

[00:00:00.170] - Matt

Are you struggling to look for work after finishing your education? Or maybe you're in a relationship you're unsure about? Are you having a quarterlife existential crisis? Are you in your twenties and don't know what the heck to do with your life? You've come to the right place. Hi, you're listening to A Cup of Growth, the drink for trying-to-be adults. This podcast is brought to you by Mags and Cass, where the girls talk about how to confidently navigate your twenties. Let's ride the struggle together.

[00:00:25.370] - Cass

Hello. Oh, hello. Hello. Welcome back to another episode of A Cup of Girls.

[00:00:30.930] - Mags

It's your girls

[00:00:31.970] - Cass

Cass and Maga, with a very special guest.

[00:00:37.630] - Mags

Mabel!

[00:00:42.510] - Mabel

Happy to be here!

[00:00:46.030] - Cass

So we have Mabel, who's going to be introducing herself and talking all things about herself in a little bit. But what are we talking about today, Maga?

[00:00:56.450] - Mags

Finding your purpose and your ideal job and your dream career and all that good stuff, which I have yet to achieve. So, this is what I was going to say, Mabel, if you want to use me as a case study at any point, as someone who isn't currently not employed and questioning their entire life when it comes to finding a job, feel free.

[00:01:22.570] - Mabel

My favourite! Yes, we'll do like a mini little coaching thing, we'll sort your life out. It'll be great.

[00:01:28.800] - Mags

That sounds amazing!

[00:01:30.030] - Cass

She needs it. Believe me, she needs it. I think low-key, I need it as well.

[00:01:38.190] - Mabel

And this is the thing, isn't it? Because everyone does. And I think in the whole process of this carer, purpose, fulfilment thing, one I think is like, you do a lot of the foundational work in the beginning, you do a lot of the work that I do with my clients, but then I also think you're just doing it all the time. And all the time I'm checking in with myself to be like 'is this still what I want to be doing? Do I need to adjust?' And so I feel like the struggle is always.

[00:02:06.250] - Cass

Definitely. I think we absolutely love to have you in for this episode, Mabel, because our last two episodes I think our last three episodes were all about finding ourselves having imposter syndrome sometimes when we don't know what we want to do. And our latest episode was about the struggles of unemployment, where I basically put Maga all over the floor. Yeah.

[00:02:33.410] - Mags

Struggling with unemployment, all that, and all the burnout and stuff that comes with it.

[00:02:41.090] - Cass

I also found it really interesting because Mabel you do like a very kind of mindful, holistic in a way, type of finding what you want to do and finding someone else's career and stuff like that for them. I think I've mentioned this before, if I haven't already in this podcast, I've done a lot, but I'm an employment advisor in the day and a wild animal at night. I'm very interesting.

[00:03:16.590] - Mabel

I love that to those on video.

[00:03:18.340] - Cass

Yeah. I'm very interested in seeing how we kind of- the differences in how I'm supposed to do my job and help people and how I wish I could help people, which is kind of like the way you do it. So, I'm

also taking notes for work. Do you know what I mean? I might be getting a couple of secrets from here.

[00:03:42.230] - Mabel

I love that. And you're right, it's so just interesting how I've wanted in the past to partner with employment organisations and stuff like that, and yet I do things a bit differently because how I do things is really for the long term is not just for getting into the job straight away. And I think sometimes those companies with the best intentions just have slightly different priorities. To me, it's about kind of helping someone get work as soon as possible versus finding the career that's really going to be long term fulfilling.

[00:04:18.600] - Cass

Yeah, that's true. I think we touched upon this on our last episode as well that I mentioned how I'm pretty sure you're quite aware of this, I don't know if it's the same where you are, but at least in the UK, when you go for employment support, most advisors are worried about the targets that they have set out to get outcomes from their participants and seeing if they get into work or into training and stuff like that. And it's all about how you can get that person out of your list as quickly as possible, whereas you are more like personal and you work with the person more one to one, although I'm pretty sure you have loads of clients but you kind of take more time. I am lucky enough that where I work I kind of can have more time than other agencies and stuff, but I still think that in the general it's very like numbers are up there more than the actual person. The person is just a number and a target, so that's a bit for later I think.

[00:05:27.510] - Mabel

That's a whole conversation.

[00:05:31.370] - Cass

Literally, but I think we're tastering too much about what we're going to be talking about in this episode. But I think where we should start right from the get-go is obviously to get to know you a bit more and obviously for our audience to get to know you a bit more because we already love you and that's a given, but we cannot just force our audience to love you.

[00:05:53.320] - Mabel

I love you guys.

[00:05:56.530] - Cass

So yeah, if you want to talk about yourself a little bit about your journey, how you got into being a coach and yeah, what you do and stuff like that, and we're just going to sit back and mesmerise about all the things that you do, give you the floor.

[00:06:14.630] - Mabel

I love this. You've done the work, you've done like 5 minutes of hard work. I'll take over. Yeah, I'm a career coach- I'll start now. So, I'm a career coach. I work specifically in career fulfilment and career purpose. So whereas some career coaches might be really focused on helping you get a promotion as fast as possible, on helping you earn the highest salary as fast as possible, my goal is really helping people figure out what kind of career is going to light them up, is going to feel really true to them, is going to feel energising, and the kind of career that is just going to be something that they can do with joy long term versus a job that they might be able to do for a few years, make a load of money out of, but then burnout afterwards. And so I love- Cass you used the word holistic. It's a very holistic process, and it's really about seeing your career as part of your life as a whole and actually your life comes first, so what kind of life do you want? Who do you want to be in the world and then where can your career fit into that? So, I started out doing this because I was like I was just always really obsessed with career, you know, like, I don't know, as a kid, everyone's obsessed with different things, and I was just always obsessed with this question of like 'what am I going to do with my life? What's my career going to be?' And I was stressed out about this as like an eight year old, which I don't think is normal or healthy, but I was a little eight year old just being so nervous about this question and my whole kind of school process. And even when I was in university, I still didn't know what I wanted to do. And I went, and I did my first job and it was working in a kind of more corporate business setting, and it did not feel like me, and I would have to go to these networking events, and I would just hide in the toilets for as long as I could because I didn't want to be there. And so I spent a couple of years feeling stuck in that environment, and then I just started doing the things that I do with a lot of my clients now. I started going 'okay let's forget about trying to be productive, and let's forget about what I should be doing, and let's just explore what do I really love, what makes me really excited'. And I get home from work, and I just like spider diagram these things out with like Post-It notes like 'what makes me happy? When do I feel my best?' And just really like discovering myself. And then from that I got really into self-development and just started reading all of these books like a crazy person. And from that process then found out that you could do this thing called coaching and you could help other people in a way where you help them figure out what they want to do. And from there it was just this light bulb moment of that's it, that's me. That's where my natural talents lie. That's where I get excited. So then it was really just a journey to figure out how I could turn that into a carer because it was just an idea. And I came from a family where you did like a nine to five job and the goal was stability and this was a whole different thing, like doing something completely on your own, so figuring out how to do that, and I did that probably over two and a half years, and then started the business, grew the business, have since then kind of taken even more of a holistic approach, because I think the more I've learned through working with clients and just learning more myself, the more I've learned that it really is holistic. And it really is about the kind of person you want to be in the world and the kind of life you want to have and really like prioritising time outside of work. So, I put more mindfulness, for example, into my work now and that's kind of where I am today here talking to you guys.

[00:10:20.470] - Cass

That's brilliant.

[00:10:21.440] - Mags

That's really good.

[00:10:23.190] - Cass

I actually have a question because obviously we kind of already kind of had a sneak peek of all of your journey and stuff, but I was wondering for you, obviously to become a coach and stuff and having your own business- I mean, like with any other industry, there's competition. And obviously nowadays there are more and more people trying to be coaches in some type of area for life and being in this holistic type of ambience and stuff. So, how did you manage the pressure of 'oh, I have to have my own USP, although there may be some people that already do what I want to do'. But how do you manage that and how do you stay true to yourself, basically?

[00:11:13.110] - Mabel

Yeah. Oh, that's a great question. So kind of almost like how do you manage being in such a competitive industry? How do you manage being in such a competitive industry when everyone says you should be doing XYZ? Is that kind of right? Yeah. So, I think when I work with clients, a lot of the time, one of the answers that they might say to me is they might say "well, this thing is really competitive. I don't know if I should do this, it's really competitive." I very much believe that if you want a career that is going to be really fulfilling and that you love and you're passionate about putting in the work to do that, and then you do the exploring and you find that thing that really lights you up. If you find that thing that is like you, that lights you up, that because of that you are just naturally really good at, it really is my belief that if you find that thing and you want to put the work in, you can almost always make it successful in some kind of capacity. And sometimes I think that means being creative about what the right balance for you is, for example. So with me, I really, really wanted to go for this. And in the beginning I was okay with the stability part being taken out. So, when I was first starting my business, I was okay with not going on big vacations because I was quite poor at that point when I was first starting my business. So that was one of the areas of flexibility that I had with someone else who didn't have that financial flexibility, my encouragement to them would be to do this on the side of a full time job and then not switch to doing this full time until you've really built this up as a really solid side hustle, if that makes sense. So, that's how I kind of think you can still be successful even if you're doing something that is really competitive. And I think just in general, I call it a discovery, like a self-discovery. When you've done the work to really discover who you are, discover what feels authentic to you, then if you keep grounding yourself and keep going back to that, then you don't get caught up in what this other coach is doing over there or how this person is doing it. So just like continuing to check back on being true to you, if that makes sense.

[00:13:48.730] - Cass

Yeah, definitely. There was something else. I keep asking questions if you didn't know. I'm like part journalist.

[00:13:57.850] - Mabel

So cool.

[00:14:00.410] - Cass

I wanted to mention as well because Maga and I had a talk before we came on the call with you and you say something on your bio, on Matchmaker, which is like they don't teach you in school like how to find your purpose.

[00:14:17.490] - Mabel

I don't think they do. Yeah.

[00:14:21.890] - Cass

My question is how do you define finding your purpose or what purpose is? And how kind of do you advise for people to find their purpose?

[00:14:36.650] - Mabel

Such a good question. Yes. So, I think purpose can be this really overwhelming word, and I want to kind of preface it with saying to me, purpose is finding something that you do in the world that feels really meaningful to you, that energises you and makes you feel like you just makes you feel like the most real version of you. So, that's kind of my definition of purpose. And then purpose can also change as you do. So my purpose right now, me Mabel, is to help people feel empowered and who they really are and be able to express who they really are in all different areas of their life, focusing on being able to express who they are through their work. So that's my purpose right now. But it could change as I grow and change. And so the way that I help people define purpose, and it's a big thing, it takes us about two months to do, actually, so it's a really big process, but to try and explain it really concisely. We do this big thing called a self-discovery, and we explore what lights them up, what they love, what their best skills are, the lifestyle they want to live. And we kind of find all these puzzle pieces and then we take the most important puzzle pieces, and we look at them, and we kind of look at the themes that are coming up from them. And then we use that to write a statement that basically says 'this is how I want to help the world'. So, that is kind of how you would come up with a purpose statement. I don't know if that still sounds kind of really foggy and vague because it's such a long process, but I think to sum it up, one thing I would say is that purpose can feel overwhelming. But to me, purpose is what's the thing you can do that is really meaningful to you, that you just love, where you just feel like you are completely yourself. That, to me, is my definition of purpose.

[00:17:01.030] - Mags

Love that.

[00:17:01.860] - Cass

Yeah, definitely. I know a lot of young people, especially I think a lot of people in our audience, find it very difficult to figure out who they are, what they like and stuff. And most people, when they come out of uni, they come into this new wide world of how to experiment on things and experience things and stuff. They don't know what they want or they don't know anything. Basically, like the amount of times that Maga and I came out of uni were like "oh, we don't know what I want to do".

[00:17:36.877] - Mags

I still don't know what to do.

[00:17:37.570] - Mabel

Yeah. And rightly so because there's a million different things. You know how people say follow your passion? But then I don't know if you've heard other people saying don't follow your passion. Yeah. This is kind of a thing in the career world. Some people say follow their passion. Some people say don't follow your passion. My favourite thing is to say just be curious about what your passions could be. Because right now your passions are only what you've been exposed to so far. So, I didn't even know coaching was a thing until I started exploring. I'm sorry. I think I cut you off there.

[00:18:13.870] - Cass

That's fine. I guess I would say that if you had a client like Maga who is having a quarterlife crisis, like existential crisis, where they don't know anything, like how do you approach that to work with a person basically?

[00:18:37.830] - Mabel

Yeah. So if you're having a quarterlife crisis, what do you do? Is that the question?

[00:18:43.350] - Cass

Yeah. Sorry, I was just lighting the- we're disappearing in the background, so I just thought we need more light or Mabel we'll wonder where we are on the screen.

[00:18:54.010] - Mabel

I love it. And Mags, is that kind of how you feel? You're like, I don't know what I want to do.

[00:19:00.270] - Mags

You know, how people always say to you like "oh yeah, this is like- I've known what I've wanted to do since I was a teenager" or whatever. I've never been like a career focused person. My purpose in life is not to have a particular kind of job, or I don't care for getting promoted at work. My purpose in life is more just actually just being at peace and just experiencing life what it is. I don't find the appeal in work, but obviously I have to work to make money, so I can live my life unfortunately. But that's just the way the world works. That's how I feel like. Fill me with your wisdom. How can I find a job that I do like?

[00:19:51.150] - Mabel

You say a really important thing there, which is like I don't really relate to those people who want to get the biggest promotion and all of that stuff. And there are kind of two different people, two different types of people who I notice that I work with. There are the people who are super ambitious, and they want to make an impact in the world through their career. And then there are the people who are like "hey, I really just want to live my life. And the fact that I have to do this work thing is kind of annoying because that's not really where I feel like my soul is, like, I want to get to do my personal life". And so with those people, I notice that when we're doing their discovery, and we're looking at their passions things they love, the kind of lifestyle they want to live, what their personality can tell them about their career. The lifestyle part is much more important for them. And I think that what that one is often about is finding a career that is aligned with the kind of lifestyle that you want. So if you- I'm working with one person right now and she just really kind of loves living in this way that is very mindful and very intentional. And so with her, we're looking for careers that are not super-fast paced, like careers that are involved in the community where she gets to be in contact with people, but she's not having to do anything super stressful. So just kind of, I think one just knowing that that's okay if you're not someone who really relates to that concept of having a big crazy career, even though society might be saying to you like "find the job, get the promotion, climb up ladder". And I think and connected to that money is important. And also I really don't think it's every piece of it. So we absolutely need enough money to live. And if we want to have a family in the future, we need enough money to support the family we want to have and that kind of stuff. But sometimes if your lifestyle is really important to you, it might be that you're actually very happy doing a job that is less stressful and doesn't have a crazy high salary, but maybe allows you to only work four days a week, so that you can have more free time. So just kind of like knowing that you don't have to go with the status quo all the time and you don't have to do what everyone else is doing. And I have a friend, it's one of my best friends from back home, and she's worked four days a week ever since we got out of university. And her goal has always just been to be able to live that lifestyle where she gets to work four days a week doing jobs that aren't super stressful and really focus on her personal life. And so to her that works really well. But what I would say to you or to other people who are in that situation where they don't know what they want to do, maybe they're not employed right now, and so they're really struggling. The very first thing I would suggest is to put some structure into your life. If you put some structure into your life, you'll start to feel calmer. And so what I mean by that is developing a nice routine for yourself. So if you don't have a job right now, develop a really nice routine where you wake up at a certain time, you have breakfast, maybe you read, then maybe you go for a walk, then you spend 2 hours researching maybe careers or something like that. So, put some structure into your day and that will help you feel more calm then. Two things are one is kind of like, I think, to give yourself grace with exploring. So, we've all been exposed to only what we've been exposed to, and we don't know the other things yet. So, if you are someone who is just really interested by nature and you just love being out in nature, then explore that, go for

new hikes, join a group where people are focusing on nature and just like doing something you love can lead to opportunities in that thing and can help you learn more about who you are. So, that's one thing. Just like allow yourself grace to explore and follow the things that truly feel good to you and being in a space where you feel good and you're genuinely excited will lead to you maybe finding about a different space that you might really love. And it's kind of like a snowball just keeps on going. And then the other thing that it's really helpful to do is do some work on defining your values, again because that can be kind of grounding for you. If you can just do some work to clarify what are your six to eight top values, that can be a really nice grounding process as you kind of figure out who you are, what kind of life you want to have.

[00:24:59.230] - Mags

Love that I'm literally taking mental notes. I'm going to start implementing all this.

[00:25:05.810] - Cass

Yeah, I think I'm going to back for Maga in this one. I feel like whenever I have a call with Maga, because we always have like weekly call, she's always stressed because she has her routine, right? But she always says in every single call, she's like "I feel like job searching is my job now, and I cannot do anything else". And she kind of isolates herself-

[00:25:31.530] - Mabel

Yeah, because it's tiring.

[00:25:31.990] - Cass

So it's kind of like I always try to make her go out of the house to go for walks, but then because she's been isolated for so long, she gets scared of going out.

[00:25:43.790] - Mags

Okay, we're getting a bit a deep now but yeah. Basically that I think you summed it well, where it's like, I feel like job searching is my full time job, and so I'm so focused on that, but sometimes I forget that I should enjoy the time I do have off where I can explore other things that I like or just indulge in my hobbies and stuff. So, I think it's all about finding that balance between not doing too much job searching and also finding things or just indulging in things that make me happy. And then maybe through that medium, like you said, I can actually find a career, or I can have some inspiration of what to do as a job from that.

[00:26:32.590] - Mabel

Yeah, I love that so much. I think that is just really good thinking because it's about like 25-20% of jobs that exist go online to job sites and the other 75-80% are from they never make it to job sites.

It's people like networking. Oh, I know this person, so I'm going to ask them to do this job, and they never even post it on a job site. First of all, totally acknowledge looking for a job is exhausting. And I have a client right now who is like right there in that process. It's very stressful because you can kind of take on that stressed energy all the time and you can feel like any moment that you have, you should be thinking about looking for a new job. And it's sometimes really hard to kind of unattach from that and just enjoy. So what we have been doing, which is really helpful, is to really time block and to say: okay every day I'm going to spend, let's say, for example, 2 hours doing this. I'm going to spend one of those hours I'm going to spend one of those hours looking on LinkedIn or looking on some other local job sites, and I'm going to spend one of those hours networking, like reaching out to organisations. Let's stick with the nature thing, right? Like, I'm really interested in nature. So, I'm going to send one email to this woodland organisation. I'm just going to say like "Hi, I'm Mabel. I'm really interested in what you're doing. Would it be possible to come in and talk to one of you guys to learn more?" So, you just spend 2 hours a day and during those hours you're really focused and you do the work. And then after those 2 hours are over, you don't even think about it and you let yourself do other things. And that can be a really good way of just not burning out because it's so easy to burn out in that process.

[00:28:41.670] - Mags

Yeah, I totally agree. I think time block, this is the thing, I think I've tried time blocking, but I always go over the time blocks and then I'm like 'oh, well, I've pushed everything back anyway, so I'll just do some of it tomorrow' and then I just feel like it piles up. So, I don't know if I have to be more strict with myself. And then after a certain time, I'm like in the time block when it ends, I'm like 'okay, I don't touch this anymore', whether I've done everything I wanted to do or not or whether it's about just adjusting the timings to what I do, I don't know.

[00:29:14.230] - Mabel

When you are time blocking, do you also have clear goals or clear tasks that you're doing in that time blocking?

[00:29:27.330] - Mags

Pretty much, yeah. I want to say yeah.

[00:29:35.830] - Mabel

Does it feel like when you're time blocking, like you're being productive and you're being focused?

[00:29:43.210] - Mags

I could be more focused. I feel like I get distracted easily by things like my phone or anything else that I think about doing in that moment.

[00:29:55.390] - Mabel

Yeah, because it sounds like you've got pretty clear tasks, pretty clear goals that you're doing. But I'm just wondering if it's like part of that feeling a bit distracted by your phone that maybe is making it easier, say, when the 2 hours or whatever it's finished, to say 'oh, well, I was looking at my phone for this amount of time, so I'm going to do it more'. So, with that one, just like yeah, a great thing to do is just put your phone at the other end of the room and give yourself a reward. So, if you can do this 2 hours focused, then without looking at your phone, then the reward is you get to go up to the shop and buy yourself an ice cream. And the reward is what motivates you to be really focused in the work. So that can be a really good strategy. There's also- my partner has ADHD, and that is all about struggling with focus and paying attention. And he uses a site called Focus Mate. And Focus Mate is a site where it's actually really helpful for time blocking. It's basically like what you and I are doing right now. You have like a 30 minutes session. You meet with someone on video, you share your goals and then they're kind of like your accountability buddy. So, that can be another thing that can be so helpful because there's busy work. When we're just working to just fill the time and then there's really focused work when we're getting meaningful things done. And you can spend like 5 hours looking for jobs but also looking at your phone and not really being focused. Or you can spend 1 hour being really focused doing the right things like not just searching LinkedIn forever, but actually making connections with new people. And that can be so much more valuable than the 5 hours.

[00:31:44.530] - Mags

I love that. That's good.

[00:31:47.010] - Cass

Just connecting to that. For people who may be introverts, how do you go about connecting to people on LinkedIn or things like that?

[00:31:56.790] - Mags

That's the other thing-

[00:31:58.160] - Cass

Messaging first or networking, how do you do that?

[00:32:02.090] - Mags

I have a lot of- just to add on to that quickly, if you want to use me as a case study again, I have a lot of this I guess I want to say social anxiety. Like I get very nervous talking to people I've never met before or sometimes just interacting with new people, I kind of struggle I don't focus on what they're saying, I'm more focusing on be polite, things like that, act accordingly and things like that rather than actually focusing on the task at hand. So yeah, I guess to join on Cass's question, how would you

advise me and all these other people like me that struggle with sort of social anxiety or that are quite introverted with things like networking?

[00:32:46.810] - Mabel

Yes, it is a brilliant question and I'm very passionate about this because it's great to say like "oh, go out there and network and meet people" and that's where 75, whatever percent of the jobs are so great, go and do it. But if you are introverted or if networking and the idea of that just makes you want to vomit, then that is like okay "maybe, well that's great but I'm not going to do it". I am extroverted, but I hate networking.

[00:33:22.690] - Mags

That's reassuring to know though.

[00:33:26.290] - Mabel

Yeah, I hate it. I've learnt ways to make it much easier for me, but naturally it's not something I naturally enjoy doing at all. And this is actually where the internet and social media can be so fantastic for people who are a bit more introverted or just like the type of extroverts who don't love- I'm the type of extrovert who I much prefer one on one or small group conversations. So, I hate going to a big networking event and talking to 30 people, whatever. And that's why social media can be so great. So the way that you could do that is find a business on Instagram even that you think is really cool or find a professional on LinkedIn who you think would be interesting. Send them a little message and just say like "Hey, my name is so and so, I'm really interested in what you're doing. It's so cool. Would you be up for having a 15 minutes Zoom chat with me", you don't even have to leave your house. "Would you be up for having a 15 minutes Zoom chat with me? In return for a five pound coffee voucher? I'll send you a five pound coffee voucher to like, whatever coffee shop you like." And when you send that little message to them, you're saying like "I love what you have done in X-Y-Z. Your expertise in such and such is so inspiring". And a lot of the time when you're complimenting someone and they kind of feel like you're going to them as an expert, they'll be happy to help. It's just kind of like a human psychology thing, so that can be a really nice way. And then you have a 15 minutes conversation with them, and in that conversation, you kind of just begin by asking them how their day was, asking them some simple questions like, how did you get into this? What's your favourite part of your job? And then you can ask them some more questions about the industry, what are some challenges? And then at the end, if you want to, you can even say "well this is so fantastic. I love what you're doing. Is there anyone else you could recommend I speak to? Or do you even know anyone else who's hiring right now?" And you do that really at the end, like, after you've made a connection with them. And so for that, you can go into a 15 minutes Zoom call. You have like six questions written down in front of you that you can ask them. You have a pen and paper right there that they won't even be able to see as you take notes. And so that can be a really great way of, like, you are going to feel nervous going into those Zoom calls. And also, it can be less scary than if you have to go out into the world and walk into a room of like 30 people that you don't know.

[00:36:18.090] - Mags

Love that.

[00:36:19.690] - Cass

To add to that two scenarios, like, when we talk about social media and stuff, I know in terms of, for example, me and Maga, we are very wary of scam accounts. So how can you verify that a person is actually an expert and like an actual person and not just some bot or something? And that's one. For two, if you're in a networking event, how do you go like 'I choose you to talk to'.

[00:36:53.190] - Mabel

Yeah, like an in person networking event.

[00:36:55.740] - Cass

So those two kind of to go with what we were talking about.

[00:37:00.100] - Mabel

Yeah, okay. I love these questions. So, like, verifying an account, what I always do is I see what their website is like. I see if they have a LinkedIn page, just checking that they have all of those things. If they have a good website, and they have a good LinkedIn page with a certain number of followers on. I've never had an instance where they haven't been valid. And also, even in the case where you might end up on a call with someone who's a bit shady, all you're really doing is getting information from them. So you're not in a super dangerous situation, but I think just kind of cross-checking. So like checking them against additional platforms. And then should we talk about in person networking? Yeah. So, what was your question? Like, how do I identify the person I want to go up to?

[00:38:02.570] - Cass

Yeah.

[00:38:04.650] - Mabel

Is that right?

[00:38:05.450] - Cass

Yeah, kind of.

[00:38:10.170] - Mabel

Is there anything else?

[00:38:12.010] - Cass

Yeah, just because, I mean, if you're in a networking event, there are so many people, and even if you go in a group or with a friend, you get more confidence into approaching people and stuff. But if it's just on your own and you have to be like, I'm a person, say hi to me. How do you just choose the one person that you feel like, okay, I can talk to you.

[00:38:38.390] - Mabel

Yeah. Oh my goodness, I have so many thoughts. Networking events are really hard. I still find them hard. A couple kind of top tips that I think lead to an answer to that question are one, just the more events that you go to, the more comfortable you'll feel. So if you're really nervous about going to an event, what is really great is to set an intention for each event and start off really small. So the first event, the intention might just be to show up. To show up and maybe say hello to one person and maybe even get comfortable in that space being by yourself for a minute. And so just really low goal. And then the next time your goal might be to go in there and to ask three people a certain bit of information that you want to know. Ask three people how they got started in the career that they're in now. So, just set little goals for yourself like that. And then in terms of finding the right person to talk to, sometimes events will have participant lists or you'll be able to see who's attending and kind of check them out beforehand. That's time consuming, but it can be really helpful because there's not really any way, at least that I figured out so far, of being able to look at someone and go like 'yes, you work in agriculture and I want to find out, I'm going to go to' it's just really hard. No, people aren't like wearing a big headband that says what their industry is and that kind of stuff. And if they're the right person for you to talk to. So if you can do research before then that's really great. And then if you're just struggling and you're not sure who to go up to talk to, and you're like, I don't want to be here by myself, then just doing things like if there's a bar or if there's a food place, going up there, and people are waiting there often by themselves, so that's a really nice place where you can just start up a conversation "like, what drink are you getting?" even if you want to be really relaxed to just start a conversation. The other thing that you can do at networking events is it's completely- people are there to meet people, so if you see, like, three people talking and you think they look cool and you're like 'oh, my goodness, I wish I was in that conversation', it's terrifying. And like, five years ago, I couldn't believe that you can do this, but you can literally just walk up and say "do you mind if I join you guys?" And people are really used to that at events. So, when you learn that skill at a networking event, it doesn't work at other things. It's like, rude to do that if you're in a bar, and there's like three girls and they're just chatting, and then this guy comes up and he's like "May I join you?" And they're like "no". So that would not be cool, but at a networking event, it's really okay to do that. So, yeah, just going up and just saying "do you mind if I join you guys?" And most of the time, people are really friendly and positive towards it because they're here to meet new people too.

[00:41:43.650] - Cass

Yeah, take notes on that, Maga.

[00:41:46.430] - Mags

Yeah, honestly, all here is- just mental notes.

[00:41:51.090] - Cass

Usually when I go to networking events for work, I usually go to the toilet, and if there's a girl like checking her makeup and stuff, I'm like "I like your lipstick. What'd you do?" Just like, at the bar, really, when you stuff, you just talk with all the girls in the toilet. So, that's what kind of like, I got that from my social life, just go to the toilet and talk to girls.

[00:42:18.490] - Mabel

It's a tough place to be, I think.

[00:42:25.050] - Cass

Let's see what other questions we have here. Now, going back into the job stuff, I think we've touched this. We've touched upon this a little bit, but with the purpose definition and stuff. But how do you think having a purpose and having a dream job relate and how they differentiate as well?

[00:42:53.030] - Mabel

So just before I was talking to you guys, I was on a coaching call, and we were doing someone's purpose statement. So it's very good timing. And so the way that I describe a purpose statement is like, it really is just you. So it's ideally who you want to show up as in your job. Like, you want to find a job that allows you to live your purpose, but you also get to live your purpose just through your personal life and through how you show up in your friendships and what you do with your spare time and if you volunteer. So to me, your purpose is really like, what do I want to share in the world? Who do I want to show up as in the world? Who do I want to help in the world? And you can be doing that in your job and you can also be doing it outside of it. And then the idea of a dream job, I think that obviously is specific just to work. So purpose statement is like your whole life dream job is job. I think does a dream job exist? Personally, I think it's like yes and no because you're never going to have a job that's perfect, but also if you're doing something that you really love, that really lights you up, that lets you be you, the things that are not perfect about it might not really matter so much to you. And so in that sense, it's not like technically a dream job, but this job that I'm doing now, it's imperfect in lots of different ways, but I love it so much and it feels like it lets me be me and it's exactly what I want to be doing. So in a sense, it kind of is a dream job to me. So that's my thoughts on that. It's kind of like yes and no.

[00:44:51.070] - Cass

Yeah, definitely. Kind of going along with kind of what you said. How do you think would you define to be fulfilled in a job? What does that entail, to be fulfilled in a job? Like, what do you have to look for to be fulfilled in that job? Or what do you have to do apart from obviously doing what you love?

[00:45:18.630] - Mabel

Yeah, so what do you have to do to be fulfilled in your job? Is that kind of right? Yeah, so I think it's really different for everyone. But I think that what you do to reach that point where you feel fulfilled is you figure out what your priorities are. So, you figure out what your priorities are, what your values are, what your skills and talents that you most want to be sharing in your job are. And then you find work that meets that individual, that meets your individual criteria. So I kind of think it's about figuring out what your individual criteria for fulfilment is and then going out and finding that in your work. And I think it's just so individualised because- Mags for people perhaps like you, who maybe the main point of life isn't work and it's other things, then maybe to feel fulfilled in your work is really about having a job where you get to- I know you mentioned kind of be at peace just, for example, to have a job that feels peaceful to you, that also meets some other good criteria of yours and also earns you enough money to do XYZ. And that will be your kind of unique recipe for fulfilment. For me, it's about having a job where I get to use my empathy skills, my creativity, where I get to kind of be artistic in designing web pages and designing new courses and that kind of stuff. And where I get to have these really one on one meaningful conversations with people and also have social interaction at work and earn an amount of money, so that I can live the life I want to live. So I think, yeah, you reach fulfilment by really figuring out what your values are and what your criteria are and then finding a job that meets enough of those things.

[00:47:39.890] - Cass

Yeah, definitely. I just love listening.

[00:47:44.860] - Mags

I'm like thinking, this is like me thinking about implementing all your advice. And I'm like, yeah, I'm going to start doing that.

[00:47:55.510] - Mabel

Just questioning everything.

[00:47:57.510] - Mags

Yeah, quite literally.

[00:48:00.790] - Cass

I was also going to ask- I have all the questions, like, I should know all of these things as an employment advisor, but I feel like obviously we can learn so much from each other and I'm learning so much in this one chat

[00:48:14.910] - Mabel

Yeah, and it's a bit different.

[00:48:16.990] - Cass

Yeah, definitely. So much different than my nine to five. Maga and I always have this conversation about applying for jobs nowadays where it's like we had this conversation where it's like employers before would look a lot into what qualifications you have when you're applying for a job, and now it's more about the experience. And even if you're trying to apply for an entry type of job, entry level job, they expect loads of experience when it should be like someone that's fresh out of university or something like that. So what kind of like your advice for? Because I feel like when especially younger people that are now either dropping off of education or finishing their GCSEs, A levels or even finishing university, they're facing this employment market where it's just not only competitive, but it's also so demanding, and so it's so difficult to get to. Even if you have a "dream job" or if you know that a job kind of would fulfil your purpose, but you cannot get into that job because you don't have enough experience, you don't have enough qualifications. And at the end of the day, it's kind of like you can have all the best personal skills ever. Like, you can be so empathetic, so compassionate and so kind and whatever, but you cannot just put that in your CV for someone to hire you because they look for so many other superficial things that are not only what you can give as a person. So what's your advice for people who are in that bit, which I think is also where Maga stands as well?

[00:50:10.450] - Mags

Definitely.

[00:50:11.300] - Mabel

Yeah. So what do you do if, say, right, there is a job that you want, but you're in that tricky position where you don't have the direct experience for it, but you're seeing that all of the employers are asking for direct experience? Yes. So, I once got a job where you needed to have a minimum of three years full-time teaching experience and in America, full time teaching experience means you have to have a teaching degree, and you have to have a teaching certification. And I didn't have any of those things. I had zero years teaching experience, and I got the job because- I got the job, and I worked for them, and I got it because I had a really strong personal brand, and they could see all of the value that I could bring. So what it's kind of like is you want to convince someone to take a chance on you. So there's a few different you need to get to that point where they go, okay, this person doesn't have exactly what I was asking for, but I can see they have all these other things, and so I just believe and I trust that they'll be really good at this job. So, there's a few different ways you can do that. One, I really do think that doing internships, if you have the option to do an internship as part of your degree, I think that that is immensely helpful because your school definitely as I went through my

university, my school helped me get that internship, and then I had experience before I had even left university. That was really good. You can volunteer at places to get experience, and then it's really about being in the right place at the right time, making the right connections, knowing the right people, meeting the right people, and being really persistent. So I can't remember her name, but it was the woman who is the editor of Teen Vogue. And I don't remember the exact story, but she got into that position because she called the office every day, and she said "can I talk to so and so?" And the receptionist was like "no, she's not available". And eventually this woman was like "can you tell me her coffee order?" I'm going to fly out to the office. She was like 500 miles away. She was like, I'm going to fly out to the office, and I'm going to get her coffee, and I'm going to bring it just in case she would do that. And the receptionist was like, oh, my gosh, "okay, you're exhausting me. I'll set up a meeting, and you can talk to her". So, there are ways to get and then she talked to her, and then she started interning for the company, and then she became the editor of Teen Vogue. And I wish I remember the story like exactly, but there are ways that you can get yourself in there. And again, I think it's where networking and meeting people is really, really brilliant because just connections is like almost everything. So, say if you really want to get a marketing job, and you're just finding that impossible, join a marketing club. See if you can volunteer with a marketing company doing something really boring, like making the coffees, but just to be in the environment. And over there while doing that, someone in the company might learn to really trust you. And they might have a position coming up and they might say, well, Mags doesn't have any experience, but I know that she is a trustworthy person, and she gets the job done. So I'm going to hire her. So, I think just kind of being creative, being really persistent, knowing that you're going to get knocked down nine times, but if one time out of ten you're going to get a good thing out of it, then it's worth it. And just kind of in those moments where it feels impossible and crappy because all of these positions are asking for experience and you don't have it. Just like believing that there are things that you can do to get past that. But it's really challenging. I know this is a thing that is really challenging for a lot of people, where they just feel in this impossible situation because you need experience to get the job, but none of the jobs are letting you have experience.

[00:54:31.510] - Cass

Yeah, that's really good. I think you mentioned something right at the beginning of your answer. It was about "selling yourself". So, there's a lot of talk about business branding and brands in general, like business identities and stuff, but how do you brand yourself, basically? How do you work on your own brand, on your personal brand for work?

[00:54:59.550] - Mabel

Yeah, where I think transferable skills are really, really useful. So just looking at like, what is my personality and what are the experiences I've had in my life, and how can all of those things make me valuable for the type of role that I want to apply for? So for example, with my coaching, the way that I brand myself is like, I'm enthusiastic, I'm colourful and that's part of my personality. And then the experiences that I've had, I kind of bring in like, well, I'm a young person, so a lot of career coaches are like in their forties, fifties. I'm young and you might say that's a disadvantage, but actually I can connect with you and I understand your experiences. And I've had these experiences, I've been through this career change myself and so I know what it feels like. I spent time figuring that stuff out and then I had this in my history, I had this example of I went to India, and I studied kind of

purpose and fulfilment there, and so just really like looking at your life experiences and your personality and just thinking about how that could make you hireable. And then when you put that all together, it often ends up being unique because no one else has your exact personality and has had your exact experiences. And another cool thing sometimes is to look at the areas where you feel like you're really underqualified or not suited for the role and just have a go at seeing if you can flip them. So, for example, like, with me, it's like well, I'm quite young, so I haven't had 25 years' experience. But the flip side of that is that I can relate to my clients in this way that older people just can't because they're of a different generation. So that can be really fun too, and it can really help to you being unique if you can kind of flip that negative into a positive.

[00:57:07.690] - Cass

Yeah, definitely. I think I have more questions, but I guess in terms of the word questioning, Maga and I have this discussion all the time because when Maga does job searching, she's very niche because she knows what she wants to do. Right. On the flip side.

[00:57:30.030] - Mabel

What do you want to do?

[00:57:32.850] - Mags

Because obviously I have a creative writing degree, so I want to do something like content writing or copywriting or like, I don't know, even writing for social media. Maybe a little bit of digital marketing. The thing is, I don't have the experience. I have, like, the degree and the skills, but I don't have the experience, and I feel like that's what I'm lacking.

[00:57:56.090] - Mabel

Okay. Are you in contact with other copywriters who are, say, like, midway into their careers? Like late twenties, thirties?

[00:58:06.330] - Mags

I know a couple, so I know- we have a friend, she's just started in copywriting and she referred me to her boss, and I connected with them on LinkedIn, and they obviously have a bit more experience because she worked for their agency. So, this woman I connected with on LinkedIn, it's like her agency, her job, so obviously she built it from the ground up. So I guess it's maybe about exploring that relationship more based on what you said.

[00:58:41.110] - Mabel

Yeah, that's cool. Cass. I know. I'm really sorry I interrupted you. So I'll just say this, but yeah, my encouragement would be to do that. Like, meet her, really get to know her, but then also just go out

and see what other creative writing people you can find, copywriting people you can find, and just do this technique of like I love what you're doing. It's so amazing how you built your career to do XYZ. I'd love to sit down and have a cup of coffee. If you're local to the area, can I buy you a cup of coffee somewhere that's easy for you to get to, or can I give you a coffee voucher? And particularly what I would be really interested in you learning there is what they think the future of the industry is going to be like with AI, because I think there's always a need, as you probably know, there's always a need for quality content. But the nature of the role might be changing a little bit with AI. So, if you just keep doing that, keep meeting as many people like that, asking them what other people you can meet with, and then down the road, one of them might say, you should do this. This is what I did to get started. You should just start writing and then pitching your pieces to whatever. Or they might say, we're looking for an intern. Do you want to come work 10 hours a week with us? So just kind of keep on putting yourself out there and meeting those people, and then it's very likely that an opportunity will arise from that.

[01:00:09.730] - Mags

Okay, mental notes.

[01:00:14.450] - Mabel

Okay. Sorry, I interrupted what you were saying?

[01:00:16.230] - Cass

That's fine. Don't worry. Maga is kind of like niche in what she wants to do, but she's been unemployed for a while, I keep pushing her into like just find whatever job just to get you started and stuff. And while you have a job, look for what you want to do, because that's kind of like what I was told and what I used to do and stuff. So, what's your advice on that? Would you keep it niche, or would you do something else to get other experience and transferable skills while looking for the thing that you want to do?

[01:00:51.410] - Mabel

Yeah, that's a really good point. Yeah, I think I would also encourage trying to find a job maybe if it's not even 40 hours a week, but, like, 35 hours a week or 30 hours a week, if you can manage that and make that work financially. Because I think it's just likely that you'll be more motivated if you're doing that, and you're having structure and you're kind of feeling productive, like 'yes, I'm earning money and I'm doing this thing'. And what I often help clients do is get this thing called a bridge job. And a bridge job is just that job that isn't the ideal job. It's not where you ultimately will be, but it's a place where you can learn a few skills that you can then transfer to that other job. And ideally, as well, it's a job that isn't taking up loads and loads of mental energy. It's not a job where you're working 60 hours a week and exhausted. It's a job where you learn some transferable skills. It pays your bills, and then in your free time, you kind of have the mental capacity to be exploring more things about creative writing and meeting people, maybe doing some volunteer work on the side or something. So, yeah, exploring I think just kind of- if I wanted creative writing something around that, what are all the

skills that it would be really helpful for me to have? And then just what work environments am I drawn to? What jobs look kind of fun and interesting to me, and just going and getting a job that meets some of those criteria, just to get yourself out there and just have work on your resume, CV, we call it resume. And then in your spare time, that's when you're really like driving forward, meeting people, pursuing kind of other creative writing opportunities. Does that make sense?

[01:02:48.390] - Mags

Yeah.

[01:02:49.430] - Cass

Told you so.

[01:02:51.270] - Mags

Okay, then.

[01:02:55.770] - Cass

That's why I re-iterated. Yes. I think going back to you now, I was wondering what type of courses do you do with your coaching and stuff for people who may be interested in trying to contact you. With all this networking that we've been talking about, what are things that you offer to help people?

[01:03:18.610] - Mabel

Come Network with me! Yeah. So the main way that I work with people is it's a career clarity process that I have. So it's when you really are not sure what you want to do with your career, how to make it happen. It's called the Career Compass Method, and it's a specific method that I take people through that helps them really figure out who they are, what their purpose is, and then how they can find and begin a career in that. So, that's the main way that I work with people. And then I also help people who maybe they know what they want to do, but it just feels impossible to make it happen. And we kind of help them gain the skills that they need to gain to go and do that thing. Kind of like similar with you Mags, like meet the people that they need to meet, plan it out, do, like, the mindset and confidence work to go out and actually do it. So those are, like, the two types of people that I work with. Sometimes I'll do more like specialised things, but mainly it's people who are like, I don't know what I want to do with my life. Help me! She wrote that to me this morning, actually. She just signed up for a discovery call with me and she just finished it with "Help me!!". So I have no idea what I want to do with my life. Please help me figure out something that I want to do that's meaningful and fulfilling. That's the kind of person I work with, and then I know what I want to do, but I just don't know how to make it happen. That's the other type of person that I work with.

[01:04:49.210] - Cass

Yeah. So do you have any highlights? Well, highlights and also, what are your challenges when you're working with people? What part of the process do you find challenging and what part of it is like a highlight for you?

[01:05:04.290] - Mabel

Yeah, so most of the time we'll do this discovery process, we'll pull out all of the puzzle pieces of what a fulfilling life is going to feel like to them and therefore what a fulfilling career is going to feel like to them. And there's this really cool part as we're going through that process where the puzzle starts to come together and you start to see, like, this person is just like, every piece is coming together that doing a certain type of non-profit work is just looking really right for them. And so when the puzzle starts to come together and you're not forcing it, it's just naturally coming together and you start to see it, that is one of the coolest things. And then actually one of the hardest things is helping people go out and network because it is really scary, and I can't go and do it for them, so all I can do is support, and it just is one of those processes that none of us want to do because it is so much easier just going on a job site and writing a little letter and sending our cover letter and CV off, but it's so much higher reward to go and meet people and make connections. So that is a challenge, just beginning that process, like getting the confidence to start going out there. Once you started, then you just kind of want to roll, and it ends up it's not as bad as you thought it would be. Getting out there and doing it is challenging. Yeah, right.

[01:06:30.670] - Mags

Yeah. No, I completely understand. I relate to that so much because it's like I always dread the first time I do something and then I'm like 'oh, that wasn't too bad, I can do that again, that's fine'. And then I think it gets easier. So, I think this is my problem. It's like I keep seeing, like you said, but I've also seen from other sources that networking is one of the best ways to get a job. But I've always been putting it off because I'm like, no, I don't want to be doing this, I don't want to be meeting new people. This stresses me out and everything. And so I think it's just about having that push. Now I feel like I've got it, thanks to you. I'm like, okay, I have to do it now. I have no other choice.

[01:07:11.870] - Mabel

Yes. When I was in India, and I was working with one of my teachers there, he was like Mabel "he was like, there's a difference between knowing something and realising something". And I think what he meant by that was like, there's a difference between hearing the information and then it really hitting you and you're going "oh, yeah, I really do need to do that because that's like, really good", and they're two different things and sometimes it just takes a while to get to that point. You're like, yeah, I'm going to do it.

[01:07:44.710] - Cass

Yeah. So what do you think is kind of like, what do you envision your future to be? Like in a year, two years, five years with your coaching or your purpose, what do you envision it to be? Manifestation moment. I'm giving you.

[01:08:06.250] - Mabel

What a cool question! Okay. What a cool question. People don't ask me questions like that very often. That's cool. Okay, so I made a video a couple of weeks ago about being multi-passionate. And what if you are someone who it's not just like your whole life you were destined to be a Maths professor, you've actually got different interests. And so, to me, part of the last year has been learning more about this creative design side of me and so what I would love to do is work more of that into my business. So make more programmes, just make them really beautiful. Maybe I want to start a furniture- what's it called when you updo furniture? What's that called? When you buy furniture that's really tattered and then make it look lovely?

[01:09:00.990] - Cass

I know what you mean.

[01:09:01.920] - Mabel

Upcycling.

[01:09:02.480] - Mags

Upcycling. I was going to say that it came to me.

[01:09:05.230] - Cass

I was going to say I watched so many TikToks of that, but I know what you mean.

[01:09:11.550] - Mabel

Yeah. I don't know, maybe I don't want to but do that. Maybe I want to do like that for like a couple hours a week on the side or something. So, what I would love to do is just continue to create more programmes around this, around career fulfilment, being able to really express who you are from the inside, on the outside, and then also just bring more creativity and artistic work into what I do.

[01:09:40.810] - Mags

Love that.

[01:09:41.710] - Mabel

That's what I want to- that's my plan.

[01:09:43.980] - Cass

If you open a shop, we'll be your customers.

[01:09:46.810] - Mags

We'll fly all the way to America.

[01:09:49.060] - Mabel

Yes!

[01:09:50.090] - Cass

Tell me your coffee order because I'm flying over to you.

[01:09:57.870] - Mabel

This is the kind of new direction that careers are going in, which is really cool, where now you can have one full-time job and also you can kind of be managing multiple projects at the same time. And if you are someone who you just have a lot of different passions, it's really cool how you can do that now. Yeah, that's like one thing that I'm thinking about if I want to do.

[01:10:20.440] - Cass

Yeah, I think this question is coming very at the end because you just triggered something with changing of the times. I think another question I'm going to ask for advice. Do you know a lot of young people nowadays, well not as much now, but especially I think our generation gets a lot of pressure from either friends or especially family on this is what you have to do. Or like, for example, for me, being half-Asian, not that I've ever had this pressure, but for most Asians 'it's like you have to be a doctor, you have to be a nurse because it's been like in the family for so long' or whatever. So, for people who have had this pre-made path for them that they don't want to follow, but they're forced to do it because of pressures from other people and stuff, but want to do something else, like, what's your advice for them?

[01:11:21.770] - Mabel

Yeah, that's a great question because that's really hard, right when your family is telling you you should do one thing, but inside you feel a different thing. I think having a support system of people who believe in you for what you really want to do is really important. So my encouragement there is to one, trust your gut. Like your gut is the most important thing. And if your family are telling you you should be a doctor but something in your gut feels like you shouldn't, my advice is to really listen to that and look out for people who you do connect with. So if your gut is saying 'I don't want to be a

doctor because I just would much rather just say, for example, I'm much more people focused, I'm much more drawn to being a therapist' or something, then kind of going and just finding a community of those people like going and meeting some therapists and just getting their perspective on it. And just like, if your family are giving you one perspective, just go out and just explore some other perspectives and learn that your family are great, and they're supportive, and also they only know what they know and what they've been exposed to and there's like a whole world out there with different opportunities that might be better suited to you.

[01:12:40.530] - Cass

Yeah, definitely. I just wanted to sneak that question right in there because I just thought of it really quickly.

[01:12:47.990] - Mabel

That's hard.

[01:12:50.790] - Cass

This is what happens when being a journalist. You just keep getting questions like this, and I just have to let them out because if not, I will forget about them. And I feel like they're good points to make, but yeah, I don't know. Do you have any other questions?

[01:13:05.520] - Mags

No, honestly, I'm still going over my mental notes. I'm like I have a to-do list now.

[01:13:12.670] - Mabel

I love this. We love action steps.

[01:13:15.800] - Cass

Yes. But yeah, I guess last question for me would be what advice do you have for last advices for young people in their twenties that are trying to figure themselves out, trying to figure out what they want to do?

[01:13:36.230] - Mabel

Yeah, my one piece of advice I was thinking about this yesterday, actually. My one piece of advice would be to take the pressure off yourself and to kind of accept that the journey might take time. And in that journey, your job is to explore. When I was going through my career transition, trying to figure out what I wanted to do, what was right for me, it was so much like I was like, I just want it to

know now. I just want to know now, I just want to know now, I want it to be solved. And it was right when I accepted my current situation and was just like 'you know what? I don't know what I want to do with my life, but I'm going to explore, and I just know it's going to be okay'. And it was right when that happened that I relaxed, and I stopped stressing. And because I wasn't stressing so much, I was just able to see clearly in this new way that I hadn't been able to see before. And then, like, two months later, I found coaching, and I was like 'oh my God, this is what I want to do forever'. So, my encouragement is to just see if you can just enjoy and accept the journey. And know that if you are exploring, if you want this fulfilling career that really fits in with a life that's going to make you feel really good, then if you are exploring what lights you up and what really is exciting for you, not based on what you should be doing or what you've been doing in the past, but just following what makes you curious. Then eventually, you'll find your way.

[01:15:20.950] - Cass

Beautiful.

[01:15:22.310] - Mabel

And also ask for help. If you feel really stuck then ask for help. 200 years ago or 100 years ago, there were maybe like I don't know, two options that you had, and now there's like a million. And so, obviously that's overwhelming. And so if you're struggling, it is not bad to ask for help at all. It's a sign of strength. It's a sign that I can't remember if I've said this to you before, but this to you before because it's my favourite statistic, but people are the most successful species on Earth because they're the best at working together, not because they're the best at sitting by themselves and figuring it all out alone for like 100 years. It's because they're the best at working together, which means asking for help and collaborating. So, whether that's like hiring a coach or just talking to your friends or like, going out and meeting a new person, asking for help is completely a good thing.

[01:16:17.290] - Cass

That's beautiful.

[01:16:19.290] - Mabel

Those are my final thoughts.

[01:16:20.720] - Mags

Yeah, love that mic drop.

[01:16:22.870] - Cass

Yeah, literally, mic drop.

[01:16:25.680] - Mabel

I mean, yeah, see you later.

[01:16:28.490] - Cass

I was going to say you can drop your mic, but I think you have it attached somewhere so you can.

[01:16:32.750] - Mabel

Just it would be dead. Yeah, exactly. It's a nice microphone. I'm just going to like-

[01:16:40.050] - Cass

But, yeah, I guess last things is where can people find you? Your socials and stuff? I know you have a YouTube channel, but yeah.

[01:16:51.490] - Mabel

You can find me. Best place to find me is on Instagram. So, I'm just Mabel Bachini, which is M-A-B-E-L-B-A-C-H-I-N-I because it's a funny spelling. So that's the best place to find me, or my website which is just mabelbachini.com, but it's spelled Mabel Bachini, so it's a bit confusing. So, those are the best places to find me. I love just like chatting to people, so if you like, come find me on Instagram, and then just say hello and I'll be like yay, hi! But those are the best places to come find me.

[01:17:22.580] - Mags

Awesome!

[01:17:23.360] - Cass

Beautiful. Also just I don't think we've mentioned this in the intro, but we're closing season one with you, Mabel.

[01:17:32.380] - Cass

Oh, yeah.

[01:17:33.480] - Mabel

An honour!

[01:17:37.890] - Cass

Our beginner kind of chapter has ended with you, which is like-

[01:17:43.220] - Mags

The best ending.

[01:17:44.390] - Cass

Yeah, literally best ending for season one.

[01:17:50.390] - Mabel

I feel honoured. Well, this was just the most lovely way to spend time with you guys.

[01:17:55.450] - Mags

I enjoyed every minute of it. I have so much inspiration, I have so much motivation to go find my job and my purpose. I feel like-

[01:18:06.650] - Mabel

Yes. Keep me updated-

[01:18:08.260] - Mags

I will do, I absolutely will do-

[01:18:08.800] - Mabel

With messages with how it's going.

[01:18:10.140] - Mags

I will do!

[01:18:12.530] - Cass

Yeah. But, yeah, this episode will be all obviously available everywhere that people listen to podcast to keep with updates and, of course, to see more sneak peeks of Mabel on our socials are-

[01:18:26.220] - Mags

@acupofgrowthpodcast on Instagram and @acupofgrowth on TikTok and Twitter.

[01:18:32.690] - Cass

And for newsletters and to see more stuff from Mabel and our website as well is-

[01:18:40.130] - Mags

acupofgrowth.co.uk. And then, yeah, while you're there, sign up to the newsletter because you get all the sneak peeks, all the exclusives and stuff. I try very hard every week to make it. Please!

[01:18:54.970] - Cass

Please give some attention. But, yeah, I think that's it-

[01:18:58.410] - Mabel

Take a look at it. This was lovely.

[01:19:04.970] - Mags

Thank you so much, Mabel, for all your wisdom and your help. I think it's going to be it's very beneficial to a lot of people.

[01:19:12.610] - Cass

Yes, it will be!