

Coaching_Tuula Masalin

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SPEAKERS

Coach Tuula Masalin, Coachee Tiina

Tuula Masalin 00:03

Hello, Tiina, how are you?

Tiina 00:06

Nice to see you.

Tuula Masalin 00:07

You too. Okay. And at first, I want to thank you for letting me record this coaching session and use it in my neurocoach studies.

Tiina 00:18

Yes, of course.

Tuula Masalin 00:20

And as I told you earlier, this is my very first time coaching in English. So I promise there will be grammar mistakes, I probably will stutter and look for words. Maybe my pronunciation is such crap. And if there is something you don't get, or you don't understand, just let me know. And I'll explain it to you or rephrase it or something.

Tiina 00:46

That sounds perfect. I have the same feeling, exactly the same feelings. So if you don't understand me, please just make sure to ask a little bit more information. Because yeah, I might be a bit rusty on my English. Yeah.

Tuula Masalin 01:03

Thank you. We are in the same boat.

Tiina 01:05

Yes, we're on the same boat. Yes.

Tuula Masalin 01:09

Okay, so let's get started. What would you like to talk about today?

Tiina 01:16

Well, I would actually like to talk about feedback because I have something on my mind. And it's been bothering me like, for maybe a couple of days now. I, I feel that I'm kind of thinking about it a lot. And the issue is that I would like to give feedback to a person. And I'm not quite sure how to, how to kind of

build up that feedback, because it is very important to me that that I give the feedback from my personal side, so that I am not, for example, accusing the other person that that he or she did something wrong. I just want to reflect my own thoughts. And use the feedback situation as a learning experience as well. Okay, and this is something that I'm, it's bothering me because I feel that I don't have words that would feel right to me. And I'm kind of guessing that this other person might be hurt. If I give this feedback, but still, it's important to me that I give it

Tuula Masalin 02:46

Yes, yes. And you said you It's been bothering you for a couple of days.

Tiina 02:53

Yeah, yeah

Tuula Masalin 02:54

and you can't find a words. And now we have, let's say 30 to 45 minutes to explore this. What would you like to happen during this conversation?

Tiina 03:07

What would I like to have happened after this? Well, um, that's a good question. It's funny, I haven't actually thought about it that what am I aiming for with this feedback? It's just something that it's, it's kind of, yeah, now now I'm getting some ideas because it is very important to me as a professional in my work, that that people get feedback, so that they are not insense like they are not in in dark, so that they let me visit now I'm trying to find the words. Because if I turn it around to my own perspective, if I were to do something, that somebody would feel that they want to give feedback to me and they didn't give it it would, it would kind of hurt me that they know that I could better myself in somehow and then they didn't tell it to me. So this is important to me that I give the feedback that this other person that he or she can use it to her own learning if if he or she wants it, and and that's important to me. So maybe after this it would be in my benefit if I, if I had more courage,

Tuula Masalin 04:49

um

Tiina 04:53

and like I said, it would be very important to me that I know exactly that I I'm speaking from my own perspective. So that I am not going to this feedback situation that that "You did this and you didn't do that. And you are always like this and you're never like this", I would want to talk from my own feelings and my own thoughts.

Tuula Masalin 05:19

Yes, I get that.

Tiina 05:20

So maybe have courage for that.

Tuula Masalin 05:23

Yeah. And then you said like, you're not sure where you're aiming by giving this feedback?

Tiina 05:36

Yes, yes. Because I sometimes have this belief that if I give feedback, then the other person might feel that I'm kind of above them.

Tuula Masalin 05:53

Yeah

Tiina 05:53

That I am giving this feedback from a higher position or something, which I am not. And, and I definitely don't want to aim to that situation that I will give the feedback like I'm better than the other person. So this is something I want to avoid. So for sure, I'm aiming to a situation where it would be that we would stay on the same same level. Yeah. I'm not sure whether this makes any sense this explanation, but

Tuula Masalin 06:35

Does it makes sense to you?

Tiina 06:37

Um, not that much. To be honest.

Tuula Masalin 06:46

So what I heard is now, at the beginning, you you feel like this, have been bothering you?

Tiina 07:00

Yeah.

Tuula Masalin 07:01

And there's been thought that it's like the other person, she or he is in the dark. And he or she might think you are like, above him or her. And you want her to experience you on the same level? Yes. And is there something else, what you want to happen? When you're giving this feedback?

Tiina 07:30

Personally, I want to learn, I want to learn to give this feedback, and then I would love if this person could take the feedback as well as a learning experience. Because I feel that whenever I get feedback, that's kind of a feedback on what would have been important to the other person to have. And that didn't happen. So that's why I'm hoping that, that when I gave this feedback, I it would start a conversation that we could both learn.

Tuula Masalin 08:11

Okay

Tiina 08:12

Yeah.

Tuula Masalin 08:14

And just to make me clear. What are you feeling after this conversation?

Tiina 08:24

Um, it's kind of a challenge. Not a big one, but still some kind of a challenge, because I've been thinking about it for a couple of days. So it's in that sense, it's weighing on my mind.

Tuula Masalin 08:43

Okay.

Tiina 08:43

Yeah

Tuula Masalin 08:44

And that's a challenge. That's something where you need courage.

Tiina 08:48

Yes, yes.

Tuula Masalin 08:52

And, well, I offer you a scale from minus 10 to plus 10. You can of course, take your own scale. Where do you think we are? You're now on this thing. And your thoughts?

Tiina 09:12

Oh, this is an interesting question. Is there are there some kind of meanings on on minus or plus side?

Tuula Masalin 09:26

Sometimes people who wants to get rid of something

Tiina 09:29

Yeah.

Tuula Masalin 09:31

I have learned they prefer moving like, away from something. So from minus 10 to minus five, "aah, thats awesome". And people who are like very goal orientated. They'd like to move towards something. So that's why I offer you this.

Tiina 09:47

Yeah, that's interesting.

Tuula Masalin 09:49

Yeah, you can choose your own scale of course

Tiina 09:51

This is very good. This is very good because normally I'm used to like okay, if it would be like from zero to 10, and it would be on the plus side both. So this is already twisting my mind that there's a minus side as well. So that's why I asked because I started to think that oh, what would be this minus side? And now I actually feel that there's something really interesting on the minus side. I would actually like that I would go deeper on the minus side. It would it would mean to me that the challenge go smaller.

Tuula Masalin 10:42

Okay. Wau

Tiina 10:44

Yeah, so I would say that I'm now on plus 4. And plus 10 would be like a huge challenge that it would be scary to even try to figure out. So this plus 4 and I would love to aim on to the minus side so that it wouldn't feel that much of a challenge. Actually, the minus side would mean to me that it's a learning experience, it would change that it wouldn't be a challenge anymore.

Tuula Masalin 11:20

Okay.

Tiina 11:22

Oh, this is interesting.

Tuula Masalin 11:24

And you wanted to go deeper to minus side and from plus 4 and where you want to go?

Tiina 11:38

In some sense, I don't feel that this is such an a big issue that I don't actually need to go so deep. So probably minus 2, minus 3 would be already a significant change.

Tuula Masalin 12:02

and what needs to happen you can move from plus 4 to minus 2, minus 3?

Tiina 12:12

I need to get that courage.

Tuula Masalin 12:14

Yeah

Tiina 12:15

Yeah yeah

Tuula Masalin 12:30

one thing I want you to check your mind is when you thinking about this feedback situation, and that you going to give it, I asked you to think that situation where you're giving the feedback.

Tiina 12:54

Yeah.

Tuula Masalin 12:56

And feel where you can feel yourself like the when you say me, me, where you can feel yourself like the strongest. You can ask who I am, What I am in this situation? And what comes up to your mind?

Tiina 13:23

Oh, this is very interesting. The first word that came up to my mind is opponent and I'm not actually now sure whether it's the right word in English, but this was something that came to my mind but I mean, that that we are against each other.

Tuula Masalin 13:44

Yes. Yes.

Tiina 13:46

I think it's opponent. Yeah.

Tuula Masalin 13:48

Yeah. And as you told earlier, you said like the other person is in the dark and might think you are more like above?

Tiina 14:01

Yeah.

Tuula Masalin 14:02

You said like, you feel your opponent. And now I asked you to think about this other person you want give feedback and feel all of the feelings you'll feel and you'll have a lot of thoughts conscious, unconscious and through those feelings, through those thoughts, let your mind to make a picture about this other person.

Tiina 14:28

Yeah.

Tuula Masalin 14:32

And where is she or he located?

Tiina 14:37

Exactly opposite to me. So this Yeah, we are open against each other. Yeah.

Tuula Masalin 14:45

Can you give me a name or some letter I can call this person?

Tiina 14:52

Ah, yeah. What would it be?

Tuula Masalin 15:01

can be a nickname or

Tiina 15:04

yeah it's it's funny because obviously I know know the name for this person but this is something that I don't call when I'm talking to to the person I don't use this name because in my mind, in my mind I have a completely different name because because I mean this person is really irritating so let's call call this person "troublemaker"

Tuula Masalin 15:34

"troublemaker"

Tiina 15:35

yeah

Tuula Masalin 15:39

okay and troublemaker is front of you how far away from you?

Tiina 15:54

three three and a half meters

Tuula Masalin 15:59

and where troublemakers is looking at?

Tiina 16:04

directly to me and also also to the other side that troublemaker has eyes that are moving like from to directly to me and directly to its own direction so the same direction where I am looking at

Tuula Masalin 16:29

okay,

Tiina 16:29

well it's moving

Tuula Masalin 16:31

okay and when you stop it where does it stopped?

Tiina 16:39

looking only at me only

Tuula Masalin 16:43

and then I asked you to compare like when you're looking at the when you look at the troublemakers eyes are they on the same level with you or higher or lower?

Tiina 16:54

They are lower this is the feeling that I have that I'm afraid that I am above the troublemaker so yeah I'm I'm higher and the troublemakers eyes they are like 20 centimeters lower than mine.

Tuula Masalin 17:09

okay, and how do you feel here in this situation?

Tiina 17:24

well like I said it's kind of bothering me and unsure maybe I feel that there's something wrong in this in this puzzle and I don't feel well to be higher than the troublemaker but in the same same on the same side I have this feeling that if if I lower my own gaze and my eye level or hire the troublemakers eye level, then the troublemaker will get mad because the troublemaker is not ready for my feedback.

Tuula Masalin 18:12

Okay

Tiina 18:12

yeah, yeah, and I feel that the troublemaker might easily get hurt when when I give this feedback.

Tuula Masalin 18:27

Okay

Tiina 18:27

yeah

Tuula Masalin 18:34

I write down so I'll be quiet for a while

Tiina 18:37

yeah

Tuula Masalin 18:54

okay. So what do you think? What should happen that the situation change that you have courage to give feedback? The troublemaker, well, she might get hurt, he might get hurt or not. There is not that situation you you said that you can't lower yourself or get troublemaker higher because it doesn't want it. What do you think what should happen?

Tiina 19:41

Well, yeah, something needs to happen because this is kind of a problematic situation. Actually, now I have the thought that the troublemaker probably needs the courage, the courage more than I do need it.

Tuula Masalin 20:02

Okay

Tiina 20:03

Because now I have the feeling that I will definitely give this feedback. I'm unsure whether the other person can take it.

Tuula Masalin 20:11

Okay.

Tiina 20:13

So it's actually probably so that I already have the courage but the other person needs it.

Tuula Masalin 20:19

Okay.

Tiina 20:20

Yeah.

Tuula Masalin 20:23

Now, I asked you Tiina, to think about some experience or some situation where you had had this, this kind of courage that troublemaker needs.

Tiina 20:37

Yeah. Yeah, yeah. situation comes to my mind here.

Tuula Masalin 20:42

Okay. And I want you to step in to that experience.

Tiina 20:48

Yes.

Tuula Masalin 20:49

And just tell me a little bit about about it.

Tiina 20:54

Yeah, well, this, this happens at my previous job. My supervisor wanted to give feedback to me. And it was actually very interesting, because the feedback was, was about that I had been away from work for two days in the middle of the week. And he was concerned whether everything was okay. Because on Monday, I was at work Tuesday, and Wednesday, I was away. And then the rest of the week I was there as well. And, actually, to be honest, my supervisor was concerned whether I had been drinking for the two days. So he had concerned whether I have an alcohol problem or something. He didn't know that I had actually applied for two holiday days for that week, because I was getting married. And that happened in the middle of the week. So he wanted to give me this feedback session after my wedding, because he was concerned that I'm drinking during the work week. And he had completely missed that I had actually valid holidays, in between the working days. And I was so interested on the feedback that I was getting that I didn't actually say to him at all that well, actually, I had applied for holiday. But it was another person that I had applied them from. So that's why it it had passed him for some reason, this information. Yes. And I was so interested on this feedback. And the feedback situation went really well. Because when he told me that he's concerned whether I'm using alcohol too much, I actually began to think whether I had been drinking too much on my wedding. So I was really interested on this feedback. And I was here and and what have you been observing here at work that maybe I have been like looking like a drunk or something. I really took it in my to in my heart that I really respected this feedback. And it went really well. And afterwards, I told him that yeah, actually, I was in my own wedding that I'm married now. And please change my name and my email address and everything like this. And then it was, well, he was a bit embarrassed, which is understandable. But then after two weeks, he came back to me. And he said, I want to give you feedback. I was like, Okay, this is interesting, like, do I look drunk now? Or what is going on? And he said that, you know what, I've never met a person who takes feedback so well, even on a situation where the feedback is completely irrelevant and completely wrong. But he was like, really happy that how I took the situation. And I feel that it was a learning experience for both of us.

Tuula Masalin 24:08

Yes.

Tiina 24:08

So this is something that comes to my mind. It's, it was really actually funny situation. But but it was, it was real to both of us.

Tuula Masalin 24:18

Yes. And did I understand right that you got like, that's kind of courage. You had?

Tiina 24:25

Yeah.

Tuula Masalin 24:26

Do you have then and you have now and the person troublemaker needs?

Tiina 24:31

Yes.

Tuula Masalin 24:31

Okay.

Tiina 24:32

Yeah.

Tuula Masalin 24:33

And I loved that story.

Tiina 24:35

Yeah, this is great.

Tuula Masalin 24:38

First, make the courage, courage stronger and stronger.

Tiina 24:44

Yes.

Tuula Masalin 24:45

And where can you feel that courage? Where is the strongest?

Tiina 24:48

Um, I would say on my chest.

Tuula Masalin 24:52

Yeah.

Tiina 24:53

Yeah.

Tuula Masalin 24:54

Yeah.

Tiina 24:55

Yeah.

Tuula Masalin 24:56

And while it's get even stronger and stronger, every time when you breathe... if there is some color in the courage

Tiina 25:07

Yeah

Tuula Masalin 25:07

What color would it be?

Tiina 25:09

Oh this is definitely green

Tuula Masalin 25:11

Green.

Tiina 25:12

Like grass green

Tuula Masalin 25:14

Grass green

Tiina 25:15

Yeah

Tuula Masalin 25:18

and next thing I ask you to do in your own way, send this grass green color to the troublemaker

Tiina 25:29

Yeah

Tuula Masalin 25:29

As much as she or he needs

Tiina 25:33

yeah, yeah I have have this image in my head that this troublemaker is covered in this you know kids play with these slime... small slime cans that they can use stuff and build something so this this troublemaker is now covered with this green slime.

Tuula Masalin 25:59

Okay.

Tiina 26:01

This has kind of the Hulk feeling or something completely green this troublemaker now.

Tuula Masalin 26:07

Okay. And I ask you to check how the troublemaker is feeling when he or she is covered this green slime.

Tiina 26:21

A bit overwhelmed. A bit surprised but in a good way. The troublemaker is curious.

Tuula Masalin 26:34

Oh Yeah, what about you? How do you feel now when the troublemaker is...

Tiina 26:35

Yeah. I feel better. And the funny thing is that our eye level is at the same level now. So this changed already.

Tuula Masalin 26:53

Okay. Is this troublemaker still in front of you or...

Tiina 27:01

No. has changed, the position has changed a bit. It's on the troublemaker is now on on more to my right if you were to think of think of a clock maybe at two o'clock

Tuula Masalin 27:25

okay.

Tiina 27:26

And at 5 meters, so the distance has changed as well.

Tuula Masalin 27:33

Yeah.

Tiina 27:35

And actually now this troublemaker is looking to his or her own direction. So not to me anymore.

Tuula Masalin 27:45

Okay. And you said you feel better? Can you tell me more about that?

Tiina 27:54

I feel more independent. And I feel good that that I can say something now. I'm not nervous about the troublemaker getting hurt. Or even if the troublemaker would get hurt it's its own business. It's not my concern. That's that's the troublemakers feelings not that's has nothing to do with me... the independence is something that's really interesting. I don't understand why why this is something that came up to this situation, but I kind of feel that we both have our own space. So that we are not interfering each other's things, whatever they are. Yeah. And in that sense, I'm more independent now.

Tuula Masalin 29:07

Okay

Tiina 29:08

Yeah, yeah.

Tuula Masalin 29:11

So it does make sense to you now?

Tiina 29:12

yeah, yeah, it's it's the funny thing is that I I don't understand why I wasn't feeling this independent before that, that my mind has obviously done some kind of a puzzle that that that I need this troublemaker to be close to me or because I don't need to cooperate with the troublemaker or anything so so it's funny that I that my mind has put the troublemaker so close. And that's interesting to me, because I probably lost my independent on that move. Whenever it happened. I don't know.

Tuula Masalin 30:00

Okay. And you said, you've been thinking about this two days now?

Tiina 30:05

Yeah, a couple of days. It's been, it's been bothering me. Now I feel like I should have probably something more important to think about. Feels kind of funny that all you need is a kind of green slime. And that's Oh, send me to the crazy person's Island or wherever they can go there now.

Tuula Masalin 30:43

I want to check like, how important is to you to understand the situation when it was earlier? Or?

Tiina 30:55

Yeah, this is important to me. Yeah. Because it is very important to me to understand the structure, how my mind plays things. So that I can also learn from them, because learning is very important to me, so that I can learn from them in that sense that if I get stuck on, on some kind of situation in the future, I'm, I'm I might easily find the structure from my mind. And if there are any similarities to this case, then I know how to fix it.

Tuula Masalin 31:33

Yeah, yeah.

Tiina 31:34

So in that sense, it's very important to me to understand how it works in my mind.

Tuula Masalin 31:40

Okay.

Tiina 31:40

Yeah.

Tuula Masalin 31:41

So what do you think? When your mind this make made this puzzle? Yeah. When did it?

Tiina 31:57

Well, that's that's a good question. Oh, I, I need to say, like six years ago.

Tuula Masalin 32:12

Okay

Tiina 32:14

Because this is the first that came to my mind. And this is funny that I'm saying now that this has been bothering me for a couple of days. And then I say that I have had this for six years. No, quite a long time, actually. Yeah.

Tuula Masalin 32:30

Yeah. Tell me more about it.

Tiina 32:33

I think it's something that I should have taken care of a long time ago. And I've just like, closed my eyes and hoped that it would go away or something.

Tuula Masalin 32:38

Okay.

Tiina 32:53

But now I feel that well, it's probably because I didn't say earlier anything because I, well, obviously, I wasn't doing this job that I'm nowadays doing. So it has, it has come to more importance to me today than it has been earlier. So probably that's why I didn't do anything about it earlier.

Tuula Masalin 33:21

Okay.

Tiina 33:21

Now I feel that if I don't say anything, I'm unprofessional. In my today's work?

Tuula Masalin 33:29

Yes, yes.

Tiina 33:30

Yeah.

Tuula Masalin 33:31

And, Is there anything else that helps you need to understand how your mind is structured? structure these these things?

Tiina 33:41

No, usually, it's just that I talk about it. And and I've had the pleasure to be on your guidance for several times before as well. And I really like the questions that you have. So those are very good for me as well, because I, I understand, and I'm in that sense, I'm very used to circling in my head on my own, but then I feel that most of the times I just spin the same loop in that sense that I'm not getting anywhere. I'm just nickel. I mean, spinning and spinning and getting the same answers every time. But obviously, that's for sure if I'm asking the same questions from myself, but whenever somebody else asks questions, it forces me to think outside of the box. So So usually, I would say that questions helped me in general. And then just the fact that I get to talk about it. Is there aren't that many people who you can talk to like this on a structural level. I mean,

Tuula Masalin 34:58

Yeah

Tiina 34:59

Yeah, yeah, yeah

Tuula Masalin 35:05

And you said, it's important to you to understand how your mind structured these things. And this feedback situation has started six years ago, and you just didn't take it up, you just kind of ignore it. Yes. So your professional situation has changed, and you have your own job, a different job now. That's why you think it's your responsibility to give a feedback?

Tiina 35:32

Yes, it's definitely my responsibility. And like I said earlier, I feel that if somebody else was in my shoes, and didn't give me the feedback, I would be not happy about it. So that's why I want to, I want to give the feedback and that if the other person doesn't get it or can handle it, it's not my problem. Yeah.

Tuula Masalin 36:06

So what did you learn or what have you understood about this? I'm talking about this your mind process, the 60 years process? What do you feel like you it's very important to understand,

Tiina 36:24

Yeah. The fact that if I, at some point in my life, close my eyes, and kind of want to forget, forget something it might pop out later in my life. So that's important. In that sense, that I also then resolve it, that I am not just putting it aside anymore. So it pops out when it's important to take care of and that's fine, fine by me. And then the other thing, which was very, very intriguing to me, it was this minus plus scale. Where are you now? I've never thought that this minus side would be something that I want to aim at. And now I feel that I'm on minus six at the moment.

Tuula Masalin 37:20

Whoa, and you want it to go to minus two or minus three, and you minus six?

Tiina 37:27

Yeah. This actually feels like a very small thing to me.

Tuula Masalin 37:32

Okay.

Tiina 37:33

Yeah. I mean, this is no challenge at all to me, this is just conversation and just interacting. And I mean, I feel I could I could compare to the compare this feedback situation, to a discussion about, what are we going to eat for the for dinner today? I mean, it's on, it's on the same importance level. So it's just everyday chit chat.

Tuula Masalin 38:06

Okay. At the beginning, you said like, you don't know how to put your words. So what to say what kind of, like this kind of stuff.

Tiina 38:18

Oh, did I?

Tuula Masalin 38:20

Yeah, you did.

Tiina 38:21

Interesting. I know exactly what I'm going to say. Yeah.

Tuula Masalin 38:35

And you know exactly what you're going to say. And you know, exactly. In what way you going to say it.

Tiina 38:44

Yeah, no problem.

Tuula Masalin 38:46

No problem.

Tiina 38:48

That feels kind of funny that I've said that. I don't know what to say. Obviously, I know what to say. Yeah.

Tuula Masalin 38:57

So what are you noticing now after this conversation?

Tiina 39:08

Ah, that my mind is a mystery box that I should try to look into once in a while. Yeah, and it's, it gives me hope that while my head can make all these puzzles and mix things up and make it like a big problem, or some kind of an issue, my mind as well has all kinds of resources to undo the problem. So that's, that's really reassuring to me that that I have the resources is to fix it. as well. It's that my mind isn't just a troublemaker itself. Yeah, maybe the troublemaker was my own head.

Tuula Masalin 40:15

Yeah. And I just want to check that when we started, this feedback situation had been bothering you, and you felt you needed some courage. And then you realize, actually, it's the other person who needs

some courage. I want to ask you this question. Who are you now? When you're thinking this situation, and you're giving this feedback? Before you're were opponent.

Tiina 40:49

yeah, before we were opponents? Hmm, that's a good question. I would have to say that I'm independent. Definitely. And then in relation to this other person, I don't feel that that they that he or she is a troublemaker, I actually feel that we are kind of colleagues.

Tuula Masalin 41:27

Okay.

Tiina 41:29

And that to me means that that we are that we are leveled on the same level in on this matter.

Tuula Masalin 41:38

Okay. And one more thing, it might be, it's still the same, but I'm looking for a location of the troublemaker?

Tiina 41:51

Yeah.

Tuula Masalin 41:52

It changed and the same level and there is this grass grass green slime all over troublemaker? I wonder, are you still calling him or her troublemaker? Or has the name change to?

Tiina 42:09

Probably Probably to this independent colleague?

Tuula Masalin 42:13

Okay.

Tiina 42:14

Yeah. Yeah. Yeah, in this context, where I need to be in interaction and in conversation with this person, we are independent colleagues. Yeah.

Tuula Masalin 42:31

Okay.

Tiina 42:31

Yeah. And that's much better. Yeah.

Tuula Masalin 42:36

How do you feel and think about this now?

Tiina 42:40

I'm actually looking forward to meeting this person. When I wasn't feeling this earlier. Yeah.

Tuula Masalin 42:48

When do you have a meeting?

Tiina 42:51

Probably meeting this person, maybe two months after after the summer? Yeah. Yeah. Yeah, it will be would be will be interesting. To meet. Yeah. Yeah, I'm not I'm not. Earlier, I was kind of hoping that I don't even have to meet this person. Now. I'm actually looking forward to, to seeing. Yeah, yeah, I know what I'm going to do.

Tuula Masalin 43:28

Okay. That sounds good.

Tiina 43:30

Yeah. Yeah.

Tuula Masalin 43:32

Are you happy with this? Or is there still something?

Tiina 43:35

Oh, definitely, um, the only sad thing is that I have to wait for two months to see this person. But maybe I can fix that later. I need some courage for that. Yeah, yeah. Yeah, this is definitely good. Thank you.

Tuula Masalin 43:53

Okay. Thank you very much.

Tiina 43:55

Thank you.

Tuula Masalin 43:55

Okay, see you later.

Tiina 43:57

See you later. Bye.

Tuula Masalin 43:59

Bye.