

00:15:14 Liam (The Australia Institute): Welcome all - Liam from the Australia Institute here! Thanks for joining us today. Looking forward to a great webinar!

00:17:33 Liam (The Australia Institute): As Ebony just mentioned, the chat has options for 'all panellists' or 'all panellists and attendees'. Choose the latter option to participate in the chat with everyone.

Use the Q&A function to submit questions for Rick to answer, you can also upvote other's questions you'd like answered.

00:19:21 Megan Bartley: Greetings from Darkinyung country.

00:19:54 Liam (The Australia Institute): You can purchase a copy of Rick's new book here: [https://www.booktopia.com.au/my-year-of-living-vulnerably-rick-morton/book/9781460759110.html?source=pla&gclid=EAlaIQobChMIqN6yqPy67wIV0W4qCh3RpQ83EAQYASABEgLfAvD\\_BwE](https://www.booktopia.com.au/my-year-of-living-vulnerably-rick-morton/book/9781460759110.html?source=pla&gclid=EAlaIQobChMIqN6yqPy67wIV0W4qCh3RpQ83EAQYASABEgLfAvD_BwE)

00:20:06 Glenn O: Hola from Wada wurrung land (Geetroit, Vic)

00:21:47 Christine Buschmann: The audio book version read by Rick is fabulous, too.

00:26:43 Jill Clarke: I love all the science, nature, philosophy and your love for learning Rick!

00:27:25 Sue Dixon: Wish I could hug you Rick and Ebony - you are both very special

00:28:05 Francis Lee: Rick, I love how you have chosen "A rediscovery of love" as the subtitle for your book. All the feels.....

00:35:41 Liam (The Australia Institute): Hey folks, discussions like this can sometimes be distressing. So just a reminder that if you or someone you know is impacted by sexual assault, domestic or family violence, you can call 1800RESPECT on 1800 737 732 or visit [1800RESPECT.org.au](http://1800RESPECT.org.au)

00:41:11 Liam (The Australia Institute): A little reminder, the chat has options for 'all panellists' or 'all panellists and attendees'. Choose the latter option to participate in the chat with everyone.

00:44:32 Beth Slatyer: there was a great report in the UK a few I recommend the excellent report by the UK Carnegie Trust called "Kindness and Emotions in Public Policy"

00:46:14 Linda McIver: Thanks Beth, looks amazing. It can be found here: <https://www.carnegieuktrust.org.uk/publications/kindness-emotions-and-human-relationships-the-blind-spot-in-public-policy/>

00:47:48 Beverly Seagroatt: Thank you, that looks wonderful!

00:47:55 Tom Driftwood: Abuse of indigenous Australians is ongoing - not just in the past.

00:49:39 Glenn O: That's called imposter syndrome...

00:50:18 Jill Clarke: I really want to hear your ideas Rick. Everything I have read from you is well researched and an intelligent addition to the discourse in this country. Thank you.

00:55:40 Carmen Beauchamp: You don't know what you do not know for when people have money. Frustrating! These are the majority of the politicians who make the policies

00:56:11      anna buch:      Rick you are an inspiration thank you so much for your warm words of wisdom - I can't wait to read your book. Also love your contribution to my favourite paper The Saturday Paper!

00:57:29      Jasmine Pereira:      The most heartwarming aspect of you Rick Morton is that you care, and in caring, you inspire.

00:58:15      Moira HAWKER:      Rick, I see A Little Life on your bookshelf. How did reading about extreme trauma in that novel resonate with you? (If you haven't read it, approach with caution!)

00:58:31      Liam (The Australia Institute):      Use the Q&A function to submit questions for Rick to answer, you can also upvote other's questions you'd like answered.

00:58:45      Jill Clarke:      Tell your bosses Rick, that I have signed up for The Saturday paper (yesterday) because you write for them.

01:00:02      Caroline Manning:      Everything everyone has already said. If you and your mum are ever up for adoption Rick, circle back to me. (I'm a Qlder if it helps my case).

01:00:41      Ruby Naidu:      Thank you Rick for your love and knowledge on many aspects

01:01:52      Jason Richardson:      G'day, I'm curious about Rick's observations of the differences between metropolitan and regional Australia. From my perspective in a small town, it sometimes feels as though there's patronising or fearful ideas about country folk. Do you think the distances between the city and outback are growing?

01:02:59      Liam (The Australia Institute):      Hi Jason - great question! Pop it in the Q&A section so that Ebony and Rick can see it :)

01:04:03      Carmen Beauchamp:      So appreciate your truth & honesty

01:09:36      Liam (The Australia Institute):      Hi all! Liam from The Australia Institute here. You can purchase a copy of Rick's new book – My Year of Living Vulnerably - here: [https://www.booktopia.com.au/my-year-of-living-vulnerably-rick-morton/book/9781460759110.html?source=pla&gclid=EAlaIQobChMIqN6yqPy67wIV0W4qCh3RpQ83EAQYASABEgLfAvD\\_BwE](https://www.booktopia.com.au/my-year-of-living-vulnerably-rick-morton/book/9781460759110.html?source=pla&gclid=EAlaIQobChMIqN6yqPy67wIV0W4qCh3RpQ83EAQYASABEgLfAvD_BwE)

01:09:47      Sarah Davis:      For those that want more information on trauma informed care I would recommend visiting the website of the Blue Knot Foundation, the national centre of excellence for complex trauma: <https://www.blueknot.org.au/>

01:10:30      Sarah Davis:      For those in NSW the Birchtree Centre is a leading provider of trauma informed care: <https://www.birchtreecentre.com.au/>

01:11:07      Francis Lee:      Dear Rick,  
This isn't so much of a question than a comment. Thank you for putting your vulnerability, your strength, your compassion, your activism out there in the public space. Listening to your stories time and again has fortified me as a gay man myself, and has offered me renewed hope and inspiration. Broadly speaking, people out there keep insisting that our society and culture have made huge progress in terms of heterosexism and homophobia (and internalised shame & homonegativity).

As Tanya Hosch, general manager of Inclusion & Social Policy AFL often says, "We can't be what we can't see." So a big thank you, and hugs! for being a visible role model for the gay male community.

01:11:08 Liam (The Australia Institute): Hi Jodie - yes, this webinar is being recorded and will be available online on our website

01:12:01 Liam (The Australia Institute): My pleasure! Thanks to all for joining us today and for participating in a fascinating discussion! For details about upcoming webinars and to book head to [https://nb.tai.org.au/webinar\\_series](https://nb.tai.org.au/webinar_series)

At the bottom of the page you can view our previous webinars in full if you missed any – including this one when it is uploaded soon.

01:12:27 Helen Healy: Now you're making me cry....

01:12:40 Ellen Osborn: Thanks Rick, really good to hear about your experiences. And yes, I agree, curiosity is the reason/purpose to enjoy wherever you are ...

01:13:20 Linda McIver: Just amazing. the Aus Institute has the best webinars!! Thank you.

01:13:34 Ruby Naidu: Thanks to All. A very touching webinar.

01:13:43 Liam (The Australia Institute): Thanks everyone! Allow me one more plug for Rick's fantastic new book - make sure you buy a copy: [https://www.booktopia.com.au/my-year-of-living-vulnerably-rick-morton/book/9781460759110.html?source=pla&gclid=EAlaIQobChMIqN6yqPy67wIV0W4qCh3RpQ83EAQYASABEgLfAvD\\_BwE](https://www.booktopia.com.au/my-year-of-living-vulnerably-rick-morton/book/9781460759110.html?source=pla&gclid=EAlaIQobChMIqN6yqPy67wIV0W4qCh3RpQ83EAQYASABEgLfAvD_BwE)

01:13:48 Arianne Hellinger: We need more Ricks in the world! Such intelligence, strength, warmth and resilience. An interesting conversation. Thanks Aus Institute for bringing this to us. A big virtual hug!

01:13:50 Moira HAWKER: Thank you Rick, Ebony and TAI!

01:14:02 Mary Stephens: Wonderful presentation - touching, identifiable, sensible and sensitive.

Thank very much, Rick and Ebony.

01:14:02 Helen Clarke: Thank you for an enlightening and warm-hearted discussion.

01:14:05 Francis Lee: Big hugs! Thank you!

01:14:07 Ruby Naidu: Thank you tremendously Rick

01:14:14 Erin Molloy-Perkins: Thank you Rick and thank you The Australia Institute.

01:14:19 Jill Clarke: Rick, your mum is the same age as me! I think that is why I am so proud of you - and her - Relate!

01:14:21 Andrew McQualter: Thanks so much Rick and all at Aus. Institute for organising.

01:14:24 Diana Gibson: Thank you Rick & Ebony. So grateful for all your work

01:14:35 Tracey Atkinson: Thankyou Rick! Love your writing and books. Take your mum on a camel ride, what tram you are.

01:14:40 Michele McFarland: Thank you so much. Loved hearing Rick talk about such a wide range of subjects. And Ebony was a great interviewer

01:14:41 Jill Clarke: I want to send your mum a present!

01:14:44 Tracey Atkinson: a team

01:14:47 Lloyd McDonald: Thanks Rick. Your journalism and writing is an inspiration

01:15:08 Tayebah Alirezaee: thanks all, fantastic session.

01:15:10 Beverly Seagroatt: A big thank you. Enjoyed this very much.

01:15:13 Tracey Atkinson: team not a tram

01:15:24 Carmen Beauchamp: Thank you Rick

01:15:33 Mairi Neil: Thank you for another amazing conversation.

01:15:34 Liam (The Australia Institute): Previous webinars available here - and you can sign up for Scott Ludlam's webinar here: [https://nb.tai.org.au/webinar\\_series](https://nb.tai.org.au/webinar_series)

01:15:34 Maria Etheridge: Loved this so much... Just bought the audio book.  
Thanks,Rick.

01:15:39 Patricia Gates: Thanks fantastic chat with one of my favourite writers 🙌🙌🙌🙌🙌😊

01:15:42 Christine Buschmann: Great session, thanks

01:15:46 Julie White: Thanks Rick, please know you have many huge fans.