People are much more anxious.

Kathy Caprino: Yeah.

Carla Goldstein: I think that people fundamentally, even though they may attach it to what's going on here and now, we also see a deepened understanding that the problems we're facing now are not just because of now, that they have a long tale, they have a long history. For example, we have the lynching memorial that was just opened, right?

Kathy Caprino: Wow.

Carla Goldstein: It's like this country rests on a history of slavery. It rests on a history of land and culture being taken from indigenous people here. These are long tales. These problems of isolation or polarization that we feel and experience now did not just erupt yesterday, right? What we're seeing is people having a hunger to get to the root. Let's get to the root of what's going on here. Can we get outside of solving problems in a reactive way like, let's solve it right now.

Now, that's not to say people aren't also very politically engaged, and saying, 'Oh my gosh,' on both sides. 'Oh my gosh.' There's this big, very highly polarized political conversation going on that is of the moment, and that does require action, and that does require discernment right now, today. I think being an engaged person in the outcome and the policies and the systems that govern our country and our world is really important. It's like vital.

Being an education organization, what we're focused on is helping people have the courage, the inspiration, the clarity, to figure out what it is they care about and how can they get involved in their sphere of influence, whatever that might be. We're not in a position of saying, 'Here's the answer.' We're in a position of saying, 'Hey, it matters. It really matters that you're not only involved in developing yourself as a person, but that yourself as a person is deeply connected to your community, and to the rest of the world.'

The way that we talk about it is that every individual is deeply connected to all living things. The me/we concept requires taking care of the me, and also taking care of the we. That's our encouragement, without giving a prescription for what it means to take care of the we, but saying to people, 'Hey, taking care of the me or the I is not enough.' To take care of the I, you got to take care of the we, the community.

Carla Goldstein: That's the context of every single one of our lives.

Kathy Caprino: So beautiful. I could go on for hours. I'm aware of our time. I just have a follow-up question, and then one final sum-up question, if I could, Carla.

Carla Goldstein: Yup.

Kathy Caprino: If we know that, or if it's clear that there is a long tale for the type of issues, love that. I can see it for the issues we've been dealing with and are dealing with. Why do you think there's so much heightened anxiety? What happened that we're all ratcheted up, and it's 100% true.

Suicides are dramatically on the rise. Opioid addiction, I mean it's spiraling, truly. What do you think? What are you seeing is the reason for—

Carla Goldstein: Well, I think that the pendulum swings right back and forth. What people who are older than I am keep reminding me is that while it is true that we see a lot of heightened anger, hostility, you could say hatred. A fomenting of polarization with hate speech. We see that, that it's happening.

Kathy Caprino: Right.

Carla Goldstein: That if you take the long view, the long tale, that in many ways, we are still in a better place than we were a decade ago, two decades ago, five decades ago, 100 decades ago. We are on the ... As Martin Luther King said, the arc of justice is long, but it, the arc is long, but it bends towards justice. I do think it is important to keep reminding ourselves of the progress that we have made towards justice. The idea that now we can see and witness abuse on the spot, and that there's more accountability, and that we have language that can be used, that we're talking about white privilege. We're talking about white supremacy. These things that have been driven by leadership, by black lives matter. They've changed consciousness.

As difficult a period as it is, I think in the middle of that storm, in the eye of that storm is a new emerging consciousness of interconnection and of a desire to bring hope and healing forward, and people are doing that in a lot of creative and different ways.

Kathy Caprino: I love it. I'm going to answer the question as I see it as well. I think the heightened anxiety it's relatively new in our history that we can see, for the entire duration of the hours that we are awake, an onslaught of horror. I think we didn't have that.

What I would say to folks is when they are ... There's so much research on when news ... when you watch seven minutes of negative news, it can ruin your whole day, change your mood. I think what is required is that we are discerning of where we put our focus. We're also understanding how much our own system can take. There were times I just would not watch the news. Now I watch 30, I literally only watch 30 minutes of news. Then, I'm getting headlines on my phone. I will literally choose what I'm going to focus on.

In many ways, it will be impacted by how I'm feeling. If my high blood pressure is bad, I'm not going to read 15 headlines about ... I'm asking all of you, part of taking care of me is to understand you're a system within yourself, and to regulate and be discerning about what you can let in, because it will heighten your anxiety or not, given that. That's my take on that.

Finally, Carla, leadership. What do you think is the one hardest challenge leaders, men and women, or if you just want to talk about women, that's the majority of my pool. What do you think is the one toughest leadership challenge that was not true 20 years ago?

Carla Goldstein: You may not like this answer, but I never liked the 'tell me the one.' Give me your favorite movie, your favorite book, the hardest challenge, because I think one of the things we are coming to understand about leadership is how contextual it is.

Kathy Caprino: Yeah.

Carla Goldstein: Context is constantly changing. That said, I think probably how fast the world is changing is probably one of the hardest things because what might have made sense yesterday, might not make sense tomorrow. Planning, strategic planning, five years; people are like, 'Forget about it.' Yeah, the leadership skill set is about adjusting agility, recalculating. You just think of the GPS systems, 'recalculating, recalculating, recalculating.' It's a constant recalculation.

So that's at the kind of logistical level. I think the other piece really is at the heart level. It goes to what we mean when we say 'do power differently,' because leadership is a way of mediating power.

Kathy Caprino: Right.

Carla Goldstein: We want to do power differently, that means we want to do leadership differently. From our perspective, it's about how do we unlock collective potential? What does collective action really look like? What does it take from a leadership point of view to make that happen? How do we create shared vision where people are all together, dreaming up a new world; and then figuring out how to unlock their individual asset, our community assets, our institutional assets to realize a new vision together.

Those take new kinds of skills from leaders because there's not a recipe book. It's very ... because of the rapid changing of the external world, it requires emergent capacity. As leaders, we have to create structures and relationships, and opportunities for emergent strategies. What's coming in that's new?

Kathy Caprino: That we've never seen before.

Carla Goldstein: That we've never seen before.

Kathy Caprino: Ever.

Carla Goldstein: The idea that you cannot create something new with the old consciousness that created it.

Kathy Caprino: Right.

Carla Goldstein: What's the way to create these opportunities for collective impact? I think that's one of the biggest challenges.

Kathy Caprino: That's unbelievable. Carla, I could go on for hours. I've got to ask you. Do you give your own workshop in the Leadership Center? Can I come?

Carla Goldstein: You can come. I'd love for you to come. Please come. We have ... We actually have ...

Kathy Caprino: I could listen to you for hours.

Carla Goldstein: Well, I co-teach with some just extraordinary women. It's called the Omega Women's Leadership Intensive. It's a five-day workshop, and this is pretty much all we talk about.

Kathy Caprino: Oh, Carla.

Carla Goldstein: We sit around and really talk about how do we do power differently? We walk people through in a five-day class.

Kathy Caprino: Wow.

Carla Goldstein: Some of the things we discussed, how to develop, what does meditation practice have to do with leadership? Why do we need a calm mind? What does doing power differently actually look like? How does it operate? It's emergent. We don't know. We're kind of all making it up together, so I'd love to have you come. It's in October.

Kathy Caprino: Beautiful. I will. Listen, we could go on forever, but where can people learn more about you personally, about Omega, about the Leadership Center? Where do we send them?

Carla Goldstein: EOmega.org. E-O-M-E-G-A dot org. It was old fashioned, EOmega.org. That was our ... That's what we grabbed when the grabbing was good, and so we stuck with it because—

Kathy Caprino: That's what you did. That's it. I love it. Everything will be there. You can click on the leadership Center.

Carla Goldstein: Yup.

Kathy Caprino: I invite everybody to check it out, and come if you can, or stream if you can't, because as you can hear from this conversation, I think really groundbreaking thinking is happening because you've created a space for it. We're so grateful, Carla. Thank you for being here.

Carla Goldstein: Thank you. Thank you for the conversation, and for your show. It's ... We need to encourage each other to be brave.

Kathy Caprino: That's the point. Well, thank you. You sure have in this past 40 minutes. I so appreciate it. I'll see you in October.

Carla Goldstein: Great.

Kathy Caprino: Come back too.

Carla Goldstein: Counting on it.

Kathy Caprino: All right.

Carla Goldstein: I'm counting on it.

Kathy Caprino: Come back again. All right, everyone, I hope this has been incredible food for thought. It inspires you. The me and the we, how can you care for yourself and grow and stretch, but also understand that we're all connected. What would you do maybe a little differently with that knowledge in hand?

Thank you, everybody. I'll see you next time.

Thanks so much for joining us today, and please don't forget to check out FindingBrave.org for more programs, resources, and tips. Tune in next time for your weekly dose of *Finding Brave*.