



Episode #009: How Vivien Went from Unhappy and Losing Herself to Confident and Clear about Her Boundaries

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

Vivien (00:00):

But I can't pinpoint what is wrong. And then at the same time, I'm like, I can't leave because I think I started believing that this is all I'm good for, you know, that I'm not relevant outside of this, this is all I'm good for. This is all I'm that I can do. And so I was, yeah, I was really frustrated

Tega (00:18):

Hello and welcome to the ninth episode of the fulfilling career podcast. I'm excited for this episode where I'll be talking to Vivian. Who's an alum of my signature group coaching program, Find your fulfilling career. As you just started snippet about her journey from being unhappy at work crying every day and losing herself to feeling more confident in herself and her skills, identifying her transferable skills in setting better work boundaries. Vivian shares about her life and career before joining the program, her favorite transformations from the program and shares a message for you. If you are considering applying to FYFC,

Tega (00:59):

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 insights 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. I now used to help women find their fulfilling career and job search with confidence. Let's dive in.

Tega (01:42):

Hi, Vivian. It's so good to see you again. <laugh>.

Vivien (01:47):

Hi. Hi. Hi. It is so awesome to see you again. It feels like forever. It hasn't been forever, but it feels like forever.

Tega (01:55):

It does feel that way. I think what your, your cohort finished in July, was it August? Cause you were in the June cohort.

Vivien (02:03):

I was in June. We finished early August.

Tega (02:07):

You'd have finished yeah. Early August. And

Vivien (02:09):

Three months, but it feels like forever.

Vivien (02:13):

Yeah, it does. It does. OK. It does so good times. Good time.

Tega (02:21):

I know. Right? Seriously, good times. So let's jump right in. So the first question I have for you is just describe your life and career before you went through FYFC.

Vivien (02:34):

Um, I think before I even reached out to find out about FYFC the summary of what career wise I, where I was career wise was just frustrated. Um, I think because I couldn't articulate, I knew I was unhappy, but I couldn't quite articulate why I was unhappy. And I, I, I didn't know what next, like I was like, okay, I'm unhappy. Everybody says, if you're unhappy, quit your job or quit your job. And then what <laugh> right. You know what I mean?

Vivien (03:07):

Um, so I was, I was just, yeah. And, and, you know, trying to weigh all the responsibilities of life and, and, and again, not being able to articulate what was wrong. Like, why am I so unhappy? I'm good at my job. Sort of, you know, I'm good at my job. Um, I'm I believed I was competent when I went into the job. Um, I haven't caused any like big train smashes or anything like that, but I'm just not at ease. Um, but I can't pinpoint what is wrong. And then at the same time, I'm like, I can't leave because I think I started believing that this is all I'm good for, you know, that I'm not relevant outside of this, this is all I'm good for. This is all I'm that I can do. And so I was, yeah, I was really frustrated.

2 | The Fulfilling Career Podcast:

#009: How Vivien Went from Unhappy and Losing Herself to Confident and Clear about Her Boundaries

Vivien (03:58):

And then, uh, a friend of mine said, you know what you need, <laugh> what you need is to talk to Dr. Tega <laugh> <laugh>. And that's how I reached out for you. I think even when I did my engagement meeting with you, I was like, I don't know what's wrong. I can't even tell you. I can't tell you what's wrong. All I knew is help. <laugh>.

Tega (04:20):

Like, help me, help me, like help me. <laugh>.

Vivien (04:24):

Yeah. Like, yeah. Cause I couldn't, I couldn't articulate what was wrong and I just needed help centered around my career. I thought it was just centered around my career. Come to find out FYFC fixes your life. So not kidding though. Like we might get into it, but I'm not kidding. Like yeah, that was really cool part of the program. Um, but then yeah.

Vivien (04:52):

Then I reached out and became part of the, the cohort and that's how we met.

Tega (04:58):

So, first of all, thank you. <laugh> but one thing I wanna say, cause you said, you know, you couldn't articulate what the problem was. And um, I wanted to hone in on that. Cause I think a lot of women struggle through that way. They're unhappy, but they don't have the words to tell you why. And yeah. You know, I've always know, like, I, I I've said, you know, when you don't know why that can be even more frustrating, but I wanna hear from your end, what is it like, what was it like for you to know you were unhappy, but not be able to say here's why I'm unhappy.

Vivien (05:32):

I think I, I identified with a baby, like a newborn baby will cry because they don't have the words to say, mommy feed me, mommy clothe me.

Vivien (05:44):

I need to change. So all they can do is cry and fuss because they don't have the words. And that's how I felt. I felt like I don't have the words. I don't even like I go home and I just cry and if my husband says what's wrong, all I can say is, I don't know. So that I literally just identified with children who care babies are like mommy help me! And mommy's like, do you need a bottle? And you're like, no, you know, but you can't say it because, because you don't have, I don't know. I didn't have, it's not that I don't have the vocabulary, but I just couldn't identify from a career perspective, what exactly is wrong? And it felt, I felt lost. Um, I think I started thinking into this dark, um, pattern of thinking that this is always gonna be it.

Vivien (06:33):

This is, this is as like, this is gonna be it. I'm just gonna have to suck it up and snap myself out of it. Um, because I may never have the words, um, to explain where I'm at very frustrating.

Tega (06:46):

Wow. That was so powerful. Thank you for sharing. Um, so, you know, you mentioned your enrollment call, right? Like getting on the call and us talking through a little bit what was going on and you not having the words, but so as we think back to that time, I'm curious. Cause obviously, you know, the enrollment call is not only for me to determine if FYFC can help you. It's also for you to determine if this is the right fit. So I'm curious why, what was the thing? And maybe you had decided before the call, but I'm just curious in general, what made you decide to join FYFC?

Vivien (07:16):

Um, I think so when I, when I made the enrollment call, I wasn't sure whether I needed a one on a one on one coaching or whether I needed the group setting. Um, and so, and like, because I wasn't sure of anything. So then I spoke with you and, um, there was something about the questions you asked that either I didn't have the answer to, or when I answered, I thought, oh, I've never actually said that out, out loud. <laugh>, you know, and having someone be able to draw out an answer for me, I thought, okay, maybe the answers that are already there, that I don't know how to bring out or it'll help me think, because I think one of the things I said was I struggle with introspection because I just haven't had the time. Haven't had the time to really introspect and really think about who I am, what I want, all of those things.

Vivien (08:10):

And the questions that you asked during the engagement were, were like, forced me into some mini introspection. And then I, and so that's what got me thinking, you know, I need this kind of environment. I didn't know whether it would be one on one or a group, but I was like, I need this environment where I could bounce off of and engage with somebody who can ask me the specific questions that will draw out this frustration and help me put words to even like, even if I came out of the program, not knowing what I was gonna do next, I was okay with that, but I just needed to be able to name it. So that I could, you know, address it, whatever it was. I needed to be able to name it, to address it. And, and from just that engagement call, I was like, okay, this is going to help me name it.

Vivien (09:00):

If nothing else, I think it'll help me name it. So that's, that's what made me say, okay, let's give this a try if you know.

Tega (09:08):

Alright. So I'm hearing that for you. It was just being me being able to help you think through things that you hadn't thought of in the past, being able to vocalize things that you hadn't said in the past kind of made you think, okay. Maybe at least if I go through this process and I can, because, you know, you had talked about how before you would feel this unhappiness and you would go home and cry, but you couldn't articulate what the problem was. And so it sounds like from the enrollment call, you started thinking, okay, maybe this would at least at the very least, if nothing else help me articulate what the problem is and if it does nothing else, that in itself was valuable.

Vivien (09:44):

That's exactly it. Yeah.

Tega (09:46):

Okay. Okay. Okay. So you joined the program now, let's talk about your time in FYFC. Um, and I know you had mentioned, we, there was, you know, you talked about some things we might get into and, you know, I just wanna hear about your experience while also thinking, was there a particular session or activity that just really helped you? What was your experience like being, going through the program?

Vivien (10:07):

Okay. So, um, at first I did have reservations about being a group setting because I was like, I've got issues at the table. <laugh> I have problems. And I know if a group help me problems. Um, but from the first I know, I know you might have to edit some of this out, cause.. <laugh>

Tega (10:34):

I'm not editing anything out girl! <laugh>.

Vivien (10:41):

But from, from the first session, I think one of the things that struck me from the first session where I was in a group with these women and for me observing these women, I I'm thinking my first impressions of the women are they are so intelligent and articulate and like, wow. And they're in the same boat as me, you know, like I just not feeling alone in the frustration in the, like unease, not knowing what next, just being with a group of brilliant women who are just as frustrated as I was made me realize I'm not broken. Like I'm not, it's normal to be frustrated if you're not in the right setting, you know, um, so that, that was like from day one, from the first session, I was like, okay, no, this group thing, I'm not a group dynamic type of person, but this is this, this, this might, this might work.

Vivien (11:44):

Um, so that was the first thing. Um, <laugh> then, um, there's so many things that, that like help me. But the first thing was when we went through, um, establishing what our values were

and you would think that that is something simple, but that broke it open. It broke it open because after we did that value, after I recognized what my values were, and then I compared my values to what was happening at work I was like, this is it. This is why, this is why I'm frustrated. And I remember it came to the next class and I said, these people are violating my values <laugh>

Tega (12:30):

Until today. I still tell people about that until today. I'm like, I still I'm like!

Vivien (12:36):

<laugh> oh my goodness. You know, it seems like such a small thing, but I mean, it, it, it, it really broke it open. It was for the first time I understood why I was so frustrated. I was frustrated because the work that I was doing, some of the people that I was around were violating my core values, like things that are important to me, that I had set aside because this is work, you know, but I am at work. So the things that are valuable to me, the things that are worth to me, the things that I stand for also apply at work. And so in the same way that in my private life, I wouldn't stand for someone violating my values. Why was I allowing my workplace to violate my values and even at work. But one day I had that outburst and I was like, yeah, I didn't get fired.

Vivien (13:38):

So, so it was, it was so freeing if, for nothing else, but to be able to recognize that these are my values and these actions or these activities, um, these tasks are violating, or people even are violating my values. It helped me set boundaries for my, myself of myself and for my teammates that made things a little bit better. Like it didn't miraculously change everything in the workplace, but it, because I was, I was now aware and I was able to articulate, I could say to a teammate, you know, I'm not gonna do that. I, yeah. I'm not going to do that, or we're not going to do that. And stand firm on it, you know, especially if it's something that is negotiable and stand firm, and that was so freeing. So freeing, um, that was the one thing.

Vivien (14:33):

Then the other big thing was, there's an exercise we do where we kind of have to plot, um, what our typical day is like and what we would like it to be. groundbreaking work. Dr. Tega, Ground. Breaking. Work.

Vivien (14:51):

Let me tell you, um, because as I was writing what my day was like, I was like, this is not it. This is not it like, no, like, this is what you have. Like, no, this can't be it. And then writing what I wanted my day to be like, after I did that, I stopped. And I thought, but you know, some of these things I could actually now I don't have to wait for this. Perfect. I don't have to wait for a shift. Even I can actually, I can do this now. And I started like, like literally one thing at a time, just insert in what I wanted my life to be like, some of those things, which I could do, some of

them needed money that I don't have. So, you know, let that for later, but the things <laugh>, but the things that I could do now, I started doing them.

Vivien (15:42):

Like I, like, I wanted to be like, I had this picture of me waking up early in the morning, having quiet time exercising and, and, you know, you know, walking to work. And I started doing those things. The, the, the parts of my ideal day, um, that I could do now, I started implementing them and it made me so much happier. Like I felt like I was accomplishing like, nothing else changed other than the fact that I knew people were violating my values and me making those changes based on the exercises they're given nothing else changed, but I, like, I felt later, wow. I wasn't crying every day anymore. Um, I just felt nicer. I felt, I felt like if I can get this done, yeah. It might take enough, but I can get other stuff done. That was very, I think those are the two.

Vivien (16:38):

I mean, there are many more, but those are the two that really resonated out to me. And I remember very, very, this click that happened on those days when we did those exercises.

Tega (16:48):

Yeah, and I heard you say, I think you broke up a bit, but I think I heard you say, because it was so freeing and you were able to just implement those things. You found that you said you weren't crying every day anymore. Is that what I heard you say?

Vivien (17:00):

That's exactly. Yeah.

Vivien (17:01):

That's it.

Tega (17:02):

Yeah. Wow. Wow. Thank you for sharing.

Vivien (17:04):

Cause I felt a, I felt change.

Tega (17:09):

And you know, one thing that also impressed me about you, Viv, was in addition to really doing the work and engaging, like again, when you came in, you were like, this place is violating my values that cracked me up, but I still refer to that till this day. Um, because you just

really engage in the process, but not only that you were showing up at 2:00 AM because you are not in the country.

Tega (17:35):

You were showing up at 2:00 AM where like most people who are in different continents who do this program, they'll choose to just like watch the replay and they still get results. But I'm curious if you just think back to the fact that this was six weeks of you, either waking up or being awake in the middle of the night to engage in this work and you look back to that, would you say it was worth it?

Vivien (17:59):

Absolutely. I would do it again. And I say this, I don't say this likely because I love sleep. I do. In fact, nighttime, it's nighttime here. It's like, has my bedtime already. I love sleep, but I would definitely do it again. Um, I don't wanna knock anybody who can't, um, engage one on one or in real time, because there's so much value in the program as a whole.

Vivien (18:27):

I mean, if you write a book, I will buy the book and I'll do the exercises. And I think I would, it would, it, like there would be so much worth in that, but I was determined to fully engaged. I was like, I was, um, I was determined to get as much out of it as I could.

Vivien (18:46):

You know, I wanted the engagement. I wanted to be able to talk to somebody. I wanted to be able to talk to other people. I wanted to bounce off my ideas and feel heard. Um, and it's hard to do that if I'm just listening and writing. Um, I can do that, but just wanted the wholeness of thence. I would definitely do it again, um, with a, with a bit of heads up so that I can plan my sleep.

Vivien (19:16):

I would definitely, definitely do it again.

Tega (19:20):

I love that. Thank you. Thanks for sharing. And so, okay. So it sounds like, so the values work was very powerful for you the ideal day, painting that and comparing it to your, to your day. Now, those were activities that it sounds like were really powerful. So if you could think through all of that and just say, okay, what were some of your biggest wins or results that you've had as a result of the program? How would you, what would you articulate as some of your biggest wins from the program?

Vivien (19:45):

Um, okay. Very, very, very practical. Um, this is something that happened after the program was over, but very, very practical was I took a look at my CV and I realized that I had downplayed myself. I was like, man, what, what is this? Like my CV read, like, you know, a list.

Vivien (20:10):

It was like a checklist of stuff, but you gave me practical skills on how to, how to, you know, talk myself up in a realistic, in, in a truthful way, but in a way that it kind of explains more of who I am than just saying, oh, I'm a, I'm a good listener, you know, so I got a very practical skill in it for my CV, but more than that, it gave me confidence because I was like, I've been, I really have been talking myself down. Um, I've, I've been, I think I've been, we've been conditioned to be humble and think that speaking down of ourselves or believing down of ourselves is humility and it's not. Um, I learned, like, I think in one of the sessions, um, I don't know the exact words, but in one of the sessions you were saying that like, like true humility and true self belief is believing the truth about yourself.

Vivien (21:10):

Nothing more and nothing less, you know so me pretending that I'm not awesome, <laugh>, you know, it's not helping anybody, you know? Um, so it definitely transformed my CV. It transformed how I spoke to my, about myself, even within our work group. I remember my teammate saying, wow, like some things different. Cause even when I would talk about myself or my skills and things like that, I upgraded, you know, I upgraded because I was able to, to use some of the tools that you gave me to say, it's not just simply this it's this and this and this and this and this. Um, also seeing myself where you, you know, we're seeing that some of my skills are transferable, so I may not have done something it's wanted of me, but I've done something similar so I can talk myself up, you know, you know, I can say, I can say that I managed a farm because I have plant it's not dead.

Vivien (22:10):

<laugh>, you know, I'm kidding. Don't listen to me. I, I love that. It's almost bedtime, so no mess. You're awesome. I love it. So, so, so, so definitely, definitely I was able to talk myself up, um, not talk, not talk myself up in an empty way. Mm-hmm to really value in myself. It was when it comes to CVS, when it comes to researching for the next move, um, uh, planning. I got technical skills there. The, the obvious change was in the office being able to S because I'm not in a, I'm currently not in a position where I can move jobs. Cause I think I went in thinking, Dr. Tega's gonna convince me to leave my job. And I don't think that's the purpose. I don't think that's the purpose of the program. It's not to say, leave your job, but to say, you can be fulfilled in your career.

Vivien (23:02):

And if, if where you are right now is where you have to be for now, you can still take control of certain element of it. That's what I picked up. Um, so I didn't feel like she's like, leave your job at the end of this program or else. No, I like, I walked away from like, I could set, I could set boundaries. I could make better articulated requests that fit with who I am as a person and

what I wanna do. Um, I could build on skills that I have. Um, I learned, I learned some of my interests that I had let slide. Yeah. Like for years and realized that it's literally, it sounds weird, but the program helped me remember who I am. And that was more than anything. I think that's what I needed to get out of that darkness out of that funk that I was in.

Vivien (23:57):

Cause who I am, you know, can, I can work with, I can work with the Vivien that has energy in a workplace and all of that. But then Vivien, who was like crying on her to work and just crying on her way home. That's not the Vivien that I wanted to be. And the program really helped me see, learn myself, my values, my interests, what I'm good at. Um, so that I could leverage it if I needed, if I needed to, without making me feel like you have to get out of that job now, or you're a bad person. No. Um, yeah, definitely. Wow. But even talking about it now, I'm just like, it's, it's literally six weeks for a couple of hours, but there's like a mountain of stuff. Like a, there's a mountain of stuff that you get out of there if you engaged.

Vivien (24:46):

Um, yeah. If you do the work.

Tega (24:48):

Wow, thank you so much. And, and when you said it helped you remember who you are, that was just so beautiful and powerful. So thank you for sharing that. So last question. If so for the woman who's watching this and who's like, okay, Viv had some great transformations and I want that too, but I'm still not sure if she's on the fence, she's trying to decide, should I join? Should I not join FYFCC? What would you say to that woman?

Vivien (25:11):

I would say join, like just doing, um, you question and second guessing yourself and questioning yourself and not being certain is what's gotten you in this frustration, in this frustrating bind in the first place. So I would say for once, if, if no other time, trust yourself in this one and jump in your answers might not come immediately.

Vivien (25:39):

Like you might not, you might not have a solid decision at the end of the program, but it will come because you'll have the tools you'll have, um, you'll have resources, you'll have a different way of think, or at least another perspective. Don't put it, like, don't put it off. I am so glad that I did not chicken out of that first call. So I will say your frustration, your frustration has gotten you this far and not making the decision is not going to make the frustration go away. You know? So, so just, just do it like you will not regret it. I, if nothing else, and I don't make promises, you will not regret it. Like you will learn so much. You'll learn so much. You'll have an ear. I mean, there, it was a group of us. There was more, it wasn't just me in the group, but I felt heard, I felt like when we needed to zoom in on Vivien, we zoomed in on Vivian. When we needed to zoom in person, we zoomed in on the next person. I didn't feel like, oh, I didn't get

any attention today. Or I didn't get, um, my answers today at all. So you, you get attention, you get focus, you get resources, practical, um, ex examples, practical things that you can actually take away and implement, do it, do it, do it well that you haven't, they has spoken.

Vivien (27:07):

I'm telling you, blessing. Blessings will come on. You if you, I mean, you can ask, like, I'm, I'm not saying that I'm in the perfect place. Cause that workplace, y'all! Jesus. Oh, Jesus is Lord <laugh>. But because I'm different and I'm skilled different. And I'm now more aware of my skill and I'm aware of my value. I don't allow the same things that were making me small, keep me small anymore. And so it's like a different person went to work. It's the same place, but a different me. And, and that, that made the, a huge difference.

Tega (27:54):

I love to hear that. Well, thank you so much for sharing your insights, sharing your time. I'm sure there's a woman watching who has appreciated hearing your story and will help with your decision making. Um, so as I said, it was great talking with you again, having a good rest of your day.

Vivien (28:08):

Bye.

Tega (28:10):

Thank you for tuning into this week's episode of the fulfilling career podcast. And I hope you found this conversation 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 of find your fulfilling career. FYFC's an exclusive intimate group coaching program for 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 [find your fulfilling career.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.