Book Announcement and ACEs Introduction

Hey, you guys, it's me, Dr. Tori. My book is officially out. And yes, It is time to talk about ACEs. You guys can find the books everywhere. However, I would encourage you, guys to go to my website, bevictorious.com and place your order today.

Yes. It's time. To talk. About ACE's. Let's go, y'all. Hello, hello, you guys. Welcome to another episode of Be Victorious. I'm going to have my guest that is here now sing that with me in the end.

This is someone that knows me. I can go on and spend the whole entire hour talking about this young lady, but when I tell you, when i went on this journey to talk about ACEs, she was my confident.

She was the person that I talked to, and she a person who supported me. That was one of my first podcast experiences. And to have her on this podcast with me as someone that knows my story, I can go on and on.

But I would rather introduce you to a sister of mine who, before I thought I needed one, she was always there. And, to this day, She is still here. Kisa Janai, let the world know who you are.

They already know.

Introducing Kisa and Their Shared History

Hello, you all. I love you too, Ray. I think I did good with the introduction, let's be clear, because I could talk 45 to 50 minutes. You did amazing.

Thank you so much. Uh-huh. So you're already tearing up already? I am. Almost, I'm trying to get it together. Well, you know what? It's because we are cycle breakers.

Yes. And you my story, and I know your story. Regardless of the aces we have, Because I don't need to go through, oh, Kisa, do you have an ACES score?

We've been talking about it. When I have questions, I call you. And I need share, call, you when you questions. You call me. But that's the strength of the sisterhood to me, the cycle breaker sister hood that we really never realized we were experiencing when we work in high school.

Absolutely. And look at us now. Look at this now Michael Breaker when I tell you her picture up there like this. This is Kisa you guys. How are you today?

I'm well. I am. Should I talk about myself, my family? Sure. If you've noticed and you already have noticed The space is really a great space to just share.

And I think for me, having you here is, really, the experience itself. You know my story. Yes. I know yours. The cycle breaker definition is that, because we have endured some things.

People don't know that it was your, when I share my going over somebody's house and spending a night and sleeping on the floor, you were one of those floors.

So it depends, let's be clear, we can talk about who you are. Introduce yourself. Yeah, so I am Keith Sahoke, one, of three children born to Nell and Tony Bell, the youngest, and the only girl.

And I grew up in a two-parent household, but My parents were separated off and on. And so that right there gives me aces because of that, because it's just a different experience.

Um, and they later divorced, but they, um, they were a wonderful support system for me growing up. But there are things that your parents do and the way that they parent that are, uh, They parent out of a place that.

They were parented from and experiences that had that in part on you. Sometimes you don't know where it comes from. And so you learn more about their history and sometimes you don't learn that until you get a little bit older so I grew up in a loving household.

But again the separation at times really kind of broke me because I didn't understand what was going on. So I have parents that didn t argue in front of me so, I never understood.

Now my brothers were a lot older they understood some things that I did and so was always a And so I am married with three children at this point, but I'm divorced.

So this is my second marriage. And some of the things that I saw growing up that, I didn't realize was in me, like I was determined I wasn't going to stay and stay married and, you know, staying in a situation a little longer than maybe I should because I, was just determined that.

I did want to feel that way. and I don't want my kids to, feel the way that i did when I. was younger so. But thank God. I was released from that and moved on and I just feel I've grown so much as a person in spite of those things.

And I think there's even things that I passed down that my children have aces. It's just, it is a cycle that you break when you know more, you do better, right?

And so my parents did raise me in the church and so I raised my kids that way. I have a relationship with the Lord, and I'm very serious about my faith.

And I know that that helps inform a lot of the things that I do. I am not a perfect person, but it does help. So I had a 27-year-old. And I have a seven year old.

So I. Have multi-generational children and I'm learning a lot in this parenting, the seven-year-old, um, that has changed my life. Cause he is very different from the others.

I mean, he came into this world like, what was that? What was up? So much so he's very, very intelligent, just a challenge. Like you have to do things differently, like even with ACEs and understanding the things that you didn't do well the first time.

You still mess. It's a journey. It's a journey and it's the journey of healing because he teaches me so much at this stage in my life. I'm 48 years old.

No, so we try not to let history repeat itself, but it is a learning journey. I'm getting ready to homeschool this boy. Like I met a stage where I should be chilling, right?

But he's here, we pray for him, and we're thankful.

Family Background and Cycle Breaking

And it's a new season that I am going into with this little one. So, anyway. You're a blessing. Thank you. A blessing, you said something that was so key to me, the growing up with brothers.

And being the only girl. Yes. So there are so many commonalities that brought us together, you know what I mean? Including church, like if I wasn't at my church I was at yours.

And then with one of those, you know, parental separations, because of course, my parents separated too, we ended up being at the same church. We were at each other's houses.

we had a good group of friends that we, I mean, yes, spending the night on the floor together in the rooms, long talks, We needed that. That bonded us.

It did. And I think that's the reason why the community for me is important, because it was community that raised me. To have that example here, community seriously raised my guys.

We stuck together, we did what we had to do to grow. And here we are. Thriving Dr. Tori, Dr Wood. What a wonderful support system, may I say. You have been on this journey though for yourself.

Yeah. And you're a healer. You don't realize that sometimes when you're in the thick of it and you trying to understand what's going on or why you are the way that you, but you have to you.

Have to look back. You have, and I will say I have wonderful loving parents who did the best that they could do. And I feel like they did a wonderful job with us.

We had decisions to make in our lives, good, bad, whatever, but I felt like the did the best that they could and I'm so thankful for them. Again, we have to learn the cycle before we can break the circle.

That takes growth. It takes maturity. it takes looking inward and not blaming people. Cause a lot of times you want to blame people for the way that you are or different experiences, but there's some ownership once you realize what's going on and you do some introspection and it's like, okay, no, I need to own this and I to get better so that I can be better for, for future generations, my family, all of that.

So it is a journey. Our parents are the same. You know my parents too. Our community pretty much called moms and dads the thing. Oh, your mom is my mom.

Your dad, my dad. It has always been that way. And to this day, you're a mom and dad are supportive. My mom and dad are still supportive, I mean when I tell you guys I was looking for a sister and I found I had several in KJ.

You know what I means? So it's just amazing just to have this story. I told people all the time when i graduated from high school, it was a few of us that were, you know, the first to like go to college.

And yeah, going to College for me was something different. It was your energy because you were like, I'm going and I want to do this and this. I was so excited.

I remember Jarvis quick. Yeah. It was, it was just great to see us go out in the world. You know what I mean? But raise a daughter that looks just like you.

Okay. it. Was something to watch for me because you were that mom. you had your, you, had her 1920. I believe I had. Her at 20. Had her 20 years old. Yes.

So just to go through that journey, you know what I mean? It was like, okay, all right, let's take steps. I like what you said. With that, yeah. Wait a minute, say that again.

No, with the whole college thing, I went but I didn't finish. Right. But I wasn't, and so I carried a lot of that, but we can tap back into that. And it's a reason why.

But when I tell you, you planted a seed and to watch them grow, It's something different. I like how you said you have a multi-generational family because you do.

And for me, people always laugh at me and think, you know, I'm not 48 because, we do look good. But I was auntie first. Yes. Because I learned how to raise my kids.

you all that helped me raise my children, because it was you, all, that I learned from. So I knew what to do with my girls, and I get a lot of compliments, like, oh my God, you did this, Oh my god, You did that.

But it the experiences of watching you-all first, Because we experienced some things. And when you understand ACEs and know, I've learned to watch people and their experiences because they went through those experiences for me.

So I wouldn't have to go through. Those experiences, because I was there through the good, the bad, up and down the in the out. Yes. When I tell you your healing strategy, your habits, you are support systems that have helped you also help me grow.

Wow. That's beautiful, Tori. And I'm just telling you, because you have to have those type of people in your support system, Because you also will go off too.

Yeah. Like Torri, throw a couple of scriptures on you ma'am. and you need those types of People. So understand when we're having this conversation, we are really having the conversation in a space.

I am having a conversation with one of my first sisters ever. So when I say story, she knows. And you walked with me early on in those years. Our stories, they're a part of who we are.

There's lots of parts that we wish we could change, but they continue to show us who who are, is the test, it's the change. It's what makes us better.

So our actual question, what about ACEs that shifted your perspective? What was it that shift your perspectives? Not just in life. What I will say is personally and professionally.

I'll say that. That's a great question. Mm-hmm. First, understanding what it is and that we have it. The first step is acknowledgment, right? Yes.

ACEs, Trauma, and Community Normalization

And then deciding what you're going to do differently. If yelling is not effective, then I'm not gonna yell. Okay, if spanking is non-effective, that I am not going spank.

It doesn't matter if that's how I grew up, or if it's what happened to me. This is a different generation. I don't have to assign things to culture. Right.

if you know that something is no working, do it differently, and so that is the strive. I think just recognizing, okay, I can do things differently and still be effective.

And when I say still not earning, i'm still learning still learn because if we don't revert back to who we were at times, like I get angry sometimes. So I mean, it's like that scripture be angry and send not and so trying to just recognize situation by situation, even where we're interacting with people and work.

Like, you know, how can I show up and show love and not just meet you where you are with all the things you're bringing into this? You might be having a bad day, but I don't know that.

And you've given me a lot of the, uh, that I. So trying to understand how not to just react. Um, but to think about situations differently. How can I be better?

How I can show a better, how can help you help me? And how I help just to make this world a a place. I don't know if I answered the question. Just recognizing first of all.

Yes. And I think, I guess it's a, it is a question for someone that doesn't know about it. You know what I mean? But you know. Okay. I. Think because you've been on this journey with me since day one, you, like, ordered like five or six books.

So it, the awareness, of course, and the understanding. But why are we not talking about it? Because there's a,

there is a fear. There's fear about. And it's so important that you have had this space that have this forum for people to understand because people want to hide behind it.

Some ACEs happen to you. Right. A result of what has happened to you. And that doesn't make it your fault. I mean, we got a lot of folks in therapy, but a lotta people who aren't in there, you have an old school mindset that maybe we don't talk about that.

We don' do, okay, that's so-and-so, or that uncle this, so that, We Don't Talk About That. Because there's a fear there. There is a guilt, a shame, I think, associated with things that have happened, to people.

So they own that and, they don't wanna talk about it or you wanna see, you want to make it look Instagram beautiful out there. So we're not telling y'all about what's happening here in the house with the argument or with infidelity or this, because we have to present a certain way.

And I think that's the reason why when the CDC opened up and added the other adversity category, that household dysfunction category is one to talk We grew up in Kansas City, Missouri.

Community violence. Cess. Yeah, that's all I need to say. Yeah. We grew up with cops in Kansas City. Like there was nothing else on TV. But we have metal detectors at our school.

Did we hear about people getting shot for their tennis shoes daily for the starter jackets? So yes, we Yes, that trauma is embedded because that's why it's difficult at times when we see trauma repeating itself and we've seen things on the news today that I feel like people don't want to address.

It's very triggering. Is hard to watch, is hard here because it is like we're still here and people do not want acknowledge it. That's another conversation, but yeah.

I think that is what it was for me because remember I started right quick smack into doing my dissertation. My dissertation made those recommendations.

Bullying, we went through that in high school. The mass shootings at the time, it was happening. But now to happen every three days? When we're talking about in the nineties, it's 2025, you guys, You got to understand.

So the stuff that's happening inside of your home is one thing to address. But for those who don't want to talk about ACEs and act like they don t have it, if you have been witnessed.

Yes. Community violence. It's because it s become normalized. So that's the push for me. The bullying as an educator. No, personally going through it and then having to be an educators and watch it.

Yes. Or coming down here to Texas. I found out about Texas through Kisa. Let's be clear. And to come down here and be racially discriminated against, because I have a degree.

So when I seen that pop up, I was like, oh, let me go ahead and run with this, Because I can't help that. And I tell people when they're on the podcast, didn't go through some of the categories, the abuse, It depends on the beholder.

Yeah. Interesting. That's the reason why I asked, only because, and you answered, it's because our community normalizes. Yes. So that's why you're here, because we can overcome, we could be the cycle breakers we continue to be.

But without acknowledgement, And we have people to this day that still be like, Oh, okay. Like that was at the house with us spending the night that act like none of this ever happened.

It's systemic, but it's real. Yes. And I, I like that. Which what's something you wish more people understood more that isn't talked about in regards to childhood trauma in ACEs.

that your children truly do have a voice. I think I grew up in a, when adults are speaking, you don't talk. Which I don' mind that so much. But, um, My parents did listen to me.

I don't know that I talked a whole lot, but I do not think adults give kids enough credence to what they say. It is kind of, I think we dismiss kids and I say, oh, this is this, or we want to diagnose without really listening to our children.

Our children are intelligent, they are smart. They may not know how to articulate completely what is going on, if you ask them, make space, for them to do that and validate their experiences.

Listening to Children and Parenting Differently

I think that will empower them. To be better to be able to recognize things or even recognize what's not right. So I can give voice to our our children is is huge.

And I. Think that's the reason why your bond. with your multi-generational. I love them to death. You have to, I share with people I was always auntie first.

Yes, of course. The fun aunties that everybody loves, yes. They know that. So some people have, with me being out there, found the TikTok page. And they're like, Dr.

Toy, get down. Oh, God. I think it was because I didn't have that. That makes sense. And that is the reason why we're here. This be victorious movement has been moving.

Yes, it has. How has it shaped your journey? Because you have been a part of it since today. No. Well, let me tell you something that you, have had this cycle breaking mentality in you for a very long time.

You are not just Auntie Tori. You have such a love and a glow and fullness and bubbliness to you that people are drawn to. They are attracted to that in you.

And you were doing that way back in the day, like underclassmen treating them like little sisters and taking care of them all the way through college.

That's who you have been. You've been Auntie Big Sister Tori forever because you've had that love in whatever it was you're seeking, you are giving. And so you've been a cycle breaker for a very long time, Tori.

And you, you have impacted so many people. I mean, the fact that my children don't see you and don' see on a regular basis and know you as Auntie Torie and the love that you give and bring is pretty powerful.

So that is a gift that I thank you for. Thank you that for being you. you know, to the forefront, but it is who you are. It is you who are, so thank you.

I promise y'all I ain't have her on here to say this. No, I'm playing. People have to understand that because I get a lot of people that don't think so.

And I am not here worry about what God's purpose is for me because i know it. Yeah, it's the fact that I finally embracing it I tell people my senior year, I stood around some freshmen and they were standing there strong with their hands on their hips.

Like, this my big sister, she about to graduate. And that's the reason why, again, there's The Victoria's Foundation. I never really had a name for it.

I can tell. And I was like, y'all can? But to hear you say that, some people don't even carry their friendships or relationships after a certain period of time.

We're talking about multi-general. You watched me grow up, and people done believe that they think it comes with

certain organizations. Yeah, no. Or situations.

I've been churchy, like that's not, that me. But what you said has been me. I've just been blessed by God. This is what the Lord has given me to do and sending me on this journey and to have people in that support like you, your family.

We still talk. Distance never really kept us. In Kansas City, you guys, when I was 17, and distance to this day still has not kept up a part. So when you have that have helped you throughout your whole entire healing journey before you even knew about ACEs.

But when you have an intentional person like you, this lady, y'all, does not forget a birthday, will call you rain, sleet, snow, whatever, time zone on your birthday to make you feel special on that day, that is this woman right here.

That's the intentionality and love of Dr. Tori Williams. And I appreciate it because guess what? You have to have people in your corner that knows these type of things.

And when you know that you're a psycho breaker, you have accept it, and you to embrace it. You to do what you need to in order to heal. Y'all, she is my prayer warrior.

She is strength. My sister, my partner. The sister before, I have say it she's the sister that I had before I graduated from high school. She was the sister that I had before I went to college, she was a sister before i've met 300,000 other sisters and an organization.

For cycle breaking for me to have you here, it's a true pleasure. We can go on, you guys, and I'll be honest, in talk about certain things, but when you understanding what ACEs are, how much of being a cycle breaker is a benefit, this is who you are.

So give us a little bit present time, Kisa Hokey. What is Kisahoke? This is ketchup for us too. So in 2025, Ms. Kisa Holke is hitting a perimenopause phase, which is so I'm entering a phase where I've always cared about what people thought, think, whatever.

And some of this just, maybe it just comes with age too. I am thinking more about, what is it that I want to do in this world? What do I wanna be when I grow up at 48? And so I sing at church.

So I decided, you know what? I made a little Christmas CD for my family years ago, like in 2011, just two songs. I'm going to pick up and finish doing that this year, trying to work on my fitness, getting strong.

The older I get, I want to be stronger, want be healthy. I got a little one. So I don't want just be sitting around and be like, well, this is what we do when we get older, and this how this goes.

No, no, baby. And I wanna be, healthy, not only for myself but for my family. and so I am on a health journey. I'm reading books, I just, learning more at this age and stage than ever before.

And I don't know why, like the light bulb came on, it's like, okay, i can continue to learn, continue grow and just be the best version of myself. So doing things that I want to do, getting healthy, trying to be an example for my family, that's the goal in 2025. They used to say we were sisters.

Yes, they did. I'm saying used-to-say because they still say it. This is my queen, you guys. Just to hear you talk about you singing. When I tell you her voice is all that, to here you go through that is interesting because when I share with people that I used that used sing, I looked shocked.

You have to share that. actually still talk to James Vivian is that you know he's still let's be clear tell people I'm like I had the first chair Okay.

Be Victorious Journey and Support System

But people that are in instrumental music knows what that means. I gave my first chair up to the best person in the world and James Vivian still holds that title.

And it is a wonderful thing to see. He comes on and you can tell that's the way he expresses himself. And I think now going through, like how you said, the 2025, me being in this journey that I'm in now, singing is healing for me.

Music has always been a strength, but singing, pouring, Getting that out, I think that's also a gift. I know for a fact that the gift that God gave me that I need to use.

So to hear you saying that you are back in it, very good. Very good! I'm not the greatest singer, but I do. And like I said, it's a give to my fans. It's something that wanted to do and it has been on the bucket list.

There it is. Cut it out, you can sing. And let me tell you, her daughter, let tell me you. Maya could sing too, Maya got LPs. Let's be clear, she's out.

So she could say, oh, I sing a little. No. This is but it's also extracurricular activity and that's what I push for people not just aces awareness but find a craft find the passion find something that you love that can help you and I I'm glad to hear that because I've been pursuing it myself.

I love it. It's not even hard, it's going back. We were raised on John P. Key. Yes. And then there was Kirk Franklin. So it is not that hard. It is really not hard it finding your purpose, finding you passion and doing something with it.

So yes, we talked about current 2025. Kisa, We talked to about Maya a little bit. We talk about Milton and we talk to you about my favorite person in the whole world.

How is Mr. Tyson doing? Tyson is doing phenomenal. He's doing great. And we'll come back to the ACES conversation with Tyson because We noticed some things with Tyson that like his focus in school, he's going into 2nd grade and so everybody wants to slap a diagnosis on kids and we're not quick to do that.

We didn't do it with our older boy milk who. had a diagnosis at the end of his junior year, senior year. But it wasn't extreme. Um, but we don't like doing that because it's, there was a fear of somebody wanting to throw some medication or stigmatizing this, that and the other.

So we noticed Tyson was, was everybody thinks their kid is smart. Right. Thanks. Okay. He was just getting busier and bussier, getting in trouble at school.

Trouble meaning Tyson can't sit still or Tyson's playing with his pencil or he's throwing up where he singing or whatever. And so he was starting to get discouraged with that in traditional school and like coming home like, you know, I don't know if I can, and I got in And so that was breaking our heart that constantly that something that happening to him and he felt like he couldn't control it.

So we went against everything we thought, had him tested and the psychologist was like, no, he's not, He doesn't have ADD. He's just smart. Very high.

Yes. And he needs to be in a gifted program. We didn't happen any near us. Okay. Well, maybe I should homeschool. I'm looking at all, all of these things.

And we figured out that homeschool is going to be probably the best route for him at this stage. And so he's, he is super excited about it. He feels like he can accomplish something at home that maybe he couldn't.

he was like, I still want my friends though. So. I think how we reacted to that initially we were kind of like we try to categorize him like our older boy and like okay well maybe it's this or maybe is that are being a little harsh here there so when I say you need to listen to your kids and you needed to watch them know them learn them understand them.

We had to start to listening to him and say okay what's going to be best for. Tyson and his experience because we don't want learning to be a barrier and we want to get frustrated because he's not sitting still he can't sit still for long periods of time he didn't have a diagnosis but he is ready to go on to the next thing so just learning learning our kids and learning him so he growing he excited he swimming he.

running track, he's just doing all of the things. If I'm busy. Super proud of him, super proud. My middle boy is married, living his best life, doing great.

With me in Texas. Yes he is, DFW. And Maya's got a social group that she's created and just done some really amazing things here in Florida. That I actually support.

I think it's amazing. It's our kids, it's the next generation. And I think that's why I started the book with chapter two, addressing your generational trauma, because Cory went through the same thing and Cory's all of my- Smart kids.

But I also think it was an issue for me in high school. Because of all the issues going on, I really don't think I had that opportunity to even understand it.

I knew it wasn't ADHD, but I know it was something, because I could never sit still. Never. Laugh if you want to because you know. But yeah, when I have the girls, I new.

You know what I mean? Like, and I think that's why I got into special education. because it was something about it. And to witness it as an administrator, it's interesting because I turned against what the schools wanted.

So that was another issue because we're quick to put that label and diagnosis on kids, not really knowing. I'll give you an example of that behavior disorder.

There's classes for beady kids. And then there's classes for the emotionally, it's BD, behavior disorder, and there is ED, emotionally disturbed. ADHD is a category.

But that was the reason why I was in pursuit of understanding ACEs, because I also think ACE should be a catagory. that kind of not puts the label, it just categorizes everybody into one category.

Because to talk to the kids, like you said, the BD kids they weren't really bad. They just had that label. Yeah. You place them in his classroom, so now they gotta this label.

And it's like, no, that's not it. So if people want to know why I'm so close to my boys, because I got some sons out here. I've got three girls in real life, but all my boy's are my boi's and I show favoritism, I do, and don't.

But that's why. It's because it's not them, it is the label that has been placed on them. And now Tyson has bright since birth. I was reading with him over the telephone.

Let's be honest.

Kisau2019s Current Season and Tysonu2019s Schooling

But I'm glad that you brought that up. Because again, if we're talking about addressing generational trauma and addressing those type of things, we have to listen to our kids.

How can we do that if were not listening? That's right. And homeschool is smart. Now I will also share with homespooling, you can still be a part of the school district when there are certain things happening.

So we'll talk off the line with that because, as a still certified licensed special education representative, I'm the one that they call for those meetings.

And to this day, I'm still going to advocate for the student and not for what the district is wanting. So let me know.

Because I think that's that. And when we do this, we have to understand how much of an impact.

So kudos to you as a mom for making that decision to listen to your son and do what you need to do in order to help him grow and help them heal. Because to even come home and say, well, I didn't do it again.

Guess what? It happened to Cory last year. I was bad. We fight, Cory. Right, right. But I think that was also a sign of give me something else to because what they're doing in this classroom isn't enough for me.

Yeah. I'm glad that you brought that up because we have to understand the inner work we're doing for ourselves. Not only are our kids watching, but we need to use that in order to help them heal and grow.

So kudos to you. Yeah, that's a great example of psycho breaker work. Well, it's, a big, commitment too, for my husband and I, cause I already told him he's going to tap in.

And Auntie Tori is going to tap in on the lesson too, because it takes the community to help. And when I tell you it's going be good for him, it is gonna be for good him.

I believe it. I'm telling you, I had to sit Cory down yesterday and say, all right, seventh grade Cory, because I know what it is. She's very gifted. I already know, but that's the reason why we continue to keep them busy.

And so again, we can go, you guys have to understand there's so many levels to being a psycho breaker, it's the experiences that help us. And as a mother, as wife, As a friend, a colleague, A mentor who's heavy, not on healing, but physical and mental growth.

Cause you just talked about it. I'm summarizing you if you didn't know. This is the reason why you're here. And to be here on this podcast was everything to me.

And so I thank you, my sister, My friend, this is going to an amazing episode. Where can people find you? Because I'm telling you I already know, they're gonna be like, for real?

You got people that have been knowing you all these years? I do. And the fact that I have people, seeds have been planted. And there are people that are still with me on this journey, and there're people who have fallen off.

But you have to know what place those people are in. For me, you've always been that one. I'm not saying that in a bad way. What I am saying is I know when there's things that can happen, that you're going to show up.

You all, she showed up at my 40th. Everybody knows who Kesey is. She showed with Tyson. I did, Enzo and Bentley. Yes. And you guys got to understand to have that type of person on your podcast.

When we did the ACES International Conference, I've always been Dr. Victorious on social media, but when we had the international conference, it opened up big.

And so what's interesting is I can't call these people, podcast people anymore. The same people are the people that showed up too. And it's like funny, every day I open up something on social media and I look at like my personal page and it like, well, I can't tell them no.

It's so much more than that at this point. So everything that you're saying, they see. And so it was like okay, cannot block these people. I am creating victory in others.

Yeah. so I thank you for being the witness of my journey. Where can people find Kisa? Because again, there's podcasts that we've done before. We've so much.

And to have someone help you on this journey, it's been five years since I've been Victoria's a long time, okay. Say that differently. I tell people all the time I was not given this.

Dr. Victoria was given to me. It wasn't something that I came up with. The Tory is just a catch on the name. But I seriously have been creating victories in others.

And when I tell you I've had a strong support system to have you here has been amazing. So I'm going to keep saying it, but I'll ask you to let me know where people can find you.

Well, I mean, Kisa's not doing much. You will find me supporting Dr. Victorious and what she's doing. I had to podcast many moons ago, it was just for a brief season.

Yeah, maybe you'll hear my CD when it, when is it out there and it'll bless you for Christmas. But I'm just, I am thankful for you. I' m thankful this and this opportunity to speak on something so important.

So thank you, for having me. And you all will see Kesa. If you see Keesa, you' ll see me, let's be clear. have people in your circle that support you through the up, the down, and the in, that can witness your cycle breaker journey and support while they're on their cycle-breaker journey.

Because this is what we do. We have to be there for each other. It's the strength, it's support, is the guidance that's going to continue to help you heal.

And with that being said, one of the best episodes, because I think all the episodes are great, but when you have someone that has known you pretty much half your life majority.

And you see that, and they show up on the screen saying they want to interview. Ah, yeah, I couldn't wait for this when you let me up. But here is another episode of Be Victorious.

And we thank you guys. You know where to find me everywhere. I am back on TikTok, you, guys, surprisingly. but I'm there TikToking and doing what I need to do in order to spread this ACES education.

Thank you for another and we will talk to you soon. Bye-bye for now.