

[00:00:00.91] [PHONE RINGS]

[00:00:04.08] ANTHONY SIS: Hello. Hello? Toral? Toral, are you there?

[00:00:10.81] TORAL PATEL: Hello. Can you hear me?

[00:00:12.71] ANTHONY SIS: Yes, I can. All right, are you ready?

[00:00:15.94] TORAL PATEL: Yes, definitely. Let's do this.

[00:00:18.61] [MUSIC PLAYING]

[00:00:20.52] ANTHONY SIS: Hello, everybody. Welcome to the quarantine edition of the Inclusive Excellence podcast. We wanted to let you know that we've been working hard, as you all have, to adjust to this work-from-home environment, which is where we are currently recording this show. But we are coming back with a new episode in just a couple of weeks.

[00:00:40.77] TORAL PATEL: Yes! In the meantime, feel free to listen to an old episode of the show. Anthony, which episode would you listen to?

[00:00:48.33] ANTHONY SIS: Oh, I would definitely listen to the episodes on polyamory and imposter syndrome because those, I remember, had some really powerful stories from the guests who we had on those shows. How about you, Toral?

[00:01:02.10] TORAL PATEL: I would say the episode that I would relisten to would be the one on body size, because that was very meaningful and very personal to me.

[00:01:09.09] ANTHONY SIS: Absolutely. Well, I personally, I love all the episodes. And so we hope that you take the time to relisten or learn about something new in any of our previous episodes. Another thing you could do in the meantime is rate us on Apple Podcasts and like us on Spotify or SoundCloud. It helps new listeners find us and the show. So we'll see you in a couple of weeks. Bye.

[00:01:33.18] TORAL PATEL: Bye.

[00:01:33.48] [MUSIC PLAYING]