



## **Episode #004: How Leslie Went from Stressed & Unhappy To Clear & Confident With FYFC**

**Show Notes:** <https://hercareerdoctor.com/leslie-fyfc-testimonial/>

Leslie (00:00):

I was confronted with a concept of it not being as I envisioned. And so, and when I came to that realization, it was anger. It was, you know, well, you guys are really dumb cuz you don't realize how great I am.

Tega (00:16):

Hello and welcome to the fourth episode of the fulfilling career podcast. I am so excited for this episode where I'll be talking to Leslie, who's an alum of my signature coaching program. Find Your Fulfilling Career. As you just heard a snippet, I'll be talking to her about her journey from being stuck, confused, and a bit angry about her career situation, to feeling clear, confident, and aligned in her career decisions. Leslie shares about her career and emotions before joining the program, her favorite transformations and parts of the program and shares a message for you. If you are considering applying to FYFC.

Tega (00:58):

Welcome to the fulfilling career podcast, a show for the professional woman, who's ready to work in an aligned career that allows her to thrive in her zone of genius, live on purpose and get paid a value aligned salary. I share quick insight and strategies to help you reach your career goals. Whether you're trying to find your fulfilling career, grow your current career or successfully job search. I'm your host, Dr. Tega Edwin a career counselor and coach who was able to turn my own frustration from being in an unfulfilling career into the framework and now used to help women find their fulfilling career and job search with confidence. Let's dive in.

Tega (01:44):

Hi, Leslie, how are you doing?

Leslie (01:46):

Hi, Tega I'm great. Thank you. How are you?

Tega (01:48):

I'm doing well. Thanks for asking. I really look forward to talking with you. So just gonna jump right in. OK. So if you could think about your life and your career before FYFCC, how would you describe those things?

Leslie (02:02):

So I knew I was ready for an adjustment. I was ready for a change. I had applied for a promotion that I had not been successful in achieving. And it really made me think about where I was, frankly, I had found you on Instagram and I just really was not, I felt confused. I think in general, I, I knew there was a call to change something. But I wasn't really sure. And it's one of those things where I didn't realize it until I got into your program, but just in general, all the stuff that was here that was sort of whirling around, I had zero mechanism to help me organize it. And I didn't know that at the time it wasn't until after I started working with you that I was like, oh, <laugh>

Tega (02:52):

Yeah. So I'm hearing like a bit of confusion, a bit of lack of clarity for you, but not just that didn't, it sounds like you're saying you didn't even realize that you didn't have clarity until you were in the program. It was like, oh, I don't know how to navigate all these pieces of information that are in my head. Is that what I'm hearing?

Leslie (03:10):

Yeah. And I think for me, the, you know, I did one of your, you had a, a free session that I think was tied to job search simplified. It was kinda some key components. And I, I listened to that and I took some notes and I really liked how you broke things down. And in the process of that, I realized, okay, so I, maybe I had the skills to do that independently if I'd really sat down, but I had such an emotional tie to that feeling of stuck and that feeling of, you know, I was also trying to process kind of like how much of this was really me wanting to make a change and how much of it was me just responding badly to rejection.

Tega (03:51):

Mm-hmm, yeah! <Affirmative>.

Leslie (03:54):

But when I watched that and I listened to you, I was like, okay, this is very process oriented. And even in that, even though I wasn't necessarily job seeking at the time I was, I was struck by how even just that simple, like half hour, these are the steps I was like, wow, this feels really powerful. And so I think that is what kind of shook me and prompted me to fully commit to

you. I have the call and I think even our call, you were like, you seem confused. And I was like, yes!

Leslie (04:26):

That's what I am!

Leslie (04:31):

Yeah. And I really, I, I, I mean, from the sake of looking back on it, I have so much more clarity now where I was there. And I think the main takeaway that I had in my time from, with you was just that kind of unrelenting push to really like hold myself accountable. Cuz the sessions were great. I loved talking to you. I loved the cohort, the, the women that we were in together, but just that relentless, you know, you're here for six weeks, you've invested in yourself, you're going to do this. Like I didn't feel like you would come and I don't know, threaten me if I didn't, but I also felt this very strong urge to kind of live up to the standards you were creating. And I mean really just from the very first session, the very first homework, it was like just one realization after the other, and clarity is the word you use.

Leslie (05:21):

And I believe that's what I said in my feedback to you was that's what it felt to me. I had a real strong sense of the reality of the person that I, that I am and that I want to be and I, you know, I think that the timing is such, cause I had come through kind of in a diff difficult emotional place in the job I had had. And I think by finding you, it was like, it was permission to kind of let that go and really focus on what was authentic for me. And that's really what the program did for me, the framework the exercises we did, it's just, and I think at one point I told you, you don't charge enough for the program because the insights that I had were so like, I was like, these are familiar, but they're also just rocking my world to even think that they're still part of who I am. So it was a really, it it, my MBA program that I'm starting, which in large part I pursued because of the clarity I got about transformation guaranteed.

Leslie (06:24):

And I'm like, girl I'm already transformed!

Tega (06:33):

I love that. You're like I already transformed, I dunno what y'all about to do, but I'm coming in transformed. I love that so much. Now one, one piece that I heard you say was you had such an emotional tie to that space of being stuck. And so if you can kind of think, cause I know you're saying going through the program helped you sort of see where you were a bit clear and now that you've gone past it.

Leslie (06:54):

Yeah.

Tega (06:55):

What would you say are some of the emotions that were tied to that being stuck space that you were in?

Leslie (07:02):

So honestly, I mean, it started for me with like disruption. Like I was just not, I wasn't feeling myself. I, yeah, I wasn't unhappy. I love the people that I work with. And I love the organization that I work with, but I think what happened is I, I was confronted with the concept of it not being as I envisioned. And so, and when I came to that realization, it was anger. It was, you know, well, you guys are really dumb cuz you don't realize how great I am. You know, it was a lot of external and then it was also some internal too, like maybe this is on me. Maybe I'm not good enough. Or I had had a lot of language in this job that I found out through you was not really a value alignment in terms of diminishing myself and I really had kind of bought into that.

Leslie (07:59):

And so at that point I think part of the reason I was mad is I was like, yes, you feel less than, but you shouldn't. And so it was this push and pull. It was just really not great. It was to the point where I, I was, I never considered just quitting, but I, I was so mad at work and that's not me. I'm not a mad person. And so that I took as a signal to really that deserved attention to me and I, I waited to work with you until I was through the bulk of that, because it felt so cloudy. But once I stopped being angry <laugh> I was like, it's just not right. Like it's not, it's not a fit, it's not a good thing. And I really appreciated the work we did about values. And even when I had the conversation with my current employer about, you know, my, my future prospects and all the rest of it, I had an answer when they said, you know, what do you think about that? And I said, you know, I understand where you're coming from, but, but that doesn't align with my values.

Leslie (09:02):

And saying that versus y'all suck <laugh> it, they were like, fair, fair enough. So I think that I, I really appreciated that I could bring all of those emotions to the session and then being able to work the system and come to the realization about what those emotions were informing me. And also realizing that I was not those things. I was telling myself that my values are important. And they, they mean, and you know, you're big into the affirmations. I still say that one... Voice is valuable and deserves to be heard in all spaces, I'll be driving down the road and I'm like, yeah, it's time to say that. So those things were very empowering for me. And I think a lot of the changes I'm making in my life now, people are like, wow, you're bold. And I'm like, no, I'm aligning <laugh>.

Tega (10:00):

Mm. Oh, I love that.

Leslie (10:02):

<Laugh> and it's scary. It's real scary to go through it. And at the same time it feels appropriate and it feels right. And I feel a large part empowered because of the work I did with you.

Tega (10:14):

Oh, that is so beautiful. I love, I love that. Well, two things, one like the information, you're still saying them, because that is personally for me creating those for you all is one of my favorite things to do. But then when, when you said people will say, oh, you're so bold. And you're like, no, I'm not bold. I'm aligning. That just sounds so like, I think that should be at a card somewhere. I'm not bold. I'm aligned. It's like, it's like, you're prioritizing yourself. And what, what is important to you? And stepping into that, that is so beautiful. Like I'm gonna coin that somewhere. So like Leslie says, I'm not bold. I'm aligned. I love it so much. So here's a question kinda back, we've talked a bit about different things, but I'm curious, right. So you said, you know, did one of the free webinars that I host occasionally. And then we, the call you, my assumption is you probably, maybe weren't certain you wanted to do this yet or were you?

Leslie (11:06):

No, I wasn't. I will tell you that the concept of speaking with someone like you had been present for me for quite some time and at the risk of sounding, I don't know, like I'm making something up or I don't even know what the word is. I didn't want it to be someone like me. I wanted it to be a person who had a very different background who had a very different worldview, just because I, I value the concept of different voices. So, I had been lurking on several different platforms for different people, and I think, what I really was attracted to and you is that you were just very clearly data driven, clearly very process driven, but you were also just very much like it's not, it's not something you have to ease into, you know, just do it, just, you know, follow me along and, and, and come along with me.

Leslie (12:00):

And so I was not sure because I had not invested that level in myself before I, I was operating in a lot of ways on a scarcity mindset. That was something other unanticipated with you, Tega. But when I made the decision to commit and I was like, I'm spending this money, I'm gonna do this. It wasn't that scary after all. And so our conversation left me feeling like the program would be a good match. It left me feeling like I would walk away with tangible outcomes. You know, I already do therapy and I left therapy. But therapy's an ongoing process. This to me felt like I was gonna make a plan. And so I was really like, I was sold after you talked to me. But a lot of my hesitations, I think kind of went away once we started speaking and I let that other part of it go. And I, I, I allowed myself to think about what would it be like to really go all in with this and you have a great personality and I connected to that right away. And I was like, oh yeah, she's so pushed me. And so I think all in all, like the call was, was crucial. But I, I also know for a fact that if I had had the conversation with you and I had said, you know, I'm not really feeling it. You would've been like fine. So that's nice too.

Tega (13:24):

Yeah. And that happens sometimes not a, fit's not a fit, it's not a fit. So here's what I'm curious. So you've talked a bit about, you know, the value work being really valuable for you. I'm curious, what else in FYFC was there a particular session or activity that really resonated with you or kind your wins from the program, so to speak?

Leslie (13:42):

The first.. I wanna say it's the first three classes we did the we did the assessment with the, the, the diamond circle thingy? I ended up on..

Tega (13:55):

Your zone of genius, interest areas?

Leslie (13:56):

Zone of genius, that's it!

Tega (13:58):

<Affirmative> yeah.

Leslie (14:00):

Yep. And then that's something else I quoted the other day. I was like, listen, I'm, I'm firmly on the visualization, you know, up to actualization side, like the rest of not for me, I'm telling you, I quote you all the time! They ask me like, "Is Tega your mom?" I'm like.. No. She could be a great mom, but she's not my mom. I liked that a lot for, I liked the foundational side because what I felt like that the zone of genius and then the career inventory, I think is what it's called where we had to pick all the different jobs.

Tega (14:35):

Oh, yes, yes. Mm-Hmm <affirmative>.

Leslie (14:38):

Yeah. And then the values, the three of those to me helped me really reconnect to things that I do consider to be true to myself, but I didn't necessarily give space for in my career. They were more about things I had defined as Leslie, rather than as Leslie the, the HR person or Leslie the working person. Right. And, and, you know, I, you know, I'm, I'm an emotionally led individual in all things that I do. And so I think that appealed to me because it allowed me to really center in on the truth of myself. But that was the foundation from which we made the plan. The, the plan was hard for me because I knew that I was in the process of applying to my graduate degree graduate program. And I wasn't quite sure what my plan would look like, but having

that solid foundation of those things has led me now to feel more confident in the choices I'm making.

Leslie (15:32):

And they're really fun. And I think too, the sessions early on it was, it was nice when we were talking as a group about how we did on those, because we were all so different. And even when our, you know, my colleagues on the calls would be like, well, I'm, I'm this, and it's completely different hearing them talk it out and talk about that process. It made me in some ways be more clear on what I was doing myself, but also really like, appreciate the different perspectives and consider it holistically, cuz they were parts of my sort of genius, you know, stuff that I was like, well, that's not actually true about me.

Tega (16:10):

Right.

Leslie (16:10):

But then as I heard one of my colleagues talking about it, I was like, oh, OK. I get it now I see how it would connect. And so it kind of allowed me to open up a little bit more. So that was like the first three sessions I think.

Tega (16:24):

Yeah. Mm-hmm, <affirmative>,

Leslie (16:25):

We also had the least amount of homework, those sessions. So I dunno if that's part of it, but..

Tega (16:30):

Maybe, but, but no you're right. And when you talk about those being foundational, cause that's where we do like the mindset work and the values work, then the interest work. And so those really do set the stage for everything else that we do in the program. And so I'm hearing that for you, those, we, you mentioned any of those were fun for you, but also give you confidence in the choices that you've now made post FYFC because you have that clarity, you know, what is in alignment and what is out of alignment for you.

Leslie (16:55):

Yeah. And I think that's one of the biggest things in terms of like a takeaway for me is that the, the plan document that, that we have, the materials you've created have been wonderful. I've revisited them several times. And having that plan document to go back to when I start to feel like, oh, I could go here. I could go there. I don't know. It's, it's an, I have something very tangible to be like, no, this is the thing. And frankly, as I've been writing cover letters for these

jobs, I've been applying to, I always open my values assessment first and I remind myself, yeah. And then I'm looking at the website or the mission of the organization I'm applying to. And I'm like, two of my core values are this. And it aligns with your organization in this way. And it feels very truthful and authentic, not just like I'm, you know, writing words to come up with things. And it's also helped me be more picky about who I end up applying to. Because the research techniques you taught us and all that, those have really come into play a lot for as well. It sounds like I love all of them..

Leslie (17:59):

But crucial time and time again, especially if from the sessions and I've started to about what am I doing? Go back, look at your bedrock, look at your foundation. And it helps me with my guideposts moving forward.

Tega (18:15):

Oh, I loved that. Thank you so much for sharing. Okay. So one last question. So for the woman who is watching this video she's trying to decide if FYFC is right for her. She's still kind of, like maybe she's even decided should I even apply and get on that free call? What would you say to her?

Leslie (18:30):

You know, if you have any awareness of any kind of doubt at all in your life, you need to make the call. Honestly, like I think every 12 step program, every self-help program out there that's the first step is realizing that there's something amiss. You have to trust your intuition and you do a good job of encouraging that in ourselves as well, because a lot of these assessment are tied to that. And if you've been thinking about it or wavering, you can always put aside, you know, the, the more, the life concerns of things like money your time and just at least have the call. Cause I think if you're inspired to do it it's worth the conversation. You know, it's not, I'm not in a position where I have a lot of extra money. I'm pretty much the main earner in my house. And so I really had to think about it and prioritize it, but having the awareness that I needed something and then connecting with you and doing my research and feeling like this was the right thing, it, it made the other parts more doable. And I'm frankly proud of myself that I did go ahead and make the call because the impact has been monumental. And I think you owe it to yourself to at least have the conversation. And she really won't be mad at you if you say no, but

Tega (19:53):

<Laugh>

Leslie (19:55):

Don't say no, just don't say no,

Tega (19:58):



I love that. No, I will not be mad at you, but Leslie says, don't say no, <laugh> I love that. Thank you so much for sharing Leslie. And thank you for your time. It's been wonderful talking with you and catching up with you.

Leslie (20:08):

Same here. Good to see you.

Tega (20:10):

You too.

Tega (20:12):

Thank you for tuning into this week's episode of the fulfilling career podcast, and I hope you found Leslie's story helpful. If you're tired of feeling stuck, unhappy and unfulfilled in a career that feels like it's sucking the life out of you, but you're not sure how to make your transition or even what to do next. I invite you to apply to the next cohort or find your fulfilling career. FYFC is an exclusive intimate group coaching program, but the woman who is unhappy at work and ready to find a career that allows her to live on purpose and thrive in her zone of genius, visit [findyourfulfillingcareer.com](http://findyourfulfillingcareer.com) to submit your application today. You can also find that link in the show notes for this episode. Thanks again for listening and I'll catch you in the next episode.