

JOIN US
as we launch
our new
wellness
series!

Well

STAY AT HOME 

with
the wellproject 

Every other
Wednesday,
starting April 8
at noon ET

REGISTER HERE: bit.ly/TWPstaywell

Chat Log (Abridged)

- 00:13:10 **Olivia G. Ford:** Greetings everyone!
- 00:13:17 **Jenna Conley:** welcome everyone!
- 00:13:56 **Krista Martel:** Hi everyone! I'm here but out of town and don't have good connection, so I am a participant today! Olivia is taking over moderation! I'm excited to learn from Ieshia today!
- 00:20:53 **Mel Rattue:** me
- 00:21:19 **Krista Martel:** more for work, but less for household expenses
- 00:21:26 **Jenna Conley:** Here is the link to the basic budget that Ieshia will work us through:
<https://www.thewellproject.org/sites/default/files/BudgetBasics.pdf>
- 00:21:34 **Krista Martel:** yes!
- 00:22:05 **Olivia G. Ford:** Mmmmhmm!
- 00:25:03 **Olivia G. Ford:** Yes! We can send out the fillable spreadsheet as part of the materials after the session
- 00:25:22 **Olivia G. Ford:** (Quarterly budget - covers every three months)
- 00:30:58 **Olivia G. Ford:** Any questions? <3 This is great, Ieshia!
- 00:31:01 **Krista Martel:** This is really helpful!
- 00:32:00 **Olivia G. Ford:** Keep talking! :-D
- 00:32:02 **Krista Martel:** Does anyone want to get on the phone or video?
- 00:36:10 **Krista Martel:** Credit card debt is the worst. I have a hard time getting out of it.

00:38:20 **Olivia G. Ford:** Hey my loves! If you want your great comments to be seen by everyone, set your chat to go to ALL PANELISTS AND ATTENDEES <3

00:38:44 **Krista Martel:** From experience and talking to others, women often don't advocate enough for themselves to get raises. Do you have any tips around that?

00:39:16 **Olivia G. Ford:** Can you talk more about the snowball?

00:41:04 **Olivia G. Ford:** Knowing your value - such an important lifelong practice especially for women!

00:42:14 **Krista Martel:** Thanks Ieshia. It's really important. And we know that women make significantly less than men, and then the disparity widens by race. It's important to remember that we are worthy of making more than we often do.

00:42:34 **Nancy Duncan:** So true Krista!

00:42:57 **Brenda Chambers:** My son in law told my daughter to ask for it because they actually have the budget for more and they will pay you less if you will [accept] less.

00:45:57 **Brenda Chambers:** I use an excel spreadsheet, it works great for me as well.

00:47:43 **Krista Martel:** kids!

00:49:52 **Olivia G. Ford:** You have time! Saving methods would be excellent!

00:51:18 **Brenda Chambers:** That is a good idea

00:51:33 **Olivia G. Ford:** That is a great idea - those dollar\$ add up!

00:52:13 **Brenda Chambers:** how about the snowball method?????

00:55:02 **Brenda Chambers:** wow that is a cool idea

00:55:34 **Brenda Chambers:** Thank you so much

00:55:59 **Brenda Chambers:** I will

00:56:22 **Brenda Chambers:** oh wait I don't know how any way

00:57:06 **Brenda Chambers:** I just got a new computer. My new computer doesn't have a mic

01:07:19 **Bose Olotu:** Great presentation Ieshia, and all our panelists.

01:07:45 **Krista Martel:** YES!

01:08:00 **Bose Olotu:** Thank you The Well Project for this great opportunity to be part of this.

01:08:16 **Krista Martel:** Thank you! I learned a lot!

01:08:23 **Krista Martel:** Hi Priya!

01:08:28 **Jenna Conley:** Ieshia, this has been wonderful, thank you so much!!!

01:08:29 **Mel Rattue:** Thank you for the sheets and breakdown.

01:08:40 **Mel Rattue:** going to ask for a raise!!

01:08:49 **Krista Martel:** Yes Mel!

01:08:55 **Bose Olotu:** I am definitely starting mine right away.

01:09:21 **Krista Martel:** I think we should do a session on advocating for ourselves in the workforce and resume building

01:09:34 **Bose Olotu:** Thank you so so so much Ieshia.

01:09:37 **Krista Martel:** yes Olivia!

01:09:37 **Olivia G. Ford:** K, that would be so great!

01:11:03 **Bose Olotu:** I would have love to share but it is raining here network connection bad. No electricity so room is dark.

01:12:51 **Bose Olotu:** Bye guys Love you all.

01:13:34 **Jenna Conley:** take care everyone!

01:14:39 **Mel Rattue:** Thank you x