DALLAS TWST MEETING SUMMARY FOR DEC. 2, 2020

Our meeting was held via Zoom on Wednesday, December 2nd, 2020.

The topic of the meeting was “Be Inspired.” As a group, we discussed what being inspired means to us. After exploring inspiration through definition and discussion, we listened to three different motivational song clips. The parents and teens were then split into groups to talk about how the music might have inspired them, what memories were sparked by the songs, and how they felt when hearing them. Everyone came back as a group to discuss what their breakout groups thought. As a whole, the group then listened and watched 2 movie clips, followed by a short inspirational speech, before then splitting into groups by parents and teens again to discuss the movies and the speech, as was done with the songs. Great discussions were held both in the teen and parent rooms, as well as when everyone came back as a full group about feeling inspired by the clips. At the end of the meeting, everyone took time to write down some thoughts about how TWST meetings inspire them, and how their stutter might inspire others. Every teen in attendance at the meeting volunteered to share how TWST has impacted their life and makes them feel, as well as 2 different parents. We concluded the meeting with some tips for inspiring others, followed by closing words. It was wonderful having so many people share how TWST meetings have improved their outlook on their stutter and their life in general!

Submitted by Emily Cors