

Take on Board Podcast – Episode 207

Transcript – Podcast takeover – a 4th birthday celebration!



Buffy Gorrilla 0:00

Today on the Take on Board podcast, surprise Helga, Happy fourth birthday to Take on Board. Lisa and I have teamed up with some of the fabulous peeps, as you would say from the Take on Board community to bring you this special episode celebrating you and all the work you've done to create a podcast for four years, and to really make a community that is welcoming and open to so many people. So without further ado, on with the show. First up, Kim Spillman.

Kim Spillman 0:40

I've had the pleasure of completing my Board KickStarter and Board Accelerator and now regularly attend Take on Board events. And I'm a listener of the podcast. I'm a big believer in the saying good people know good people, and Helga knows very good people. Every event I met just incredible women and I'm amazed by what the community is doing. I'm so inspired to keep learning and becoming better. Helga is such a supportive, calming and energising facilitation style. And I just want to say thank you for all that you do for us.

Gloria Sleaby 1:10

This is a message from Gloria read by Lisa Davis. Helga's Business Manager. Hi, I'm Gloria Sleaby, longtime colleague of Helga. We met many years ago and our paths continued to cross. And I finally did the Accelerator program. Helga is most generous with her time and happily shares herself, her wisdom and resources with me and the Take on Board community. We are all indebted and better people as a result of knowing Helga. Happy fourth birthday, and best wishes for all future birthdays.

Buffy Gorrilla 1:48

And playing the sister card is Ingrid Svendsen.

Ingrid Svendsen 1:52

Hey, It's Ingrid here. You may know me from Episode 42 way back in April 2020, the board's role in crisis communications. But I just want to wish Take on Board the happiest of fourth birthdays could not love the podcast, more little snack sized bits of governance goodness that you can consume while you're on your bike or going for a walk or making dinner or whatever. I've learned so much. My personal favourite was definitely Episode 10, which was Amber Roberts talking about meaning of country, just such great Intel. And so encouraging for those of us that want to be better allies, and just so relevant and pertinent right now, obviously, with the need for all of us to get on board with the Voice. So the thanks Take on Board. It's not only the podcast, it's also having access to this wonderful wise community of women who were so sharing all of the events. It's just a great thing that's been created and I really thank you for it. And I wish you many many episodes to come.

Buffy Gorrilla 2:54

Melissa Donald a Board Accelerator alum.

Mel Donald 2:57

Thank you Helga for this amazing community, who so generously connect and share so we can all learn and grow. From board opportunities to governance, insights on mergers, succession planning, cybersecurity, or climate change, you name it, and someone in this community is willing to support. So thank you and congratulations, Helga and I look forward to catching up at the alumni dinner.

Buffy Gorrilla 3:23

And a birthday episode wouldn't be the same without Dominique Hes.

Dominique Hes 3:28

Hi, hello, it's Dominic Hes. Here I am the chair of the board of Greenfleet, been part of the community for around four or five years I think, started with some face to face breakfasts and then shifted to the Accelerator. It's just been great to have you in my corner, helping out with great advice and great connections. And I love the board dinner and catching up at conferences and do all the things you organise to just create momentum in the women on board community. Thank you so much. Bye.

Alex Patterson 4:00

Hi, my name is Alex Paterson and I'm recording this on Dharug country in the northwest of Sydney. My favourite Take on Board podcast episode is when I listened to with my friend on a drive between Canberra and Sydney and I was telling my girlfriend that I wanted to get on a board and I wanted to find out about it. But I didn't really know where to start. How would you know what boards were good? Who would want me and she said my friend Helga has a podcast that's all about that. And she scrolled through and she found one that was all about building your board governance resume and that's episode six. It's a golden oldie. But it's a great episode where Dr. Dominique Hes has an online strategy session with Helga. And they go through all of her experience and they build her special board resume and talk about the differences between the resume for applying for a board as opposed to applying for a job that you might be really suited for. It was really actionable. It was accessible and inspired me to go and build a resume. And within the year I had found a board position. Makes you really think about where you're going to add value and the kind of organisation that you might add value to - loved it. Happy Birthday, Happy fourth birthday, Take on Board and wish you many more. Thank you.

Buffy Gorrilla 5:27

How's that for a Take on Board, community coincidence? Alex Patterson plus, Dominique Hes equals the Take on Board community in action.

Alice Fung 5:38

Hi, I'm Alice Fung. I'm an occupational therapist, and a non Executive Director for Australian Pain Management Association. My favourite Take on Board episode is episode 108 where Helga interviews Sandra Sucha and the author of the book The Power of Trust. That episode not only was very insightful around the importance of building trust, and the relationship between vulnerability, especially in the boardroom, it also introduced Sandra's book and also Helga's book club. The Take on Board community is phenomenal on Facebook and on LinkedIn, sharing ideas, sharing wisdom, and supporting each other on how to be a better board of director. I love all the Take on Board events online, particularly on topics that are often difficult to navigate. And so having those events allow us to openly support each other learn from the other woman's who are experienced on boards. And finally, the program that I took on the Accelerator program has been really helpful in upskilling my skills and abilities to be a better board of directors for the organisation that I volunteer for. Thank you.

Buffy Gorrilla 6:59

We've got Hannah Browne community member and former breakfast event presenter.

Hannah Browne 7:04

Hi Helga. The thing I love most about the Take on Board community is connecting with other incredible women who are passionate about making the world a better place through governance. I have no idea where I would have learned my governance skills and experience if I hadn't met you. Thank you so much, and happy fourth birthday to Take on Board.

Buffy Gorrilla 7:24

Helga, what can I say that hasn't already been said, I appreciate your approach to this podcast, not only as a producer, but as a person who enjoys listening to it. And I really thank you for the opportunity to work with you and with the team and get to know all the wonderful women in the Take on Board community. I feel like I'm really part of something bigger and better than myself. So here's to many more years of Take on Board. All the best.

Lisa Davis 7:53

Hello Helga, it's Lisa Davis here, your business manager. I just want to say I am so thrilled to be part of your team and each week the Take on Board podcast teaches me something new and thought-provoking about governance.

The podcast is so valuable as the guests are insightful and knowledgeable. I can't wait to hear about their governance experience, and tips and tricks of being on a board.

The Take on Board community you have created through the Take on Board podcast, your regular governance events and programs and the Take on Board Facebook group is comforting, knowing that I can turn to this community for support and guidance when facing governance challenges.

The willingness of the community members to share their experiences, offer guidance, and share their knowledge is very valuable. This collaborative environment is a testament to the community you have built and nurtured.

Congratulations on four remarkable years of building a community, sharing knowledge, and providing a platform for meaningful connections.

Here's to many more years of success, growth, and inspiration. Cheers to you, Helga, and the Take on Board podcast!

Buffy Gorrilla 9:14

Thank you Helga. For all the work you've done building this community. Thank you for being you.
And happy birthday. Take on Board!

Transcribed by <https://otter.ai>