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. Welcome to another episode of Be Victorious. Y'all know who I am. It's Dr. Tori, and I'm here with when I tell you an amazing guess, an AMAZING guess.

Let me talk about it real quick first. Now, we were introduced by a common denominator. That's what we'll call this young man. And when I tell you I've been trying to get in contact with this young lady forever, when i tell, you it's been forever.

I had to call her and say, listen, I do not want to getting in trouble, not meeting you. And what I told you, we have been connected ever since. This is my girl.

Can I wait for you all to hear her story? Not just her store, but all the wonderful things that are happening to her because of her storytelling. Where are you at?

There she goes. I wasn't gonna get in trouble again. Let's be clear. There cannot be no one busier than me, I swear. there's no way on mother earth, but you are.

Introducing Quinnetta Daniels and Her Work

You know, my family says busy than the president and I really do have my calendars booked typically a month or so in advance because Yeah, there's a lot to do.

Let them know who you are. Why are you so busy? Oh, well, I mean, that I am Quinnetta Daniels. I'm a creator and former teacher, wellnesspreneur, edupreneur.

who is just doing a lot, you know? And I'm excited to be here and talk about those things and share the multifacetedness of myself and really talk how discovering all of yourself, including your shadows and your traumas and experiences, shaped the whole of you.

I transformed from being a teacher to what I'm doing right now. And I mean, I can't say the journey was easy, but it was definitely worth it. I am honored to be here with you.

You're saying everything but Psycho Breaker. You are a psycho breaker. Yes. I am a cycle breaker and you know, I would not have categorized myself as that.

And my mother has been calling me a trailblazer since I was a young person. So she's been speaking that into me forever. And to see myself being a psycho breaker now, someone who dares to reimagine what success and impact can look like, sort of frightens me to think that that's me.

Coming from my background where stability, faith and service were often overvalued over entrepreneurship, The fact that I've chosen to carve out this new path alongside you and some of those ventures, so I can't wait to talk about that too.

But one that really merges wellness, creativity and education, because that's just who I am. I didn't really think that as a cycle breaker. Yeah, I did.

And you and you know about ACES, correct? Absolutely. My beginnings with ACEs started in the classroom and

really trying to figure out how to help my babies who weren't my baby.

I don't have any children and so my students were my kids and thinking about them day and night trying figure what outside of what I was teaching. what wasn't really hitting the spot, you know, to talk about practical real world experiences.

You have to to the kids about their practical, real-world experiences, and you have talk to them about that. And when children talk you about the real things occurring to you, with a trusted adult who's listening to hear, they're going to tell you.

Okay? Everything, okay? And so I started with restorative justice practice, peace circles. That's really where my beginnings were with ACEs, and so meeting you has taken that to another level.

building that into what will soon be Oasis Academy feels even more empowering. And by stepping out on Faith in Myself and out of the classroom and into the role of wellnesspreneur, again, edgerpreneuer and founder, I'm truly modeling what it means to be a cycle breaker, take risks outside of jumping out airplanes, because my family seen me do that, you know, risk in my life.

I got a bucket list and there's still a few things on there, including the things that I'm doing now. Amen. Okay. And I feel that, I have this gift of modeling and showing what it means to honor your gifts and honor, your wholeness and your authenticity.

build something that not only sustains me, but uplifts others. Why not? Why now? And I had to jump out of the classroom to do that. So here we are. I'm proud.

Um, I'll try to hold it in. Hey, will I, because listen, you guys, You have to understand what we're doing here is real. Yes, it's going to be my pleasure and honor to walk beside you to help build this school.

Cycle Breaking, Teaching, and ACEs Origins

You understand what's been going on here. People have been recommending people. I'm honored to the jail. I'm honored to say, nope, you're doing the right thing.

This is what we're going. These are your next steps. We transform people. The fact that we already do it, the fact we are about to do this together in a community where it is needed.

I didn't think you were going to tell them this yet. I thought you wanted to wait. Well, I don't want to talk about it anymore. Besides that part right there.

Okay. Because I feel like it needs to be spoken. It needs air. Absolutely. So people can know what we're doing. Just know that we are about to do some stuff.

trying so hard not to make my happy sounds okay i know see this is the thing you know this the reason why so many so i will share there is an a method that is been used by our community and it's the ace It's the awareness, community, and empowerment method.

This is another example, you guys, of that method, the Awareness of ACES is what actually really brought us together, us having the conversation, having our ACEs score, not letting our ACEs score define us, coming up with a plan on how we can make this work.

So that's where the community comes in. Let's be clear. cherry on top. This has already been executed. It has been put in work. All we needed to do was speak it into existence so you guys can hold us accountable in this wonderful community that we're already in.

And then there's that empowerment because we are going to hold you to it. We're going make sure that the things

that you have put into place, the thing that your speaking to existence, things are faith based by God because stepping out on faith It's what we have been doing as educators.

It hasn't been easy, but we're going to continue to hold ourselves in each other accountable because if I can do it, you can. If other people can, we can and we are doing it together.

So again, allow me to introduce my sister that has been brought to me by somebody else talking about Asus, he don't hide his love for you either. Let's be clear, He do not hide His love.

Just like he don't hide his love about his big sister, let's be clear, mentions my name in every room. I think this collaborative opportunity was great for both of us.

Now let me put a pause in it again, you guys, for you all. She really did not tell you everything. One of the wonderful things that I love is that she's also a podcast host.

So, let's be clear this is what we're doing the added value of the individuals that are are coming into the community is the reason why the aces. This is going, it is spreading so fast and I don't want it to stop because we have so many people that are willing to stand up and have this conversation.

And I'm so humbled and you know I am really modest. I knew you were going to ask me about myself but I still didn't feel, you When you are coming through traumas that make you feel as though your value is not worthy in that space, you suffer with imposter syndrome and you fell like you were not meant to fill up that place when you're absolutely meant fill the space and bring your authenticity and your uniqueness in there.

And so I knew you would pull this out of me and I did. think about what I would say, but I still am being stretched in that area because it is one that makes me prefer behind the scenes in any case outside of the classroom.

And so I am proud to say that I have started many businesses and amongst them is Synergy Oasis Holistic Core where We are creating, yes, wellness tools for folks, including our mother-loving puberty affirmation cards and journal for new moms that are facing postpartum.

I had sisters giving birth at the same time, and that just made me tap into a new other side of me that I didn't know existed making affirmations for myself turn into making.

Affirmations from my siblings turn it's making Affarmations, for others who might need them and from there. I mean, I said I was. I'm going to talk about the other thing.

And so I am not, but I do have Oasis Try With The Vab podcast and I've excited to have you on it because sharing stories and building community is what brings healing.

When you are in isolation, And when you are feeling like, again, your voice is not heard. You're muted. you don't find any belonging in any space, including the school you're in, the home you reside in.

Where else can you go? There are other places on social platforms, but social platform have become so toxic. It's not actually helping our mental health and our well-being.

So I really hope that with what you're doing, what I'm doing and with other wellness organizations and counseling and therapy, everyone in the wellness space is doing.

We are redefining what that looks like for other folks. And we've been championing this since before the pandemic. I am just glad that the rest of the world is in alignment with us and understanding that if we don't talk about what is ailing us, they will continue to ail us and we won't be helping the next generation because they absolutely, absolutely are watching us, hearing us.

And all the things that we're not saying is what they're doing. I had to learn that on my own, seeing folks deal with

trauma around me as a young person.

Family Trauma, Healing, and Storytelling

Oh, I'm not going to do that. because you you maybe you didn't know at that time that was aces but you got a score correct correct i'm the first one in my immediate family to graduate go to and through college really get my masters before i was 24 when before I was 30, I'm sorry, on my own home before i was 24. Wow.

And now I am turning surviving into thriving and for me that alone is a legacy that is unheard of at least with my parents and again with My immediate family.

I can go back to my ancestors who were enslaved. So my great grandmother who I named after was a slave. These are the conversations we have to have, Queen.

This is it. And this is the reason why I tell people in my book, I don't cut, you know how some people cut to like chapter seven to say what they need to, say, nope.

I said, hello, how are you? Here I am chapter two. Let's talk about the generational trauma. Just talk that. That's talking about what's going on because let's cut the fluff.

Yeah. Yes. And we're humbled to be in a situation where we don't have that anymore, but we still need the generations to know that it took for that to happen for us to get here.

What goes on in your house, stay in you house. They're not doing that in 2025 no more, y'all. It has a name to it, though. Yes, and- So I think that's what it is for me.

the community violence that's going on in Chicago. Your president is bullying your people. but Chicago has risen up. Have you seen it? I love it. I loved how Chicago like, let me take my earrings off, hold my drink, please.

So we can show you that we not playing out here in these streets. Don't play with us and our freedom, okay? Okay, because I support it, lets be clear.

You have, don't quit trying to put us out there. Like Chicago is this big hub for crime when actually the numbers have went down tremendously. Yes. But we're also raising children who are living their lives through screens and are also living to not express what they are feeling, what are going through or experiencing.

And the more we have spaces like this where we get to talk, the demonizing therapy or however term we want to use it. You know what I mean? Counseling therapy at the church, outside the Church, with pastors outside.

It does not matter what you name it, we need to speak to someone. We need have an outlet outside of your social media handle. So I think so too. And I've think that's the reason why, for me, these community circles are working.

You know what I mean? We tried to do the community circle and tried and was very successful doing them virtually. So we're going to some virtually for sure.

But having the Community Circles in the communities is going give those that are afraid of therapy. are afraid of next steps, the idea of knowing that it's out there.

Because as you know, it is plenty of coaches, plenty What do I call the queen of aces? I got that title just a few minutes ago. Let's be clear, I loved it.

So you have to understand it's out here. We gotta just keep doing what we need to do. And creating new paths, you're creating job titles that haven't even existed yet.

You know what I'm saying? Just to create a lane for us to acknowledge our existence. That's the problem. We've

lived in a country that has never acknowledged our Existence and never allowed us acknowledge Our existence exactly.

That's why we're having this conversation. So again, my sister, is this the reason why? What I love is even you saying like giving the term cycle breaking.

I think that's the reasons why the series is going so well. Mark has been there, of course, since day one. He believed in me since Day 1. We're over episode 80. You know what I mean?

Because I think people are really understanding what ACEs are, how much of an impact it has as adults. You me, I'm a nerd. I didn't combine the ACE's with something because you have to, those case studies are real.

Those examples are a real, it's the reason why you had stepped out on faith. Can I just say it's because of you that I was able to take the ACES quiz with my mother.

And I will say, as she was reading through each question, because it is layered, experiences and trauma is an onion. I told her that, I said, mama, it was not just one thing.

But we went through it together and she wasn't shocked by her score. And, you know, for the sake of not telling her business, I won't say anything, but I'm going to tell mine.

She was shocked my mind. More so because it wasn' t the same as hers. Exactly. Given our home situation. Yes, she did raise me. with a village in a warm, nurturing home.

I have the best mother in the bleeping world, okay? Best mother ever. But her score was lower to mine. So she was expecting that, you know, we had similar experiences.

However, my parents don't live together, never been married. I have completely different experiences being with him every weekend, every holiday, and every chance that I could get.

And so I'm saying thanks to you because you opened a window for a conversation with my mom and I for me to finally share with her some things that I never shared with because for fear.

Oh, you're never going to let me see my dad again. I don't get to see. My siblings again, I won't. Get to. See that side of my family. And oh my gosh, that's like half of me.

knew that even as a child that, sorry, my Darth Vader, like just clicked off and, and. Yeah. but it's a clapper. But I knew even as a child that if I told her what my experiences were, that they would be poor enough that she'd be like, oh no, you're not going back there.

And so to a degree, I had to also go through therapy with my decision to continue to go into the traumatic environment just for the sake of a relationship.

What do we do for you? I as a child made that decision that I know I'm going back into somewhere that i'm gonna have to get therapy for if I go talk to somebody after this.

Creative Outlets, Podcasting, and Wellness Practices

I made the decision and I am adult living through that healing through, that healed now continuing to become acknowledging that even as a young person, if you talk to kids- I want you to call the word what it is, living as cycle breaker.

Oh, yes. I'm sorry. Because that's what you are. Yes. That is exactly who you always been in me. You're right. So you talked about the ACEs score. And you've talked Yeah.

And the introduction of ACEs to your family allowed you to open up a lot more. Just imagine your inner child happy because we weren't able to do that when we were younger.

It was staying in grown folks place or, you know, stay out of grown folk's business. You know what I mean? Yeah, yeah, Yeah! You better be in that room.

But don't you say a thing. I know. only share this with in safe spaces. I used to be hiding in the closet, girl. Okay. If you couldn't find me, go to your nearest closet and I'm there with the book.

the moment I was given some headphones, I had some Sony walking in that I stayed within. So then you kept me with the music of some sort. I found a way to sell the suit, right?

I've found the way it's a coat. But you are absolutely spot on about that. And not given a space for my voice, it was very hard for me to find my place.

It took me a very long time. And who wants to spend the majority of your happiest times in your young adult life and your teen hood trying to figure out what your voice is?

Exactly. That's my story though. Like what's interesting is, and I'm sharing this with you. I don't share it with a lot of people. Do you know I used to sing for real?

I mean, I was in six choirs, was on tour, got APs, AP's, CD's for Real. Because that's how I poured. That how got all of mine out. And it's Interesting.

It was that. disconnect that brought me back to it. So I don't sing anymore, but I get a place to do it besides my bathroom at church. I swear, man, when I tell you I could sing as loud as I can, I be in there just going off and don' care who hear me.

But it's the fact that my inner child is like, Because I used to sing. You can't sing at the end of each episode. Say a little hum. I do. Oh, I'll do all the time.

Be victorious. Yeah, but you know what I'm talking about. And Quinn is going to take somebody like you, honestly, to pour it out on me. Let's be clear, because I sing like sing, sing sing Like I sang a wedding song in choir song this challenge received for OTWV.

Yeah, I think it's gonna be fun because I'm telling you I like even with extracurricular activity. So, you know, my strength is. aces in connecting it with extracurricular activity.

I think that's the resilience too that I am used to in favor. And when I tell you a gospel choir was mandatory everywhere, I went everywhere saying, and I will tell now that my friends know I was the president, the singer, everywhere.

after school activities at school, at every school that I was at. Let's be clear, shout out to my nephew, Jahari McGee, who is killing the game in the Chicago layer area.

Yup, he was mine. First choir sing. because i am having a hard time seeing this uh honey baby i hope when you air this you also put in the little corner just an old video are you singing or something because the crazy thing is i went to a performing arts high school That was my major.

I had a double major, and I also played… I have first chair. Now I talk about this all the time. First chair, alto saxophone. Swear. So musically inclined hands down.

But I think that that's a resiliency tool that we overlook. Yes. Being in schools, we overlook the resiliency tools. We are putting kids out of classrooms because they don't have papers and pencils when there are other things that are going on.

Listen, this was in your belly when they pulled the arts out the schools. Let's be honest. Yep. You took away outlets for anyone when you took away the arts, what were you doing, you know, and to think that they're shocked that we're here right now sounds preposterous, because you take away all the things that were quintessential to cultivating a well rounded human being who can be a functioning adult who understands their position as a citizen in the world.

Well, What's interesting is, and I'll share with the audience, the school that I was at is a school she graduated from. So let's also shout that out. Because imagine me on Saturdays listening to the students saying, how can I help?

And them saying okay, let we need something to do on the weekends and meet having three-on-three basketball tournaments to keep the kids off the streets or slumber parties, swear to God, in the school.

Yes, I love lock-ins. Yeah, you know what I mean? That type of thing for the students because it was so needed. You grew up in, so again, you talked about your ACES score, what you've done with your family and how you brought this awareness to your families.

We've shared how we were raised in a community with ACEs. Quinn has ACes, she's not hiding it. It's her being the cycle breaker that you guys have to understand that's helping you grow personally and professionally.

So tell us more about Your ACE is scoring that understanding. How is it helping you grow? That's a wonderful question. It is helping me create moments to give people permission to pause.

to be, to breathe, and connecting community. It's pushing me out of my comfort zone. I'm really not, again, I would prefer to behind the scenes, but I understand that in order for other folks to get healing, i have to speak, share my story, my experiences, bring voice and truth to my journey.

You know, I can't preach and say that there is healing and community and there's growth and sharing and then don't do it. That doesn't even make any sense.

that's insanity. And that is torture. I, for one, do not like pain, though I am used to dealing with Body chronic pain that I understand is also environmental and that is trauma and traumas resting in my body and I'm working on that.

That's part of my practices and tools that are helping me as I learn this path for myself.

Community Circles, Education, and Advocacy

It has definitely been a self-taught thing because as if I am evolving and changing the things that Are helping, me deal with triggers and trauma has also changed and grown, you know, I was really journaling when I was a younger person and not that I don't journal anymore that journalling just turned into the podcast now and I get to talk to folks, you know, it's evolved and what's funny is I remember teaching students in my classroom how to create podcasts and vlogs and blogs so that they would be ready for the new age careers.

So let me never thought to do it myself. What are we doing? Let me put a pause. And this is what I was talking to. I've been talking some of my producer about you.

He just didn't know it was you because when I tell you I worked with an organization down here in Dallas and this organization was heavy on male mentorship.

It was Omega Gens down here, and they were extremely interested in podcasting. Extremely interested because for what you just said, it was a way for people to express their feelings, to talk, say things, you know, get it out instead of journaling, just speaking their thoughts and not honing it in.

And someone that's heavy on working with neurodivergent students, Special education has always been my thing. Always. And I think that's the reason why ACE is heavy on me, because those acronyms, behavior disorder, is real.

Those kids really don't have a behavior disorders, but I beg to differ. those that have emotionally disturbed ED, they don' want to be that way. They can't help.

So that was my thing in regards to, just so you know, the ACES acronym. I think it needs to be used in the right place. And I do think that it does need to part of special education.

That's where the research, that's the acronym that is the reason why I'm trying to place emphasis on it. Because it's out there. People talk about ACEs all the time in right communities.

It's not talked about in our community. And the more we normalize it, the better it will be digested and received and generationally we'll see the statistics that have once plagued our communities will no longer be because we will stop hiding behind keeping your business in house.

And you know, my parents are of the sweeping under the rug generation. No, no, don't. Yeah, you got to still go to Thanksgiving even though Uncle Bobby touched you as a kid, just pretend like, No.

That's what we not bound to do. How about if Uncle Bob is gonna be there for my peace, I'm not gonna to be here, okay? I gonna have Thanksgiving. What?

Because, you know, I was trying to think of a more eloquently way of saying that, but no, for the sake of my peace, do have to stay away from the toxic people who trigger me.

If that's that part of My wellness journey. It is. And you, know that though, we have people that don't. That's the reason why we're here having this conversation so people can understand that those things are not okay.

I was talking to someone and they were like, oh, well, that's their mom. They still shouldn't be that way. That's just because it's there mom don't make it okay.

And now let me also say what this new situation with this young man passing away that spoke negativity in any and everything that he said, and people want us to feel sorry for the dude.

Let's be clear. Even the Bible says that you reap what you sow. Doesn't the bible say that what sow we plant. So we reap it. I was in quiet too, but you know, I, was the voice to hear behind the stronger voices.

Cause I. Was just there because all my friends are there. That was a place to meet. Understand you guys these conversations. we need to continue to have.

We will reap whatever we sow and we have to atone for whatever harm we placed on someone else. But that's the reason why the understanding of ACES needs to be brought up.

And the media needs be everywhere, everywhere. ACEs needs need to everywhere because all of that together is really about healing and helping people reclaim their balance, their joy and their voice.

For everyone. You said it, you even closed your eyes. So Miss Healing Strategist, what are some of your healing strategies, habits or support systems that have helped you on your path?

I love to take a moment of pause, often, I close my eyes and meditate often so you probably saw me doing that. Yeah, and that again started in the classroom playing white noise, just, if I don't know if you can hear now I'm playing ocean sounds I've been playing them all evening.

I sleep. I don't know why people don t add this to their practice, but you need to allow your brain to stop thinking about the things that stress you.

Stop thinking bout the thing that worry you, stop think about things are ailing this world because it is causing you stress and undo harm to your psyche and your subconscious.

And so if my body is tired and I'm just, you know, And I love nap ministry. I like that whole movement of rest is resistance. Yes, it is because the backbone of the country has been on us forever and I don't care what you're saying.

If 15 minutes is gonna do me good, especially after I passed the age of 30, I realized my body wasn't the same and all right. Oh, he's asleep. So sleep.

is essential. And of course I eat healthy things, nourishing things. I tell myself affirmations, I chant often, and I am praying often. You know, the act of faith requires you to believe what you haven't seen yet.

So, but you still got to speak it though. you Still have to tell yourself. Right. A plethora of things get me through the day. And I, again, I'm realizing that as I evolve, as a grow, and as learn new things, better things help during different times.

Right now, walking in nature with no other sound, just me and the soundtrack of Mother Nature and The Universe is all I need these days just to bring me to a place of center and calm where I am not harming my inner child and bringing up past traumas that were buried or at least I thought they were, right?

And so because cycles always repeat themselves and we go through patterns and journeys right now, all of those things in combination have been helpful.

And I can't deny that community has been great. Inviting my friends over so that we can have a glass of wine and talk about What things are we releasing?

What am I needing accountability for as I work through this release? Because it is hard trying to live in relation to yourself and in relations to others while still being a whole human.

So that is what I am doing to continue this. And like I said, my wellness journey hasn't been cookie cutter. It's working, though. Look at you. I think because I know your story.

And again, I can't tell your stories. When I tell you, when I mean stuck, you all will see her trust me because she is the reason why I've had to change it from be victorious with Dr.

Torrey to be Victoria's educational services. Because again, there has been so many wonderful things that have happened because of ACE's awareness, like really.

Quinn has had this voice forever. So just to be in the same room to support, to help, you guys have to understand, I swear I was not, this name was given to me.

Oasis Academy, Collaboration, and Closing Remarks

Dr. Victorious is a name that was giving to because I do create victory in other people. I met Quinn through someone else. When I tell you, He said, y'all have to meet, yeah, and just like, I know how yall are.

Y'alls aces is actually our strength, like new. It's our superpower. He knew, he knew he, knew. I knew her story and I her value and how she is growing.

You guys have understand this ace method. I was not a dissertation coach at all. I promise it was me. Until you were. And it's funny because to this day, I always get the reputable reputation of being that.

It was during COVID. on that billboard, the one that got her degree. And it inspired a whole bunch of people to go back to school to get their degree, so I hold the title as dissertation coach and love it because look at how many people have been impacted.

Look at, how they're changing the voice and narrating and putting aces into everything. And all I'm doing is

spreading awareness. All I am doing, is putting it out there so people can understand and know that this does not have to be the end.

Look at how you just poured and told us all the wonderful practices, the holistic approaches, The natural things, to self care that people really aren't doing.

They're not taking care of themselves when they have too. You guys, you don't do that, your body's going to be affected. So I'm not just out here just trying to get a number of people to understand Aces, I am trying save lives for real.

It's always been my life's mission to do the things I once thought unimaginable and impossible. And this was one of them. To see that, like you said, aces become my superpower because I thought doing the thing that I'm doing right now would be impossible because of my acess, but it's possible because exactly even more extraordinary it puts a fire inside of me and i really do hope one thing i wish that people understood about childhood trauma and aces and I'm looking at my cleanness because i feel like i'm about to cry ii'm just gonna try not to do that but Is that it doesn't just fade over time.

It doesn' just say with age, unless you're doing the work like we're doin right now to heal that inner child and free yourself to live in your fullness and your being in you body and you everything.

Yep. No matter where you go in the world, you're going to take you with you. You only get one body, which is why, YOLO was my thing before Drake came out with it because you only got one life.

And part of my traumas was possibly getting that life taken away from me. The moment that didn't happen, I felt like I got a second life and I never looked back.

I created Bucket List and here we are. If we could understand that it doesn't fade with age, with time, it shapes how we see ourselves, how you move through the world, and even how he love, How we relate or parents.

As a teacher and a family member, I just saw too often. dismissing it, compartmentalizing it and just hoping to be a whole healthy person in any relationship didn't work out because you weren't whole and healthy for yourself.

And so I needed to start it with me and I just challenge everyone listening, everyone watching to really take it serious. Find out all you can about your ACEs because it's unique to you.

It's personal. And it's liberating when you finally decide within yourself that your healing trumps everything. Everything. And you all do not understand what we are about to create.

This is, I think it tumbling for me because it was handed to me on a silver platter. Let's be clear. It was this, this young lady, Quinn has done all a L L of the work already and has asked me to help.

And when I tell you this, the project that I have been talking about, this is it. I'm humbled when i tell, you she gets to implement. It's a humbling thing to see.

and to be a part of the team. Yeah, I know how we operate and y'all know, how do we get down? And when I tell you I'm the person that's going to hold this young lady accountable, it's humbling.

From the Ruta to the Tuta. It's gonna be great. Because you've seen the community already. I got included into the Community. The community that she already has, you guys, I have to shout out Lil Doggy.

And they know who he is. They know little brother, they call him a preacher because when he gets in and gets on them panels and had them conversations, he goes all the way in.

So shout out to future Dr. Michael Davis, who is doing his thing. You guys already know we are out here in the community having the conversation and doing what we need to do in order to bring awareness to ACEs.

Where can people find you? Because again, you do a lot. Tell us where they can find. You can find me at Synergy Oasis on any social media hashtag. You also find at otwv underscore pod.

Also just OTWV for the podcast and OASIS Academy has a hashtag as well that's OA Academy and the foundation has one you'll find that also in the bio. Oasis Academy Foundation and yeah.

I'm never gonna be able to. Chicago yeah I'm sorry I have to put in a plug for the educate and excel wellness conference for educators and all of my support staff and teachers who are in the schools that's October 25th on zoom you can find your ticket at teach and take time the number four Again, that's teach and take time, the number four, TheLetterU.com.

And I just want to thank you for letting me be in this space. It has been very liberating for me. My healing just hasn't been about surviving. what I once held back.

And I feel like I'm stepping into my full voice and my joy and purpose. When I think about what we're going to do, I just, yeah. I am just glad that you see me, you know what i mean?

It's humbling, because it's one thing to hear it, one to see it. But then you meet people that's like, nah, i want you because i know you have done. It is like i have.

But that imposter syndrome is real. And once you understand what ACEs is and understand who you are, that confidence level will go all the way up, baby girl.

So that's what we gonna do together. I am looking for the glow up. Oh, it's gonna happen. So let me let people know here's another episode of Be Victorious.

What's interesting is she does have a podcast and you all will see us doing some things together. And with that being said, another We thank you guys so much.

You know where to find me, everywhere. Any questions or concerns, find at bevictorious.com. Have a great day, you, guys. We'll talk to you soon. Bye-bye for now.