

Coaching session in English recording transcription

Thu, Sep 29, 2022 4:49PM • 33:19

SUMMARY KEYWORDS

gap, picture, identity, nice, bridge, terrifying, idea, deep, problem, happen, fading, professional, word, feeling, message, colors, moving, should, jump, other side

SPEAKERS

Anne (52%), Tuula (27%), Anne (22%)

Tuula Masalin 00:03

Hello Anne, how are you?

Anne 00:05

Moi Tuula, I'm fine. A little bit sweaty. I went out with my dog and then I have to clean a little bit around and... but this is good exercise.

Tuula Masalin 00:21

It is. I think it was raining outside.

Anne 00:26

Yeah. Yeah. Early in the morning it was raining a lot.

Tuula Masalin 00:29

Oh my god

Anne 00:30

My dog told me that it's stupid idea to go outside. And then we discussed about it. Okay, then half half seats just came a little bit further and then we came back.

Tuula Masalin 00:43

Okay.

Anne 00:44

Now it's not quite nice.

Tuula Masalin 00:47

Okay. That sounds good.

Anne 00:50

Yeah, yeah. So, um, you asked if I have any problems?

Tuula Masalin 00:57

Yeah. And before we start, I want to thank you for being my, like, a customer when I'm practicing

Anne 01:04

It's my pleasure

Tuula Masalin 01:06

coaching in English. This is very new to me. And I'm a little bit nervous about this.

Anne 01:11

What about me? You have been practicing, I haven't.

Tuula Masalin 01:15

If there is something what I say or ask and you do not understand just ask me.

Anne 01:21

Okay. Okay.

Tuula Masalin 01:23

Yeah. And and I told you that I will record this coaching session and use in my studies and that's okay with you is?

Anne 01:35

it's okay. It's nicer that nice that you don't take the video? Because

Tuula Masalin 01:40

Yeah, they do not want to see the video

Anne 01:44

Recording is okay.

Tuula Masalin 01:45

Yeah. Cood. So, what would you like to talk about today?

Anne 01:52

Yes, um, there's, there's one, one thing which has been, I've been carrying it around now. After this COVID time, quite a bit. And it's about my professional identity. And I have this I know that a lot of things have to change that I can do my work I like I used to do it. And I've noticed that I have to change my, my identity. For myself, I have to somehow reform it in a new way. And I think that's very interesting. Also this kind of problem because it's there's many sides to it. But I have noticed that I need to have a new professional identity somehow. I don't know if that's the right word for it. But I have to

have the new maybe maybe metaphor, new words for it. New idea. And what it is, I have no idea. You know, I'd be I've been turning into round and round, but nothing seems to fit. Quite. So that's this is a real issue.

Tuula Masalin 03:34

Yeah. So you said like after COVID Your personal identity, professional identity has, like, changed. And you think you need a new professional identity identity but you don't know yet what it could be?

Anne 03:52

Yes. I would have loved to have the one I had before this crisis times. Yeah. But it's not it's not happening like that anymore. It's not... it's not... what is a... it that the world is not existing anymore. So now the new times, have to go forward and I love to go forward and I love change. But I also need to have the change somehow... Cleared. Somehow solved.

Tuula Masalin 04:28

Yeah

Anne 04:29

Just to walk in the fog is not my kind of life. I like visions and pictures in my head. So I need a new one. Is that a valid problem for you? Or this?

Tuula Masalin 04:51

Well, if that's valid for you, that then we can explore that

Anne 04:56

It is. Okay. Not too difficult.

Tuula Masalin 04:59

No, no. So you're we're talking about this your new professional identity, identity? And what would you like to happen during our conversation?

Anne 05:13

To get very fine, beautiful new idea about myself as a professor that I would love to have. And if there is even even words for it, if not, not just the picture if there's also words to describe it. That would be very, very, very nice. I will pay you extra.

Tuula Masalin 05:41

Yeah. That's lovely.

Anne 05:47

Even if you do this for free.

Tuula Masalin 05:49

Is it like, like, go some like 10 euros every word OR?

Anne 05:54

Oh, yes, yes. Yeah.

Tuula Masalin 06:01

So some some picture and word of your new, beautiful...

Anne 06:06

Maybe even words. Maybe words?

Tuula Masalin 06:10

Yes. Your new professional identity?

Anne 06:13

Yeah, it could also be series of pictures or video in my head.

Tuula Masalin 06:20

Wow

Anne 06:21

Yeah. Yeah, but that's a real problem. I'm not joking. It's, it's, it's something what I think every day... sometimes every night. No, sometimes only not every month.

Tuula Masalin 06:41

Okay. And if I understood, right, you have your previous professional identity, and then you want to find a new identity, professional identity. And I wonder what kind of professional identity identity you have right now?

Anne 07:02

It's fading, this fading this this kind of not not solid. It's also fractured. It's like in small pieces. And it's... there's no whole picture right now. And it's... I could even say that I really don't have professional identity. I am more like just kind of searching person.

Tuula Masalin 07:51

And I missed that first word. When you describe your identity it was like not solid...

Anne 07:59

Fading.

Tuula Masalin 08:00

Fading, yeah

Anne 08:01

I hope it's a word. This is difficult is to translate your thoughts in English but I have noticed that this makes me makes me to look everything in a different perspective. To change languages.

Tuula Masalin 08:23

Yeah

Anne 08:24

We do it in Germany next time.

Tuula Masalin 08:27

Wow. I think it might take a little bit longer because I need to use the dictionary

Anne 08:34

that's your problem.

Tuula Masalin 08:35

Yes, I know, but we can try

Anne 08:38

Yeah, but I noticed that it has this kind of this is already I think this is already quite good that I have to change language about this because now I changed my ideas.

Tuula Masalin 08:56

Yeah, and I think I have read that when you change language you kind of change identity too. I think it's kind of new perspective.

Anne 09:05

I feel it, I can feel it. Yes. I don't know if I if I'm better or worse, but it's different.

Tuula Masalin 09:15

Yeah, yeah. I think we'll find out.

Anne 09:18

Yeah.

Tuula Masalin 09:21

So your professional identity now it's fading. It's fractured in small pieces. There is no whole picture. Actually, you don't even have it. It's kind of your searching person.

Anne 09:41

Yeah, yeah. It's like like a flashing images and they're not stable. They're not you know.

Tuula Masalin 09:51

And what would you like to have happen?

Anne 10:00

I'd like to have this attempting, tempting clear picture of something I don't know what what should be there but something I can rely on. I think I think I need I need something as some I don't want to use the basement here but that that came to my mind but it's not that I'm I like to be moving. I am moving and pictures with me. That's I think something like that sounds weird but something like that

Tuula Masalin 10:46

I think it's the main thing that it makes sense to you. Yes. You're moving and the picture is with you.

Anne 10:50

Yeah.

Tuula Masalin 10:54

Yeah. And is there anything else about this moving and picture with you?

Anne 10:54

Yeah Yeah, there's good feeling there's light there's colors there's action. Yes.

Tuula Masalin 11:10

Good feeling, light, action...

Anne 11:12

colors

Tuula Masalin 11:14

Colors

Anne 11:19

My kind of life.

Tuula Masalin 11:22

And this moving picture with you a good feeling light action colors. Where is it?

Anne 11:33

It's on my right side. It's like a... yeah, it's very, very big picture. On the right side.

Tuula Masalin 11:45

How far ?

Anne 11:47

Not far, just near here.

Tuula Masalin 11:51

It's like 30 centimeters? Half a meter?

Anne 11:55

50 Maybe 70? Less than a meter, I think.

Tuula Masalin 11:59

Okay, less than meter.

Anne 12:02

It's moving when you know, it's also it's not two dimensional. It's three dimensional.

Tuula Masalin 12:09

Three dimensional.

Anne 12:10

Yeah.

Tuula Masalin 12:12

It's there colors?

Anne 12:13

Yes. Very much. Yeah, but I can't figure out exactly what it is. But there is... me I think I'm not sure, but I hope it's me

Tuula Masalin 12:35

and this picture on the right hand side with its 3d Moving colors. What would it like to have happen?

Anne 12:49

It would like to be real. Real full of energy. I also like that, we both want that.

Tuula Masalin 13:05

Yeah. And what kind of real full of energy is that real full of energy?

Anne 13:20

It's creative. It's creative. And somehow calming, calming, is it calming? Rauhoittava (calming in Finnish)

Tuula Masalin 13:31

Yes

Anne 13:32

Calming energy is strong but calming. It's quite nice. I think it's it's something but you could also say that it's full of life kind of thing.

Tuula Masalin 14:02

And can it happen this be real full of energy, this creative calming strong energy with full of life? Can it happen?

Anne 14:16

Yeah, yes. Yes. I don't see any reason why it could not happen. Oh, yeah. Definitely.

Tuula Masalin 14:30

And what happened just before, what happens just before Real, full of energy, creative, calming, strong, full of life?

Anne 14:52

That's a good question. That's very strange question but very good one because I now I realized that there is this gap between... this gap would disappear. But now when I look at this gap, it's like, you know, black endlessly deep. Very narrow. It's not it's like, I think this something like 30 centimeters, but it goes all the way forward all the way backwards. It's so deep and black and terrifying.

Tuula Masalin 15:40

Yeah.

Anne 15:41

Something ugly. That's a real Grand Canyon. This is like super super.

Tuula Masalin 15:49

Yeah

Anne 15:50

Deep, wide but it's only 30 centimeters

Tuula Masalin 15:57

30 ?

Anne 15:58

Yeah, like you know this this it's endlessly deep and endlessly wide but only from one side to the other only so you could easily jump forward

Tuula Masalin 16:13

Yeah

Anne 16:14

But I think I don't do that, maybe, I don't know, that's terrifying.

Tuula Masalin 16:29

Yeah.

Anne 16:30

Yeah.

Tuula Masalin 16:32

And is there something else in this black endless deep very narrow terrifying ugly gap?

Anne 16:46

I think it has a message for me why on earth there is this... something, I do not know, yeah message for me

Tuula Masalin 17:01

What kind of message is that message?

Anne 17:04

something what I have need to realize something that I I need to get over. But I have absolutely no idea what it is. That is fundamental to reach this energy oh my god yeah,

Tuula Masalin 17:32

to reach this energy and this message something that you need to you have to realize and to get over that something fundamental where is that message?

Anne 17:57

it's in this canyon, there, on the inside there, it's quite deep in gap

Tuula Masalin 18:15

What would like to message have happened? Message like happen...this is some really strange questions you have. I don't know if it wants to be found. I don't know. Yeah

Anne 18:42

Maybe, that's the only idea I don't know if it wants to be found. This is getting interesting now. It was in the beginning but it's getting interesting. Why there is such it's really terrifying the scary this gap. It's and why do I have it? What is the point, I don't know. Something what I don't realize so there's this dark side in my head and I can't see what it is. Totally black

Tuula Masalin 19:39

Dark side in your head what you can't see, totally black.

Anne 19:44

Yeah, I got this idea that maybe I should build a little bridge and go and look from the other side. Because that's that's, that's a trick I can do. I can now figure out but I, I can't jump some somehow I need this bridge at my willing to build the bridge and go and look from the other side.

Tuula Masalin 20:13

Can this bridge happen?

Anne 20:15

What?

Tuula Masalin 20:16

Can the bridge happen?

Anne 20:18

Yes. Yes. That's that's like a plaster, you know, you have a problem and you put the plaster on so you can't see it that bridge is like that. I know there's this gap. But I can imagine that. Okay, I can go over. Yeah. Now if I can, if I now have built a bridge, I imagine that there's this. Like, what it is kaarisilta (arched bridge) This kind of,

Tuula Masalin 20:51

Yes. right? Yes, I see. What do you like pointing?

Anne 20:55

Yeah, this very beautiful one, I build it. And then I go over and I look from the other side. This gap. Now, I should be on the same side with this image, but sometimes gets smaller now.

Tuula Masalin 21:16

Okay.

Anne 21:17

And I had this gap in my head, in my mind. It's not totally black anymore. But it's dark. It's this this gap this, It's like brown light, gray something and I can see how deep it is. Ah, I have the feeling that we probably need more time. Because I think I have to go there. But we could I have an idea. Because this seems like you know, have this is something else that maybe needs to be investigated that. What if I get back to that image? First, I'm gonna leave the gap there. That would suit me very nicely right now. And I would like to look at the picture. Because why it's going further away by it's like fading. I think I need to go back to the other side, zip zip zip (describes walking). Jump there

Tuula Masalin 22:53

What happened to the picture when you went back to the other side?

Anne 22:57

It's very big. Again, it's bright and colorful. Very nice.

Tuula Masalin 23:05

And you said that.. Can I ask you?

Anne 23:12

Yes.

Tuula Masalin 23:13

You said that the gap has a message to you.

Anne 23:18

Yes.

Tuula Masalin 23:18

Something you have to realize and get over?

Anne 23:22

Yeah.

Tuula Masalin 23:23

What kind of message is that message?

Anne 23:28

I don't know.

Tuula Masalin 23:32

And what happened just before the message

Anne 23:38

Gap happened

Tuula Masalin 23:41

And what happened just before the gap?

Anne 23:47

something to do my work, my identity. It all it's all related to something also related to to that. Yeah. I must say that this is quite quite a founding because I have the feeling now that we get to the place where where I should be right now. This because this is really I think this is now something big for me. Yes. Yeah. That's quite the founding. And I made a picture about...this.

Tuula Masalin 24:39

Yeah, I can see that

Anne 24:41

From the top. My head. Yeah. Can we make another session after this? So we can go deeper to this. Whatever it is

Tuula Masalin 24:57

Yes, but we still have time, or do you have to go now?

Anne 25:01

no, I have something like 5-10 minutes left. So

Tuula Masalin 25:07

Okay.

Anne 25:07

Yeah.

Tuula Masalin 25:10

And you have been talking about this moving big picture who wants to be real and full of energy and full of life. And then there is this gap, very deep, very narrow, only 30 centimeters wide. And the gap has message for you. And you don't know what is it? But it's something that you have to realize. And to get over. Is the connection between the realize and the picture full of life?

Anne 26:04

Yes, yes. I'm sure that this has something to do with my my identity. And work is so big part of it. So I'm convinced that this is the reason why the gap arrived.

Tuula Masalin 26:30

What kind of connection is the connection between the message and the picture full of life?

Anne 26:36

The word comes to my mind that it says fundamental

Tuula Masalin 26:40

Fundamental, you mentioned that earlier

Anne 26:43

yes

Tuula Masalin 26:51

And where is that fundamental?

Anne 26:58

Where is that fundamental? it's the gap and the message and the combination of the picture and all this what is happening some somewhere or something but the bridge also has something to do with it. I don't know why. I don't know what my head tries to do for me now I have now I even have this feeling that I'm trying to get around this gap so that I don't have to look

Tuula Masalin 27:40

Can you say that again?

Anne 27:43

I have the feeling that I'm trying to get me away from looking to the gap.

Tuula Masalin 27:52

Okay

Anne 27:53

I'm trying to avoid it and I'm making a very good explanations how shoul I do. I'm honest now.

Tuula Masalin 28:08

And is that what you want?

Anne 28:09

Why has to look into that? Yeah.

Tuula Masalin 28:16

And is that that you're getting around the gap and not looking at it? Is that what you want?

Anne 28:23

That's the bridge and bridge is very nice. Because you don't have to know how nice it is. You always can find a bridge, so you don't have to look into that gap. That's a quite a lot that I tell you this. Because to look into it, I know. Yeah, but still I don't have it. I don't have a clue what it is

Tuula Masalin 28:56

And what needs to happen for a gap?

Anne 29:05

The gap needs me to jump into it. Go and see what it is.

Tuula Masalin 29:13

What kind of jump is the jump?

Anne 29:15

I can't jump into it because it's so narrow , it's 30 centimeters only

Tuula Masalin 29:23

You can't jump into it but what kind of jump is the jump?

Anne 29:30

terrifying

Tuula Masalin 29:32

terrifying jump.

Anne 29:33

Yes and it's not possible because cannot be done, luckily.

Tuula Masalin 29:53

And when jump what happens to the gap?

Anne 30:01

Um, I don't know. I think it disappears. I hope it disappears. Because if jump, then why gap? Gap is something that keeps the I think it keeps the message. I don't know all the, all the something I don't know what it is. It can be something very small and you know, innocent, but I have no idea why it came I think I think we could we could stop where the bridge is yes. And because the I can imagine that there's a gap and there's a bridge and I'm on this side, and images on the other side. And it stays there. When I look over the bridge. So it's quite nice. This could be I think this would be something that I could live with until I'm ready to jump into this gap. That could be the bridge it's somehow, I think it's a real really nice idea, too, because now we have two things I sort of study. There's this gap on this picture. And now, I really don't want to go to the gap.

Tuula Masalin 31:34

Yes. And you said you'd like to book another time? Because you have your schedule today?

Anne 31:41

Yes. Yeah. That's fine.

Tuula Masalin 31:44

I sent you some, like times what I have available, and we

Anne 31:49

yeah, pleased

Tuula Masalin 31:50

from these.

Anne 31:51

That would be nice.

Tuula Masalin 31:53

Just, quick question. How are you feeling now? What did you get out from this?

Anne 31:58

I get a hell of a lot more than I could ever imagine that this this is so short of time and I'm right, you know, wow. This is something I've found and yes. Thank you. So terrifying, but it's it's really something I know that we hit the nail.

Tuula Masalin 32:21

Yeah.

Anne 32:22

Yeah.

Tuula Masalin 32:23

Well, I think this is a process. So it's very interesting to see what happens next.

Anne 32:29

Yeah, this really feels like process. It's yeah. Okay. Thank you so much. I hope this helps you too, because I'm really pleased that I'm terrified. But please.

Tuula Masalin 32:43

Are you okay? Even though you terrified?

Anne 32:45

Yeah, I'm okay. Yeah, I'm okay. I'm actually quite happy about it. Because I knew that there is something that I I couldn't find it. I couldn't find the gap myself. Because I know that there is this. So this is this is good. It's always good to pay it forward. I hate that I get stopped somewhere. So this is positive, even if it sounds terrible.

Tuula Masalin 33:12

Thank you Anne.

Anne 33:13

Thank you Tuula. Yes, I'm waiting for the times. Okay.

Tuula Masalin 33:18

Yeah.