

Gen Z polyamory & neurodivergence

Guest: Leanne Yau

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Jaia Bristow - [00:00:09]

Hello and welcome back to the Relationship Super Conference. My name is Jaia Bristow and I'm one of your hosts.

Today I am very excited to be welcoming Leanne. Hi, Leanne.

Leanne Yau

Hi, so happy to be here.

Jaia Bristow

Thank you for joining us.

Leanne is the founder of Poly Philia, the largest platform in Europe dedicated to nonmonogamy awareness. Apart from creating and curating humorous and educational memes, tips and resources for Facebook, Instagram, Twitter, and TikTok, she created the #PolyamoryTipoftheDay series, narrated several polyamory audio books, and provides private support to non-monogamous individuals and couples worldwide.

Leanne's work is influenced by her experiences as a Gen Z, bisexual, autistic and Chinese woman. And she uses her viral content to raise awareness about polyamory and educate others in a down to earth and entertaining way.

So, Leanne, do you want to start by telling us a bit about you and what led you to creating Poly Philia?

Leanne Yau

Sure. So my journey into polyamory was, I guess, quite untraditional because I got into it at a very early age. Most of the other people that I hear about who get into non-monogamous relationships do so after they've been in a long-term marriage or long-term relationship, usually when they're mid 20s or perhaps older. Whereas my first open relationship was when I was 17 years old. And my first polyamorous relationship was when I was 19 or 20.

So basically it was always something that came quite naturally to me and possibly because I'm autistic and I didn't really pay attention to the social norms and cues and that kind of thing. I just did what made sense to me at the time instead of thinking about what other people would do in that same situation or what was expected of me as a person.

So that kind of gave me the freedom to pursue non monogamy without the guilt and shame and the usual kind of hang ups that people experience when they've been socialized to be a certain way and

are holding on to a lot of mononormativity or heteronormativity. And I would say that for both being polyamorous and also being queer.

So I guess that was part of the motivation to start my blog because I think a lot of people have been providing super valuable advice out there for navigating a non-monogamous relationship. But they're usually targeted to an older audience. And I very much believe that younger people deserve attention because if we're old enough to know about monogamy, then we're old enough to learn about polyamory.

And I think that educating young people from an early age about the different styles of relationships will mean that they will be able to pursue these things without feeling guilt or shame. And maybe be able to figure out their sexuality orientation, preferred relationship style, whatever, much earlier on without having to make that difficult transition that so many people have to go through.

So I created my platform to be a voice for my generation and to talk about my experience of navigating it at a young age, the unique obstacles that have come up to me. I find that people often don't take me very seriously because I'm young. The assumption is that I'm immature, I'm still exploring, I don't know what I'm doing, and this is all just a phase. And they say this for me as well. But I push on.

And I have been doing this for quite a long time now, so I have the confidence to talk about my experiences and understand that this is something that I am possibly committed to for the long-term, possibly for life. And the reason why I chose to, well, actually, I started out with Poly Philia as just a standard blog. It was a website. I was writing long-form blog posts and stuff, but then it wasn't getting a huge amount of attraction.

And one day I decided to make a meme. I was just messing about on the internet, found a meme template, and I was like, oh, I could apply this to a polyamorous context, and I did. And the meme ended up massively exploding. I think it reached about 100,000 people when my page was only at maybe 100, 200 likes at the time. And that was what tweaked for me, that was what people wanted to see. People wanted to see memes, easily shareable content that they could bond over and entertain themselves with and share with other people and laugh about and relate to.

And that was what I decided to turn the platform into. So mainly, yes, it's a personal blog. Yes, I do talk about my personal experiences, but I aim to, it's like an edutainment platform I guess. It's educational but it's also entertaining, because I think that the best way to connect with people is through humor. I think it really bridges empathy and understanding between people who may not understand what life is like as a polyamorous person.

And I try to cater to people who are new to it, as well as people who have been doing it for a while. And it's been a wild journey. I only started this blog last year, so November 2020, November 19th 2020 was the day that I started my blog. I started my account on Facebook, Instagram, Twitter, and it was just kind of fun.

And now I have a combined following of over 100,000 people at this point, which is July 2021, it's not even been a year. And it's just been crazy. It's honestly been such an amazing journey for me. Seeing so many people relate to my work and be entertained by it and learn so much and share it with people.

And I think that's because like the memes and the videos and the TikTok's I create are so easily digestible and something that people can pull out. If they're having a rainy day, they can watch a 1 minute jealousy video that I made instead of sitting down with a workbook or reading an entire book or listening to a podcast. And I just want that information to be easily accessible to all kinds of people.

Jaia Bristow - [00:06:34]

Brilliant. And I think that answers what I was going to ask you about next, which is, how do you feel your experiences of polyamory are different? And being a well known voice within the Gen Z generation, the Zoomer generation, the social media generation, and how do you feel that's impacted both your work as a content creator but also your own experiences of non monogamy?

Leanne Yau

I think like I said earlier, a lot of people don't take me seriously because I'm young. I'm 23 years old now, and I'm not currently living with any of my partners, although I plan to, and I'm not married, and kids are probably not going to be a thing for me for at least the next 5 years. And because of that, I think a lot of people just go, oh, you're going to settle down at some point, or this isn't going to work once you have marriage and kids and so on.

And so that's something that I have to battle against as someone who isn't nested and someone who isn't married. But of course, there are challenges that come to married polyamorous people as well. People saying they're destroying the sanctity of marriage or that they're not looking after their kids properly or whatever. There's pros and cons to being on either side of that I suppose.

And I guess apart from that, yeah, I think people just don't take me seriously because of my youth. And even though I have been practicing polyamory and nonmonogamy for longer than a fair few people who are much older than me. And in my peer support sessions that I offer on my blog, where I basically, it's an opportunity for people to talk to me about their problems. And I talk about my own experiences and offer support from the perspective of a friend.

And a lot of my clients are older than me, way older than me. A lot of them come back to me again and again, despite the fact that they're in their 40s, 50s, and in some cases, 60s. Because non monogamy and going on that journey, it's not something that's about age. It's something that, like a new experience for you, no matter what stage in your life you end up on it. So which is why, even though there's a massive generation gap between me and my clients, there is a bridge of understanding because we're kind of, I've been through what they're going through and we can talk about it together.

Jaia Bristow

You've mentioned creating, that you were writing long-form blog posts, and that then you realized that it was the shorter, easily digestible content that was gaining more traction, which I guess is true both for younger people, younger audiences who are on social media a lot, but also true for neurodivergent, sorry, also true for neurodivergent audiences. So do you want to talk a bit more about that and your experiences of autism and how that impacted your experiences of non monogamy?

Leanne Yau

I think that's a great question. I think, to touch on the bit about short attention spans. I mean, I think like a product of how society has progressed and with the age of the internet, with more young people being exposed to social media at an early age. Sites like Vine and TikTok and Instagram reels or short videos, short digestible content grabbing our attention. Most people, they see long paragraphs of words and they just scroll on past.

And so I think, whereas 10 or 20 years ago, most people would be comfortable sitting down with a book or reading a long blog post and sifting through lots of words. Now I think lots of people, and not just neurodivergent people, but people generally don't have the time or necessarily the patience for that.

So then my content is adapting to that shift. And so I think the reason why my blog became so big so quickly is because of that, because people, instead of reading a long thing and then pressing like,

they can look at it, laugh, share. And it's just that easy. And then gets shared with hundreds of thousands, millions of people in some cases that way.

So touching on the intersection, I guess, of polyamory and neurodivergence. I guess the first thing I would say is I am one person and polyamory really has benefited me being autistic. And I think that me being autistic has also benefited the fact that I'm polyamorous, and they kind of complement each other in a beautiful way.

Jaia Bristow - [00:11:27]

In what ways? What do you mean by benefit?

Leanne Yau

Sure. Yeah. What I mean by that is being autistic, as I said before, I grew up not really understanding social norms. I had to learn from scratch things like the appropriate amount of eye contact, the appropriate amount of personal space to give someone, the appropriate volume to speak when I'm speaking to someone, the appropriate amount of familiarity to show someone when we first met versus when we've known each other for a long time. I had to learn all the social skills from scratch. I took classes at a young age, and for me, it was kind of like learning a foreign language.

When I talk about my experiences of learning neurotypical behavior, I very much can draw a direct analogy from that to learning a foreign language because it's almost like learning about how people communicate, the different customs, the culture, the grammar. And it's all very directly translatable skills.

So what I'm trying to say is that in traditional neurotypical society there are a lot of unspoken rules. There are a lot of unspoken expectations and norms that people just naturally, intuitively understand. And as someone who is neurodivergent, as someone is autistic, I have always, always struggled to catch up because these are just rules that other people just get, and I have to learn everything from scratch and catch up to them.

Whereas in polyamory, I don't have to do that. Because polyamory is all about customizing your relationships. It's all about starting from scratch and tailoring your relationship to suit your own needs. There aren't any expectations about the right way to do something. It's just about what works best for you and what works best for your partners and how you make everything work between the people involved.

And polyamory, nonmonogamy, relationship anarchy, all of that is about customizing your commitment, customizing your relationships, letting you know, instead of categorizing your relationship into boxes of like, what's platonic? What's sexual? What's romantic? It feels much more fluid. It feels much more free. You do whatever's comfortable for you instead of what society expects you to do.

So in that sense, whereas in monogamy I would have to catch up and learn rules that others already knew. In polyamory, everyone is on the same level. Everyone is brought back to the same level, everyone started from scratch, everyone's doing something new together and building something that is unique to them.

So that is what I mean by polyamory benefits the fact that I'm autistic because I don't have to catch up to anyone. I can just be myself, they can be themselves, and we can make something work between us.

And then on the flip side, in terms of how me being autistic benefits polyamory, I think there are a lot of skills and personality traits that a lot of neurodivergent people, not necessarily all, but many, bring to the table.

So as an autistic person I'm extremely direct sometimes to the point where some people might call me blunt. And this can definitely land me in some awkward situations. But in other situations I think that it is more of a gift than a curse. Because the fact that I can be so direct to people, I can just say, I can just tell them how it is and not feel any shame or embarrassment about possibly suppressing my emotions or like, people pleasing or just anything that would lead me to omit information or be dishonest. I'll just say it. I just tell them, hey, I'm feeling uncomfortable about this because of X Y Z and to get around it I would like to do X Y Z.

And similarly that led my partners to be similarly direct and honest with me. Instead of bottling up emotions, suppressing emotions, pretending that they aren't there, we bring up issues immediately. We talk about them immediately. And having that open communication and transparency has honestly just made my life a billion times easier.

And in polyamory all the books that we read, direct communication is something that is talked about so much. But whereas it's something that, and that has always come naturally to me. Perhaps I have to work on my tact and work on my tone at some points, but the general principle is the same, I am very direct, I am very upfront and very honest about how I'm feeling and what I'm thinking.

And I think that this is a skill that everyone, regardless of whether you're neurodivergent or neurotypical, can employ in their relationships. So that's how they complement each other and benefit and reward each other on both sides.

Jaia Bristow - [00:16:18]

Brilliant. That makes a lot of sense now you've explained it that way. And it's really great to hear how yes, because, as you say, communication, direct communication is so important in non monogamy and in anything that steps outside the conventional norms. So it's great that that's supportive for you.

How about with things like setting boundaries? How does that come into play?

Leanne Yau

Sure. I think different people have different boundaries, regardless of whether you're neurodivergent, neurotypical. And I think sometimes for some neurodivergent people it can be more difficult to figure out what your boundaries are.

So, for example, if someone has CPSTD, has a lot of trauma from their childhood.

Jaia Bristow

Could you let the audience know what CPSTD stands for?

Leanne Yau

Yes. So that's a complex post-traumatic stress disorder. So that's, it's like PTSD except instead of PTSD resulting from one event, it's a complex PTSD because it's like abuse or trauma that's perpetuated over a long period of time. And so, I don't have PTSD or CPTSD, but I do have partners and close friends who have it. I don't mean to speak over people who have it, but, that's kind of the general definition to the best of my ability of explaining it.

So what I'm saying is for someone who has experienced trauma it may be difficult to express your boundaries, particularly if you've been taught from a young age or in certain relationships in the past that your needs don't matter or that you kind of have the impulse to make yourself feel small, to appease the other person, to give up your boundaries in order to keep things calm and to avoid conflict or danger.

And in such situations, I think there needs to be work done on both sides where their partners need to try to anticipate someone's boundaries or needs, and be more attuned to when someone is feeling uncomfortable with something.

I think that, in a lot of cases, when people are new to nonmonogamy, there is a misconception that it's just a free for all. And I think we forget that, the difference for me, anyway, between being polyamorous and being single is responsibility. Because we have a commitment to our partners to uphold our agreements, to honor their boundaries, to be considerate of their feelings, whatever decision we make and whatever actions we take.

And that is not to say that our partners are controlling us or that whenever they feel bad we must immediately stop what we're doing. I'm not saying that at all. But then just considering how our actions have consequences and that we have to take responsibility for those consequences instead of going, well, I didn't cause this, it's not my problem, you deal with it. Which I think is a symptom of, I don't know, I feel like a lot of mainstream polyamory resources and guides, and not all, but a significant number, enough that I notice it, talks about personal responsibility and emotional libertarianism and that kind of thing. Where everyone is responsible for their own emotions. No one causes you to be in a certain way, and you have to do the work yourself.

And I don't think that this really particularly takes into account people who are experiencing trauma, people who are neurodivergent, people whose brains are wired a little differently. And also just the fact that at the end of the day, humans are social creatures, and to an extent we do, perhaps we are not codependent, but we are interdependent. And we're not, no man is an island. And we do depend on our partners in some way in terms of emotional regulation. And that can't be more the case than if you're neurodivergent or if you have certain conditions like PPD or anxiety or depression, or anything that means that your emotions are experienced a little differently from the majority of the population.

I've gone on a bit of a tangent there. What I'm trying to say is that I feel like there needs to be more work done in mainstream polyamorous texts and resources to accommodate neurodivergence and traumatized brains. To accommodate how, like for some people it's just not possible to work through things on your own. It's not possible to have your partner do whatever they want for you to suffer through the jealousy and the insecurity and everything that comes with that.

And with the exception of the book *Polysecure* by Jessica Fern, I know that Jessica Fern is also presenting this conference. With the exception of that book, I feel like other bodies of work that I've seen don't do enough to take those perspectives into account.

I know that there is work being done on that front though. So I know that Clementine Morrigan for instance, she's done a lot of work regarding trauma informed polyamory. I know that Dr. Liz Powell is, I think, working on something to do with the intersection of polyamory and ADHD. And I think that's great. And I think that it's great that we're moving in that direction to accommodate more diverse perspectives.

And this is something that's very important to me as someone who, I guess, checks a lot of the diversity boxes. So I'm autistic, I'm queer and I'm a woman of color. And so inclusivity and diversity and just being mindful of minority identity is something that's very close to my heart. And I think that the inclusion of neurodiverse people is the next step that the polyamorous community needs to take to really make polyamory accessible to the vast majority of the population.

Jaia Bristow - [00:22:31]

Thank you. Thank you for talking about that. We have as well, Kevin Patterson talking about similarly the way that, as a black man talking about the racial dynamics in polyamory and how it often can happen with groups thinking they're being inclusive but if they're not actively being inclusive or intentionally being inclusive and doing things to cater for those who aren't the norm, even within the marginalized group, then it can lead to some difficulties.

So do you have any actionable tips that you can suggest for people to be more inclusive of those who are neurodivergent?

Leanne Yau - [00:23:08]

Well, I think that at the end of the day, like every neurodivergent person is different. So it's best to ask your partner about what they need and not to judge them if something that they ask for may come across as weird to you.

So, for example, in my own relationships something that really helped me personally is whenever I have a disagreement with my partner, if tensions are running high, sometimes, and this isn't just the case for us but I think in a lot of relationships where two people are fighting over something, you end up reacting to each other instead of responding to each other. So you're not actually listening to what the other person is saying. You're just getting defensive and trying to find a way to best them in some way.

Particularly as the tension builds and emotions get higher and higher there can be the impulse to attack and defend yourself, rather than actually work with someone, collaborate with someone and be a team working on the issue together.

So a way that I get around that when tensions are running high, I'm perhaps feeling overwhelmed by emotions, I'm perhaps shutting down or something like that, me and my partner sometimes like to have our disagreements via text.

So even when we're living in the same, like over the pandemic, me and my anchor partner were living together. And I think, I can't remember what we had a disagreement about now. Something possibly really inconsequential. But we had a disagreement about something and then we decided to physically move into different rooms with our phones and continue what we were talking about via text.

What did that do? It provided an additional filter. So instead of just saying, reacting to the situation, say immediately what comes to mind and just being really quick. Texting allowed us to really see what we were saying and draft a response of what we actually meant before sending it. And actually reviewing what the other person said and we were making sure that we weren't misinterpreting anything that they were texting because you can actually see it and read it over and over again. Instead of mishearing or misinterpreting.

And that allowed us to slow down, process what we're feeling and thinking, and have more constructive conversation that way. And like, you know, obviously there are some downsides to this as well. Obviously over text you lose the element of tone. But we got around that by using tone markers like you sometimes see on Twitter. HJ for half joking or like or /S for sarcastic. I don't know if this is something you've seen on Twitter, but this is something that's been adopted across social media. And I think that this is a really great invention that the internet has come up with and I think that people should do it more.

But yeah, tone markers or emojis to kind of, or seeing the lol or lmao at the end of our sentences to soften what we're saying, and so the other person doesn't take it as a possible attack.

So, texting our arguments or maybe writing out letters or writing emails, slowing everything down, slowing everything down so everyone can respond to things at their own pace. I think it is one really important tactic.

Jaia Bristow

It's interesting that you mentioned texting and emailing as supportive in an argument, because so often, I guess it helps if you're adding those tone markers, but so often people say that that's where they get more arguments and more confusion and misunderstanding is through text rather than in

person. So it's really interesting to hear that in that situation for you, that sometimes doing it via text or email is actually more supportive and enables better communication and a lack of misunderstanding rather than reinforcing it.

Leanne Yau - [00:27:04]

I mean, I think like I said, there are pros and cons. But then I tend to express myself better when I've had the time to really think and process it and use carefully chosen words to express myself. Whereas, in a situation where I'm put on the spot I may not be able to react or respond in a way that I want to, especially if my emotions are running high. And this is additionally coupled with the fact that as an autistic person, I can find it very difficult to read emotions. So a lot of things, like tone and emotions get lost in translation for me because I express my emotions differently or I interpret emotions differently.

I think a great example of this is in a past relationship that I had when my partner was upset at me for something, he had a tendency to sulk. So he would sit in a corner, he would go on his laptop, he played a video game and just ignored me. And this was his passive aggressive way of interpreting, trying to say to me, I'm angry at you, and I'm waiting for you to figure out that I'm upset with you, and I'm waiting for you to figure out what you've done wrong so you can come and apologize to me about it, I'm not speaking to you until then.

Now, obviously passive aggression is not helpful in any scenario, but it was especially not helpful for me because, not only was this tactic not a healthy move in general, it also completely went over my head because I just thought, oh, he's just having a quiet day. He's just having some time himself, he's just playing some video games. I do that too. So I thought everything was absolutely fine.

And it wasn't until the end of the day when he came to me and he was super angry. And he said, I've been ignoring you the whole day. Actually, he said, you've been ignoring me the whole day. You haven't been paying attention to me. And I'm so pissed off at you for these reasons. And I was just like, wait, you were angry? Because I genuinely hadn't, it didn't come across that way to me.

So this is what I mean by direct communication, not just about our thoughts and what we're saying and stuff, but also how we're feeling. Sometimes autistic people there's a misconception that we lack empathy, there's a misconception that we aren't able to empathize and sympathize with people. And that's absolutely not true. It's just because of the way we, I guess we interpret social cues and emotions and tone differently, a lot of things get lost in translation. If someone's speaking to you in a foreign language and you don't know the language, how are you supposed to understand them?

So to bridge that gap, what I find really helpful is if my partner comes up to me and says, hey, I'm feeling frustrated or delighted or confused because of X Y Z. And if they come up to me and say that, I immediately understand what's going on.

So when my partner was sulking in the corner and being passive aggressive it probably looked to him that I was being cold. It might've looked to him that I was being cold and heartless and ignoring him and just letting him stew in his misery, when actually I had absolutely no idea. Whereas if he had taken a more constructive path and come up to me and gone, I'm upset at you for these reasons, and we can work through this by doing X Y Z, I would have 100% worked with him through that. And we would have come to a much better conclusion rather than just him being angry at me, me being confused at why he's angry at me, and him getting angry as a result.

Obviously, I am no longer in that relationship. So it's things like that. I think that in terms of active tips, those two things have been instrumental to the success of my interpersonal relationships. But this is just for me. Text and email doesn't work for everyone. Being as confrontational as I am doesn't necessarily work for everyone. So if you're neurodiverse or if you have a neurodiverse partner, it's best to just have a conversation about what works for you, coming back to what I said about customizing and tailoring your commitments to your own needs and to your own unique personality.

Jaia Bristow - [00:31:25]

That makes a lot of sense. But I think direct communication is supportive, whether you're neurodivergent or not. So it's a good reminder.

And do you have anything else you want to add in terms of the impact of being neurodivergent on emotional regulation?

Leanne Yau

I think perhaps, in a lot of cases, neurodiverse people may experience emotions differently. So, like for people with bipolar disorder or borderline personality disorder, there may be more extremes in terms of how they experience emotions. Someone may be triggered if they have trauma from past events, and so they may express themselves in non-traditional ways.

For me, as an autistic person, definitely when I was younger, there were a lot of ticks and stems and ways that I was expressing myself, like flapping my arms or chewing with my hair or doing things that people would see as strange. And so it takes an understanding partner to notice those patterns of behavior and be able to do the mental translation for themselves. Like, oh, they're flapping their arms, that means they're happy. If they're like, I don't know, scratching their left shoulder, it might mean that they're feeling distressed.

And so they need to be worked on on both sides. On the neurodivergent person's part to communicate to go, when I do this, it means that I'm feeling X Y Z, if they can. And then also for their partners to be able to notice these patterns, pay attention to them as individuals and go, oh, this is a pattern that I'm noticing, and it usually means this, and they shut down, or whatever then I'm able to support them in the ways that they need.

Something else that's coming to mind is, I did a presentation about this recently, about polyamory and neurodivergence with someone who has CPTSD. And they explained that sometimes because of their past experiences, they find it very difficult to say no in social situations, in sexual situations, whatever.

So what they do is they develop a code with their partner where they are able to express no without actually saying no. So this could be during sex, if something is feeling uncomfortable for you but you can't necessarily say no because it feels like too much in the moment or too intense in the moment. If you and your partner develop a thing where you tap them on the shoulder, you have a pattern. Or you do something else, like, I don't know, it's kind of like safe words, safe words doesn't necessarily have to be a word. It could be an action, it could be a sound.

And so it's kind of like applying those principles back to this, you could literally have any phrase and develop a secret code for it. And I think also it kind of develops intimacy between you and your partner because it's something that two of you know, kind of like a secret handshake

So there are lots of things and ways to get around things, particularly because a lot of autistic people tend to get nonverbal in high stress situations. Nonverbal cues are really great for this. And I think that's why principles in BDSM are often really directly applicable to neurodivergent individuals. And I think the concept of consent and working around boundaries and all that are really helpful.

That's what I have to say about that.

Jaia Bristow

Brilliant.

Well, thank you for that. And we've got a couple of other people as well talking about consent in general, self consent, so hopefully those will be supportive as well for listeners wanting to find out more about that.

I think we're almost out of time, so for those wanting to find out more about you and your work, where can they do that?

Leanne Yau - [00:35:28]

So I'm basically on all the main social media platforms with the same username that's [@polyphiliablog](#).

So I'm on [Instagram](#), [Facebook](#), [Twitter](#) and [TikTok](#). I have a [YouTube channel](#) that's not particularly active. I have a website [polyphilia.blog](#)

And I have a shop on [redbubble.polyphiliashop](#) where I sell queer and polyamorous merchandise. And I also offer private peer support to people who are navigating non monogamy and who just want someone who is understanding of the situation to talk things through with.

So I'm not a medical professional, I'm not a therapist, but I am someone who has been in this and who gets it. So if you want to talk to me about that my bookings are open.

But generally, I'm probably most active on Instagram and TikTok so those are the main places to find me, but you can basically find me everywhere. So whatever is most comfortable for you.

Jaia Bristow

Fantastic. And those wanting peer support. is that through your website that they can book that?

Leanne Yau

And through all the links in my Instagram and Twitter bios, my link tree, it's very easily accessible. And I'm trying to run more events these days and collaborate with other people. So there are quite a lot of exciting things in the works.

Jaia Bristow

Brilliant.

Well, thank you so much for joining us today, Leanne. I've definitely learned some new things, and I'm sure our listeners have too.

Leanne Yau

Thank you so much.

This is a really great chat. Thank you for inviting me.