

## Young People in the Workplace – Having a purpose [Transcript]

### What has your journey been so far?

#### Andrew (00:00:05:00 - 00:00:33:00):

Yeah. So, so I guess who I am, I guess the classic two responses is I'm a medic studying medicine, so that's, classic thing that takes up a lot of my identity. I will say I'm a runner, so I've been a runner since I was about 11. So nearly 11 years now. I think, like, they're kind of two main things. I'd say kind of like shape who I am.

### What impact does that have on who you are?

#### Andrew (00:00:33:00 - 00:01:35:10):

So it's something that I think about a lot, especially like when I interact with people who, because a lot of my friends are runners and a lot of my friends are medics. So they're quite a niche subset of the population. I think something that they've both really given me is like really knowing myself. I think because I get to run and perform, not necessarily a high level because I'm not very good, but the best level for me. There's a lot of knowing when to go hard, knowing when to back off, but in terms of training generally, but also figure races. Yeah. So with medicine, like there's such a balance between like doing enough that you can stay competent and stay. You know, being a good healthcare professional, but also not doing so much is detriment to yourself and by extension to your patients. So, I think, yeah, knowing yourself is like probably what I'd say, which probably I don't think. Yeah. I don't know if that's what people usually say.

### What motivated you to study what you do?

#### Fariha (00:01:35:10 - 00:02:01:07):

So, it's funny actually. Kind of around like I think year nine upwards. I wanted to be like a therapist. So I was looking into psychology and things, kind of clinical psychology and that kind of stuff. Then I got interested in medicine because obviously you can specialize in psychology after that. To go on to be like a therapist and like a psychiatrist. Then I applied for medicine, and I got in, but I didn't quite get the grades I needed. But by that time, I'd already decided I didn't want to do medicine. So I was actually really grateful that I didn't get in, because I knew that if I did get in, I wouldn't be able to reject it, and my parents would be like, oh my God, you have to go study this now. That was quite lucky for me. And then I did a gap year. So I worked at a charity and that was absolutely amazing. And it kind of made me realize I want to work with people and kind of. Yeah, that was my kind of interest in terms of career, which is still very, very broad. But then I found public health and then I ended up working for that. And, yeah, like, as I've kind of done the course more, I'm in my second year now, so I've got one year left. But as I'm kind of doing it, I'm realizing that this route, like I do really want to work in this field, which is nice. And then I'm kind of interested in like the environment and stuff as well. So I volunteer, with the zoo. So I've kind of got that side I'm trying to kind of incorporate into the public health stuff, so I don't know where exactly I'll say it, but it's somewhere, somewhere along those lines.

### What are you most proud of?

**Fariha (00:02:55:16 - 00:03:44:19):**

Yeah, I don't know. What am I most proud of? I think just well, I think kind of more it's kind of more recently, I think over the past kind of six months or so over the past year, I've kind of really like, I feel like I've just grown a lot personally and like my confidence has increased. I've kind of I've had all these different opportunities and stuff, which obviously I've had to arrange myself, but then I've been able to go and do events and things like that and things that I would never normally kind of sign up to do. And just in general, I feel like I've gotten better at kind of time management and organization, which has been like a massive issue in my life. So I kind of feel like I'm on a natural pathway now, whereas before I just kind of like just doing just just going with the flow, basically. But it kind of feels like I have a pathway and I'm kind of like, I wake up and I know, like, oh, I'm going to do this today, which is really nice.

### What are you most proud of?

**Andrew (00:03:44:19 - 00:04:22:08):**

I think something that I've got a lot better over the past couple years now is kind of listening to my self. It's like that, the whole thing of winning, why I'm quite passionate about it is, in training for the ultramarathon I did a couple years ago is I like is is really it's really it's really like cliché. But I kind of found this voice inside me that it was like, kind of like telling me to do this thing, even though it was really hard. And after I turned your smartphone, after doing all the training, that was really, really, really hard. I that voice was like very loud. And I just kind of like this. Try to, like, keep listening to that voice. Yeah. And I just kept doing it, and I kept doing it, and I started doing this. I to side like changing my social groups to the like they were better for me. And I think that's the thing I'm most proud about is just like listening to that kind of thing within me that kind of says, actually, you can do better for yourself. Like you can do things that are just good for you sort of thing.

### How does that make you feel?

**Fariha (00:04:22:08 - 00:04:57:06):**

Yeah, yeah, yeah, it feels great because when you kind of know what you're going to do, it kind of it gives you that motivation and then you get something done and then it gives you another kind of little boost. And I think knowing what you're going to do in the short term, even for the next month or so, it just really helps give you a purpose. I'm not really, I don't think I'm the best person thinking kind of really long term. Like, I don't know where things are going to go in the next ten years, but thinking about like the next year or so, I think it's it really helps kind of thinking about where you want to go. Just so you've got that vision, I don't know.

### How often do you remind yourself of what you're most proud of?

**Fariha (00:04:57:06 - 00:05:43:12):**

I don't know really. I think sometimes it happens when I kind of interact with other people and stuff, and I guess it's one of those where you kind of get inspired to reflect when you meet somebody else or you're doing something and it's like, like a new experience and you're like, oh, well, I never would have done this before. And then you kind of realize like, oh, that wasn't too bad, actually. Kind of went well. And then it kind of inspires you to think about it. But yeah, I'm trying to be kind of more reflective, just in general, kind of keeping a journal and that kind of stuff. So it's every once in a while when I do something new, it's like, oh, wow, I've actually I've made it this far.

### How much value is there in saying 'I'm proud', every not and then?

**Fariha (00:05:43:12 - 00:06:10:12):**

Like that's yeah, kind of like quite good. Yeah, probably quite a bit. To be fair it would probably helped reduce my stress, I suppose, because it's one of those as you kind of you want to do all these things and it increases your stress and you're kind of like, oh no, I've not got enough time to do all the things I want to do. But yeah, I guess kind of reminding myself the I'm like, it's a journey rather than kind of like a sprint, I suppose. Yeah, it would be quite useful to kind of just help calm me down a little bit.

### How would your friends describe you?

**Fariha (00:06:10:12 - 00:06:14:19):**

I'm not sure I, I kind of hope that they think that I'm kind of like a good listener and stuff, because that's something I try to be with kind of my friendships and relationships. I'd hope that they kind of would sense that and feel like they can always kind of talk to me and stuff, but yeah, I don't know what else they kind of say to me. Hopefully good things.

### How would your friends describe you?

**Andrew (00:06:14:19 - 00:07:12:06):**

Yeah. I think busy and being a good listener is the only two things I can say for sure, friend. I'd like to think they think I'm friendly as well. So I do put in a lot of effort into just, Yeah. Being nice like, like say either and tutorial and so on. Said something that I disagreed with. I said that they were wrong because I really disagreed with them, and I felt really bad. Like I'm not used to just being so blunt and just saying you're wrong. Yeah, yeah. I'm very good at separating my point of view for, like, really softening it with like, lots of. I'm like, this is my perspective. You know, like, other people may think differently. So I'd like to think that they think I'm like, you know, empathetic in like a nice, you know, understanding and kind sort of thing.

### Take a moment to visualise where you're going to be in 5 years time...

**[Andrew and Fariha are on screen looking down and thinking]**

**Describe what you see around you**

**Fariha (00:07:12:06 - 00:08:33:20):**

Yeah. So I think for me, so I obviously have graduated in that time. So I think I'd want to kind of be in a full time role. Hopefully have like a good network of, like, friends and family around me. Like, I can imagine that probably my friends or family might be kind of scattered across the country or, you know, wherever they might be. But I think maintaining like, positive relationships with them and then hopefully having like a network of friends or whatever, wherever I am based, wherever I end up, I think I'd also probably like to have gotten a master's by then. Yeah. So that isn't something I want to do directly after I graduate. I'm planning on working a little bit and then getting one, so hopefully I'll kind of have that direction of what I want to kind of specialize further in. So probably pursuing that, I might be in some sort of like training course or something. Yeah. Getting some sort of additional qualification. But even if I'm just kind of in a job that I really like, kind of like financially stable and, you know, with a plan for like the next five years or so. I think I'd kind of be. Yeah, happy just working and stuff, really.

**How would that leave you feeling, out of ten?**

**Fariha (00:08:33:20 - 00:09:02:09)**

I think like a seven. Okay. Not too high. Not too low.

**What do you need to do to make it an 8 or a 9?**

**Fariha (00:09:02:09 - 00:09:19:13):**

I think just kind of knowing myself a little bit better, I suppose. I feel like that's. I feel like my plans are kind of quite generic and stuff, but, like, apart from the job and stuff, it's not got that much to do with my personal interests just because at this point in time, like, I don't know very much about my personal interests. Like, I don't know if I want to travel or if I want to, you know, like just be personal decisions and stuff. So I feel like if I had some sort of personal direction for the more personal side, rather than like career and academic, that would boost it up a little bit more.

**What about you Andy, what do you see around yourself?**

**Andrew (00:09:19:13 - 00:09:59:15):**

I want the medicine to be engaging. I want it to be something where I feel like what I'm doing is making a difference, which is something that I've really fought for. I want, well, I have a specialty. Whatever job I go into, generally to be something where it's not just I'm good at that job because it's a job that I can do well at. It's a job that I won't see well at because I have specific attributes. I can bring that job. Yeah. Yeah. I think that's something that's really important to me. I want to feel like, okay, I've done something today. You know? I like to feel like the what I'm doing is relevant and important. So, I think, you know, having you like a bit of community around me in terms of orienteering and running which I really, I'm so passionate about. But in terms of medicine, not even

just medicine, because I hope to continue mental health for the rest of my life. Yep. Just just feeling that what I'm doing is it aligns with who I am. Basically, I'm not just doing it because I can do that, and I can do it because I think I'm quite capable. I want to feel like what I'm doing is I'm doing it because this aligns with who I am, and I am the best person for this role sort of thing.

### **How do you think you'll feel?**

#### **Andrew (00:10:28:20 - 00:10:50:06):**

Yeah, lots of engaging and fulfilling jobs can take up so much time, and I don't want that to become my life. I don't want it to be something where I relate to people and I talk about how work's been. I want to be a human outside of it, and I think if that'll start happening, it would be. I'd feel pretty trapped, to be honest.

### **What strengths do you need to amplify to get where you want to be?**

#### **Andrew (00:10:50:07 - 00:11:50:19):**

Yeah, I feel like I am. I know this like, am I just doing a all or. Yeah. In terms like, you know, keeping the community. I think again, I think just keeping a love for this sport and for the people and I think, yeah, I think again, just, you know, keep going to stuff like making time for events and I and I guess that's you making that a priority because I think a lot of times something I'm quite violet is like, if I have something nice to do, I always feel a little bit guilty for doing that. Yeah. And I'm guilty of, like, scheduling, working or, you know, just saying yes to work shifts that are offered. Over, over doing these nice things. And I think that's something that I'm just going to kind of reflect on the next couple weeks because there's a few or insane events on that. I'm not able to go to. And just and just and just how I manage my time. And I think it's, the strength to amplify is, yeah, make, make making it a priority, like making a priority. The stuff that I care about essentially.

### **How easy will that be for you to do?**

#### **Andrew (00:12:16:01 - 00:13:21:13):**

I think you'll be hard to be honest, because, you know, I work a lot because I really care about it, and I like it very much. It's one of the things that got me off that really, really bad spot that was. Yeah, it's something that I'm definitely learning. It's something I'm really learning about when to balance the things that you want to do versus the thing that's best for you. So, something that I do at the minute is journaling. And I think that really helps. Yeah. I also meditate as well, and I'm really surprised at how often I'll sit down to meditate. Within like a few minutes. I just have like a random thought come into my head and it's just like, oh, that's the thing to today. Yeah. Good. I think that two things are really good because then they're not things that you progress with, like running progressive and medicine progressive. But like meditation, journaling is just how things are now.

## **Fariha, what strengths do you think you need to use to get to where you want to be?**

**Fariha (00:13:21:13 - 00:14:06:21):**

Sometimes I choose to neglect the friendships and stuff because I'm kind of like, what aren't you saying? I'm blocking shifts and things like that? But even that, it's something that I kind of enjoy doing and it's something that, like, will help me kind of build a better relationship with these people who are really value. So it's like, why am I not taking advantage of the opportunities? Well, and just I think in general, just being in university at the minute, I feel like I have so much opportunity. I really want to just make the most out of it. I don't want to look back and think, oh, there was this amazing thing that I didn't do because I just didn't have my priorities in the right order. So I think that's one of the biggest things for me. Yeah, I think as well as that, in terms of what I kind of need to hold on to is probably just, I think definitely the journaling thing as well. I kind of stopped journaling for, like a couple of weeks after, like exam season because I was like, oh, I'm so tired. I just completely stopped everything as we were kind of getting back into normal, like university routine. And I was definitely feeling it as well.

## **What challenges might get in the way?**

**Fariha (00:14:06:21- 00:15:24:23):**

It's like, I really want to upskill myself. And yeah, you know, I'm looking at job applications, I'm looking at the skills criteria and I'm like, oh, I don't have that skill. I don't have that skill. And it's one of those where it's very easy for me to fill all my time with stuff that's going to upskill me, and then just little time to actually do my degree. Which is what happened a few weeks ago. Like, I literally booked my whole schedule with kind of like upskilling stuff and career stuff, and I was working, and I was doing this and that, but then I didn't have any time for my coursework or my friends and then I felt very stressed out at the end of the week because I hadn't actually had very much output, if that makes sense. Keeping calm as well, which I think I mentioned before, because it's one of those where I think journaling kind of works in my favor and against me in the sense. But when I journal, it kind of gives you this heightened sense of like self-awareness. And I think sometimes the way that I journal, it made me just more stressed out because I was so conscious at every single minute of my day that even a minute spent walking from one building to the other, I was like, oh my God, I've wasted five minutes. I should have walked quicker and that was obviously becoming unhealthy. Yeah. On the other side of it, journaling also helps you reflect because then if you kind of do a little conclusion, say, oh, well, this is actually all the stuff I did today, then you feel good about it. And you can kind of go to sleep and not wake up at 6 a.m. because you feel stressed out when your alarm is for nine, if that makes sense.

## **Thinking about the positives, how are you going to describe yourself?**

**Fariha (00:15:24:23 - 00:16:07:23)**

But I think in terms of the areas that give me energy, I'd probably say someone who's kind of passionate about working in a field that like, makes a difference, working with

people, kind of working on, like specific to my field, like addressing health inequalities and stuff like that. I'm passionate about like languages and other cultures, and I have an interest in traveling. I'd love to pursue a little bit more. Yeah. So, I do kind of whenever I have time, try doing my language studies as well, which is really nice. And I think just yeah, someone who likes kind of just talking to people, I suppose, and just getting to know people a little bit more. Like I'm always open to kind of making a new friend out of someone I've just bumped into. And just connecting with people, I suppose.

### **What impact to you want to have?**

#### **Fariha (00:16:08:00 - 00:16:41:21):**

Yeah. I think, overall, obviously a kind of positive impact. Yeah. I'd like to kind of have an impact of, like, kind of as high of a level as possible. But I'm very conscious that, like, small interactions with people are often the ones that leave you kind of feeling the most full afterwards. And I think small changes can help other people the most as well. When you have like a even one conversation with someone and it really helps them out, or if you listen to someone and you can kind of point out like, oh, I think this is the thing that you actually this is what you need to hear that kind of stuff.

### **Andrew, how good do you think you are at telling your story at the moment?**

#### **Andrew (00:16:41:21 - 00:17:35:10):**

But yeah, I think, I think very well because I think, in some ways, I don't really know what it is and I think I, I, I struggle talking about myself because I worry that it gets boring and I, and I never know. I mean, I think sometimes people really, really like to hear about stuff that I've got going on because I think I'm generally a bit of interesting person. But I'm also quite aware that sometimes people don't want to hear that. And I think actually oh. So I think, yeah, I've not had a lot of practice at it. I think I also, not so much lack insight because I think I do have quite a lot of insight, but just understanding how it all kind of fits together in my life. Yeah, I think yeah, I think I do struggle with telling my story for that reason.

### **Fariha, how good do you think you are at telling your story at the moment?**

#### **Fariha (00:17:37:17 - 00:18:48:20):**

When I first introduce myself to someone, I think I tell my story well enough, but I'm conscious that the first impression I give isn't always a true reflection of myself. I'm still figuring out how to present myself in a way that really shows who I am. I kind of tell my story relatively well, but I'm quite conscious that kind of my, the first perception I give to people is not a true reflection of myself, which is kind of, again, touching on the side that I was mentioning before, kind of that personal aspect. I don't know what that might look like in a few years. I feel like that's one of the gaps that I'd like to kind of explore and fill a little bit more, because I feel like, I guess in the past I've kind of similar to what Andy was saying. I, I really wanted to be like this academic person. I really wanted to, like, if I met someone I wanted them to think I was so intelligent and stuff because, like, just growing up, being like all the intelligent one in class and stuff, like, you know, I



mean, so I think there's definitely a version of myself that's quite kind of old that I wanted people to think of me. And I think the way I present myself now kind of first impressions, I think that's the vibe I give off. But then as my personality is kind of developed in my interest is kind of changed and especially with the direction that I want to go. And I don't think that's necessarily what I want to present anymore. Like I'd like to keep aspects of that for sure, but I think there's a more like personal kind of human side to myself that I think would be really nice if, if, when I was kind of introducing myself or like telling my story, it could come across a little bit more. But yeah. So I think at the minute it's, it's a good story, but it's not necessarily the story that I want to give.

**Fariha, how do you feel now, having reflected on who you are and what you want to accomplish?**

**Fariha (00:18:48:20 - 00:19:47:23):**

I've never really asked myself questions in the way you've kind of prompted it. Like after listening to what I've said and asking and picking on a certain. But I've never kind of picked up those bits on myself, if that makes sense. I even made a couple of notes and things of some of the points that you were making and advice, and then some of the things that I said about myself because I didn't kind of I wouldn't have guessed that I would have said that, for example. So it's kind of like I've now I feel like I've got a little bit of a picture in my head of kind of the stuff that I do want to focus on, which if you asked me yesterday, I think it would be a little bit more kind of career and academic. And now I'm kind of thinking of the personal side and thinking, wait, it's actually quite a bit here that I do want to work on, but I just haven't been asking myself the kind of right questions like in on a day-to-day basis.

**Andrew, how do you feel now, having reflected on who you are and what you want to accomplish?**

**Andrew (00:19:47:23 - 00:20:18:04):**

Yeah. I mean, I think good as well. I think I've actually really liked your, the writing of the whole. Where do you see yourself in five years or so? Because I, I've never like, kind of thought about it as a way of like figuring out what to do now. So I think, I think, yeah, it's, it's nice to reflect on like what I'm doing right now and what needs to change to make that happen, because I think as we we have talked about in the beginning, is just sort, you know, the lack of reflection, which is easy stuff and like, it's easy to forget to reflect on, like all this stuff. That's good. I think, yeah, I feel like it's been a nice opportunity some of that then, like for lots of things as well. Yeah. But I think there's definitely things I can be doing to that's just like name. So yeah know that's a good.