Book Launch 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. You all know who I am. It's Dr.

Victorius, the one that creates victory and others through ACEs education. And let me share about this guest that I have. It's actually a pleasure and honor to have her here.

I have been knowing her for quite a while. Was introduced to her. She hasn't been in pursuit of her degree. she received her Degree. And she came to the conference.

When I tell you I had not been able to get in contact with this woman ever since she is busy. Everybody else in the community that snatched her up, grabbing her, taking her.

And guess what? I love it because she deserves it. When I tell you she is a psycho breaker, she IS. If you look up the description, She's sitting right there with her son.

Sharae, my girl, where are you at? Yeah, you like that? I'm right here. Hello. I knew you liked that, baby. Straight from the heart. Thank you. You are God sent to me.

And people have to understand and know when you are walking in faith and you're walking with purpose, You will find gems and jewels. When I tell you, gem and a jewel, this is Sheree Thomas.

Yay! Thank you, thank you. Thank I appreciate you so much. I apreciate your devotion to this mission of ACES and bringing it to communities that look like us and even those that don't.

I think it's been an amazing thing because we're both walking in purpose. And you guys, she's an author. When I mean author, She is doing her thing. She has an Amazing book.

she has a book that can help us heal. There are so many wonderful gems about her. But before we begin, You talked about something valuable. We do have a commonality, which is an ACEs score.

What's your ACE score? My ACE's score is a seven. Interesting. Do you let that score define you? Absolutely not. I let it make me more aware and it lets me know where to start.

Welcoming Sheree Thomas and Shared Mission

And she, of course, knows about the ace method child she's been doing her thing. So you got questions we just gonna go through what we need to do. Of course you know this podcast has been a valuable educational tool, but what you all do not know you are looking at a veteran.

Absolutely. People don't know that they place veterans with males and they don t know. But as an African American female, which branch? U. S. Navy. So I did the Navy for, yes, four years active, two years reserve.

Wonderful. Would you like to share some of the good experiences? Love the navy, love the water, loved the community. I didn't face a lot of isms when it came to being a Black woman in a male dominant space.

Surprisingly, the average sailor is a male, but they're doing a great job of changing that. So sometimes

encountering people and I'm their first everything.

Having to have that stigma of I am the first woman they've encountered, first black woman in uniform on their side of town. It was challenging, it let me know that there needs to be more representation, especially in leadership.

Is there any particular reason why you left? Was it a good thing, bad thing? You know what, I felt like a cat living nine lives. So once I did my service, the current shift that I was on was getting forward deployed, which means completely shifting their port to Spain.

And they were going to be there for a long time. With that being said, there was some work for me to do stateside. I've felt a big calling on my life, thus chaplaincy.

I felt like it was time to shift gears from serving my country to serving God. Come on! And that is why we are here, you guys. Let me tell you, Latays with Lisa had her first.

And let me show you they have, I knew it would work because you all are a force. I think that's what I love the most because when y'all get together, it's like, But I think that's where we're needed in regards to ACEs.

You know what I mean? Absolutely. We can actually have this conversation everywhere. And in the face-based community right now, I thinks it's really needed.

That's the reason why you're so valuable. There's so many things you guys got to understand. Nothing wrong with having ACE, but there's also nothing wrong for accepting it.

Because this is really helping us heal. Yes. So you talked about it and we talked by ACES and you know about, but where did you first find out about ACEs?

I want to say you, I wanna say being introduced to you and then saying I need to do my homework. It was meeting, it was hearing your name, finding out what you did.

And before I met you I needed to get your book. I wanted to read up on it. Because I was like, okay, ACES, ABC, like it's another like a couple of letters.

But then once I realized what it is, and I looked at my nieces and nephews and looked my baby boy and said, All right. Yeah, I was already doing the inner work, healing that, and doing that childhood work that I needed to do.

I didn't know it had a name. Right. Me neither. So I think that's what it was for me. Everybody always say childhood trauma or this or that. Yes. And I know that there was a medical term to it.

When I saw it, it's like, oh, yes! I want to learn more about it so I respect that because I the thing.

Veteran Background and Chaplaincy Calling

It's not discussed in our community, it's normalized. And it is normalized because I don't think people know about it. Once people learn and find out about Come here.

So that's why we're needed. And I'm saying here because I would have never thought, I think that a valuable thing to share. Thank you for sharing that because you took that initiative.

When you came to me, you was ACES down already. I was like, okay, well, look, if I got something for you, i'll put you to work immediately. Because you got to think about it when it comes to ACEs and just veterans in general.

So it was like you were, you know, perfect for what I was trying to do, of course, as you can tell, because you've been doing the work ever since. Yes, on fire, and the only reason why is because I realized that That's the root.

A lot of times we're going to therapy and doing all the work and the shadow work. And doing the journaling because we are trying to fight the fruit of our tree that's based in childhood trauma.

If you don't address it and say that this actually happened and then start getting some accountability to the ones who are your tribe and your circle for that and being able to speak about it.

I think that you can't even really start healing. You're gonna forever chop the fruits of trauma forever if you do not address ACEs. Okay. You guys time out.

We did meet. She just admitted this is new to me. I'm trying to take it all in to Dr. Williams. But when I tell you the journey that she's been on since this, I, can't take that.

credit at all. I think this serves as a purpose for understanding you guys that resource is the book. It's good. Uh, I keep trying to tell y'all it's.

Good. And here it is. This young lady just admitted it. Adam pay you. But I did provide a platform for you to share your story and share a story with others.

And that platform has opened up for. I think the surprise for me and I will share was the book. Hold on. We're going to talk about it, but look at the past six months, But you're doing God's work.

Yeah. Yeah, it took. Yeah. I just, I had some other plans in mind, but it was very pressing that I started to address ACES even within my own family. And then also just making sure that communities that protect that raise that teach children are aware that at a young age, you can be broken.

And then you're working with broken pieces and then your molding on top of broken, pieces, and you add theology on type of broke pieces. So I was like, wait, everybody stop.

Let me take my aces. Yeah. I think that's the best me. Cause guess what? Everybody's like well, I mean, Tori, well I can't help it when it's a part of everyday discussions that we need to be having everywhere.

You can make sense of it if you know about it. I mean, y'all, she's sitting here humble. I look up one minute, and she is here, Nami, doing stuff at the hospital.

Doing your thing. So this is it. You, you, and this with us for real. It is almost like a thread. That's just been, it's always been there, but you just let me know like, no, It goes further and it goes farther.

So yeah, I'm locked in. I am an ACES advocate, ambassador, be victorious. Yeah. This is so humbling because this is what we are doing, you guys. Our community is strong.

It's too many of us, let's be clear. I'm not trying to be in competition with nobody. at all. I'm here to help people heal. So what I am saying is join us because this is what you have been doing.

Let's dive in. You said you've been talking to your family about it. Yes. Did this open up some things for family and talk to you inner child this way because you know about No.

I mean, it opened up the conversation like everyone is aware of my childhood trauma because it affected everyone around me in a way. And I'll share the story when you're ready for me to share it.

But my well, my aces Really started when I was 12 years old and my dad committed suicide. So my mom was a single mom of three and My dad was like her best friend.

Wow. so watching her heartbreak and then experiencing my own first heart break. It impacted everything it would probably impacted how she mothered it probably affected her daily life, but there was no conversation around it.

Right. And we didn't know how to articulate grief. We didn' have the steps, we dint have to support the community. My mom's single with three kids. So guess what we did?

We went to church. On Sunday, two times, We did all the things because that was the resource. That was th community that she had. And I honor her for that because you did what you knew best and you put us in safe spaces.

the religious space that we were in, they also didn't have the material, the counseling, and the things that churches have now.

Discovering ACEs and Childhood Trauma

So it was kind of like, this happened to Sheree, but she's strong. She's tough. I've outlived it. And so I never had a conversation with how it impacted me with my sister, my brother, or even my mom.

We never revisited that conversation after the funeral. Wow. That's important. What I heard was you all And you probably have it grieved, the passing of your father.

And so I think this is what I love about awareness and the understanding of ACEs because you just realized all of this. But learning this, has it helped as far as your healing journey?

Yes, it has helped tremendously. It's helped me to kind of dig up that final weed that I was just like, why is this so triggering or why has this authority in this?

Why is it so trigger? Okay, I got it now. But most importantly, as a chaplain, It makes me a better communicator and healer, like conduit one of others, because I might not be talking to a grown man or a girl woman.

I may be taking to someone who was hurt at 12 and never grew out of it. So I'm more empathetic, I more compassionate and tender when I meeting strangers because i don't know where their aces is or if they have it or they're still living through it, so.

You said something very valuable that your dad was your mom's best friend. And just to have that experience, you know what I mean? And she hasn't processed or dealt with it.

That's the thing that people have to understand. Grief is real. I'm grateful for knowing how ACEs works and the understanding and awareness because I've had to grieve a divorce.

We don't think that that's a divorced, but when you think about it, it's gone. It's no more, It no longer. So I share in your sentiments when I say it.

You have to understand those things to know what it is to help you heal. Some I'm thankful and grateful that you do know. I am grateful. That you know about aces because who knows what have Your life has changed within these past six months, but you know, yes, you see the difference and I'm really asking like this is good.

Can you say the different. Yes, it makes me more compassionate to the narrative of children now so when I see them or I'm in spaces with them, or their parents.

It's more so their parent's like, let's be mindful like that we're creating a conducive environment where people feel seen and heard so that they can communicate with you or so you can even realize that there's a difference that has happened.

And there needs to be follow up questions and support. So it makes me more an advocate for children like hey, lets take care of our kids and anything that I do.

I'm like, okay, and this is for the kids. This is to educate the parents about the kid. Because we don't want them to

grow up no shape. We don' want to them grow like us.

They didn't even have a name for it. I'll share this example. Me and my teenagers, And I've been battling with that 13 year old. And it's not a bad thing.

It's us growing up and learning each other. She didn't have a great day at school today, but I always ask my girls how their day was. But I had a plan for Cory because Cory has been quarrying.

So I knew that she was upset when I seen her when came home because her face was flustered. I thought it was because I tore up her room. But something told me to ask, and that's one thing we don't do, is ask.

And I always ask… I asked her, close the door. Everything okay? And she was like, I didn't have a good day today. So I'm ready to go into her like. You mean you had a bad day?

She said, my brain had seizure. Wow. That's an event. Her mother has seizures. So I think that triggered her and made her very sensitive. But you said something.

We have to start listening to our children because we don't want them to experience these things or not even having that chance to express how they feel.

Absolutely. And it changed my whole paradigm because I was ready. I ready to get on her. I'm grateful that I was able to ask, but just imagine, like you said, parents.

What if we could do that? It would be pretty important. And I think we would empower people to use their voices. Where we got the thought that silence is a badge.

But I really feel like being in a household where you don't get to as questions, you never get experience emotional intelligence to its fullest. because now people are asking you questions and you don't know where to go.

You just tell them what they want to hear, or you try to pivot out of it, which is something that I did because I didn't that know that could ask questions.

Family Grief, Parenting, and Listening to Children

Or when it comes to dating, asking the right questions so that you can vet someone properly because living in a household where you're told, this is how these don' ask me no questions, and going into the military where show nothing, ask no question, it can mold you into someone who's silent and very people pleasing.

And people pleasing is a part of, you know what I mean? So it's like, I think that's why I hold ACES in high regard because it does answer the question.

Now we're going through something different with the awareness of ACEs because of course our awareness community and empowerment is truly growing and people wanna learn more and they wanna do more.

You have people that are asking, well, There's other different types of abuse out there, but why isn't it recognized? Well, let's talk about it because in the military, there's a lot of things going on.

Yeah. Glad to hear that your experience was different than others. However, There is a lock going one in to military. Oh, yeah. Oh yeah, PTSD is real.

I've talked to people that have linked aces in PTSD. And I think that's, again, the reason why we have to understand how important it is. Don't be defined by your number.

Know that that is an awareness tool that can help you. Because people to this day is like, no, I love my brother. I have a brother, Army, and a dad that Marine.

But when I need PTSD, it would be easier to hear from somebody else instead of hearing it from me. Absolutely. It's almost like, I don't want to share that.

Maybe it's like my vulnerability. I've been vulnerable before, and I have been broken in that vulnerability, it is almost shameful. It is, especially as a man, shameful, like I am vulnerable, aka by age.

But we're made into adults so early where it's almost shame to be vulnerable. And then when you do get taken advantage of or you experience trauma, it is just like, shame pretty much.

That's the biggest word I can find is shame. And it's unfortunate. I mean, it it, It's happening, but it is not a bad thing. And people have to understand when we experience in these things.

You know, my father, you know I talk about him in my book. He was 16 in the military and left when his mom passed away. Wow. 16 passed away military in the seventies when you can join the military at 16 and that's when they were still warring and all that other stuff.

Oh man. And I love him so much. He's so, he's, so sweet. I am him, but I had to break their generational curse, their generation trauma, because that a lot within itself.

and I think that awareness has helped me heal. But helping him go through that thing, he's not gonna do it. And I think that's one thing that I had to learn.

You know, our parents have illnesses that have been untreated because they didn't have the tools that we have now. Yeah, absolutely. But you're in hospitals.

Yes. and you are what I call clergy. How was that experience? Initially, I started during COVID, so it was a very eye-opening experience when the height of COVID.

Everyone was sick. There was no contact. So that was traumatic all in itself. But to be in the hospital and every bed is full, and I'm trying to get education of how to support people during this time, how give comfort, had to do their presence if I had no words for them.

It was very unique, but over these past five years, working as a chaplain has been great. Sometimes it's a little bit different because I'm a bit younger than my peers and a lot more colorful than our peers as chaplains, but what I do is spiritual care.

And our spirits have no color or age. They're just there. So doing that in spaces where I don't look like everyone, I It is different. I walk into patients rooms and they're like, uh, I'm looking for a chaplain.

Like I am the chaplains. They're, like how old are you girl? Or can I get a priest? You know what I'm saying? Like you're a woman on top of that. Like I don't even believe in that, right?

And yeah. So I just got to shake that off real fast. Cause I was just like, I can't let that deter me from the mission. I cant let my ACEs number determe from that mission I'd just build on that because I have to find my, uh, my metronome people.

Have to fine my segment of people who I am supposed to minister to and whoever, you know, rejects it. It's just. You just weren't that person to receive today.

Right. It's definitely different, but I love it. It is exciting. I wish I could do it more often, plan on doing it for a long time, But Chaplaincy is awesome.

Its an experience. Yeah. Honestly, I think it's honorable. You know what I mean? You're that woman. And it isn't, it is not anything bad at it, and I just think its unique just off of the strength of that.

Other than that, I think you're a blessing. And people have to understand as we both, we have a lot in common as you guys may not know, but this single motherhood, you are definitely a superhero.

How has your experience been with your son? Oh man. So when I was six months pregnant, I decided to do a post-grad certification to be a pastoral counselor.

And it was the simple fact where I was like, I need to be healed on the fast track because I'm about to have a baby and I want to I. Want to, be his counselor.

I, want, to. Be emotionally healed to a place where he could tell me mommy I didn't like that. And me being emotionally regulated. Like, that was a big deal to me.

So I sat in this class, stomach out, and I was just like, I'm ready to learn. I graduated from seminary, went right into Loyola. And I learned, a little bit of psychology, counseling, spirituality.

But I used all those tools so that I could be somewhat healed.

Military, PTSD, and Emotional Vulnerability

Going through whatever it was I going through during that time, but still saying I have to be accountable and responsible for how I do Discipleship and I don't think parents know the first person you will ever disciple is your child how they think how They pray if they pray so praying over my womb even then and then seeing him now Right and seeing that I took myself out of situations that made me emotionally unstable right so that he could be stable so he was birthed in happiness joy and peace and And now when I see him, he's full of happiness, joy and peace.

And I'm like, and that started in e-vitro. That started my stomach and it will continue. So having a child, being aware of ACEs and being a mom, it's been challenging, but I have all the tools.

Yep. I think that's what it is for me. Because people ask now, you know, like how are you doing this? Like they see Dr. Tori, It's like okay, cool. But then when they say the pictures of the girls, they're like oh, I don't know how to hose then.

No. These three, this is motivation for me to keep doing what I'm doing. It actually started with my first born love or the death. When I tell you, as soon as I found out I was pregnant, maybe I put books.

You went back to school, so did I. I went and got that MBA. So people see the educator aspect of it. People don't know that I got my master's of administration first.

Surprise. Wow. That's the reason why when I stepped out on faith I was like, okay, Lord, I'm leaning on you for real. You gave me all these degrees. Let's do something with it.

And here we are. I tell you, she's a boss, B-O-S- S. She down at U of H running it and I love it because it's something different when you want the generational cycle to stop.

Yeah. All that stops here with me. Let's be clear. I'm not okay with what has happened. Of course, not understanding ACEs. There's that fear, but I live in household dysfunction.

And I grew up in house dysfunction, that's what it was. So as much as I was trying to keep the family guided in together and things of that nature because of the church, no, my priority is these three.

Yeah, sorry. And I think understanding ACES is what made me move. That's what maybe started making the decisions and thinking about things, so. Yeah, making better.

Oh, absolutely. Making better, better decisions. Yes, because why? Like your son, like I'm happy to see him

because he's always smiling, he is always happy.

But people ask us like, you know, why are you kids so happier? Do y'all know it really could have been first. I think it's the awareness. It's us being parents and having the conversations and listening to our kids.

So I have to applaud you on that. Thank you. Let's get into this book though. Because I'm very pleased. You pulled this one on me and when I tell you, yeah, I love this though because it is for us.

Tell us about the book. So meditation and reflection to combat anxiety and depression literally was, I was pretty much voluntold to write that in the midst of a fiery situation of my own.

Last year, was diagnosed with postpartum and PTSD from a military service. And I didn't know what to do with that. It probably made me like spiral out even more in a sense, it's just like, how have I been functioning all this time?

and not realizing that that was a trigger or not realising that, that's what was going on. So for me, depression can happen to anyone. And I want people to know that whether you're a theologian, a pastor, um, A veteran, a chaplain, you could know all the things, but when that heaviness hits you or you feel trapped or hopeless, I promise you, I couldn't think of a scripture.

I would pray. I would call my mom. I would spend so much time praying and trying. I was a yoga instructor for eight years. All the meditation, all the thisness, I tried to find it.

And for some reason it just, it didn't feel like I wasn't strong enough to make a move or to a mindful decision. So I compiled everything my mom prayed over me.

Every scripture I wrote down over and over again. every prophetic word and good word that I heard on YouTube when I had time to breastfeed and stuff like that.

Still dealing with postpartum while I was trying to make a marriage work, breastfeeding, going through this trying, my world felt like it was crumbling, but I can't imagine someone going though this and not being in their right mind.

I cant imagine you going thru transition or just going trough changes and just not having a mom to say mom pray with me or having sister saying come here and let me take care of you and love you.

back to life. And after I got out of that spout, two months of, you know, being in a loving environment, postpartum gone.

Motherhood, Healing, and Writing the Book

Baby weight dropped. Feeling brand new. Finished my pastoral certification. Had the energy to write the book. had the Energy to start the nonprofit later.

I did all the things because I found strength in getting back to my roots, which is like your mind is so powerful. And if you're not meditating on the things that are lovely, things are good, the thing that a righteous, just, if your not focused on that, your inner thoughts will devour you.

Right. and you need a little, a word, little inspiration. You need something to hold on to, especially if, you are in a space or in an environment where you have no support or you no truth around you to combat the negative lies that we tell ourselves.

You're not enough. You are not a good mom. That conversation, you need something to combat it. And it's the truth. It's positivity. Its affirmation. A declaration of who you're going to be.

I just put it together in a book and I was like, all right, Lord, I'm done with this. Here you go. It was really like a peace offering and a love offering from that season of pain and saying that the very thing that tried to shame me,

because I did get shamed for having postpartum, I didn't get ashamed and still be ashamed, but I've used it as a platform to stand on and to yell, But God still can.

He can still use you. He could still heal you, he can, still keep you and he, can also make you a conduit for others to be healed. So, um, my mental health was something that stemmed from losing my father and not being able to verbalize that.

And then going through those experiences with armor on that was not properly made with the right foundation. I use my pain, that, very secret that I wouldn't share with anyone that man, I'm struggling bad, but let me smile or let, me pray harder or, let you do all the things.

It's now a platform for me to communicate. This can happen. It is a state, it's a season, but it is not your life, not identity. Your number is your identity, the depression is identity so I use it now as a like, you can't shame me.

And I pray that other people are uplifted and when they are in low places they don't feel shame. This is what I gotta tell y'all. Let me pause right here.

If yall wanna come into a community that's healing, this is we're doing. You guys, mark your calendar already for April of 2026, because when I tell you, She got robbed, robbed.

We ate so much at the conference that it was just too, it, I learned so from that though. But I'm telling you, you first up in line for this conference in Dallas.

Ready to go. Listen to what you just dropped. Listen. People have to understand that the experiences that you go through will help you, but they're the best experiences because it helps you learn.

You know what to do and what not to You know how to go to the next step and you know what to do in order to move forward and let's be clear. I brag, I do, because the Lord has brought me some wonderful people.

All jokes aside though, like look at how your life has progressed since and it's all about understanding who you You are, you already had everything. You had already have this thing going.

But this awareness of ACEs has been trying to get in contact with, I mean, just checking on your hair, make sure you're alive. Yes. And you'll be everywhere.

It's humbling to see. you guys have to understand this is real. This isn't anything that we're doing. I'm not listening. because your journey is, I mean, what I meant, thriving.

I'm mean how you, you pushed out books, You've got jobs, and you did this, just speaking. And I can't keep up with her at all. But this is how our community was built.

It is growing because we want to heal and we wanna help others. So let me share with you how valuable you are if you didn't. No. Thank you, thank you.

That book is going to help. Listen, I'm telling you I am just blessed because that book will help somebody. It has already helped people. I was late to the party.

You all have to understand. She gave me my accolades. I appreciate it. Thank you so much. But this is what it looks like, you all. This is where ACE's education looks.

Like this. Is what mentorship looks? Like, this was what transformational leadership looks, like you got to have people in your circle and surround you with people of validation, with trust, what people that are going to support you.

And it's a simple call. Hey, check in on you, hey, make sure you okay. Yeah. And you came right on time. I've met, I

think we first talked in the winter, maybe February.

Yeah I felt like we talked early and then you're just trying to connect. But when I say having a woman pop up in your life and it was more than just your accolades.

It was your attitude and you currently overcoming in process of making the world better where I was just like, you know what? Okay, I can't not do anything because she's doing it.

I just can not just sit here and let life happen to me. Just be aware and keep it to myself. So you coming along and you just shining your light, telling your story and being fearless and saying, you know what, Ann, we're going to launch the conference.

And I'm just like, all right, this is real. We've been together ever since, y'all. So you all have to understand, there are people out. out here, you guys.

We are superheroes, we are cycle breakers. That is the reason why we're having this episode. You guys have to understand the added value of wanting to heal.

If you want to, heal, YOU will heal! You gotta know that this is what you WANT. YOU have the patience, the kindness, and the goodness and faithfulness to know it's going to happen.

Especially when you wanna do it. Understand I cannot make this up. All of this just happened. I can't make it up. This is your story. And this is what you guys would call positive experiences that have happened, which are needed to help us heal.

Conference Impact, Community Work, and Closing Remarks

The book is not just for her. It's for us. Because I know that she's not alone in her journey. That's the reason why we got this podcast. And I love when people make reference, I have to make a reference to Lisa because that's how I found out.

You didn't tell me. I'm like, she wrote a book. But I remember you talking to me about this. And I think what happened was when we had the conference, it just, pew pew, and then you just started on your journey.

Because you've been being a representative for NAMI. I'm like, god, Lee, slow down, Sheree. It was just opportunity after opportunity, but it was me seeking impact.

Is just like I am not necessarily the type of person that's looking for clout, or it's more like the desire to be significant. So that when you do open your mouth, it is making a difference versus just making noise to make noise.

So I just knew that the more I told my story, the More healing I received because the secret broke the shame. Yes. Yeah. Oh, yes. And that's that what it Is for me.

The feedback from the conference, it was like, I mean, Dr. T had me in rooms with doctors and stuff, and I'm like what makes y'all think that yall can't be in your rooms?

Yeah. With doctors. And then the doctors, the lawyers was, like dang, you got a tight bond with your students. They're not students, they're adults. Doing the work.

That's not me, that's just who I am and I'm grateful for that because I know for a fact this is the reason why we are here. We are healed here to help others heal.

Absolutely. And I thank you so much for joining me. You've been stuck with me ever since. It's love. I'll be there this weekend too. Oh, great. OK. I am speaking for Chicago State's 20th anniversary of the doctoral program.

Oh my goodness. And I couldn't say no. As much as I love Chicago right now. It's a little chilly. Make sure you got your big coat. Yeah, I will. Got it.

But I cannot wait to see you and hug you in-seat. Yes. Let people know where you are. I'm in Crystal Lake, Illinois. Interesting. That's still a part of the suburbs of Chicago.

It's okay. We'll come visit Crystal lake. But where can they find you on social media? You can find me under Shea Sheray on Instagram. You could find under Facebook as Shera Rochelle.

And also you can email me, MsThomasSL at gmail.com. but all of my information is on my social media as well. So you can send me an email. You can sent me a shout out.

I'll reach back out to you. Opportunity, knowledge, and encouragement. So whatever you want, just shoot it my way. I answer pretty quick. And trust me, she's value.

When I tell you I need her, like you all have caught on already who's part of the team and how I rock. Yup, I have to, because I to make sure that there are people that just not know how to take care of themselves when they heal.

know that we're going through this journey together. So when somebody say, hey, I think I need that prayer, i know I can reach out and say hey let me go ahead and call my sister because I know my Sister can do that for me.

so when I tell y'all, the Victoria's Foundation is it baby. We have a powerful community. Our ACES ambassadors and kids, these are grown people. we are out here to change lives you guys.

more and more because our community is growing. And I thank you, finally. I know. It's hard to share, but I share because you are added value. Yes. I have to because he mentions my names in rooms and I appreciate that.

I cannot say that he don't, but this is how powerful mentorship is for me. You know what I mean? This is, how it's been and it tumbling because I would not have met you, would have never met, you if it wasn't for him.

So I thank you so much for being here. Thank you for your spirit. Because again, it's hard to meet people out here nowadays. You don't know what their agenda is.

But I am so glad you are adding value to our community. So thank you again for trusting me. Thank you for being here. Y'all see my sister. Yeah, I heard you all will see us together.

Let's be clear. I cannot do this without her. To understand, this is another wonderful episode of Be Victorious with Dr. Williams. We love you guys. Will talk to you, guys, soon.

Bye bye, you guys.