S10E5- The One Person Who Made a Difference

Ashley - The Resilient Kid: This season, we're talking about one person, that one person who made a difference in your life, the one who saw you, heard you, or believed in you before you believed in yourself. So I'm gonna be asking one simple question to our guest today on the Resilient Kid Podcast. Who made a difference in your life?

What did they do? How did they make you feel? 'cause it's not always the big things. It's the little moments that stay with us. So maybe as you're listening. You'll realize that that person, you are that person for someone else because that's what we do here inside the Resilient Kid. welcome. Welcome to our special guest today, Sarah Hughes. Hello, lovely. How are you?

Sara Hughes: Hi. I'm very good, thank you. How are you?

Ashley - The Resilient Kid: I'm very good. We was just having a little chat back. I like to say backstage. It's not really, is it? And I was saying that I came up with this particular idea, at the Womanifest Awards because there was somebody who did a brilliant talk I wanna say her name is Anna, but I might have that wrong.

And she's, she's a firefighter. She's came against all the odds and she was talking about one person who really made a difference. And it, so it feels really full circle to have you as a guest. Sarah, tell us a little bit about you and Womanifest.

Sara Hughes: Yeah, of course. So I am Sarah. I'm a mom of three teens, young adults and also a stepmom to a 10-year-old little rascal. So. I am, I have a couple of little hats going on, so I work full time in property. I have a crystal business and I'm also an organizer for Womanifest. So Womanifest is a festival that myself and two other amazing ladies, Tracy and Lisa host.

We became the organizers of the festival 18 months ago. We hosted our first one last year and we're prepping for our three month countdown to the next festival, which is really exciting. So the festival's been going for six years and the lady that was a com that was originally running the festival decided it was just no longer suitable for her to keep on running it.

So she put out there for a team to come forward and take over the festival. 'cause obviously she wanted everything. About Womanifest still get out there because it's just an incredible festival. So Lisa put herself forward and literally she just kind of got me and Tracy on board with it. So Womanifest essentially a festival for women and teen girls age 10 to 16 to help inspire, educate, liberate, entertain, and inspire.

So we have many different areas within the festival to help everyone in, like all people, all women in different walks of life really. So if you're in business, if you're just someone that wants a, a weekend away with the girls if you're a mom, an auntie, granny, whatever. If you've got a bit, if you like a bit

of spirituality, a bit of shopping just, or just like to get out there and do experiences, then Womanifest really is for you.

It's just such a big, all rounder really. And then obviously we have our dedicated teen area as well, and which I personally run that area. And our lovely Ashley here her and her business are hosting our teen area this year, which is absolutely incredible and really excited to be working alongside Ashley and.

Ashley - The Resilient Kid: Yeah, we're really giddy about this. So, so in the, for those who don't know, it's a really inclusive, beautiful space, I guess that. I have had clients last year that I gifted tickets to, and they were a little bit worried, you know, they, they were a little away on this self-development path, shall we

Sara Hughes: Yep.

Ashley - The Resilient Kid: in business, but they were wrong. Another one who was very high powered, CEO, you know, and there was something for everyone and they just, you know, whether they listened to a talk, whether they went and had a little massage, whether they did fire walking. It was just brilliant. And I think, be involved now where, you know, you run section of the teen tent and you are going, well, not one section, one tent.

So they've got literally two tents, but there's, there's one bit where they can go and they can make different things, they can chill out, they can really be creative, I guess, in, in this space with you. And there's various different things and workshops going on in there. And then we very much. Curated an element where we want to treat these teen girls, like they're coming to a festival for self-development as well. So like

Sara Hughes: Percent.

Ashley - The Resilient Kid: we have got various different things going on in there. Various different talks about body confidence, about red flags in relationships. I mean, my god, you know, in a teen who doesn't need that talk, you know, we all need that talk, even

Sara Hughes: I wish I did.

Ashley - The Resilient Kid: A hundred percent. you know, stuff to help you with anxiety. Aim is a lot of the teens will go away with physical stuff in their hand. So whatever you're gonna pay for your ticket, you're gonna walk away with something. And that might be to boost your confidence. That might be, you know, to. Help you work out who is the people you need around you. So yeah, we are really excited.

We'll, we kind of, I won't go on too much about it, but we are very excited. It's two, two day event. I've got a lot of friends who are coming over, staying over and then you know, so they can go to both days, but you can, you can come to one or the other. I would absolutely recommend a couple of the speakers that we've got in the team 10 are gonna do both days for that reason. But they will be slightly different topics, but they'll be there. So you know, me and the team are gonna be there as

well. And like, like Sarah says we've got. Got your six who make both of our merch, they're gonna be there. The lovely rate. She's gonna be there. We are all gonna have stands as well. So you, you know, come and buy a dopamine hoodie, come and buy, you know, some of our teen toolbox cards. And Sarah, are you doing your crystals there? Please tell me you are.

Sara Hughes: No. No, we do have crystal stalls there though, so I'm also running the shopping village as well this year. So yeah, we've got absolutely some incredible stall holders that are gonna be there this year. There's just, there's just so much, I just can't even reel off everything 'cause it's just, it's just too much despite choice.

Ashley - The Resilient Kid: is MedU coming?

Sara Hughes: No.

Ashley - The Resilient Kid: Oh shame. A Julie's a beautiful couple who do like cookie pies and stuff like that.

Sara Hughes: Pies.

Ashley - The Resilient Kid: they're amazing. So let's, let's get into it because I said to you, oh, why don't you come on the podcast? And I asked you, and I'm not gonna spoil this, I'm gonna let Sarah let you know, and I said, do you have a person?

When you think about your journey so far, who is the first person that comes to mind that has truly made a difference in your life? And who did you say?

Sara Hughes: I said Lisa Williams.

Ashley - The Resilient Kid: So Lisa Williams is the Lisa. She's talking about who, who put her hand up. When Jodi was saying, I need somebody to take this over. Lisa did that, didn't she?

She runs along with you and Tracy Womanifest. So tell me a little bit about, well, let's go back in time a little bit. What was going on for you at the time that you met they showed up in your life?

Sara Hughes: So it was kind of. I met, actually met Lisa through a completely different business of hers. So she was doing a personalized gifting business at the time where she done like like family prints and stuff. So it'd be like the welly boots and all the elephants and stuff like with the mom and dad and all the kids' names and things like that.

So I was looking for a gift just as like a family gift type thing of like something really unusual and stuff like that, but with all our names on it. And I was scrolling on Instagram and I actually found Lisa on Instagram through her gifting business. And I was actually her very first and only Instagram buyer customer.

So obviously I ordered these, these prints, offer and everything else. She was absolutely amazing, like doing what exactly what I wanted. They were just absolutely perfect. And then a few weeks later

I was scrolling on Facebook then, and while I was scrolling on Facebook. I came across this lady. 'cause obviously on Instagram it wasn't like her face or anything on there.

So I came across this other lady on Instagram on Facebook, and I was just like, Ooh, vision boards. I was like, that sounds interesting. Maybe I could do something like that. And she was doing a three day challenge thing on vision boards. So I signed up to it and then as time went by, I started thinking.

I think I actually know this woman already. I am sure I've dealt with her before. Then we actually realized it was the same person off Instagram. So as time went by, this is about six years ago, six, seven years ago. It must have been six years ago. 'cause it was just after lockdown, I think. So five, six years.

I've known Lisa now. And then I became a client of hers after doing like a vision board thing. I'd done a one-to-one with her and things. 'cause at the time I was actually had a account with FM world doing perfumes.

Ashley - The Resilient Kid: Mm-hmm.

Sara Hughes: So, and I was struggling a little bit with it and I was like, I need somebody to kind of.

Up the backside with it, and Lisa just ticked all those boxes. So I became a client of hers. And then as the years have gone by, I've been, I've done different courses with her. I've done masterminds with her. I've done literally anything and everything that, that's just kind of thrown out there. I've jumped on it.

And she massively helped me, but for some reason I was just getting really, really stuck with my FM business and I couldn't get sales, I couldn't get any recruits, and there was just something there that I couldn't figure out what it was. Lisa was helping me constantly having sessions all the time and just nothing was shifting.

And then as this was going on. Lisa had an offer in a group. It was like a little challenge thing to win a ticket to Womanifest. I won it, but then I made every excuse up not to go and I told her I'm not going. And I got her to pass it on to somebody else. Then the following year I got really serious fomo and I was like, I need to go to this.

I need to try it. So again, I, I turned, I went, I bought the tickets and I took my middle child, 'cause she was like the top end of the teenage age then, so she was 16. So I brought her along with me and she was like, mom, this is not gonna be for me. This is like, really not, not anything to do with me.

Like, I really don't feel like I'm gonna be comfortable. I said, well, I don't feel like I'm gonna be comfortable 'cause I literally know Lisa and no one else. I don't really know Lisa, that like he knew her obviously through Zooms and everything else and stuff. And I think I met her once or twice in person before that.

So it was like, we'll just go, we'll see. If we don't like it, we can just come home. It's absolutely fine. I was like, it's not that far. 'cause at the time it was at Lady Hayes and we went, didn't see, didn't see Caden at all. Like she just completely disappeared the whole weekend in the teen area. She was off

doing camp curiosity, like making wooden sticks and everything, like carving them and all sorts like toast of marshmallows and everything.

We had such a good weekend like meeting Lisa and then meeting other people that I've been speaking to online and everything else. It was just absolutely incredible feeling. And then three years ago. My business was just getting worse and worse and worse. I was just getting absolutely nowhere to the point where I wasn't even making any sales full stop, end story.

I was getting so disheartened with it. I was like, just, why is it not working? And then I went to a one-to-one with Lisa. She came over to Manchester. 'cause I'm the only one on the team that's Manchester based. The other two are over in North Wales. So Lisa was over, came over and she was like, right, let's have a one-to-one.

Let's meet up. And I was like, right.

Ashley - The Resilient Kid: Yeah.

Sara Hughes: I went for a meetup and she's like, I think you really need to come back to Womanifest this year. Like you really need to come along. And straight away she's seen me like trying to make the excuses up of why not to go. Because I've always kind of, because my partner is not my kid's dad.

And I've always had that sense of I couldn't leave my kids with him even though I, he left his daughter with me constantly. Like she's my little best friend and everything. I'd always kind of had issues with my past where I had to take the kids no matter where I went, I had to have the kids with me. I couldn't leave them with anybody and all this.

So it was always embedded that I couldn't really leave my kids. And. I was like, I'm not going. I'm no, I can't do it. And she went, Sarah, just go home, sit pat down and just say, right, I really wanna go to this weekend away. You know, I'm gonna go to it and just see what he says. Like she went, that's all you've gotta do.

Normally I'd be like, oh, would, would you mind? Well, have we got Layla? You know, what's this? What's that? And I literally went home. I was literally sweating. I was like, I can't say this. Like the fear of like the rejection in a way of being, not being able to do what I wanna do, even though he is never told me I can't do anything.

And I said it to him and he was like, right, okay, no worries, that's fine. And I sat, I was like, what? I was literally what? Completely like, okay. And then later on again, she was running another competition in a group again. So for a free ticket. And she literally voice messaged me when she got home and she, she was lit.

You could hear it in her voice, like she was really emotional telling me that I'd gone and won it again, won this ticket. And it was Alyssa, her daughter that I picked, the, picked the winning name and it ends up being me. She's like, right, there's literally no way you're getting out of this. Now you've got a ticket, there's nothing you can do about it.

So I was like, right. Okay. So gets to Womanifest. Absolutely loving it because obviously this time I knew a few more people than last time and I went into one particular workshop and it was Marina's a Shaik records session and I did that. It was just an incredible session, like going into meditation and everything else, looking into your past and things like that.

And so it just clicked that day and I dunno what it was, but I felt like something shifted and I was saying at least as that weekend and we were chatting and everything else and Slack. I think you need to go and do some reiki or something like that. You need to like learn something. I know you love your crystals and stuff, but I think you need to go into reiki 'cause like the feelings you've got from that session, you need to do it.

I was thinking, are you off your rocker? I was like, no. I was like, no chance. But then a few weeks later I was having another session with her and I was just sat down and I just went, I'm not doing it no more. And she went not doing what No more. The look and confusion on her face was just unbelievable.

And they went, I'm not doing FM no more. I went, that's the thing. I'm not aligned to it. That's why I can't sell. I went, because I'm not aligned, I don't wanna do it. And she was like, okay, but what you gonna do instead? Mind you, I've already got like another six months to go on my, my, on my one-to-one sessions with her, like all sorted.

So I think she must have thought, oh my God. She's like, she's not gonna become be a client no more type thing. And I said, I wanna do something with crystals. And she went, right, okay, you've got three weeks to do it. She goes, three weeks. Get a logo, a name, get a business set up, get her first product sorted.

I looked at her horrified and I was like, what? She's like, you can do it. I was like, nah, I can't do it. Not that, not that quick. You know? Maybe September, October, no, no, no, no. You've got three weeks to do it. You're going away in three weeks getting it done before, but for when you're away, you're gonna launch while you're on holiday.

I was like, no, no, it's not gonna happen. Because I'm always one of them people I'll, I've always have all these amazing ideas, but then I always doubt myself that who's gonna listen to me? Who's gonna buy from me? Who's gonna just entertain anything I've got to say, when there's people out there that's been doing it for years and years and years, crystals has always been a hobby.

Ashley - The Resilient Kid: Hmm.

Sara Hughes: So Lisa was like, you're doing it. And the day I launched, I was at Prostat in at Pontins. And I had no signal. And I was going live to launch my new business, walking around on the beach, trying to find some signal like this, like moving my phone around, trying to get signal. And I just couldn't get any signal.

And so my video was hit and miss whether it was working or not on my live. And thankfully Lisa jumped in and she massively helped me out and. When I got off that call off that live video, within an

hour and a half, I had 20 people in my group because of Lisa. She literally like shared it absolutely everywhere and got me my first 20 people into my group for me.

Why? Like when I had no signal or anything. And it's just like with her, she's the, she's the first one to tell me I can do it. She's the first one to get me to dig into why I think I can't do it. She's the first one to cheer me on, shout me out. She's literally just been my cheerleader. And then the whole Womanifest thing was a case of we kind of had a bit of a feeling that something quite wasn't right at Womanifest that year.

And, we were like, she's not gonna give it up, is she? She can't give it up. And we're like, but what if she did? And we literally sat there planning this festival in the car on the way back to hers thinking, imagine what we like if she'd couldn't do it, and then she wants someone else to do it for her.

Jody hadn't even said anything at this point. And a few days later, Jody announced then that she wasn't doing Womanifest no more. And. Lisa jumped at the opportunity to put an application for me and she had her interview and everything else 'cause it was all done properly, like interviews and everything.

Like she had other people coming in. And then in the summer holidays I'm just sat there on my phone having a scroll as you do and it gets a message going, I've got work to do. I was like, pardon? And she's like, we've got work to do. And I was like, what do you mean we've got work to do? Well you part of Womanifest team.

I was like, what? I was like, since when? And she's like, since now you are in charge of my teen area. The teen area is just for you to deal with. Like we're having no involvement. It's for you just to go ahead. And I was like, but Lisa? And she's like, no, there's no buts, no nothing. You're doing it. Because she knew if she asked me the question, I would've made every excuse up not to do it.

I would've doubted myself completely, and she saw something in me that I couldn't see in myself. And here I am planning my second year of the teen area of Womanifest. We've done awards, we've done all this sort of other stuff, had retreats and everything. And I won't say I completely believe in myself, but I believe in myself a hell of a lot more than I ever did because of Lisa and her belief in me.

Ashley - The Resilient Kid: So, know why it's such, I only know bits of that story 'cause we've had a little conversation about it before. But it is just so heartwarming when you know a friend, and actually she probably wasn't a friend at the beginning. He was a client, you know,

Sara Hughes: Yeah.

Ashley - The Resilient Kid: and, but somebody believes in you so much that you, you know, you take on that belief, don't you. Looking

Sara Hughes: Yeah.

Ashley - The Resilient Kid: Sarah, what do you think you needed most at that time that Lisa gave you?

Sara Hughes: It was just having somebody there believing in me just to have that 'cause from my past. I always felt that no one had believed in me. It was like everything I kind of started always failed, and I was always the one that wouldn't really shout out what I was doing because as soon as it did, something would come along and just rip it all away from me.

Whereas with Lisa, even if there has been something dramatic happen that's put a stop in the way of something, she's the one that keeps me there on track every step of the way. She'll like, okay, well that's not worked, but let's do this instead. Like, how can we get past that? So she never let, in a way, she never lets me fail at anything.

There might be hurdles in the way, but it's never a failure because there's always something, an obstacle to get around. And she always helps me find a way to get around those obstacles. And it's like even with like Tracy as well, you know, Tracy had never even been to Womanifest and she got put on the team, she had never even been there before.

Last year was her first festival and she was running it. So Lisa just sees something in people. That we can't see in ourselves.

Ashley - The Resilient Kid: Hmm.

Sara Hughes: And she is like the biggest supporter of anybody and everybody that goes into her world in a way. It's like she always just sees the best in everybody. And if you're doing something wrong, don't get me wrong, she'll tell you about it.

She, you know, she, as much as amazing as she can be, she can be quite harsh at times and, you know, put you in your place, but that's what's what's needed sometimes. And she, she knows. All about my past, like we've worked on my blocks of my past and everything else, and just seeing the difference over time of how I've gone from, in a way being this little quiet, cowardly person in a corner to be now standing on stages like hosting awards and hosting a festival and creating this safe space for these teenagers.

It's just absolutely incredible. It's like, I know I can do it and I am doing it, but then it's like that pinch me moment still like, am I actually really doing this?

Ashley - The Resilient Kid: And do you know why? It's funny because when. When I first spoke to Lisa about kind of the teen area and stuff, and then, and at the time, even though I'd been to Womanifest, so I've spoke at Womanifest. I came last year to watch one of my clients speak. But it's always the day after TEDx for us. And this year we

Sara Hughes: Yeah.

Ashley - The Resilient Kid: break from TEDx, which. know sad but also really good because it just means next year we can come back,

Sara Hughes: Mm-hmm.

Ashley - The Resilient Kid: and stronger. But it, the best thing is it means that I can be at, Womanifest all weekend, whereas before, I've only ever been able to dip in on the Sunday. And

Sara Hughes: Yeah.

Ashley - The Resilient Kid: when Lisa said, let's get jump on a Zoom and let's have a call about the teen area and stuff. And I knew it was like, I didn't really know much about you, but I'm very one for go with my gut. I go with my instincts about people. And I was like, amazing. Like absolutely amazing. Like if Sarah, you know, and the other ladies are Brill, but I just thought, I really want work on this with you and, and we've done a little bit, haven't we, of like back

Sara Hughes: Yes.

Ashley - The Resilient Kid: about, I've gone, I think. I think I'm going to use this speaker. What do you think of this topic? Or like, here's, here's the ones and you've come back going. Yeah, they're amazing. You know, and I think we are aligned, so I think the teen area's gonna be brilliant, but I was so pleased in like, knowing that it was gonna be with you, that like, if I had, the questions and, and stuff like that.

So couple of questions for you. First one, and this is just like a personal one, do think that we meet people like that by chance, or do you think we meet them when we're ready?

Sara Hughes: I definitely feel like people are brought to you when you, you need them the most. A hundred percent

Ashley - The Resilient Kid: Yeah.

Sara Hughes: Like Lisa has been, she's literally come into my world. When I was at rock bottom, when I was trying to rebuild my life. And yeah, just, she's just literally made me feel like I am Sarah. I'm not just a mom, I'm not just an employee.

I'm not a girlfriend. I am me

Ashley - The Resilient Kid: Hmm.

Sara Hughes: the end of the day. So yeah, she, she was definitely brought to me to sort me out.

Ashley - The Resilient Kid: Do you, this is a difficult question, but do you find yourself being a Lisa for somebody else? Like is there anybody who you've influenced or so I've got somebody in mind that I think that you have influence, but I wanted to ask you that, that question.

Sara Hughes: Oh, that's tough. I probably, I'd probably say there is probably somebody out there that have inspired and influenced,

but deep down I kind of feel like, well, why me? There's when there's other people out there,

Ashley - The Resilient Kid: I thought that might be what you're gonna say, which is why I've brought this. Am I right in thinking that Caden is your daughter? That is the photographer?

Sara Hughes: yes.

Ashley - The Resilient Kid: Right. Okay. I thought it was, but you know him like, hold on, I've got one of the kids mixed up. So Caden is this beautiful young person who I've seen in action three times, maybe at very big, very official events.

Like the awards, like Womanifest like the book, Lisa's book launch.

Sara Hughes: Yep.

Ashley - The Resilient Kid: And they are so unobtrusive. I think the word is they don't, they're not in your face. But I've seen the photographs. They're amazing.

Sara Hughes: Yeah.

Ashley - The Resilient Kid: Really natural, very warm, very quietly confident. And I feel like Lisa's seen something in you and you've shown her the way. as a young person to go, course it doesn't matter what your age are, course you can be involved in this course, we're gonna give you this opportunity course you can do this. And I think, you've, I don't think you realize, and I'm not saying necessarily she's gonna say this 'cause you're a mom, but I feel like you have almost remove that block for her because of the work you've done on yourself.

And now she can already see. You know, she can already see a path. She can already see the

Sara Hughes: Yeah.

Ashley - The Resilient Kid: You know, instead of waiting until you're older because you've done that, she, you've brought her with you. And I just think, I was watching the two of you, and I wouldn't say you interacted a lot, like, because you were both really busy, but I did. Like there was a couple of times where I noticed you looking at her, or a little like word or something, and I just thought, how amazing, after you listen, you know, after listening to your story, that actually now she's got that. And I think it's a real testament to you as a mom, but also to the work that you've done on yourself that gives her that opportunity and the belief in her as well.

Sara Hughes: Well, thank you all of that. Whereas I would see that as Lisa's put the stepping stones there for her, because Lisa was her very first client.

Ashley - The Resilient Kid: But also, yes. And we're obviously Lisa, if you're listening, we love you, but, oh, so

Sara Hughes: But I can see what you are saying though. Yeah.

Ashley - The Resilient Kid: And as a mom, I think we either can block that or we putting forward, but, but I, you know, I do really, having worked with a lot of families, a lot

Sara Hughes: Yeah.

Ashley - The Resilient Kid: the

Sara Hughes: Yeah.

Ashley - The Resilient Kid: happens in a family there, a lot of the, you know, kids borrow our anxiety or they borrow our confidence think she's absolutely borrowed your confidence there without a doubt.

So there.

Sara Hughes: She has completely like flourished over the last what, two years? Like as well as well to be fair. Yeah. Because it's not even like Womanifest that she does. Like, she's her little claim to fame recently is that she actually went to the a was it the, A arena? Oh won the arenas in Manchester and actually done the photography for Wheatus.

Ashley - The Resilient Kid: Wow.

Sara Hughes: And she'd done light Earlham live last year. Done all the photography for all the stars, and I was like, get me backstage. I'm your mother. So, yeah, she's, she's literally like, her confidence has flourished through her photography. Absolutely. Massively. And, you know, I'm always there to support her as much as I possibly can.

You know, I bought her cameras and all that sort of stuff, you know, helped her to get started up and everything. And you know, she's my first child to go to university as well, to do a media studies and everything. She's just done absolutely incredible. So yeah, that's made me feel.

Ashley - The Resilient Kid: Well, yeah, it was just something that I'd noticed and I thought it was really like, important to bring, and I knew you'd shy away from the question. So. What I would say to you is if Lisa and she'd better be, if Lisa listens to this podcast, what would you say to them?

Sara Hughes: Oh God. Well, I actually put a post on Facebook the other day about her to be fair, about like just how amazing she is. So all I would say is like, thank you so much, Lisa for being in my life. For being an awesome friend, for being an awesome coach, and also being an awesome teammate, what the work you do, it literally doesn't go unnoticed and you don't get the recognition that you deserve for what you do.

You are literally like a little, like an angel in disguise.

Ashley - The Resilient Kid: I love that. So thank you for today and for everybody out there who's listening. If you've listened today and you might have found yourself thinking about your person or maybe even realizing that you are that person for somebody else. Because that's the truth of it. It doesn't take perfection. It's not having all the answers. It just takes showing up, listening, holding space sometimes, and believing in somebody sometimes, like Sarah says, even before they believe in themselves, and that's what we do inside the Resilient Kid. Our coaches and franchisees are out there every single day working with kids and teens, helping them build confidence, understanding their emotions, and feel a little bit more control in this crazy world. So being that one person who makes a difference, if it's something that you're thinking. Like, I'd love to do that, or I want to be part of this. Then we'd love to invite you to come along to Womanifest where we're hosting the teen

Tent. Come and have a chat with our coaches. It's gonna be a space. The whole event is a space full of connection, conversation, inspiration, and real impact, and it's a chance to see what this work looks like real close You get to meet the lovely Sarah and Lisa and Tracy as well. And it just sometimes, you know, changing life doesn't start with something big. Maybe it's just one moment, one conversation, one person, and that person could be you. care everyone and see you next time.