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Assessment Component No. 1 (Portfolio) Independent Study – Element 3 – Recording

Coaching transcript applying CMA Awareness-Clarity-Choice coaching approach

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55:31

Voice 'A': Coach

Voice 'M': Client

A: 0:02

Hi, Martina.

M: 0:06

Good morning.

A: 0:08

How are you this morning?

M: 0:12

Good to see you. Well, good to hear you again.

A: 0:14

It's lovely to connect with you again as we near the end of another busy week. And thank you so much for the for the time today, I really appreciate it. And I'm really looking forward to, to working with you again since we saw each other last week and chatted earlier in the week.

M: 0:37

Yes, yes, it feels very familiar, which is good, I like that.

A: 0:44

Yes, I really, really do appreciate and value our time together. Thank you. And I just wanted to ask, before we start, are you okay for me to record the session for mentoring purposes? And learning purposes?

M: 1:00

Yes, absolutely. Sure. Sure. No problem.

A: 1:03

And I also just wanted to, as you know, just remind you that these sessions are completely confidential. Besides the two of us, they would only be shared with my mentor, for learning or evaluation purposes, I just wanted to reassure you of that. Okay, before we begin, I thought maybe if we just take her, take a few relaxing, deep breaths and settle in, make sure you're comfortable and you've got your morning coffee with you. And let me know when you'd like to begin.

M: 1:52

Yes, I'm with you.

A: 1:56

Wonderful. Wonderful. Thank you. And, what is it that you'd like to talk about today Martina?

M: 2:06

Well, shock and horror and surprise Alannah, my favourite topic. My favourite topic, like you should basically just tell me now what to do. And we can skip another hour.

Look, I'm still, I think I'm sliding into this housewives / unemployed slack person. I mean, I'm always such an overachiever all the time, I was working so hard in my life, I can't get anything done at the moment. So something needs to change, I need to do some drastic change or change my approach how I handle things because, you know, I always complain, like, I'm not doing anything I'm procrastinating. But, I also know that I do a lot of stuff, it might be compressed into a shorter period of time, but I do. But my inability, and absolute inability at the moment to progress with setting up that bloody business is is you know, it makes me stop and ask, okay, what is going on? Because, you know, I always do everything last minute, and I always do a little bit of a rash decisions. But, you know, I I am that, you know, a bit of an adrenaline junkie when it comes to doing things. But this is this, particularly around setting up or finishing the final steps of actually going out there with the business, you know, makes me stop and question, you know, is it my, you know, have I like, maybe lost all my self-confidence? Because I, you know, it's been a long time when I been in a professional role in a way, you know, like, I've I've been taken seriously for, for what I'm doing, or, you know, it is a lack of, or is it a lack of creativity on the concept that I want to do? Maybe it's not maybe it's not me, you know, if I can't get the things there in my head on a paper, and when I do they're so boring. You know, maybe, maybe I need to revisit the initial idea. I don't know. But I've I've just finished two websites for other people. I wrote the content. I've done the social media campaign for a month, and it's actually quite quirky. It's cool. It's, it's, you know, for other people, I'm fine doing it. And one of them is a coaching website. One of them is, you know, retail website. But you know, I see things for other people because I can identify the strengths of their product and run with it, you know, as a salesperson, and then as a creative and back it up in marketing. But now this setting up my own business becoming into something tedious. Absolutely, tedious. And I'm like, Oh my god, I have to deal with this bloody website again, like, I don't even know what to write. And it's all, and if I write it all sounds like s...t. You know, I wouldn't be that interested in reading it. So, I don't know, I almost feel it's a lack of confidence. That that's the thing I can

think of, you know, at the end that I'm holding myself back. So that's myself analyzing so what do you think?

A: 6:01

Thank you, thank you very much for sharing that that context and what you've been experiencing now, and recently, and may I share a few things that I'm hearing there?

M: 6:19

Yes, please.

A: 6:24

So, there are four things that I'm hearing

M: 6:37

Full of issues Alannah, full of issues!

A: 6:42

What I'm picking up is, you are grappling with a block in setting your business up. You are busy with other things, helping other people and helping other businesses and personally in home life, so you're busy with other things, and you want to progress with your own business, and are wondering what's stopping you?

M: 7:14

Well I'm wondering that too.

A: 7:40

And you mentioned that this is something that's been carrying on for a while so I wonder Martina what makes it important for you to talk about it today?

M: 8:01

Because I'm near you know, I am I am near, I have now defined three products, maybe four, like three three things. It's almost that that I am unable to express it in words. I get stuck in describing and wording this and you know, I'm a good speaker, you know, I I have many weaknesses, and speaking to other people or publicly speaking, or, you know, it's not one of them. And somehow I can't, you know, it's not correlating what I put on paper. It's like I'm holding back when I express it.

And, and I'm stuck for example, I'm stuck on a name, you know, and it's such a small detail, it doesn't matter. I know if somebody talks to me as a client and said, I'm stuck on the name and I go, It doesn't matter you know, let's try the content let's structure it, let's package it, and then we you know, the name will come or if it doesn't, you know, the name is not even that important because ultimately it is the content that you provide that is important. But no, I'm stuck on the name because all the names I wanted are taken and it's upsetting me and and you know, like a small little things. But when I think about it now what's holding me back maybe it's that I've got into this really almost unhealthy routine of working from home. And I'm starting to dislike the room where I'm working. You know, it's like maybe I'm just making excuses. I don't know but I'm not productive when it comes to this. I am not productive.

A: 9:56

Mmm, and when you say 'holding you back'. What do you mean by 'holding'?

M: 10:23

You know, it's like I'm holding myself back. All that I need to do is sit down and write something and which I've done and it's done quite well then the revision, but it's like, I'm I get sidetracked but and I know I'm getting a sidetrack and I know I'm doing, you know, something else when I should be that and

I don't know, I'm like, completely, it just now became the thing. You know, it like you have a thing that you worry about, this became the thing that I worry about. And it's on my mind, like, Why can't I just finish it and send it to the web designer, you know, I could have a website within the week.

It's actually quite pathetic when I'm listening to myself.

A: 11:10

Not at all, not at all. We, you know, we all we all go through times of times of challenge, and I'd like to, you know, recognize the fact that you're wanting to figure this out.

When you say, 'I want to finish it', what is 'it'?

M: 11:32

It is, it represents the whole kind of a business and it goes public in any way or form. So so it's, it's out there on the website, it's on there on social media, it's, it's, I can talk about it, I can make, you know, business card if needed. You know, it's it's like that last little step to do it. And you know, the concept is there, I have the location, I have the prices, but maybe it's just a simple step of maybe outsourcing the last this last bit. If I have trouble with it why am I going to dilemmas, and thinking, and staring at a worksheet, which is not healthy. Just outsource this last bit, to a writer?

A: 12:31

Yeah.

M: 12:34

Yeah, you know, I am the writer I write for other people, even though English is not my first language. I do write, you know, I do. I made this for other people and I'm like, why can't I get it for myself?

A: 12:51

Hmm.. and I'm curious, when you said 'this last step', and 'getting it out there'. What's important about 'getting it out there'?

M: 13:05

A few things actually, you know, one is I can start, getting customers, you know, going there and, you know, kind of sell it or be, you know, publicly kind of doing it. But it's also, you know, recognition that I'm starting something new. And I you know, I do think about all my social media contacts that suddenly I go there with complete change of career and yes, I do, I do think what other people will think about that. You know, my, my, my corporate or my last job contacts, and, you know, it is the end of my last career once it comes out there. And you know, how it will be perceived, you know, am I doing the right thing? So, yes, it's actually, yes, I do think about that, like, what will other people say? How stupid. Well, not stupid, but you know, I I do understand how irrelevant it is as well.

A: 14:23

Hmm, so may I make an observation on what I'm hearing? So what I'm picking up there is in 'getting it out there', there are two components. The first is, it's a, it's a step forward into a new chapter. As in, you're seeing it as stepping away from a previous, from the last chapter.

M: 15:05

Yes, yes, it will, like it's that clear line.

A: 15:10

Hmm, and it's the step into the new chapter, in terms of getting new customers and and making the business real.

M: 15:23

Mm hmm.

A: 15:30

There's an there's an image that's coming to my mind and I wondered if, if I might share it with you?

M: 15:38

Please, yes.

A: 15:41

We we've talked previously about a sort of a map and you being on a journey, and the image that comes to my mind is that you've reached a borderline, and it's about the crossing over into the new land.

M: 16:12

Mm, mm, yes, yes, absolutely. Yes. It's almost owning it, you know, it's, it's that one thing is working on something. And the other thing is, you know, owning the thing.

A: 16:29

Hmmm, Wow.

M: 16:34

It's like, it's, it's, you know, the one thing is about making it real. But the other thing is, you know, being, well I come back to being judged for it, you know.

A: 17:00

Mm, being judged for it. So, what ...

M: 17:10

Because in that in a way that I want to set the business, it's not just, you know, like, it's a it's a quite a strong persona personality there the way I want to do it. And and it's, it's such a, you know, big step. So it's, it's, you know, going through the podcast going through social media, so it's more on the, you know, the way I see it, yes, it's a lot of posts, that they are less on the inspirational quote, side more on the meme side. You know, and it's, so you have to be so clever to do it properly. You have to be so you have to just get it right. You know, there's one thing to put a nice quote and, you know, and you know, it's, it's a safe thing to do, and it's nice and it works for many people, but you know, what I'm trying to create is more edgy, in a way and you know, it's almost making fun of our issues, but not, you know like highlighting them through being little bit sarcastic about them, but then being also very honest and present about it.

A: 18:33

Mm.

M: 18:37

And it's a very you know, one thing is to do it in real life, which I do, but one thing is to actually put it out there and once you put it on internet, you know, it exists forever.

A: 18:49

So may I share, share what I'm hearing what's what's coming out for me quite strongly from what you've just been sharing? You've talked about that. So it's, um, I'm trying to think of the right, word here. Um, wanting to gather the courage or the confidence to make that big step.

M: 19:29

Yes, absolutely. Absolutely. Yes, yes. I think it all comes to that. I think you absolutely nailed it, actually. Yeah, yes. to basically gather myself and, and, and do whatever I want and just go out there. And gathering courage is, you know there is, a there is a this quote is reminding me.

Hold on I have the book I can see the book. You know, one of my, one of my favourite writers so she was one of my favourite writers. I went a little bit off her but this Cheryl Strayed you know if you watch the movie Wild.

But there is a, she has a great one liners. And I remember in this book, I left it here. So yes, here it is. "Walk without a stick into the darkest woods". That's the that's the quote that relates to this.

A: 20:52

Oh, wow. That is very powerful. "Walk without a stick into the darkest woods."

M: 21:02

Yes.

So yeah, I think that that kind of, you know, that relates to this. And, you know, it's, it's such a simple thing, it's just, you know, I mean, let's be honest, there are people dying in Africa, and everywhere else, and I'm talking about writing a website. So um, doesn't make my doesn't make my feelings any less. You know, and we, you know, the fact that I know it's not important to the world peace doesn't make me any less disturbing.

A: 21:41

Whatever goes on in the world, there's still what's going on within us. And that is just as important. And it takes, if I may share, from my perspective, it takes courage to be facing that.

M: 21:58

Mmm, yes, it's almost like a change of, you know, the way I see it, you know, I just don't want to do this, I want to do it full on, you know, I want to have the greatest media campaign, I want to have the greatest social media, I want to have a website, I want to, you know, get engaged with people from a PR industry and talk about topics that are important to women and transformation and, and issues and the society, you know, and I and in five years, I want to be you know, and, you know, and we, you know, I want to be host, you know, I want to be a guest on the on the New Zealand radio. You know, I want to, that's how I see that that's what I want to create. So in five years, it it's not even five years, I mean, in three years or less, you know, I want to be recognized as the one that you know, a coaching business is one thing, but it's almost that persona that I would like to create. And I see there is a bit of a space for it, because New Zealand is such a new country, you know, like in Europe or, you know, in US, these places are filled. And you have you have these things here, but I see kind of that, that market opportunity. A space, you have a lot of inspiring people, but they're also very boring, you know, like, these are the inspirational quote people, which, yet again, there is nothing wrong with it, and they work for many people. But, you know, I want to make fun of the anxiety attacks we, we have at 3am. You know, and everybody has them, let's be honest, men and women and everybody in one form or another, like, you know, it's just that New Zealand, you know, she'll be right attitude that people adopt and don't really admit to them.

A: 24:13

Hmmm. And so what I'm, what I'm hearing there, ah what I noticed, if I may share is your entire voice, tone, volume, everything changed. When you said I want to do this full on. And you have a clear picture of, you know, in three to five years, what you what you would like that to look like. And you've mentioned about gathering that courage to take that step.

So for today's conversation, what would you like to focus on that would be most helpful for you?

M: 24:58

I think gathering the courage is is something that I need to focus on, you know, I, I it's not doing it's the, it's the, is the starting you know, it's that is that last, you know, I feel like I'm pushing something up the hill and I'm just before the the summit to the top of the hill and once I cross that, it will be a free-fall. I mean, it will be scary, and radical, and it will be you know, but it's once it's out there, you have to just go

with it and I don't mind a free-fall, you know, it's what people pay me or used to pay me to do, to manage unmanageable situations and you know, work in an absolutely unstructured environment and making things happen. And I'm, you know, I'm cool under pressure. Or, you know, I manage my 3am anxieties quite well! So, it's just that that I'm before that tip, and I need to get my s...t together. You know, like, I'm putting it very bluntly, just, and you know, this is where it comes, that gathering the last bits of pieces of that persona, you know, it's important, but again, it could evolve and change so but is that gathering of that courage to maybe just do it? You know, just get on with it and change as it goes.

A: 26:32

Wow, beautiful. So gathering, gathering the courage to make that final push to the summit?

M: 26:41

Yes.

A: 26:42

Ok, so to focus on gathering the courage.

M: 26:44

And then there is the scary, scary free ride downhill, which, which is amazing. I love stuff like that, you know, it's that, it's that slogging, the, the, I'm not very good in organized proper environments, you know, it's, it's, it's sucking the life out of me. So this last stretch, you know, I can't handle it anymore. I can't handle this analytics of writing and putting it together. Like, I want to pay somebody to do it. I want to I want an agency put this thing together for me, you know, I'm, I'm in the last will to live when it comes to making things properly, you know, setting them up properly. So they work. I want a PA!

A: 27:40

So let's make sure that in terms of that last alternative, let's yeah, gathering the courage to make that final push up to the summit. So you can have that exciting ride on the other side.

M: 27:56

Yes, yes yes.

A: 27:59

What, what's important to you? Well, actually, let me let me, let me ask this first, when you say, 'gathering the courage', what do you mean by 'gathering'?

M: 28:23

Gathering is almost, you know, be prepared to just start you know, have the have the, have the strength to just get on with it now, because I'm like, Oh, is this the right thing? I don't know. I think it's stupid. You know, I think I sound stupid, you know, like, I'm dumb, you know? And it's, it's a lot of me in that, you know, it's, it's, I always work for great brands and great companies. And I was, you know, the big fish in a small pond. But it was always behind a brand or somebody. You know, I could always use them as a little excuse. Oh, you know, and so, um, you know, I'll check. You know, and it's really me and it's, you know, it's, it's, I feel like I need to be a little bit more bold about this.

A: 29:34

Speaker 1: May I share another image that's coming to my mind?

M: 29:40

Mm hmm. Yes.

A: 29:40

So, we were talking earlier about the sort of this this journey or the stepping over the line and what what's coming to my mind is, in you talk about the final push up to the summit. And at that summit, on that summit, it's you being you, seen for you.

M: 30:00

Yes, yes.

A: 30:01

And everything on the other side sees you and you're excited about what that will, will be like. And you you said, you're, you know, you're ready for that exciting ride on the other side. But it's that last it's that last step, that last push, gathering the courage, and you mentioned strength, to take those steps from being on the other side and not seen, to being seen.

M: 30:35

Mm, mm, mm. Yes, once you're on top of that summit, you are, you know, just pure yourself. And I find it very scary.

A: 30:48

So, if you were to consider gathering your courage, gathering the courage, on a scale of one to 10 with one being, you're not gathering any courage at all. And 10 being you've gathered all the courage possible, where would you say you are at the moment?

M: 31:17

Realistically, I think I'm quite low-ish. Because while I know what I have to do, I don't know that the last few days and, you know, the inability, on actually putting into words what I want to say kind of made me

bit hesitant about not hesitant, you know, made me doubt whether it's the right thing that I'm doing. So, I would say I'm gonna, you know, four, maybe five.

A: 31:47

Okay.

M: 31:49

Look, I do have enough courage, you know, I, this is what I want to do. And I am you know, I am prepared. But it's almost, you know, looking at myself and, you know, very uncovered, you know, how other people see me and how I will see myself when I just go out there, but this kind of online thing. So I want to make money online, basically. So it's almost creating kind of this persona that has to be me, but it can be a little bit fake, right? I mean, it's online, everything is fake online.

Well, maybe that that's coming up for me. Maybe that's that's that's me just what did I just say something I said something important here. You know, creating this persona. So maybe the way.. I actually instantly feel a little bit more relieved when I see that Martina online as a creating an online persona. So if I look at it in in a third, you know, as a as another person, that makes me instantly feel definitely more comfortable. And pushes me up the scale app instantly.

A: 33:25

So, so if I may share what I was, what I was hearing there is that that three to four was a you mentioned doubting yourself, and yet at the same time knowing you want to do it. So you want to do it. And it there's that that, what I was hearing, there is a fear of exposing yourself of being you. And what I'm hearing now, is a an emerging thought around where you can control what it is that you put out there. And how much you reveal of yourself.

M: 34:10

Yes, yes. Yes, I think the control - a couple of things that that you're saying that sound important to me is, you know, having a control what you're putting out there; creating something. So yeah, maybe I've been looking at it from a wrong angle. It doesn't have to be me going there. I mean, my private person, you know, it's, it's, it's a job, it's an enterprise that I'm working on. So I have to create this persona and that that feels like, you know, almost like a third person. That's what I do for other people.

A: 34: 49

Mm, mm.

M: 34:53

Mm hmm. Okay.

A: 34:55

So, if that's what's emerging for you now. In gathering the courage where would you like to get to on a scale of one to 10 by the end of this conversation?

M: 35:12

You know, I'm a firm believer of 80% done then 100% perfect or 80% you know done and going with it than waiting for that 100% perfection, so I'm more than happy to go out there but being scared you know, and let's still do it but feel comfortable like this is something that you're always scared because you're judged by people that don't matter. And it sounds like something that doesn't make sense but it does make sense if you're online you always get judged by people that you know, they, absolutely they don't matter um but I'll be more than happy if it's seven.

A: 36:05

Seven? And so what I'm if I may share what I'm hearing there is an acceptance, or you're comfortable with, having some nerves, with having some with some of that fear ...

M: 36:19

You have to be you have to be scared if you wanna you know it's your you know, you have to be scared doing everything because you know to put, you know in my world you always have to be terrified and still do it otherwise it's a bit suicidal right? Doing dangerous things with no fear. You know, it's calling for accidents. So same applies to this you need to you know, that fear is a bit of a self-preservation as well. Yeah.

A: 36:45

There's a use for it.

M: 36:46

Yes, yes.

A: 36:50

So if at that seven there is that that being scared but knowing that that's actually good, that that can help you. And you are recognizing that yes, you you will worry about what people might might think but you also know that they ultimately their views shouldn't matter. So tell me what else is at that seven in terms of gathering the courage?

M: 37:19

I think I'll come back to the 'it' you know releasing 'it' you know like having enough courage gathered as being able just to take that 'it' into two hands and send it off you know, down in freefall. I mean, it's it's

it's you know, it's scary. But yeah, at that seven you can do it and kind of live with the consequences and you know, you worry about it later.

A: 37:58

So, so I'm curious, if if if seven is is releasing 'it' and to to go down on the other side, where are you on reaching the summit?

M: 38:14

I think I can I'm on top of the summit at seven you know, like I don't need to be 8, 9, 10 almost because it feels like you always have to have that, you know, being in a public eye. I think you always have to have that, cautiousness there. Maybe I would like to be on 8 ... on 8 but I can do the summit thing at 7 but be on 8 on the on the other side I don't need to be more I you need that fear to be good as well. You need to, so you basically release rubbish, you know the self confidence in these things is never good you know? And this is what I'm talking about about those constant self-doubts you know that we listen to topic so I don't need 8 you know, like I I need those two numbers to scare me on the journey.

A: 39:18

To scare you in a in a positive way?

M: 39:21

Yes, yes into better performance. Yes, yes.

A: 39:24

Yeah, wow. So that, so what is what is emerging for you at the moment as you consider what that 7 looks and feels like and being on top of that summit?

M: 39:31

You know, I can relate to the 7 if I, if I'm going for for something that I you know, I come back to the creating this little thing. Look at it as a as a look at it almost as an author as a writer. And write a character in a, in a story or a book or something.

A: 40:11

May I make an observation?

M: 40:12

Speaker 2: Mm hmm. Yes.

A: 40:20

You you've, you've referred there about almost as as an author, and you spoke earlier about a persona. And that feeling more comfortable. What I'm noticing now is a is almost, it's no longer, what I'm hearing is it doesn't sound as if it's exposing yourself. It's about, creating this thing, separate to you.

M: 40:52

Yes, yes, absolutely. I think that that's the biggest discovery of today's conversation, you know, like, I've been looking at it in a wrong way, you know, I need to, you know, I took it too personally. And I need to look at it as a business, and this is the business, and this is the persona that you know, will make the money in the business ... in a way you know.

What people like, you know, give it to them, give them a day, but I think they would, they would appreciate. Not very authentic is it but you know, it might get there or maybe it is I don't know.

A: 41:43

So it's still something that you have created.

M: 41:47

Yes. Yes, absolutely.

A: 41:50

So Martina, may I may share something that I'm sensing and I just I'd like to share with you to get your your thoughts on it. You mentioned it feels safer to think of this as a persona, something separate to you. And that feels safer because it's not about exposing yourself. And then you said it's not very authentic. And, I wondered what value might be guiding you right now, in feeling that safety as in considering it as a separate persona?

M: 43:04

I think it's you know, that that are there I come back to the beginning of our conversation that fear of being judged. And while people might be judging what's happening out there as a business as a as a persona, I won't take that personally. You know, I can accept the critic if it's not the Me Me being out there. See, but you know, with the more of a business goal in mind not spilling my heart which I wouldn't anyway. But you know, is is is I come back to the you know, that I don't take critique. It's interesting, I do take critique, constructive critique very well, but all that you know, I don't take deep conversations very well and dwelling and analyzing thing. It's like that my worst nightmare.

A: 44:15

And so what I hear there is that there's there is an authenticity and that this persona is a business part of you.

M: 44:27

Yes, yes, it will be. I mean, I'm not saying it's a it's a fake one. But it's not like I have to put my life out there. My life is quite interesting. Some social media stories that I can tell you that I've done enough horrible things to make, to make it in a terrifying funny stories. Just my life in New Zealand is incredibly boring, but I do have many stories to tell. The yes it feels definitely more achievable. It means like Okay, so what is that business Martina, I want to represent and that feels now actually, yes, I can play with it, I can define it, I can scale it.

A: 45:14

Oh, lovely. So what, what do you need now to help you move forward?

M: 45:27

To finish the damn website that's what I need!

You know, what I need I need to do to write a brief about this person, the third person.

A: 45:45

Mm hmm.

M: 45:47

And make my life easy. What I need to do tomorrow to move on, give it to a copywriter to do like, give me stuff. To make my life easy, I need to you know, do a brief of that person. Write what I want on the website and give to somebody that I like, their style, they're funny, they, they, they have a humor they can write well, and just give it to somebody to, to do it or, you know, edit what I done. And I think that that, that almost makes it into helps that third party feeling.

A: 46:31

So you've got that the fact that it's, well, you as a business are asking another professional to help in the creation of this.

M: 46:42

Yes, yes, I think if it's a business if you're let's behave like a business, let's not try to create it on my own, you know, hire professionals, you know, hire people that they do this for a living, you know, to create this to write this a little story about this. And then then I have the base, you know, I can build a house on the on that on this foundation,

A: 47:06

Your foundation, the foundation at the summit.

M: 47:10

Foundation at the summit, or the house where I'll be sitting on a deck with my cocktail in hand.

A: 47:17

Lovely, lovely. I just wanted to to touch back when you mentioned that to treat it like a business. And and I wondered how that felt, as you said that?

M: 47:37

Yes, yes, I'm very comfortable to treating this as a business, you know, like, I've been, when I look back to even half an hour ago, whatever time you're talking it, I I got so personally involved in this. And it felt like my life is entangled in this few pages and then stuff at night. You know, it was like, part of me is like, I can't even explain it, it felt so messy. And you know, there were no proper boundaries between me and what I wanted to do. And now you know, I feel like, I've progressed and I have my business hat on and ... okay, so this is what I want to do. And it feels like something I can handle easily.

A: 48:26

Oh, that's wonderful.

M: 48:31

This has been huge. You know, like, maybe we should have this conversation two months ago.

A: 48:40

Oh, I'm so so so pleased for you. And and to help you to help you move forward. I wanted what what might be one action that you can take say in the next week? You talked about the brief, you talked about passing it off onto another professional. Is there anything else that would help you?

M: 49:03

You know, I'm thinking, I'm thinking how to make this, you know, what would I would do for other people. You know, what is it I would ...you know, just, I think doing the brief and having that that that in the bag and you know, I'm recording the podcast first podcast tomorrow, and and on almost I wish I've done this before because I would have that kind of a persona, you know, it all comes through dialogue. And, you know, it's, but yeah, maybe, you know, just get on with it and try to define it. Like, I know that this will this it's a process you know, it's not physical thing. It's something that it may change completely in few months.

M&A 49:59

[overlapping voices]

M: 50:06

Yeah, just just basically keeping in mind it's you know, it's a it's it's the business thing. I don't have to bring myself as a private person into it. I can bring my personality into it not but not my private self into it.

A: 50:28

That's a that's a beautiful and and if I might say a powerful distinction, you can bring your personality into it well, while still protecting your your privacy.

M: 50:39

Yes, yes. Yeah, the thought that I didn't even tell you, you know?

[phrase couldn't make out]

A: 50:47

And is there anyone? Is there anyone you need to support you in this?

M: 50:57

Oh my God, I need every support I can get. Yes, yes. Well, just some, I would say, you know, let's have another conversation next week. And I need to kind of almost make notes on this conversation and kind of share it I have a little you know, my little whatsapp group of my dysfunctional friends around the world and and just share this view with them and, and because we keep discussing this, I think they are sick of me as well, but they love me and they entertain my endless whinging. And, yeah, I just need to kind of, probably get on with it, but but writing the brief and having a conversation with the writer that I have in mind and send it off. You know, it's, I think that that might push it.

A: 51:56

Mmm. That's exciting. That's really exciting. And so, Martina, as you reflect on on what has emerged for you today, what have you learned?

M: 52:17

That, I need to be careful when you know what, I recognize in myself that point when I go round and round and round, you know, and difficult for me to untangle myself and you know, I should kind of step in and and maybe recognize it earlier, I need to be very clear with myself and what I'm doing and rather than dwell on things, ask for help, much earlier, you know.

A: 52:49

That's really powerful.

M: 52:56

And, and also, not forget not to doubt myself, you know, catch myself and I'm doubting myself because you know, what is the worst that could happen? Nobody is going to die. Nobody's going to hurt even, you know, like, what, so it will be s Well, yeah, well, I've like, I'm sure I've done worse things. You know, it's, it's not a big deal. But it becomes a big deal if you keep it in your head and you know, live in your own bubble of worry and anxiety. So, you know, step out and look into it as a third person is probably a good way for me to do this.

A: 53:40

That's beautiful. So, yeah, so recognizing that it's okay to to ask for help and, and the value of stepping out, and you mentioned what's the worst thing that could happen. The flip side of that is to think how beautiful it feels to be on that summit. And that wild ride that'll come afterwards.

M: 54:04

Yes, yes.

A: 54:09

And so Martina do you feel comfortable with with finishing this off and closing our session?

M 54:17

Yes, yes. No, thank you. And I want to thank you it's a good, you know, it's a great conversation and I feel much lighter.

A: 54:28

Oh, wonderful.

M: 54:30

Yeah, definitely almost physically physically much lighter. You know, it's like I there was a weight that came off me. Could be the Thai curry, you know, the Thai food of last night that made me feel that way. Let's not underestimate me. But definitely I feel much, I feel much lighter. You know, like something has shifted. Definitely inside but almost like physically. So thank you.

A: 54:59

Oh, well. I'm so pleased to hear that and thank you so much for sharing this with me and and I look forward to us speaking again next week and hearing how it's progressed.

M: 55:13

Yes. Okay. Perfect. Thank you.

A: 55:15

Thank you

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