

Agenda

Introduction

One person's story unfolding

Key transitions and learnings

Small group interaction

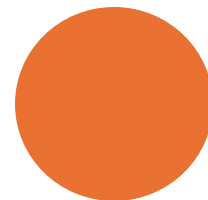
One current chapter: Spreading kindness with Moozie

Trish Cronin of Children's Kindness Network
with NCBWL, June 18, 2025

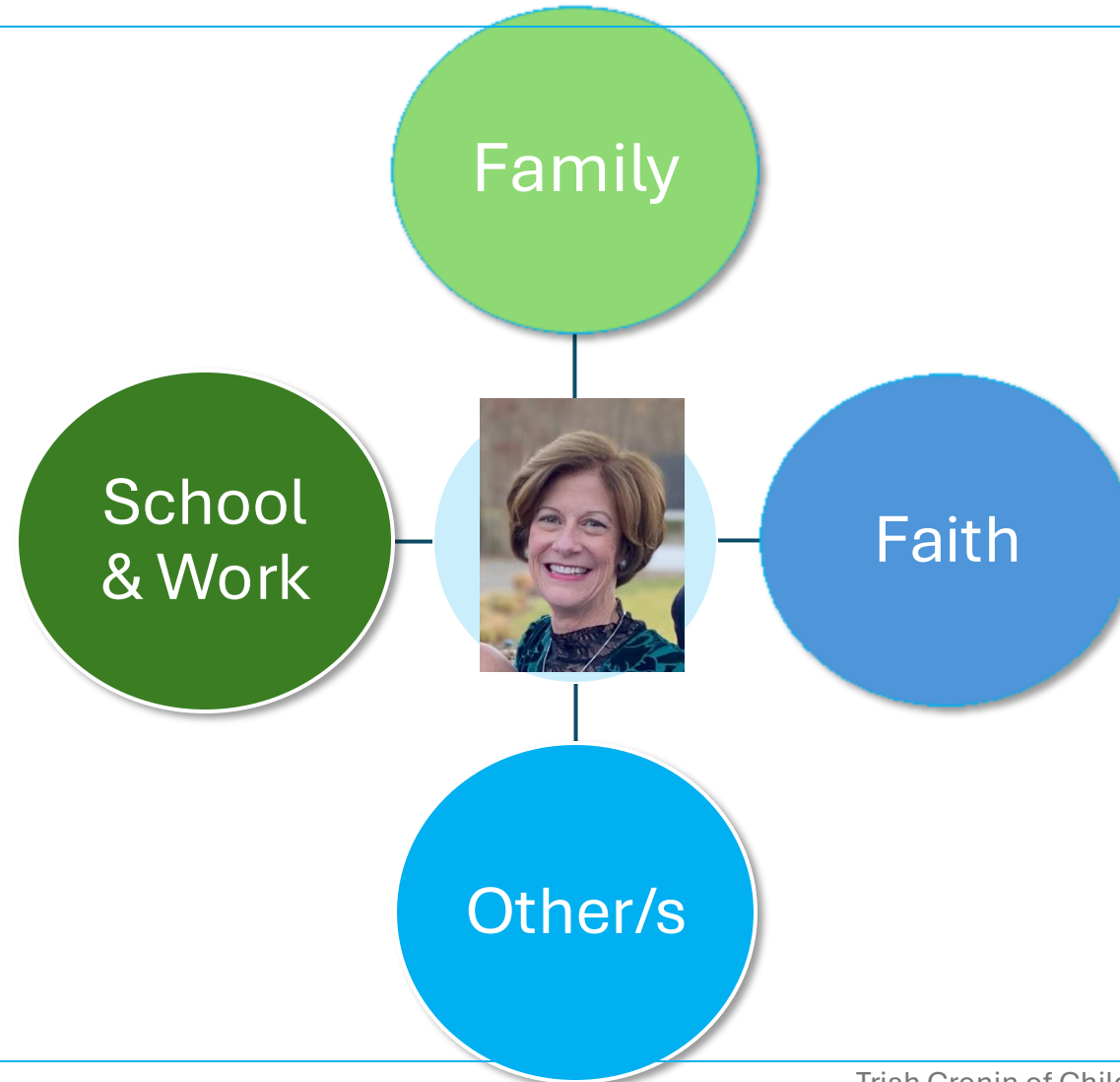


Matthew 5: 14-16

You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father.



One person's story unfolding



Key pivotal moments for life's transitioning

Twin brother's college tour – there for the ride



College's elimination of department/major



College alumnus internship recruiting; subsequent FT job rejection



Attendance at conference ballroom festivities

Survival of Sept 11



Job elimination after 27 years at JPMC



Empty nesting + Pandemic



Chance encounter

Transition learnings and tips

Know yourself, advocate for yourself with respect



Accept changes you cannot control; embrace new opportunities



See that failures bring blessings; appreciate help and pay it forward



With faith, leave comfort zone when it's the right thing to do

Engage in reflection and transformation upon jarring experiences



Reframe the situation – less a threat, more a growth opportunity

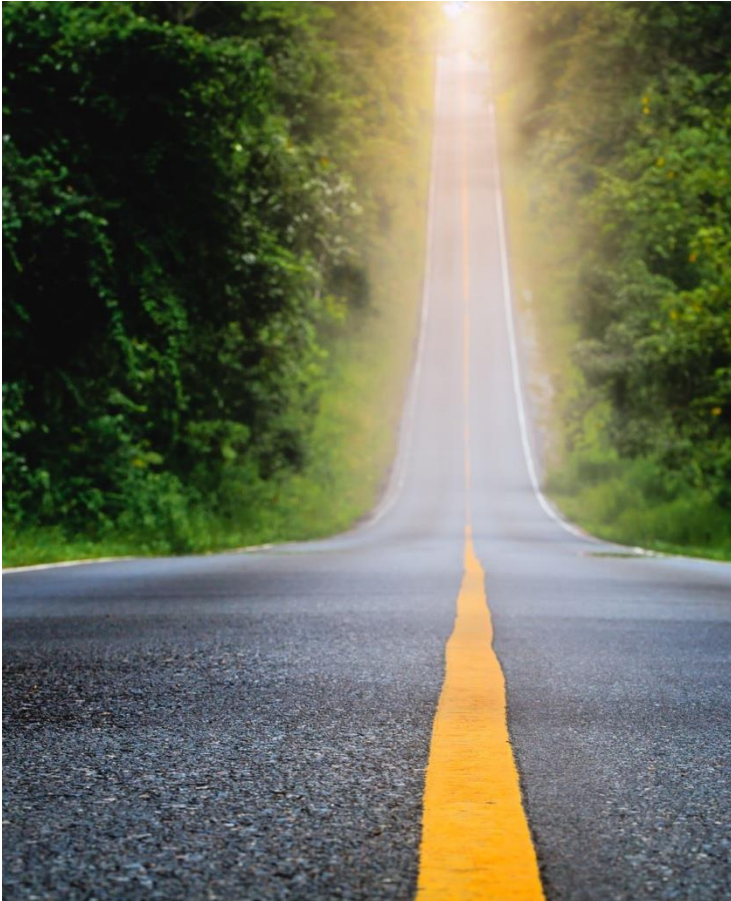


Pray and prepare around purpose; ask what am I launching, learning, loving?



Recognize grace-filled encounters; be open to following happiness path

More transition tips



- **SELF ASSESSMENT** - Know your **interests/passions, skills, personality, and values**.
- **Research and networking** - Learn related trends, opportunities, roles, skills and experience requirements.
- **Transition plan** – Set goal. Create and execute action plan – networking, connections, skill development, experience.
- **Resume and/or profile statement creation** – Gather inputs and feedback for bridging toward goal.
- **Practice/informational interviews** – Lean on others.
- **Search and interviewing** – Recognize that coaching, consistency, and community can help you succeed.
- **Expect cycle during personal or professional goal pursuit** – Learn, experiment, perform, struggle and thrive. Enjoy! Give yourself grace!

Retirement: Transition from financial services/technology (full-time+) to nonprofit (part-time)

“The two most important days in your life are the day you are born and the day you find out why.” - Mark Twain



Drivers - More time with husband and younger son's baseball career. More time for service to give back, spirituality, community and friends, and health.



Process - Increased career mentoring. Joined community/church activities. New morning readings. Identified: **children** and **kindness** as priorities and passions (shaped by sons' experiences and my observations of young children/parents on NYC subways). Targeted volunteering or Board work for small nonprofit.



Helpful skills/experiences - Relationship/project management, sales, vendor and partner dealings, leading meetings, communications, strategic planning, financials, team management, problem solving, tech experience, K-5 sub teaching (new).

Let's share transitions – past, current, or contemplated for future!



In your table group, you are invited to:

- **Share your story and experiences related to a recent/past transition.**
 - How did you feel? What do you regret? What did you gain? **AND/OR**
- **Share your aspirations around a new desired transition.**
 - How are you feeling? What is challenging? positive? unexpected?

Others can discuss with you and take their turns to share.

Enjoy sharing your kindness – with personal experience, openness to input, empathy, advice, and insights.

Current chapter: Spreading kindness with Moozie!



Support Moozie kindness learning resources expansion and kind outreach to needy children:

- **Venmo @ Moozieckn**
- Credit/Debit Card or PayPal @
<https://www.moozie.org/donate/>

- Mission of Children's Kindness Network (CKN) is: **To instill the values of kindness among young children through Moozie the Cow and spread joy.**
- **Children respond to and remember Moozie.** Moozie's lessons help promote kind thoughts and behaviors, contributing to social-emotional skill development and life-long positive impacts.
- **Kindness benefits are significant**
 - Increases self esteem
 - Improves learning through enhanced focus
 - Forms positive connections with others; lessens bullying
 - Improves mental health, well-being
 - Spawns more kindness > more happiness > more kindness...
- CKN is developing plans for **national growth of Moozie's evidence-based kindness lessons with free online distribution and expanded impact on kindness to self, others, animals and the Earth!**
- **Thank you** for support of Moozie kindness mission.