

APRIL 2021 



TEDxRexburg

PROPOSED BY



Kassandra Mackley

GOALS AND OBJECTIVES

Looking to the Future

As a result of COVID-19, sadly the TEDxRexburg Wonderland event, originally scheduled for March 2020 and having undergone postponement twice, has been postponed indefinitely. A new event will be held in the future when it can be done safely and in-person.

With this event still in the future, a few goals for the time-being is to find ways to:

- 1) keep the spirit of TED alive,
- 2) make sure all dates and media reflect the canceled Wonderland event,
- 3) begin the process for finding new speakers and ideas for future TEDxRexburg events.

RESEARCH

Online Presence

I studied several other TEDx websites from cities to seek inspiration for strengthening TEDxRexburg's online presence.

Websites:

Idaho Falls, Idaho: <https://www.tedxidahofalls.com/>

Ogden, Utah: <http://www.tedxogden.com/>

Boise, Idaho: <http://tedxboise.org/>

Salt Lake City, Utah: <https://www.tedxsaltlakecity.com/>

A few changes I think can be added to the tedxrexburg.com front page are:

- Including links to past conferences and the page where individuals can apply for future conferences.
 - Update application page.
- Add/update social media links and increase their sizes.
- Add a link to subscribe for email updates.

APPLICATION

The application page was revised. This text will be for the Google form on tedxrexburg.com for those wishing to apply as potential speakers.

If you have an idea worth sharing, please fill out this form! Because of the COVID-19 pandemic, we are uncertain when our next live event will occur but are hopeful we can gather together soon!

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- We are soliciting applications from some 20+ potential speakers, from which we will select 6-8 for the upcoming event and retain the others for future events.
- Keep in mind that as a TEDxRexburg speaker, your ideas will be shared with not just our Rexburg community, but the world when your presentation is professionally produced and uploaded to the TED database.
- We are building a powerful speaker program, seeking out extraordinary voices who have a unique story or an unusual perspective and can convey it in a dynamic way. This is about creating unforgettable moments of discovery for attendees and viewers. If you're applying to speak, it's because you are committed to helping us achieve exactly that.
- We welcome all innovative and impactful ideas – If you have an idea worth sharing, please fill out this form!

Thank you for your interest!

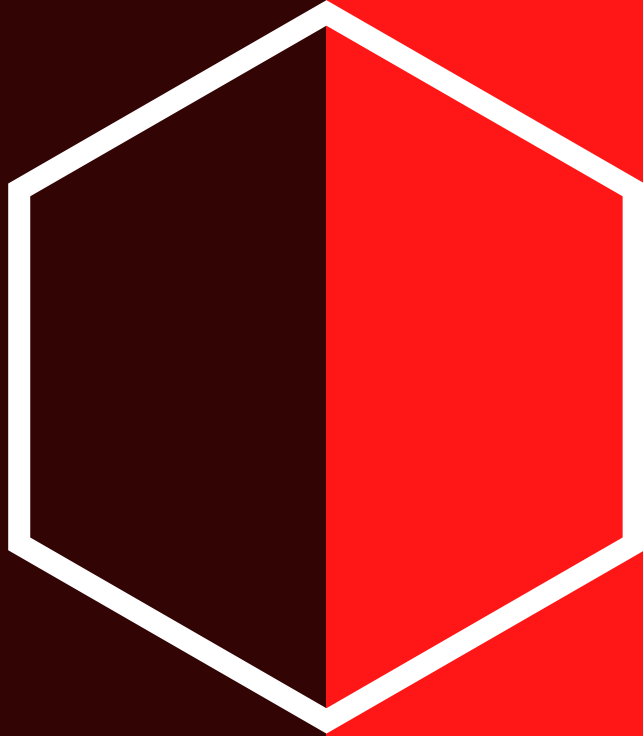
-Additional question to add: When would you be available to speak in TEDxRexburg?

NOMINATION

Similarly, the nomination page was also revised. This text can go above the Google form for those who are submitting suggestions for future TEDxRexburg speakers.

- We would love your help in finding moving ideas from insightful individuals. Your input will help us continue to bring the spirit of TED to our community!
- This nomination form does not guarantee placement at the next TEDxRexburg event.
- Those nominated will be contacted and prompted to fill out an application, all of which will be reviewed by our TEDxRexburg board.

Thank you for your help!



TEDxRexburg Speaker Quotes

The following are quotes from past TEDxRexburg events that can be used for future social media captions or graphics, or displayed on the website.

EVENT #1: SPRING 2015

Chad Martin – Strengthening Communities Through Hard Work

“It needs to be hard! It’s supposed to be hard, that’s how we grow.”

“Seek to be your best, don’t seek to be the best. By seeking to be the best, you get one of two outcomes, neither of which is positive. Number one, you get frustrated and disappointed because you probably won’t be the best. And two, if you become the best, you’re going to become complacent.”

“It is so important that we teach our children and that we teach ourselves that as we work for things we can become our best, but I don’t think we if we are going to change the world, that that’s enough. I think we need to go a step further.”

“As we work hard to reflect light into other people’s lives, we can change families and we can change cities and we can change our nation. And in time, as we continue to do that, we can even wake up one morning to a better world as we reflect light.”

David Pulsipher—Weapons of Love—How Confrontational Compassion Defeats Violence

“Violence needs, above all, distance. When we mean distance, it can be geographic but it can also be more importantly emotional distance or psychological distance.”

“Violence needs

- 1.Distance,
 - 2.A Reason
 - 3.A predictable response (flight or fight)
- To occur and to sustain itself”

“Love is about human connection.”

“Love is the unpredictable response.”

“Love is a very effective tool against violence.”

SPRING 2015

Jason Hunt – Self Control; As Easy as Selflessness?

“When your self-control centers become depleted, you lose the ability to suppress your stereotypes and prejudices, you have trouble coping of fears of dying, you can’t control your spending, you can really restrain from aggression and you have a hard time controlling an intake of food. All of these because your self-control centers become compromised because they don’t represent an unlimited source of energy.”

“We can strengthen our self-control centers.”

“Self-control is strengthened by voluntary acts of will-power, NOT by involuntary acts of resisting temptation.”

Claire Tueller – Perfect Practice Makes Perfect

“When we rethink doing ordinary things, our results become extraordinary.”

“Excellence is never achieved within the length of a tweet.”

“When we are able to do things we don’t feel like doing, sit down and put in the work and put in the time, that is when we are able to get more work done.”

“I can sit at a piano and practice 8 hours a day, but if I was practicing mistakes, it would do more harm than good.”

“Whatever you do, remember that practice does not make perfect. Perfect practice makes perfect.”

SPRING 2015

Matthew Whoolery – How to Lose Your Self-Esteem

“I’m not saying lose your high self-esteem or lose your low self-esteem, but to lose your self esteem altogether.”

“We often speak in America about self-sufficiency, but it’s an illusion of sorts. We can say, “I’m self-sufficient, but in reality, you’ve got tons of people in the world as your support team showing you kindness.”

“There’s a simple calculation we can make that there is only one of “me” and there are billions of others. It would be a bit embarrassing or shameful for me to spend my life thinking about the one and neglecting the billions of others.”

“We have to be okay with not being that okay.”

“Do the good you can do rather than regret the good you can’t.”

“You don’t need to esteem yourself positively or negatively.”

“We are not separate individuals but are interconnected with each other.”

Redge Allen – 5 Minutes of Courage

“It only takes about 5 minutes of total complete courage to put together a plan that creates lasting change.”

“1. An absolute commitment to honesty and integrity.

2. A total desire to change.

Without those two requisites, the project would never begin.”

“Lasting change is possible.”

“We have a tendency sometimes and I think one of the reasons we fail sometimes is that we put together plan that we can’t control.”

“It’s more about working to become something that I wasn’t.”

SPRING 2015

Redge Allen – 5 Minutes of Courage

“What would you become if you did what was most important to you every day?”

“I’d like to challenge you if you’re in a spot like me and you wanted to make substantial change -- change that mattered and that would last – don’t simply go through another process of goal setting. Don’t spend time looking in the mirror saying, “I’m good enough, I’m smart enough, and people like me!” Take five minutes of courage, put together the plan, and hold yourself accountable to a level of accountability that brings you to becoming who you want to become.”

David Pigott – Africa: Why Should We Care

“These are the success stories you don’t hear about from Africa. You here of Ebola, you hear of Boko Haram – those are realities but those are the exceptions, they are not the rule. Africa is a big place and I think we need to engage more with Africa.”

Mark Morris – A Win-Win Approach to Personal and Business Relationships

“A friend/friend is a win/win.”

“Redefine what success means, then you can have a positive outcome.”

“Often times in business we think in terms of transactions when we should be thinking of them as investments.”

“Try not to burn bridges but to build them.”

“Beware of dreaming alone.”

“Go and heal those relationships. They’re what we live for and what makes life worth living. They can be deep, they can be rich, they can inspire us.”

EVENT #2: FALL 2015

Gracie Marsden – How to be a Pig Satisfied

“What do we really want? Is our ultimate goal comfort and security because most of us live that way? I don’t want comfort. I want God. I want poetry, I want real danger, I want freedom, I want goodness, I want sin. I am claiming the right to be unhappy and to be joyous beyond belief. I am claiming the right to feel, “Ah,” and realizing that my world thus far has been wrong but now I know better.”

Andra Hansen – Excellence Up and Down

“Just because it’s little doesn’t mean it can’t be big.”

“Just because it can’t be seen doesn’t mean it isn’t there.”

“I believe if we listen to the quiet things, if we trust that something that looks little might be more than it seems, if we believe in what we can’t see, in the goodness that lies beyond what we can grasp rationally, that we stay more awake.”

Cameron Codd – The Inherent Problem with a Healthy Lifestyle

“Our bodies yearn for movement – that’s what we were designed for.”

“How can something so simple make such a difference? Well, we know that days add up to weeks, weeks add up to months, months add up to years, years add up to a lifetime. Over a lifetime, simple things can have a tremendous impact and the only way we can find out is by trying to live more perpendicular.”

"I think we can all vacuum with a little more passion."

"It's about being creative and combining things that are already on our to-do list with modern exercise."

"Think of your health as an object - is it in rest or is it in motion?"

FALL 2015

Bill Crawford – Kill and Survive: A Stealth Pilot's Secrets of Success

"When somebody tells you that you can't do what you want to do, look them in the eye and say there is always room at the top for the best. Then, all you have to do is be the best at what you do and there will be a place for you."

Nathan Gwilliam – How to Drive Success By Leveraging Passion

"Connect through passions."

"How much more effective would it be if we connected with our children through their passions instead of ours?"

"Do we know the level 10 passions of our customers? If not, let's figure them out!"

Geoff Thomas – Restoration, Not Reformation

"we need to restore dignity and respect back to the teaching profession and to teachers. Teachers make education possible. They need to be revered, not reviled."

"If we can restore that greatness back into public education, more importantly we will restore the goodness back into public education."

EVENT #3: FALL 2016

Amy A. McDougal – Feel Good in Your Genes – Exploring Methylation

“Do you have a passion? Do you have a dream? Something that you want to do that if you felt better, you could?”

If you are willing to choose each day, you can change your epigenetics and improve your methylation. You can feel good in your genes or in spite of them.”

Tami Hymas – BeUtoFullness – Because We Are All Exactly Differently, the Same

“Have you ever based a comparison or competed against somebody based on something they didn’t choose?”

“You are not who you were and you are not where you’re going. You are what you do.”

“Fullness is weakness and strengths and the things that actually make you you.”

“We are all exactly differently the same. You didn’t pick your formula but you can choose what you want to do with it. ”

“Choose to be more. Don’t settle.”

Dane Dickson – The Envelope to Cure Cancer

“As with any idea, there are obstacles.”

Logan McKee – What Rural Africa Has Taught Us About Development

“We need to take a step back for a second and think about these small little things that sometimes can be big deals and I would argue that when we do this we would see how great we’ve got it.”

““[Others] appreciate the little things – do we?”

FALL 2016

Aaron Peterson – The Essence of Emilio

“The essence of Emilio is living life to the fullest.”

“Right on the edge of giving up is where we experience achievement and success.”

Jacob Curtis – “I’ll Sleep When I’m Dead” and Other Fantastic Lies!

“To be your best you need your rest.”

“We are taught since we were children that we need our sleep, yet how many of us truly believe that as is manifest in our in our daily behavior and our actions?”

“We’re taught in our lives a fallacy – a life if you will – that in order to get ahead, we need to give up our sleep.”

“I wonder what the world would be like if we were to reclaim this important principle of sleep. I submit that it would be a world where we would be more well-rested, it would be a world where we would be more patient, we definitely would be physically healthier and stronger, with less disease. We’d be kinder to our loved ones and those we associated with. We’d have better ideas and be able to make more of an impact, have deeper relationships and have a life more worth living.”

Eric Moosman – The Art of Composing Appreciation at Work

"There is an art to showing appreciation at work. It is a rewarding art that requires skill and constant practice. It is an essential art that we need to do better at in today's work culture."

"The number one reason why people quit their jobs is that they do not feel appreciated. Questions need to be asked to reveal what appreciation means to that person. "

"Appreciation magnifies what is good about any organization. "

Scott Shirley – Music-ulum – Hang it On a Song

“What will be your song? What will you write on the hearts of your students?”

EVENT #4: WINTER 2018

Logan Zuck – Mind Madness: The Power of Acceptance

“I want you to hear my story and hear my voice so that you can stop being afraid and understand that the mentally ill are human who are suffering the pains of incurable disease and that instead of your cruelty, rejection, and discrimination, they need your compassion, acceptance and friendship.”

“It only matters how you see yourself.”

“Illness is a disease. It is not the identity of that person.”

Regan Muir – The Housing Revolution How Housing Co-Ops Can Provide a Better Future

“We don’t have to continue in the status quo, we can break the bands of debt and open the doors of opportunity.”

“It’s only possible if we do something about it. We can’t just sit here and say that’s a great idea. We have to take action.”

Paulette Kirkham – “Duh, You Didn’t Know That?” What We Know, What We Don’t, and Why We Fake it.

“We fake it until we make it, isn’t that our national motto? Fake it until you make it but I want to offer that no one is making it! We are just still faking it. We are carrying on the façade. Baseball, apple pie, and “duh, you didn’t know that?”

“We want the illusion of security because knowing something feels good, doesn’t it?”

“If you to stand on the shoulders of giants, you’ve got to get out of the shadows off of that one-inch platform where you’re looking down at the rest of the world and judging them.”

“IF we don’t ask questions, we’re not going to discover and if we’re not discovering there is no innovation.”

“What have you wondered lately? I mean “really wondered” lately?”

EVENT #4: WINTER 2018

Stephen McNeil – Citizen Science and the Great American Eclipse

“Get involved in some people-powered research. Be part of something bigger than yourself, in projects that scientists just can’t do without you the citizen scientist.”

Yarezmi Olvera – The First Breath

“If immigration is like a scab, poverty is like a bleeding artery.”

“We can start by changing the narrative along with immigration recognizing that the reason it even began is because of corrupt governments, a lack of opportunity, the inability to sustain the security and stability of your family that would lead a person or a father and a mother to protect their child and flee.”

“No matter how small you think your efforts or your influence may be through collaboration, we’re allowed to create change.”

Matt Pond – How to Thrive in a New Normal - What Can I do with what I have?

“If someone were to offer you a chance of something with the odds being one to one and a quarter million, would you take the chance? Those aren’t very good odds if you’re trying to win the lottery but if it’s brain cancer and you are the surviving 1%, you’d take the chance.”

“What can I do with what I have?”

“What is your ‘new normal?’ Everyone here is struggling with something in their life. What do you do with what you have?”

Justin Osmond – The Power of Embracing Our Limitations Turning Our Challenges Into Strengths

“I may have a hearing loss, but my hearing loss does not have me.”

EVENT #4: WINTER 2018

Justin Osmond – The Power of Embracing Our Limitations Turning Our Challenges Into Strengths

“As soon as I accepted myself for who I was and not what I was, I was so much happier.”

“Throw out the idea or the misconception that my deafness is an impairment because it is an advantage. It’s not a curse, but a blessing. It’s not a penalty, but an opportunity. This mentality has helped me to defy the odds of doing things I was told I could never do.”

“All of our dreams, all of your dreams, is a heartbeat away and the answers are all up to us. Will we find an excuse, or will we embrace our limitations and move those mountains?”

“We all have limitations, but we’ve also got potential and which one we embrace will determine the outcome and quality of our lives.”