

O-Blast, September 29, 2011

Hi, everyone:

Can you believe it, it's fall already! Where did the summer go? I thought summer just started. What my parents used to say is true: The older you get, the faster time goes. Whew!

And speaking of time flying, it's time to sign up for the NCRA test in November. I know, I know, it seems like we just had one. Just a reminder: The deadline for signing up for the RPR, RMR, and CRR is October 5. You can go on NCRA's web site and get signed up for that if you didn't receive anything by mail.

And don't forget, NCRA has changed their format for the CRR. For the first time, this November, they are offering the CRR as two-voice testimony at 200 wpm. And, of course, we don't have anything to practice at that speed, but my suggestion is that we practice the RPR Q&A at 225 wpm to help with speed, and then edit everything you do to help work on your dictionary entries for the CRR.

What are some things that you want to see from the Task Force at our next training session? Please let me know what you'd like to see us address during these sessions. These are for your benefit and we want to be able to give you all the help, training, and support that you need. I know that it will be in November in Colorado Springs. As soon as we have a finalized date and time, I'll pass that on to everyone.

So I went to the Fall Seminar at beautiful Cheyenne Mountain Resort in Colorado Springs earlier this month. Did you go, too? What a great place to have the seminar! One of our final speakers at that seminar, Stacy James, gave us a very motivational talk. There were some words

of wisdom that I got from her that I wanted to pass on, hoping that it might help motivate and energize you. I know I walked away from there totally re-energized and loving my career all over again. Being a court reporter is soooo worth it!!

One of the things Stacy said that really struck a chord with me was, **"Fear keeps us from becoming what we are meant to become."** What if you didn't let your fear keep you from writing realtime to your Judge, the clerks, and the attorneys? What if you didn't let your fear stop you from becoming the best court reporter you can be? What if you embraced realtime because it makes you the best maker of the record there is, far surpassing the FTR? What would your life be like? Less editing time; more time with family and friends. What other changes would that make in your life?

Something else that Stacy told us to do was to get out of our comfort zone and stay out of it. Wow! That's not easy to do, is it? But what if? What if soon that uncomfortable place will be your comfort zone? Can you imagine feeling comfortable writing realtime? Can you imagine the attorneys telling you how fabulous they think realtime is? (By the way, the attorneys don't see the untranslates, conflicts, etc., that we see. They see a tool which helps them tremendously. We are our own worst critics!!)

Set goals for yourself. What if you practice a half an hour five days a week? What if you come up with brief forms for certain terms and phrases that you hear day in and day out? I have a one-stroke brief form for, "Are you now under the influence of alcohol or drugs which would affect your ability to think clearly today?" One of our judges says that for every disposition. I don't mistroke it, and it helps me catch up.

What if you work on changing two conflicts a week, and then move on to

another two, and then another two, and then ...

Once you've reached those goals, make new ones. Never stop trying to become a better you, whether it's in your career or your personal life.

In light of that, I am once again attaching some brief forms that have been sent to me by other reporters. I hope you find them helpful. Do you have brief forms you would like to share? Please send them to me and I'll get them out to the other officials.

One last thing, if you have received notification that you have passed the CRR at the state level from the August test, please let me know.

We have made such huge strides here in the state of Colorado when it comes to writing realtime and becoming certified and we are to be commended. I am so proud of our officials!!

Have a great weekend and I'll be in touch soon.