

THE COFFEE & CONVERSATION PODCAST

A summary of the brilliant, thought provoking, inspiring quotes from the amazing people who brought life to each fabulous conversation.



COFFEE & CONVERSATION

Brought to you by @opus29jane, the Coffee and Conversation Podcast provides a space for amazing people to share their stories and find a 'voice' within our ever changing world. It is a space that simply encourages 'sparky' conversations because there is most definitely something to be learned from every interesting conversation, however unscripted.



BEGIN AT THE BEGINNING...

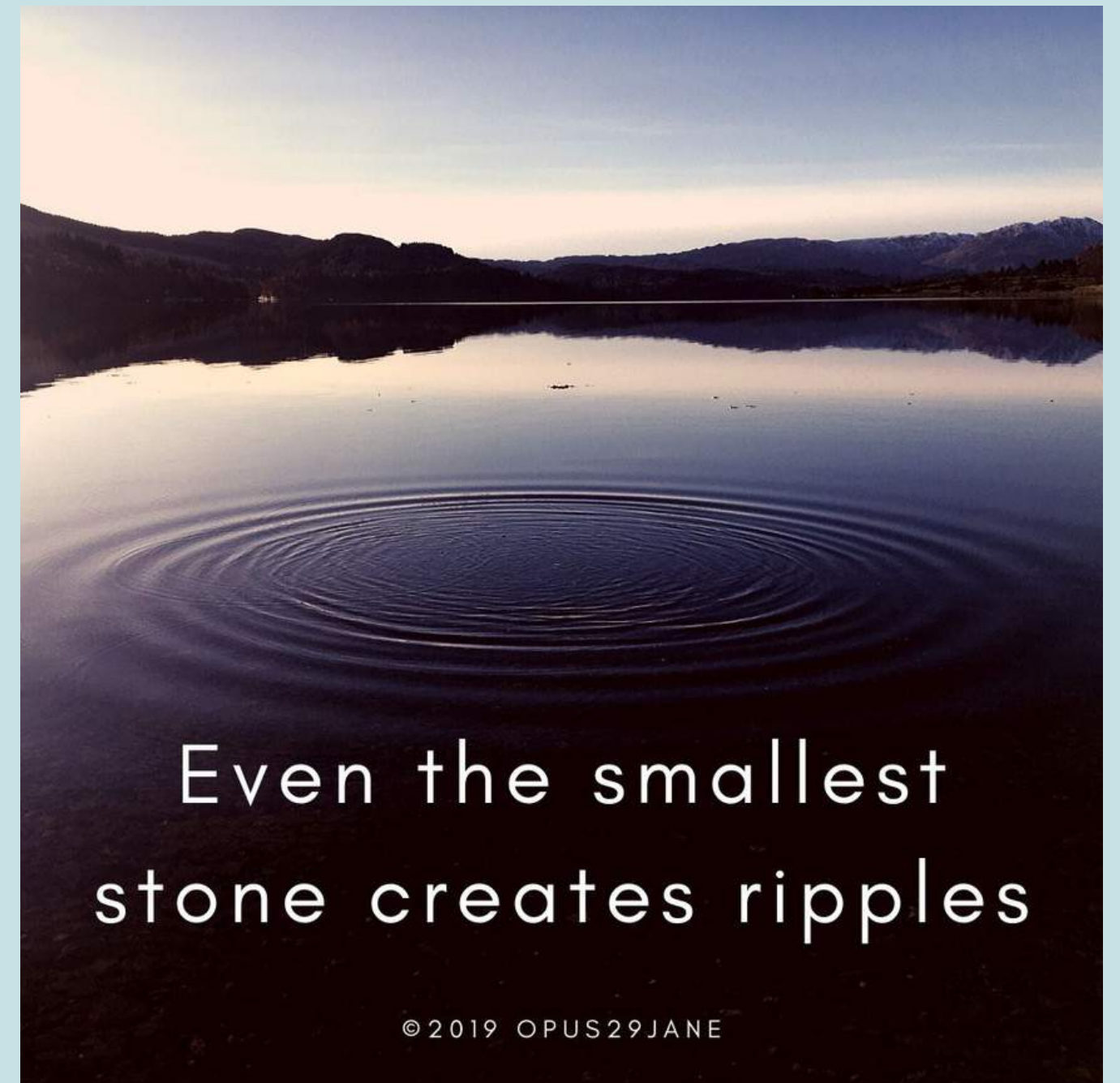
Every episode begins with a quote or poem or lyric; words or a piece of writing chosen by each guest and brought along to share with me on the day.

These words are personally significant for each individual and have a certain meaning for them in their lives. Each guest is invited to share their thoughts or feelings about their words.

Then...we simply see where the conversation takes us.

This is a collection of the quotes shared by each of my guests and includes a link to their podcast. Beautiful quotes that have sparked beautiful conversations.

What more will they spark for you?



Great People



SCAN ME

NICKY FULLER

"Fixing and helping create a distance between people but we cannot serve at a distance, we can only serve that to which we are profoundly connected."

Rachel Naomi Remen

BARBARA DANIELS

"We need a massive world-wide improvement in how we understand and are understood by each other".

Book - The Talking Revolution: how creative conversation can change the world

Peter Osborn & Eddy Canfor-Dumas

SIMON HALL

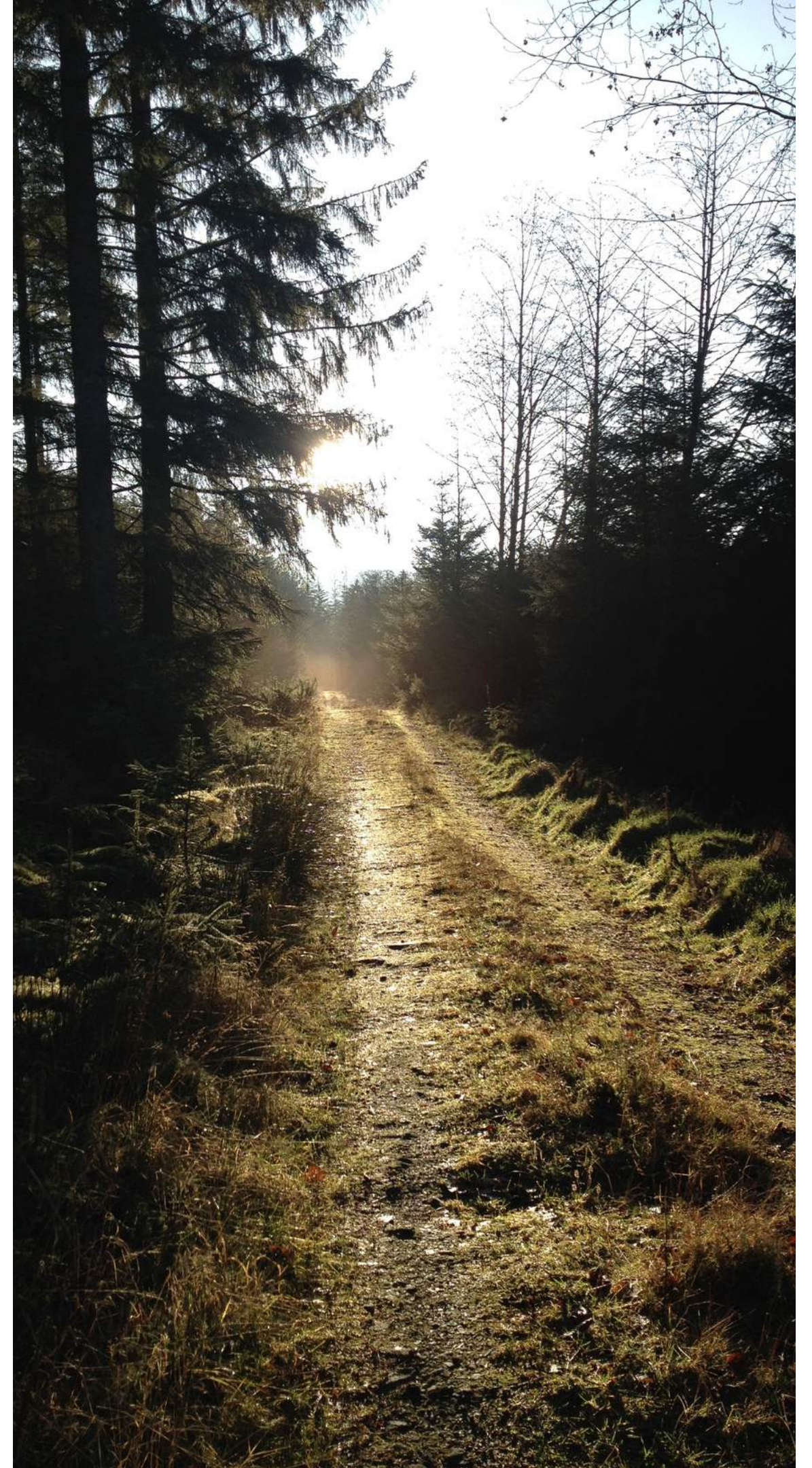


Collaborative Leadership

"I may not have gone where I intended to go, but I think I have ended up where I needed to be."

Book - The Long, Dark Tea-Time of the Soul

Douglas Adams



PHILIPPA VELIJA

Gender equity in sport

"Great leadership is about creating environments in which everyone can thrive and uncover their best self, but caring enough to appreciate that sometimes surviving is success."

@opus29jane

"A great conversation can open up endless opportunity."

@opus29jane



CARYS, ISLA & DULCIE

Lessons from lockdown

*"Sometimes you'll never know the value
of a moment until it becomes a memory".*

Dr Zeuss

*"Believing in yourself is the first secret
of success".*

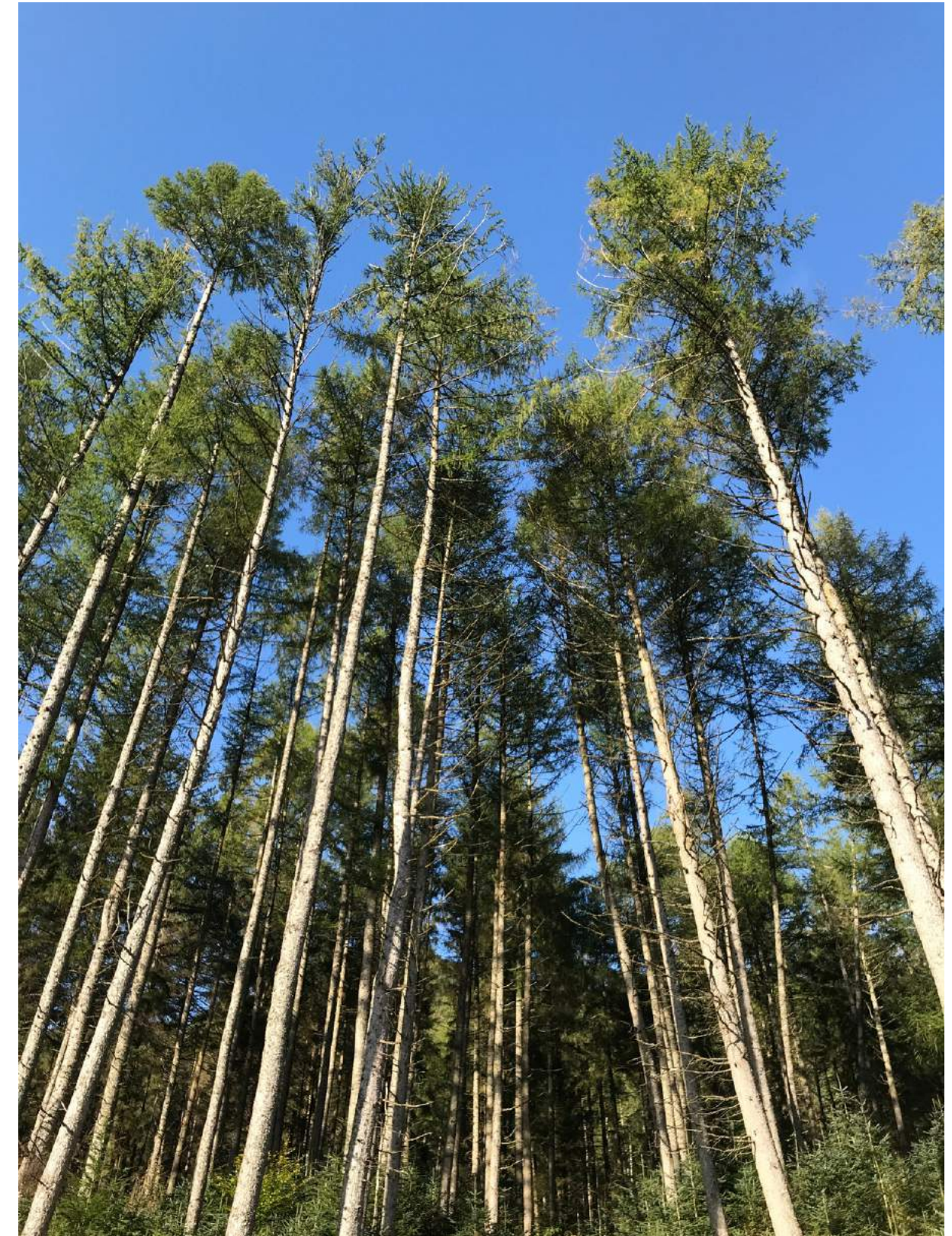
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*"Be who you are and never be
somebody else".*

Dulcie Evans



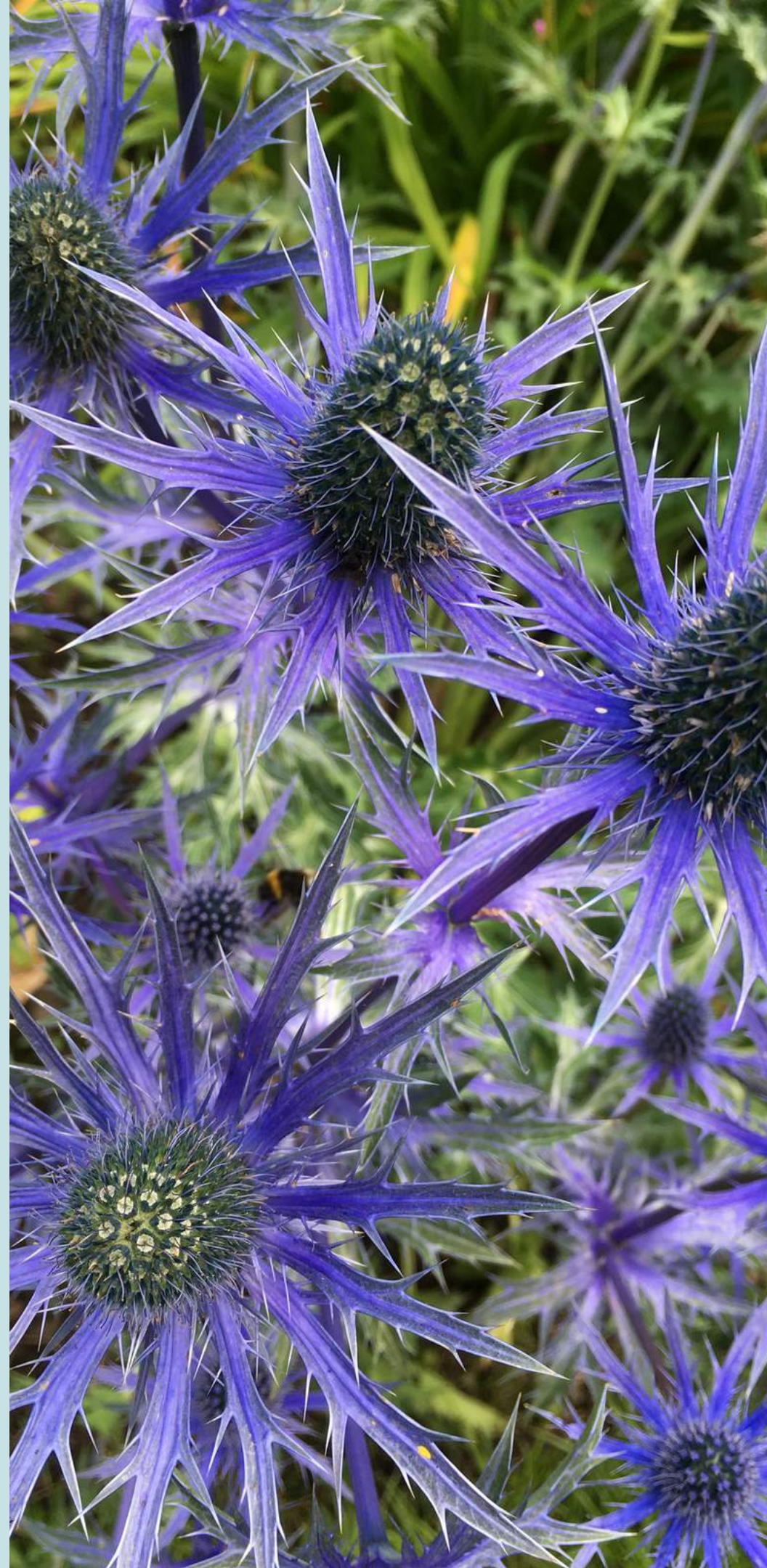
SCAN ME



**LIZ
BURKINSHAW**

Normal &
boring??!

**JENNY COE
(NEE COADY)**



*"I don't regret the things
I've done; I regret the
things I didn't do when I
had the chance."*

Unknown



*"Everyone you will ever
meet knows something
you don't."*

Bill Nye

It takes time to know
who we truly are



SCAN ME

DAVE PADGEN

*"May I become at all times,
both now and forever*

A protector for those without protection

A guide for those who have lost their way

A ship for those with oceans to cross

A bridge for those with rivers to cross

A sanctuary for those in danger

A lamp for those without light

A place of refuge for those who lack shelter

And a servant to all in need."

Buddhist - prayer of peace

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Marianne Williamson

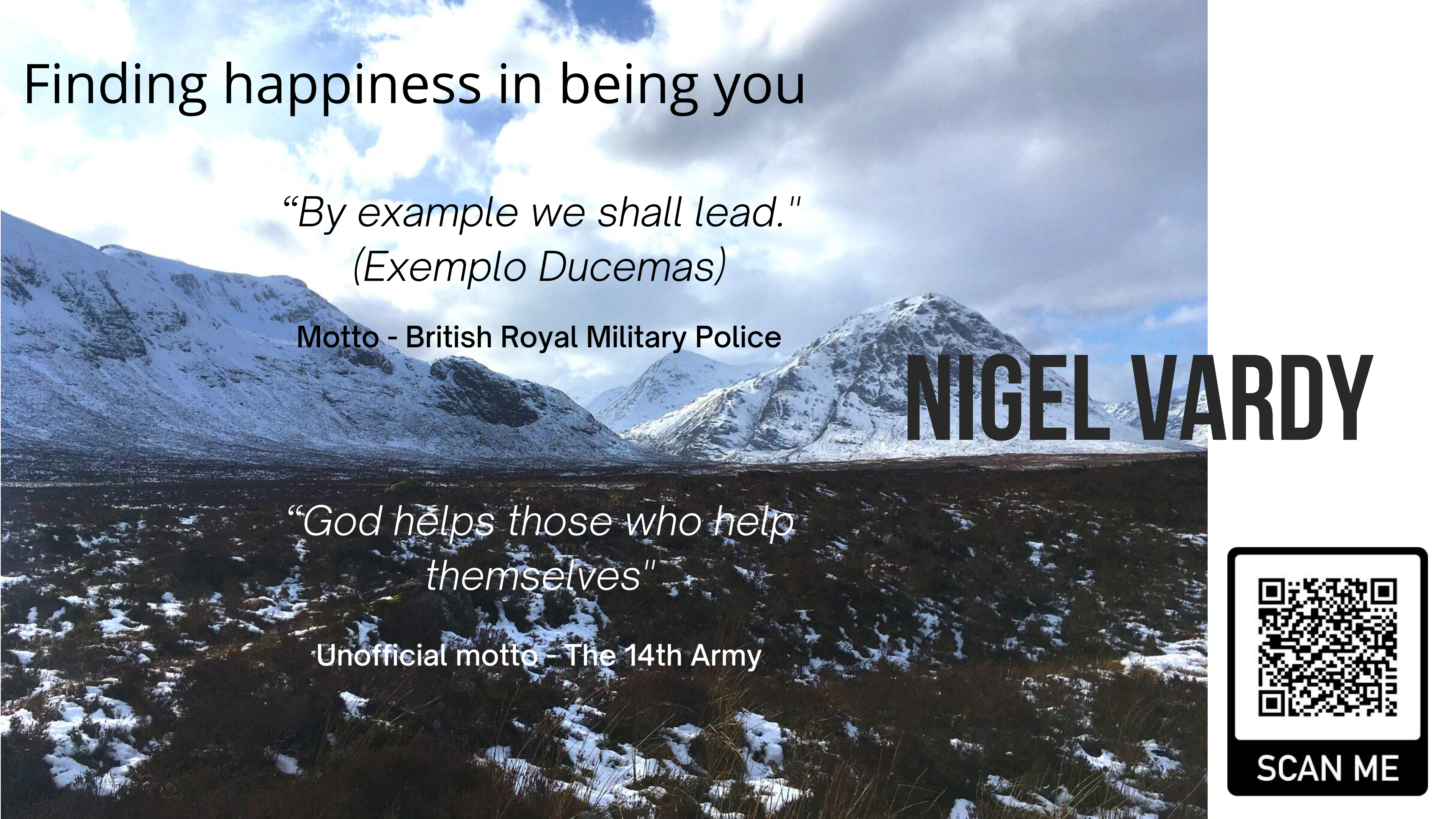
MANDY FROST

Care in Coaching



“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Maya Angelou



Finding happiness in being you

*“By example we shall lead.”
(Exemplo Ducemas)*

Motto - British Royal Military Police

NIGEL VARDY

*“God helps those who help
themselves”*

Unofficial motto – The 14th Army



Searching for omnipresent supergalactic oneness!

SARAH CHAPLIN-LEE

*"If you don't know, the thing
to do is not to get scared,
but to learn."*

Book - Atlas Shrugged

Ayn Rand

*"It is not the strongest of the
species that survives, nor the
most intelligent; it is the one
that is most adaptable to
change."*

Charles Darwin



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GEORGIE DICKINS

CLAIRE BUCKLE

*When things go wrong as they sometimes will,
When the road you're trudging seems all up hill,
When the funds are low and the debts are high
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit.*

*Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a failure turns about
When he might have won had he stuck it out;
Don't give up though the pace seems slow--
You may succeed with another blow.*

*Success is failure turned inside out--
The silver tint of the clouds of doubt,
And you never can tell how close you are.
It may be near when it seems so far.
So stick to the fight when you're hardest hit--
It's when things seem worst that you must not quit.*

Attributed to various authors



Don't Quit!



NICOLA SMITH

What do you want to
be when you grow up?



*"Success isn't about how much money
you make, it's about the difference you
make in people's lives."*

Michelle Obama

*"The only person who is educated is the
person who has learned how to learn."*

Carl Rogers

JONATHAN DEMPSEY

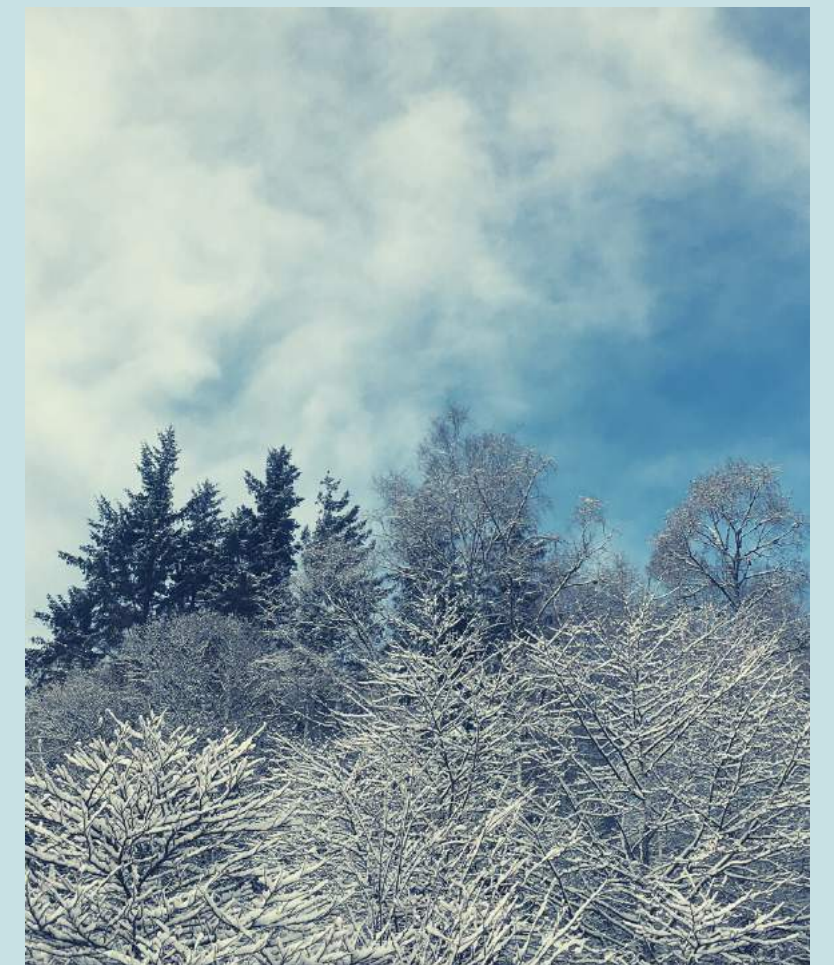
*"It is better to fail in originality
than succeed in imitation."*

Herman Melville



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Creativity in a world of risk



ANNE BAMFORD

Creativity in the classroom

*"A bird can't fly without
two wings."*

Elliot Eisner

*"The arts touch the deeper
levels of life."*

Book - 'Art as Experience'

John Dewey



In those years

In those years, people will say, we lost track
of the meaning of we, of you
we found ourselves
reduced to I
and the whole thing became
silly, ironic, terrible:
we were trying to live a personal life
and yes, that was the only life
we could bear witness to

But the great dark birds of history screamed and
plunged

into our personal weather
They were headed somewhere else but their beaks and
pinions drove
along the shore, through the rags of fog
where we stood, saying I

Adrienne Rich

REBECCA HOPE

Leadership and 'lollipop' moments



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“I grew up with a disabled dad in a too-small house with not much money in a starting-to-fail neighborhood, and I also grew up surrounded by love and music in a diverse city in a country where an education can take you far. I had nothing or I had everything. It depends on which way you want to tell it.”

Michelle Obama

KATY ANDERSON

It's all about connection

"Connection is the energy that is created between people when they feel seen, heard and valued - when they can give and receive without judgement."

Brene Brown

"The most important things in life are the connections you make with others."

Tom Ford



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TOM HARTLEY

Faster horses

“If I had asked people what they wanted, they would have said faster horses.”

Henry Ford



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LUCY WILLOUGHBY



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Making a difference one gift at a time

"I'd love to stay here and be normal, but it's just so overrated."

Song lyric from Tracy Jacks - Blur

"No-one is too small to make a difference."

Greta Thunberg

*May you never be satisfied with
“because that’s the way it’s always been done”.*

Set the world on fire

Jennifer Lentfer

May alternatives and ideas and options flow from you.

*May you seek to transform frustration and exasperation into
“What if ...” and “I wonder ...”*

*May you be able to hear yourself at times, reconnect with
your deepest instincts, and know when you are pushing too
loud, hard, or fast. May you have the grace to give yourself a
break at times, to just listen.*

Be a lamp, a lifeboat, or a ladder.

May the truths you offer be helpful, necessary, and kind.

Disruptors, may you never shy away from your own integrity.

Sometimes, it is all we have.

SIMON TOOLE

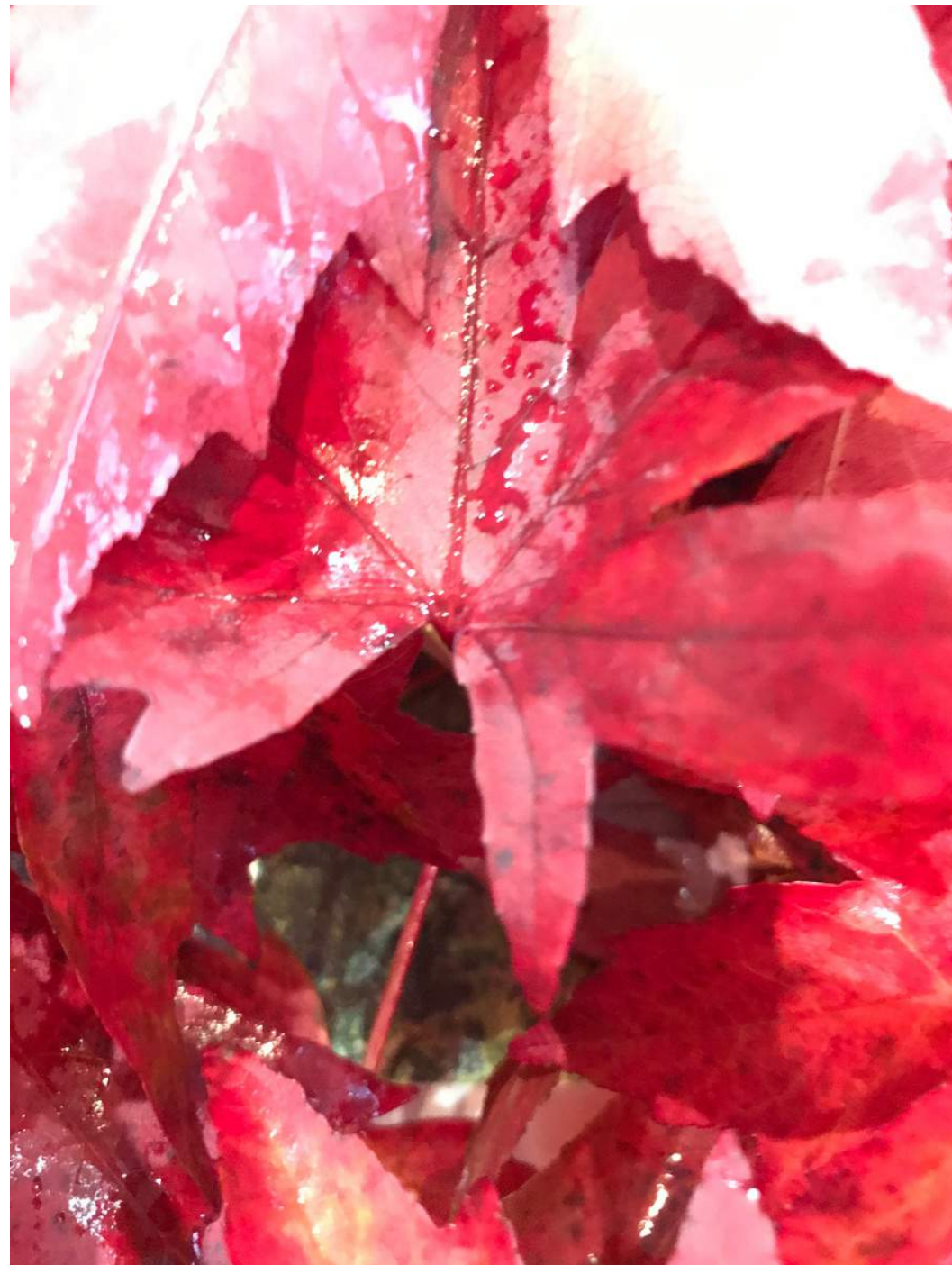


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LORNA BROWN



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*"The opposite of play is not work -
the opposite of play is depression."*

Dr Stuart Brown

*"Power is the ability to achieve
purpose and effect change."*

Dr Martin Luther King Jnr

*"Paradox refuses to rob spiritual
mystery of its darkness."*

Carl Jung

Play, paradox and power

"Freedom from the desire for an answer is essential to the understanding of a problem."

Jiddu Krishnamurti

"Do you want to know what my secret is? You see, I don't mind what happens."



Listening with an open heart
KAREN LAWSON

Series 2

This second series was presented under the title of ‘COVID connections’ as I chatted with many of the awesome people who I ‘met’ during the COVID induced lockdowns. Despite all the challenges that have emerged during the pandemic, there have been many small shoots of hope and optimism and for me this centred around the inspiring folks I have connected with across an internet-fuelled zoom room.

Without doubt, our paths would not have crossed under ‘normal’ circumstances and I feel incredibly fortunate to have had my eyes and world opened up to new possibilities because of the energising, often deep, conversations in which we have all engaged.



KENNI HAMILTON

The energy of connection

"Connection is the energy that is created between people when they feel seen, heard and valued - when they can give and receive without judgement."



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Brene Brown





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Questions are
the answer

"You can tell whether a man is clever by his answers, but you can tell whether a man is wise by his questions."

Naguib Mahfouz

"You can fill the whole sky with your wants but your needs you could fit into a bucket to carry by your side."

Unknown

"If you have good fortune build a longer table not a higher wall."

Unknown

SOPHIE HADAWAY



PAUL GORMAN

On dreams and imagination

*"The future belongs to those
who believe in the beauty of
their dreams."*

Eleanor Roosevelt



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BIANCA PEEL

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Marianne Williamson

Who are we not to be brilliant?



JACK TULLY

A proud Scots Londoner

*"Dreamy days, come what may, we feel no way
there's gonna be fun and lots of laughter."*

*"You know my style I keep it on a holy outa body mind blown
We in some zone
So how deep can we sow those seeds
and proceed to buck the limit?"*

Song lyrics from 'Dreamy Days' by Roots Manuva



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GERALDINE HEANEY

Playfulness, curiosity and stories

"Storytelling itself is an activity not an object. Stories are the closest we can come to shared experience. Like all stories, they are most fundamentally a chance to ride around inside another head and be reminded that being who we and where we are and doing what we are doing is not the only possibility."

Book - 'Too late to die young: nearly true tales from a life.'

Harriet McBryde Johnson



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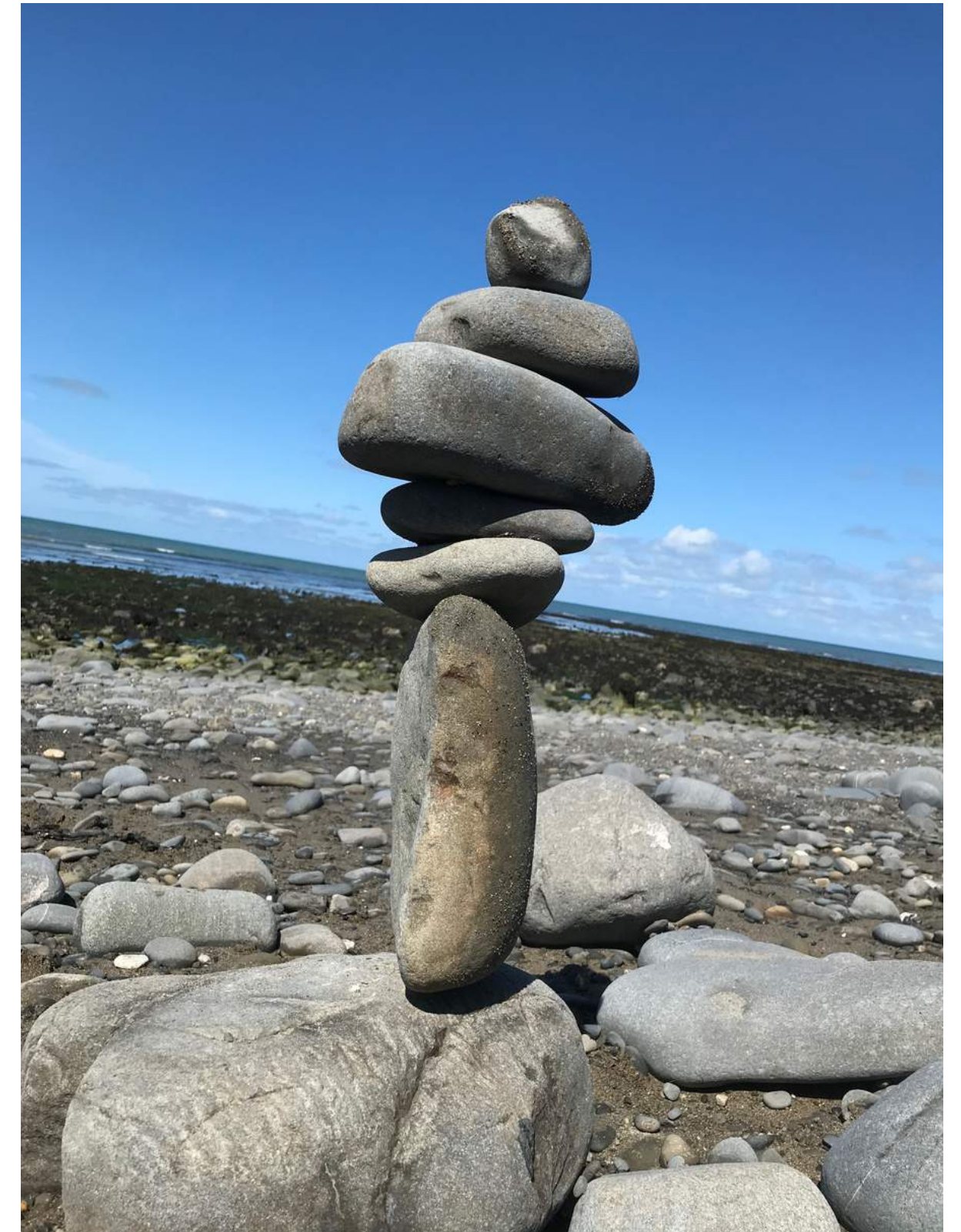
ANA DE LA PUENTE

“There is no such thing as a new idea. We simply take a lot of old ideas and put them into a sort of mental kaleidoscope.”

Mark Twain



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Destroy to rebuild



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*"We are all human. We are living,
breathing creatures who mostly strive to
do our best with what we have.*

*Sometimes that means daring greatly,
sometimes that means laying low.*

*Often it means that things don't quite
go according to plan and we make
mistakes.*

*"Being imperfect
is what makes you perfect."*

Both quotes from '
The Little Book of Big Dreams' by
@opus29jane

That is all part of being human."

Imperfect human-ness

ALGAR GOREDEMA-BRAID

*"No matter what happens
or how bad it seems
today, life does go on and
it will be better tomorrow."*

Maya Angelou



*"Don't let anybody dull
your sparkle."*

Unknown



**LOUISE
FINDLAY**

A seagull ate
my Daim bar!

**DEBRA
TAYLOR**



MARIA MONTEIRO

The reality of reality

"The way we see things is affected by what we know or what we believe."

Book - 'Ways of Seeing'
John Berger



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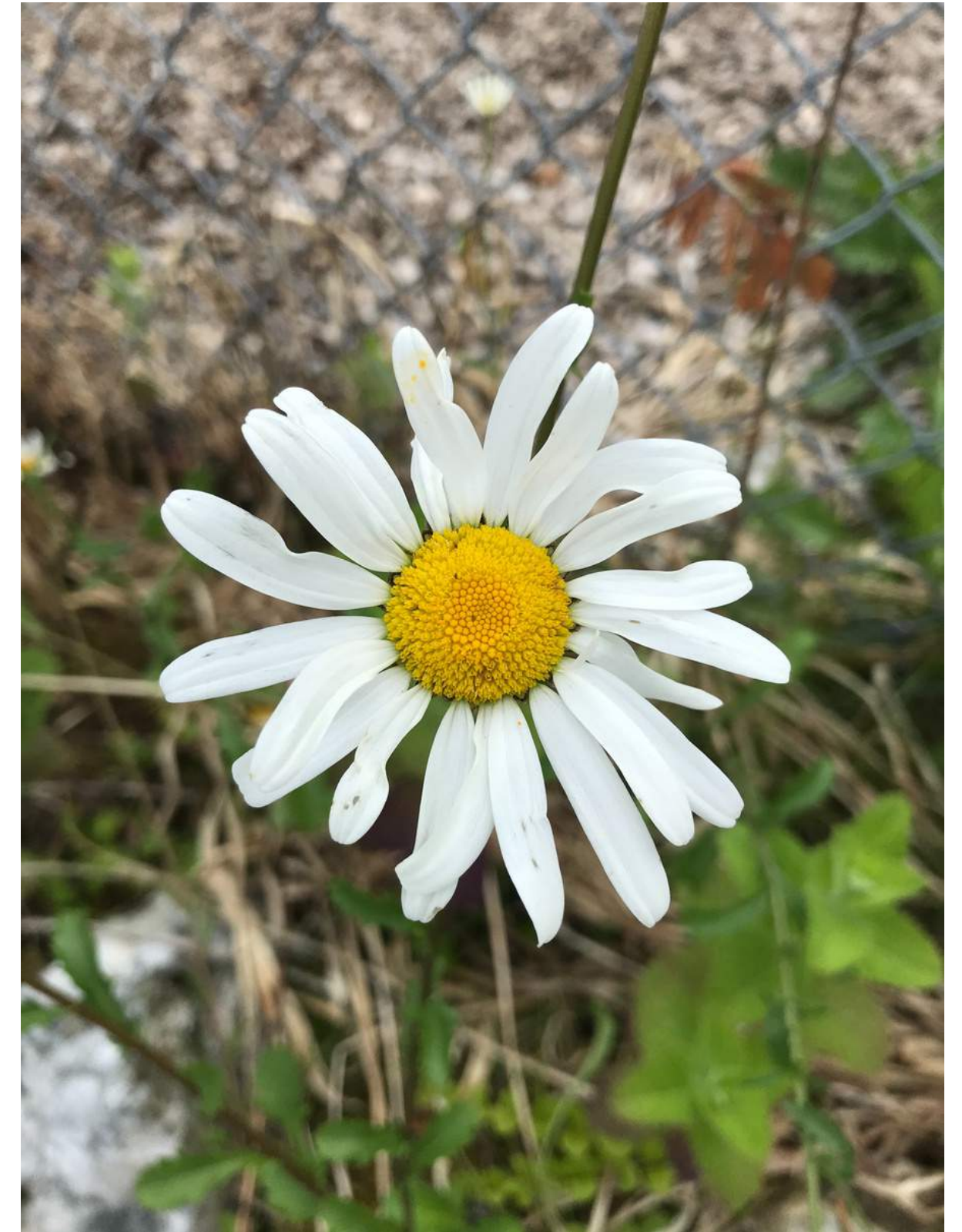
LINZI MCLAGAN

*"Your sense of self is built
or broken by the company
you keep."*

Jedidiah Jenkins

*"Learn the rules like a pro
so you can break them like
an artist."*

Pablo Picasso



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Rule making; rule breaking



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HELENA GOOD

Daydream believing

Song lyrics - Daydream Believer - The Monkees

*Oh, I could hide 'neath the wings
Of the bluebird as she sings
The six o'clock alarm would never ring
But it rings, and I rise
Wipe the sleep out of my eyes
My shavin' razor's cold and it stings*

*Cheer up, sleepy Jean
Oh, what can it mean that
To a daydream believer
And a homecoming queen*

*You once thought of me
As a white knight on his steed
Now, you know how happy I can be
Whoa, and our good times start and end
Without dollar one to spend
But how much, baby, do we really need*

MARIE HERNANDEZ

*People need people,
To walk to, to talk to
To cry and rely on,
People will always need people.
To love and to miss
To hug and to kiss,
It's useful to have other people.
To whom to moan
If you're all alone,
It's so hard to share
When no one is there.
There's not much to do
When there's no one but you.
People will always need people.*



SCAN ME

People will always
need people

Excerpt from
'What do people need?'
Benjamin Zephaniah



CLAIRE YOUNG

To love or beloved?

Late Fragment

*And did you get what
you wanted from this life, even so?
I did.*

*And what did you want?
To call myself beloved, to feel myself
beloved on the earth.*

Raymond Carver



MICHELLE HERRON

We are who we meet

*"It takes a village to
raise a child."*

African proverb



RICHARD SUMNER

*“It is difficult
to get the news from poems
yet men (sic) die miserably every day
for lack
of what is found there.”*

Asphodel, That Greeny Flower and Other Love Poems

William Carlos Williams

Beyond words: power in poems





Thank you for listening!



@opus29jane

