

Episode 52 The Full Stop podcast with Karin Enfield De Vries

The Circle of Transformation

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SPEAKERS

Karin Enfield De Vries, Sarah Lawrence, Michael Hughes, Berenice Smith

Berenice Smith 00:00

We're on. You'll have to talk as I can't operate zoom and talk to you

Sarah Lawrence 00:19

Hello, and welcome to the full stop podcast, a childless community podcast with Michael Hughes, Berenice Howard-Smith and me, Sarah Lawrence. If you're new to this podcast, we're here to delve beneath the surface of the child's identity, to cover what's going on in the wider community, and to look at the topics that really affect us. Our goal is to help and support those of you out in the community by sharing the stories and the voices that make up our narrative, so that you too can begin to find yours. We also aim to inform and educate those who aren't members of our community, so they can begin to understand and support those people in their lives, who are facing a life without children. In this episode, we're lucky enough to be joined by Karin Enfield De Vries, founder of Pure Transformations. She's a grief counsellor, coach and consultant helping support childless people and organisations deal with grief and loss. Now, you might recognise Karen from Episode Five when she joined us as a world childless week, Ambassador, Karin is very active in our community. And it was great to have her back on talking about something she's really truly passionate about, and which we could all do more of, which is treating ourselves with self compassion, and looking to connect with others in our community. This is a really engaging performance episode, not least because this was our first live audience, while we were recording, this meant that not only did we have stage fright, but we also had live questions and live interactions with our audience. So sit back, relax and enjoy this episode all about how we can have a little bit more compassion for ourselves. Well, then, I suppose we should welcome Karen really good. So welcome, Karen. It's lovely to have you on.

Karin Enfield De Vries 02:12

Thank you, Sarah. And also Hi, Michael. Hi, Bernice. It is so nice to be here with you guys. Thank you so much for having me. And I just like you were just sending yourself let's take a deep breath. And let's just jump right in.

Michael Hughes 02:25

So Karen, who are you? And what do you do?

Karin Enfield De Vries 02:29

I am Karen Enfield, DeVries. I am a Dutchie. Living in Belgium married to an Englishman that would explain my names. And I am working as a grief and loss counsellor, a wellbeing coach and a change management consultant all rolled into one as part of my own business called Pure Transformations. And through that business, I support people going through transformations going through any changes in life dealing with loss and the grief that comes with it with a particular strong focus on supporting women who are childless, not by choice.

Berenice Smith 03:09

Yes, fantastic. That must get keep you busy?

Karin Enfield De Vries 03:12

Yes, it keeps me a little bit too busy at times. But then it's also there's kind of like low moments throughout the year. So it's, it's great fun, to be honest with you. And a great learning curve I should add as well.

Berenice Smith 03:27

I Sometimes some of the things that we do can actually aid our own well being as well. Do you find that with with the work you do?

Karin Enfield De Vries 03:37

Yes, definitely. Oh, absolutely. Through my own through the work that I've that I'm doing now I get kind of it's really strange to be honest with you, I kind of get reminders of what I went through myself, but it's also kind of very comforting, in a sense to kind of see, okay, hey, there is ways through this, I get triggered off. Oh my gosh, I remember when I was at this certain moment in time, in my own grief journey when I'm working with clients. And then helping them through that moment in time through my own lived experiences, of course, absolutely wonderful because but yet again, everybody grieves in their own unique way. And I think that's also very wonderful. But yeah, it's been really kind of, yeah, healing is the right word. Very, very wholesome, very healing to do this work. I I wouldn't want to do anything else anymore to be completely honest with you. I just love it

Sarah Lawrence 04:35

How have you found it then? Because it obviously being reminded of your own grief. Does it feel different for you? Because obviously you're you're working with that grief for somebody else, aren't you but your I guess it's pushing up against yours?

Karin Enfield De Vries 04:48

Yeah, well, I did. I finished a three year studies of to become a grief and loss counsellor and of course part of that is to go through through your own grief journey, and part of my thesis was that I had to write a whole essay about going through my own grief journey from even from from your, even before you're born, you have to kind of start looking at losses in your family lines and stuff like that, because they all impact you as you grow up and how you are taught to deal with loss and deal with grief. And I also learned to kind of protect myself when I am working with with others who are grieving and when I am when I'm there in the capacity of a counsellor, or as a coach or as a consultant, to really be present with the other person that with their grief and what what they are going through and to kind of not kind of let that take over or kind of jump over into my own grief or my own experience. And of course, I'm a human being not a human doing so there are times where someone shares something with me that really moved me or really touches me. And yeah, and I'm trying to be as open as much as possible as I can be. Whilst of course still remaining my professional professionalism, I should say, in that connection with with the other person but it's I think it's also kind of beautiful, to be honest, to kind of share grief with with with people, especially when you're talking about a topic that is so close to my heart is in this case, childlessness?

Berenice Smith 06:25

That's a really an interesting question was brought up something for me is this idea of protecting yourself from other people's grief. And I feel sometimes in our community. And certainly in myself, Sarah, you might want to chime in here as well. But that idea of how you protect yourself and other people's grief? What does that look like? So in terms of people may be listening to this thinking? Well, I'd like to be able to at least try that because of course, grief is infectious, all situations can be difficult. Boundaries, how does that work for you? in a professional sense that might actually aid people listening to the podcast?

Karin Enfield De Vries 07:08

Thank you for that question. I think it's a combination of a few things for me. I think the number one thing that has always has always helped me even before I did my studies, is what I've what I learned when I joined the childless community as well is to be super, super self compassionate, and to be really kind with yourself and to kind of put your own needs and your own self care above that of looking after other people. And I have a I used to have, well, I still do to a certain extent, I have a very a tendency to look after others before I look after myself. And of course, like when you're on an aeroplane, when the oxygen masks drops out, God forbid we ever have to experience that ourselves. But that's what they always say, put your own oxygen mask on first before helping someone else. And I think for me that's been instrumental in also kind of connecting with other people's grief in childless community, in a jobless community to be able to communities I've been part of, I'm still part of me, I'm still part of I should say. So self compassion, that kind of, kind of allow yourself also to step away if you feel overwhelmed, and to not respond immediately from that emotional response that you might get when when someone writes or shares or post something, what they have experienced. And it really triggers you look after yourself first before you jump in and respond because that might actually fuel your grief or fuel your your triggers, rather than helping your nervous system to calm down first before you then respond. So that's been instrumental for me. So that's one of the things. And the other thing is that what also been really helpful for me is to kind of sounds a bit contradicting but also then connect with my own safety network, kind of a sort of speaker. So if I am triggered by something that I see in a childless

community, I have connections in that community that are kind of like my go to people, like, oh, gosh, you know, I've just read this post, or I've just seen this video, I've just heard this, I got triggered, are you around so that I can actually interact with the person that I trust that I know, one on one, again, it's part of self care, I suppose. But it's also to kind of really just look at look for look for that connection at in that moment in time to kind of have a soundboard.

Sarah Lawrence 09:36

I think that's, I think it's really sound advice, isn't it? I, I tend to find when I'm working with people, and I'm guilty of this myself, like, what the heck is self compassion? What I mean, we use that terminology. And in the practical application, I think that's where sometimes we get a bit lost. It's like, well, what is self compassion? And you know, you know, when you're in a bit, she's just going Absolutely crazy or you've been triggered or you're feeling really sad. I think it's how do we how do we work with self compassion? What tips would you have for that? Karin? How do you identify how to be self compassionate, if you like with yourself?

Karin Enfield De Vries 10:16

I love that question. What works for me? And of course, this could this may look different for anybody's listening to this and even for you guys here. But what really works for me is to kind of, again, a couple of things, but the one that really jumps to what jumps out for me, is that how would I respond? If this was a friend, telling me their story or telling me what what their experience? Or what they went through? How would I respond to them? And to kind of go from there and then apply? And think about those answers? And then apply some of those answers actually, about, you know, what, if I, if I, if I would say that to a friend or even not a friend to someone telling me a story? Why don't I speak to myself that way. So I try to kind of practice with a, if I respond to another person in this way, but what can I take from that, and share that with myself as well, in that mean, that moment in time, I think that has really helped me to kind of, or not shut up that in a bit, because I've learned as well that, you know, bitches are there for a reason, it might be a bit too strong, but they are there to kind of like, like, alarm, I'm visualising this, I'm sorry, I realised we're on a podcast, like an alarm bell going off, or like an alarm light on your desk or in your car. It's like, oh, hey, you know, pay attention, someone's trying to make you sit up and listen. And then And then, of course, it's really important to also learn to make the distinction between the inner critical voice being the voice of truth, or actually the inner critical voice, just being a voice from the past that critical voice from the past, or, you know, just trying to kind of talk you out of a situation rather than actually encourage you to move forward in that situation. So that's been really helpful for me. And there's lots of exercises you can do around that. But that's an anatomy of self compassion. Just kind of hold yourself with kindness, gentleness, and candour love to be honest with you.

Michael Hughes 12:29

Karin, I'm interested to understand how you how you build that security? Well, for the better word, that security network around you. We know the childless community are very siloed we protect ourselves very, very diligently. So how, how hard did you find it to make that? And what tips do you have for people? Who would really love that? But just are like, I don't know how to do it?

Karin Enfield De Vries 13:02

Ah, gosh, Michael, I think that's so far, the biggest question of the day. How do I do it? How do we do it? You know, and we I mean, you as a collective of us as a collective we. Courage, I suppose that it takes courage. And also, I think a certain willingness, maybe even also to kind of I want to move forward through this, I want to heal, I want to find those connections. And then also be brutally honest with yourself to be to be real frank here is to say, hey, what am I aiming to get out of this? What is it? What is it that I need? Do I just need a sounding board? Do I need a place to offload? Do I need a place to vent my anger? Do I need a place to vent? Or just to rant and rave about the unfairness of it all? Or am I actually looking for a deeper connection? That can help me kind of work through the grief together and kind of move? Move in towards the direction of healing as a collective? And how can you then pick the people around you or from from that community? You know, because at the same time, it's a bit of, I'm curious to hear how your experience I'm going to ask a question to you guys in a minute. But I'm curious to hear about your experience around this. But for me, I've also found what you just said as well, we there's such a protection within the boundless community. And it's such a it's such a siloed community. And it's also a community. And I think I've said it before, I didn't really want to be a part of if you catch my drift, I never expected to be in this community when I was, you know, I think none of us were, you know, being childless, not by choice or by circumstances. We didn't choose to be here. And so that in itself can be a huge process to kind of get to a place of acceptance around that. And not everybody that you meet in this community is your cup of tea. You know, not everybody, just because you went through the same thing doesn't automatically mean oh, hey, well, we're best friends now. And I think I've had to learn that as well, that and that and also to kind of acknowledge that that's okay, too, you know that I have had connections with people who've really helped me through a certain point of in my childhood grief, but who are now no longer in touch with and they were there for a specific period of time or for specific to help me fill a need, that I had in my healing journey. And, of course, I'm fortunate as well to have really made friends in these unexpected places, that people who I've never would have met otherwise. So it's, it's a kind of a bittersweet feeling there. And I'm just curious to hear if that's all right, I know, I'm a guest here. But seriously, what that's been like for you guys.

Berenice Smith 16:01

I'm going to open up the chat as well in a second to our audience here. So they can pop something if they wanted to.

Michael Hughes 16:31

Okay. Well, my answer is actually really, really simple, that it's just reach out to just reach out to people. Now I have I understand that I have the personality where I just do that. Better. Berenice and I were talking the other day about Ancestry DNA results as an example. And do you I probably didn't tell you this paradise, but I reached out to nearly every one of my DNA results and said, Oh, weed related, would you like to explore how we how, you know how we were like, DNA?

Berenice Smith 17:14

1000 emails? I mean, wow. Okay,

Michael Hughes 17:16

At least a couple of 100. The top the top 200? And, of course, no, it was, like Karen said, there are some people that will just totally ignore you. And there are others that were like, oh, yeah, look, I would

love to. And on the parallel there is that, that what I've discovered through this ancestry journey, has been some rich and bloody, amazing stories. And that's exactly what's happened. This the same time I do that with the childless community, in that, you know, I, I know so many people, some quite well, and some you would say, as acquaintances, but some of the stories that have come out of it, and as some of them are absolutely bloody heart wrenching. But then others, like, like your podcast, you know, we took a risk, we took a risk to start a podcast, and some of the stuff that's coming away. We knew this was gonna happen, excuse me. Some of the stuff was coming away makes me do this. And so yeah, I just, I guess I just take the risk. And think the fact that I'm going to do it and see where it goes. And really, that's as simple as it is for me. And I know that that others perhaps can't do that. But I hope that just from what I've seen, can give some people some inspiration about how it could be done. Not saying that my boys perfect, but yeah,

Sarah Lawrence 19:03

Well, you and I were talking about this, weren't we? The other day, Michael? I, I'm a raging introvert. The thought of sending out loads of emails to random people that I am. Relate to just chills me to the bone really, I've just shared No, but I think I think, you know, if we were to imagine the scale, I'd kind of be at the opposite end to you. But I found that actually connection was what I really needed. When I first was told that childlessness you know, I wouldn't have children on my own. My automatic responses didn't like withdraw. And then I thought, No, this is too big. I can't withdraw from this. So for me, going, looking at books, you know, whatever was out there really, and there wasn't much when I came to this community, there's now there's a whole wealth of stuff that you can connect to the podcast, you know, I would say almost what I would be crying out for so I hear voices with my story, but I wouldn't necessarily have to share my story. So for me, I'd say any sort of connection, really, even if it's reading a book, or listen to a podcast, whatever, you need to hear something reflected back at you, as an introvert that gave me that would give me the confidence to go right, okay, then I know it's safe for me to reach out to that community in person. But it would take me a couple of steps to get there, I would not be sending emails out to people. Hi, there, we're related. That's never gonna happen, that I really admire that you do that I think that's something that I would like to, you know, be able to do and aspire to do. So. That's something for me to work on, I think.

Karin Enfield De Vries 20:47

Thank you, Sarah, for that. And I'm just sorry, just as you're listening to you that I'm just imagining us all sending emails to every child was person in the world. It's like, hey, you know, we've got similar stories want to connect?

Michael Hughes 21:02

Have you seen my Facebook friendship list? You have a look at that. I've done it already.

Berenice Smith 21:14

That's what you do. And Sarah and I are both Yeah. Yeah. I mean, I'm an introvert. I mean, exactly. Sarah and I are very, very well, we're such good friends.

Sarah Lawrence 21:26

Yeah!

Berenice Smith 21:27

When I first started doing the podcast, I probably up until the moment that we've pressed record, I think I would probably still at the angry stage, because I find it. But the podcast really has been a huge form of Work in Progress therapy, actually, because I am kind of the opposite, same as you say, but also in the sense that I just didn't want to read anything more about it. I didn't want to associate it with this word. It wasn't something that I dealt with. And even even probably up to that point, I was still thinking that some kind of miracle might happen. So I think probably even the last four years, four years of doing this, however long we've been doing a podcast, I suppose has been a point of kind of recovery. But I've found my biggest problem is being vulnerable. I don't do that easily. I'm very, very private. And also trusting people. I've gone from easily trusting people, probably when I was growing up, and having the privilege of your really fabulous family to suddenly realise I have this difference. That meant that I was different to the rest of my family. And then it became a difficult thing to trust them again, because they awkward advice. And so for me, trusting people is hard. And I think also I think that you're just absolutely You are so right. Currently, what you said about that childlessness, my take is it's never always enough glue. It's a big glue. It's a big thing in common. Of course it is. But actually, what I found is by having the privilege, actually probably mostly actually, through my design work of being able to meet lots of people and help them with things and get them on their way to something in a practical sense, rather than perhaps a holistic sense. But actually, it does do a thing. And it creates an opening for somebody and they go, Oh, I can do this thing. Because you've given me the reason to do that. I now have a brand, I have a website, I have a thing, whatever it might be his grey box, I think in doing so, it's that impactful. Within all of that comes the risk that we might alienate other people who are our peers, and that's a risk people might leave jealous of what we've done, they might feel that, you know. But we've created a thing that we fell, I think, isn't necessarily for us. It's for everybody else. And as you say, Sarah, it's about the voices. This is what I wanted. I think it was to hear someone talk and to hear someone maybe swear, be a bit emotional. You know, we are always learning from each other and this is a wonderful thing, a conversation in real time that I'm hoping will benefit other people as they use them and they can go Yeah, I found that with somebody as well. It's hard to me analyse the impact, and it's quite overwhelming. Having to think about the boundaries, as you say about yourself compassionate for yourself, which I'm terrible at. Yeah, it's, there's lots of emotions around all of of me moving forward in some form.

Karin Enfield De Vries 25:22

Yeah. I, I love the thing, thank you for for saying that you've already learned stuff as we as we're talking. The same goes for me. And I think also what really jumps out right now listen to all of you. And those are kind of reflecting on my own answer there is that I think I've needed to connect with people in this community as well, to get to where I am today, I'm 11 years into my child's journey. And if it wasn't for everybody I've met in the community, whether they're still in my life or not, and whether they're still friends or not, or whether they ever came became friends. I think everybody gave something to me that I was able to take with that was a table able to take something forward from as I healed, from from from the childless grief, and I think that's been, I think that's where probably the biggest power of our community lies as well of this peer support, is that, you know, because we all go through stages, right, when, when we're when we're in grieving, and, you know, we still we still do, even though, like I just said, I'm 11 years in, I still have moments that are very much grieving moments or triggering moments.

So I'm still able then to connect to some of these peers in the community. But also, I love that I was able to kind of sound a bit stalkerish. But that's not how I mean it, but to kind of observe how other people dealt with, for example, being really angry about the fact that they were childless, or that they were kind of feeling completely lost or depressed, or even kind of, in denial about it, or trying to kind of like, you know, kind of talk themselves cannot Well, you know, I probably deserve this. So that's what you know, blah, blah, blah. So, we all we've all been there to kind of like this bargaining ourselves out of why we're actually in the community in the first place. And, you know, so I think that's for me, and and then of course, you know, also getting to the point to have role models, almost kind of say, Okay, wow, you know, look at these women, they are men. Look at these people, having made a life for themselves, despite being childless, or, you know, or maybe even because of that pick up because they are now child was not by choice. I think, you know, I think it's safe to say for all of us, we're living a different life than we may have thought we were gonna live before we became to be childless.

Berenice Smith 27:51

Oh, completely. I think there's sometimes when I started, I had to pinch myself, because the privileges the stories that we've, we've heard the feedback from our listeners in the ways that they feedback and the general gist compassion that people have for each other. I had a comment once from someone, a friend of mine, who was a, he's a parent. And she said that she actually felt jealous of the compassion and the support that she could see that was around the different ventures that happened. She tuned in and picked up on wellchild last week, and was just stunned that they were people willing to be ambassadors and to stand up and do that, and that people were able to sort of get involved in in that in some form. And it's the same, you know, with, with the full stop, she was amazed by that, and how, actually the conversations that we have with our guests and how natural they are really, and that for her, that was a revelation, because she's adult didn't find that in any of parenting groups is often the kind of one upmanship that stems that exists. And that I think, must be very hard to deal with. I think we do create perhaps a sense of FOMO maybe, I mean, obviously, we all want the joy of missing out because it will be in a different life, but actually taking stuff that we've all learned together and putting that into something that's that makes somebody else think oh, I got something I think is a real accolade for the community at large. Isn't that really the privilege of what we do and I think it's stories we hear and and being part of that is never ceases to amaze all three of us actually. We've got left that as well. I love that. Thank you. So the comments. We have a comment that says it's a case of no pain, no gain, which I would imagine um as relates to reaching out and creating their support networks. Another comment that says the job is not my choice journey has taken away many friendships and built some wonderful ones. This, to me is a form of self compassion. It is difficult for this journey not to create the paradigm shift in life. I found it easier to go with that. Yeah.

Karin Enfield De Vries 30:22

Gosh, that's, yeah, that really resonates as well, because I think, and I think that's where thank you for, for putting the comment in the listener. I think that this is almost like the, one of the biggest things that I've had to go through myself, but also what I see with people I work with people in the community, is to get to that point where you find yourself in that moment, say, okay, or this pair of paradigms are shifting, I just better kind of go with the flow of it, rather than keep kind of battling against it, or kind of going up against it or fighting it, whatever work you want to use to kind of, to kind of that that stops you from going with that flow. And I think that's been, I think, for so many people in the job of community or

people dealing with adversity, people dealing with loss, dealing with unexpected loss, loss of dreams. Loss of hope, especially. I think that is one of the biggest struggles that I also dealt with is to actually get to get to that point where I feel like, okay, I think Michael, you already swore once I'm going to, I'm going to copy you they have to go fuck it, let's just kind of submerge myself in it and see, you know, just kind of go with the current instead of trying to go upstream all the time. Because it was just simply exhausting. It was so tiring, it felt so lonely. It felt so isolating it felt so gosh. And I think even the I think the word they use it like uphill struggle. Well, that's what it really felt like, and especially then when you're carrying this massive big rucksack full of grief as well. My God, it's a surprise that some of us were still standing at that time when we did when we when we did find the courage to reach out.

Sarah Lawrence 32:18

Absolutely. Yeah, I'm really struck by that actually, you set my mind off, off on a tangent, but it's kind of, I think that for me, sit in with our community and people in it. I think that's the difference, isn't it, as Berenice said. The fact that we're not competing, in fact, you know, I often have people say to me, Oh, well, my story is not as bad as yours, or very nice, it's or Michaels or whatever. And you just, it never occurred to me that this would be a game of Top Trump's it's you're in this community that none of us envisaged, we will be in and I think part of the, if you like going through that grief cycle, and legitimising that is the grief that, you know, somebody's put a lovely comment in there, I could recognise the legitimacy of my grief. And getting to that, you know, almost like that holy grail of acceptance, you know, we're all we're all sort of like, when at the very beginning, we're just not right, I just want to shoot through all this, this crap, this shit and just get to acceptance. But I think a big part of my journey actually was that self compassion, and being able to accept, I am part of this community, how I turn up who I am the fact that I'm an introvert, you know, doing a podcast, just, you know, just blows my mind if I'm honest with you. But it's kind of there is a big part of getting to that. Acceptance is acceptance of self, isn't it and of the position you're in and who you are and how you turn up in the world. How have you found that how do you feel? Somebody mentioned a paradigm shift? How have you experienced that current as you kind of reflect back and you work with new people? How do you find that how do you sit with it

Karin Enfield De Vries 33:59

On good days, I'm completely there and completely with it, and I'm completely on the ball with it, where I feel like you know what, yep, you know, completely fully self accepting and completely compassionate and full of love and full of, you know, determination to kind of get through this and, and then there are moments where I'm just like, No, no, no, no, no, not today. We're not doing this today. I'm not there I am today, I just need I just want to, you know, slam doors, you know, fall off ladders. Just just kind of, you know, break something just kind of like have that kind of like you know that where I think we all have those days. Please do please tell me what you do because otherwise, I might just feel like the crazy one here. But you know, we all have those days where we just want to break something we just want to go and grab a bat and just smash something and of course, not hurting others disclaimer here and You know, always wear safety goggles and find how you go, I suppose there is a bit of self care and self compassion in there somewhere. But you know, so it's, and I think that's also okay to kind of accept that I think that's that's the duality of grief. And there's even it's called the dual process model of grief. It's where you kind of oscillate between the grief orientation side, and then the Restoration, restoration. Side of grief is where then the grief oriented side is to really kind of submerge yourself into

the grief and like, gosh, this really hurts and why and, you know, the anger and all the rage and everything that comes with that part of grief. And then you kind of swing back into like, okay, got that out of my system. Now there's room for, Hey, how can I restore from this? And how can I move a little bit further, perhaps, on the scale of grief, then where I was, before I let go of the anger and stuff. And I think that's also how I work with my clients is to kind of see, hey, where are they at? And especially, I think, also what's important to remember, if you meet someone, or talk to someone, even in the community, always try and see where they're at, even though you might be somewhere different in your journey. Because someone's response or someone's post or someone's whatever it is that they share, might come from a place where they are having, you know, that kind of one of their darker grief days. And whilst you might be going, okay, you know, life is pretty good, even though I'm, you know, I'm carrying this grief with me. But today is a good day. And I'm kind of contender. So also, they're, like I said at the beginning as well. Be aware of where you are at that moment in time and just kind of see, hey, how can I respond to this person? That is helpful, that is useful, but also to still be mindful of where I'm at, rather than jumping back into their, into where they are, it's also okay to stay where you are, and just kind of say, hey, you know, what, it's okay. You know, those days are part of it. I don't think that for me, has been really crucial. Almost got it actually touches me a little bit at this moment. Michael did warn me that this would happen when I was talking to you guys. And yeah, here it is. Yeah. Accepting the dark with with the light. And to kind of be okay, with both, I suppose.

Michael Hughes 37:18

I think that that that darkness can come in so many different ways, the conversation has sparked a memory for me. And, and I think it's a really good example of self compassion. But at the same time, it's about you sitting with a bit of darkness some time ago, Vicki, and I were out to dinner with a group of friends who we've known for a long time been around, we've been together for ages, and they are very aware of our situation. And then we were sitting at dinner. Now this might be a bit too much information. But the conversation then went to, because all the rest of appearance went to when they had the children who had had the most stitches, and it became quite a big step to get quite graphic, quite graphic. And I looked over to Vicki and I could just see that it was it was affecting her. So I said that a quite a you know, reasonable volume of yellow, okay. And everyone would have heard that. And it mattered. Nothing, nothing at all. The conversation just kept going. And, and so it, that strength sent us both into a bit of a spiral because I was pissed off that they could think that way, Vicki was deeply hurt that these friends that she thought were, you know, knew were compassionate. Now, they weren't. And so between the two of us, we just made the decision, right, you're gone. That's it out. For our own self compassion for for our own mental health, that we haven't seen them since that paradigm shift is that one of the things that we've had to become comfortable with, is that not only letting go of our grief, but letting go of people. And, you know, it's not a nice thing. But at the end of the day, we're being compassionate to ourself. Have have Karen, have you ever had an experience like that? Do you have any, you know, words of advice around that sort of thing, dinner parties with awkward conversations. About just a more about letting you know that whole that whole thing about you're going to have to in my logical mind, it's more about well, you know, shit happens. You got to let that go. But I know sometimes it's not as easy. It's easier said than done.

Karin Enfield De Vries 39:56

Yeah, and what really bugged me about having to do that is that it feels like it's always us that have to do that, you know why and this and this, this is something that I've really, and it might also be my own perception because I am where I am. And I am in a situation that I'm in. And this could be being childless and being surrounded by people who are parents. And again, also, there, I have moments where I'm completely at ease and completely comfortable with with being in that situation. And then there are moments where I'm just like, oh, what you've just described, out, nope, no more, you know, that door is closing, and it will not be opened again, it is voltage shot. And you know, there's no way through that anymore. And I think that was one of the hardest things to realise is that it's always us. And with us, I mean, us being a childless person at the table, or in an in a social environment, even at work whenever we find ourselves, interacting with others, who might be parents or non parents or whatever their parental status is. But when we get uncomfortable, I find that too often, we're the ones who kind of, oh, you know what, I'll just suck it up, I'll just deal with this, I'll just make my way through this. Rather than actually go, you know, what, I'm not going to sit here or stand here and be subjected to this, because it really is too painful for me. And I need then I know that if I stay in this situation, I'll probably need five days to emotionally to recover from this emotionally. And why would I do that to myself. So I think that's also one of the things that I've learned, the hard way, is that I've had too many recovery days, so to speak, after social events, where I just went, you know what, I can't do this anymore. I can't keep doing this to myself. And then of course, with that, being self compassionate, and really looking after myself, came the loss of that connection of that friendship, or of that relationship, regardless of, of the level of the level of that relationship, what the level of their relationship was. Yeah, and that came with a sense of loss. And that and then again, I had like, oh, gosh, go through another grief cycle, I'm going through another cycle of dealing with loss, another cycle of transformation, where I had to observe what was happening, I had to check in with my own feelings around that. I had to reflect on hate, but where is it coming from? Is it me? Or is it the other person? And I had to act on that? Okay, what do I do, and what do I need in this situation, and then kind of grow around that. And I've just sneakily sort of threw in my circle of transformation that I work with as well, where you kind of find yourself in a situation, observe what's happening, feel what that does for you, reflect on it, look at an act on the needs that you have in that moment in time, and then you can grow from there. And that, except that also asks of us that we kind of are open, open, but that we open ourselves up to the pain and the sense of loss that comes with the loss of that particular relationship or that friendship, or that, you know, that colleagues that used to have a lot of fun with but they're like, You know what? No, I'm not doing this anymore. So it's, it's a tough one. And it really is, like I said, almost infuriating at times that it always has to be asked to be kind of like the understanding between brackets, the understanding. And I know I'm charging, charging a little bit here, because I do have friends and people in my social circle, who do get it who do understand who are very understanding and that when I do speak up, or when my husband checks in with me at an event, like hey, are you okay? And someone clocked that, that say, Hey, I'm sorry, I just realised we were talking too much about a specific topic. You're right. You know, let's, let's talk about something else. And how can we bring you back into the conversation. So I'm very grateful to have also people in my life. And I think that's also because I'm such an extrovert, and I never stopped talking. And I share my story wherever to whoever wants to hear it, I think but that has really helped as well to kind of learn how to open up and not be silenced, not be shut down and not be kind of shy myself away in a corner just because I'm the childless one at a at an event or an ad in a social circle. Yeah.

Sarah Lawrence 44:27

I think it's interesting, isn't it? Because what I found was the journey. I know, it's a bit of a cliché, but we call it journey. Right? But it's what I found was that being open, I felt incredibly vulnerable at the beginning, whereas now, not so much. It's just you know, it just is you know, I've got blonde hair, and I'm childless it, I don't know, maybe it takes on less significance, the more compassionate you are. So you know, I'm not going to go to that bar mitzvah that you know that that naming ceremony. I'm actually going to, perhaps And the gift. And that's all like, that's all I have the capacity for right now. Whereas before, it'd be like, I should go, I should go and have fun, I should be able to go and sit with the conversations and the pain. I wonder if that that circle of the circle transformation is part of that process in accepting that there are limitations into what you can do, and working within it.

Karin Enfield De Vries 45:25

Definitely, definitely, because I think if you allow yourself to take that time to make the observation to kind of check in with those feelings, and then to kind of act upon them in a way that serves you. while still being also true, true to yourself, if you are a person that wouldn't that that does enjoy going to the to events, or the internet wants to be part of your cousin's life, or whoever's birthday party it is, or whoever's wedding or whatever the occasion what whoever the person is, if you find it important to invest in that relationship, try and find a way to do so that it works for you, but also that you still invest in that relationship. And that's also what it what it asks of you in that moment in time, because it's also sometimes it can be too easy, it's not the word, but it can be tempting to just kind of throw up the throat, drawing the bridge at Close, close down the shutters and just kind of close yourself off from the world completely. And I think, although that's a part of grief that we've all kind of been, I've been there where I've just, you know, I didn't want to interact with anybody. But I've also had to learn that for some relationships to survive my childlessness and and the relationship between to stay stay strong, is that I've also had to reach out to the other person to explain myself but also to find ways to stay connected. And that might not mean showing up in person. But indeed, send a card or get a thoughtful gift and have that centre of or you know

Berenice Smith 47:13

Story house childless takes place on Saturday, the 23rd and Sunday, the 24th of September, at the Storyhouse Theatre in Chester in the UK. It's two days of events to explore living without children, to build community, to meet new friends and to hear people's personal stories. We're delighted to be there over the weekend. And we'll be recording the full stop podcast live on the 24th of September. The team at storyhouse have given us two weekend passes to giveaway, all you need to do is head to their website to find out who the keynote speaker is 2023 then enter the competition at our website where you can also find the full terms and conditions. The closing date is midnight on the 18th of July 2023. After which we'll randomly select the winner. And we'll announce the winner on our August 2023. Podcast. Good luck.

Karin Enfield De Vries 48:34

Long live zoom Long live video chats these days I just maybe somebody's record a little video message. It's like hey, you know thinking of you today, I hope you're having a wonderful day. And you know, I'm with you there in spirit. And I'm just going to leave it at that as well. Rather than going into explaining why I'm not there because that's what I used to do. I went through this whole kind of almost

like a, you know, paragraph of chapters of I'm really sorry, but it's too much blah, blah, blah. No, I'm not gonna do that anymore. either. I stopped excusing myself for not being there. And they say, Hey, you know what? I choose me. I'm choose to show up in a way that works for me, but still also makes you feel that you're part of it and that you're included.

Berenice Smith 49:19

I love that Karin. Before we even knew that the word COVID existed and I was deeply hurt at a family gathering. We were being supportive of each other. And what we found was that actually, someone pitied me for the fact that I wasn't having a drink except that I wasn't looking after myself. And that was really hard. And I have to say that that one comment, set me back months, I thought I'm not an object of pity. Really not. I mean, this was when we started the podcast by them. Actually, we had, we were about six months into the podcast. But in order to, to explain oneself, we have to give away piece of us . At that point, I thought, No, I'm done. How can this person justify saying, they pity me when actually I've just watched their family all get absolutely legless on the dance floor. And there was a thing going on behind the scenes with a particular family that I knew was gonna happen and boom, at some point, and it did over the Christmas period. And I was like, oh, there we go. That was the interesting thing about about COVID is that everyone was dreading this thing and were united. But actually, when I'd gone through quite a lot of trauma with coming to terms of childlessness, I was one of the people that sat there going, okay, but this is peanuts compared to actually what I've been through, when none of you reached out and said, Are you okay? I don't really want to talk about how we're doing the COVID. I'm gonna be doing the same as you are, but actually asked me something else about myself. And I think it was interesting, interesting few years, in that I'm rambling now with no particular point, but I'm just sort of there is this huge kind of compassion that I think that exists within us. And the one thing that we'll talk about how the glue of childlessness maybe isn't everything. But I think we've all universally at some point, within our community been through a thing where we've sat there like Michael like Vicky and gone. What the hell am I doing here? How do you stay in touch with friends on our own terms? And that's a really, really tricky thing. It's very tricky.

Karin Enfield De Vries 53:00

Yeah, it is really tricky. And I would recommend anybody who's listening who is struggling with that, is to kind of, you know, open up about that also in, in whatever community you are a part of, or whomever you are connected with in the challenges community. Or perhaps, you know, even when a child was informed therapist counsellor, you know, that there's that a few of us around. Because there are ways that you can practice with that, but also just kind of, and it looks different for everybody, right? You know, we've already here with, with between the four of us, there's four different characters here. So each of us deals with that in our own way. We all show up as, as friends, in our own unique way. And I think that's the beauty about that as well. I always say to people, please be your most used version of you. Not the truest but the ewaste version of you. Because that's the only way you can be your complete authentic self. And I think also, what you just said, Berenice is that pity that openly being pitied, or it's one of my, well, one of my real, real big, kind of red flags, whatever it's called, but it's just like, It enrages me so, and if people kept me on a bad day, oh my god, do. They never pity anybody else ever again, because I just go, like, like that. But I've always I've just other moments when I'm, when I'm a bit more connected to my healthy brain were a bit more emotionally stable. I have also come to a place where I sometimes just kind of laugh at them. I think that's where

Berenice Smith 54:42

It's that one o'clock in the morning, I'm having a rant, and then about weeks later I'm like still thing! And then finally, I got to the point where I thought of you absolute arse about this person. Really? If that's what they think of me, then they are missing out. I think of Sarah and Michael because we are our own little network. So, you know, it was good just having someone to talk to and go, am I wrong for thinking this? You know, just to sense check myself that it's not just me? It's a bit like a bag of grief. And I always think that the grief we carry is a bag. And some days, it's heavy, and we need help with it. And other days, we carry it on, we know it's there, but we can manage the load. And in a way, I think all emotions can be a bit like that anger, is one of them actually look kind of can someone just take my anger away just just for a few minutes or a couple of days? And then just, you know, have it back. But I just need you to just deal with that for me, because I can't do that. And that doesn't have to mean, I think for for listeners who are thinking, Well, okay, you've got a partner. I think friends can do that, too. We do that, you know, we're here for our listeners, whoever and however you are, and wherever and how you live, we'll do that for you. Because I think we just need someone around,

Karin Enfield De Vries 56:38

definitely, definitely. And I also love how you touched on anger just once again, because I think that I do believe there are healthy forms of anger or so when you're grieving. It's, it's, it's a, it's unhealthy emotion to have, I think what you need to be careful of when your anger goes underground here, when you kind of when it turns into rage. And when you actually start not just breaking objects in the safety of with your safety goggles, and this kind of, but when you kind of start really kind of hurting yourself or others around you with your angry behaviour. I think that's also a time to kind of, you know, like, okay, hey, maybe I just need to reach out to someone and kind of see, hey, where, where can I place this? Where can I go with this? And I think it's, it's good to be aware of that. And I think that goes for any emotion that you feel, not just anger, but also, you know, and the or, you know, sadness, or anything, any of the emotions on the scale, I think, be aware of, hey, how much is still healthy emotion and how much is kind of like, okay, I might need some support with this.

Berenice Smith 57:43

I think that's really good, because it's something I struggled with way back and recognising, and coming to terms with the fact that I was actually hurting myself was quite a big revelation. And you don't actually realise the kind of tiny ways that one does that. And so why is worth knowing? I absolutely agree. Thank you.

Michael Hughes 58:03

We have a question for you, Karin.

Karin Enfield De Vries 58:05

Oh, exciting. Can't bring it on.

Michael Hughes 58:09

So from the audience, how do you know if counselling or coaching would be the better option for someone? Or have they decided that before they come to see you?

Karin Enfield De Vries 58:19

Oh, what a brilliant question. And I would like to extend it also to Sarah, if that's all right. Don't want to put you on the spot there. But I think it now but I think now I think it would be good to get out to get a perspective from someone who's extroverted, like me, and a counsellor, and then maybe from a more introverted perspective, but also a counsellor. And I think it's good to get those two perspectives. Is that all right? Yeah. Cool. Yeah. And so for me that thank you, listener for that question. I really love that you are asking that. Again, I think it's really personal. Because I think that sometimes it's hard to recognise when you get to the point of acknowledging to yourself, I might need some help. I could do with some counselling I could do with some coaching. But sometimes it's also people in your environment, whether it's a partner or a good friend, or perhaps a work colleague that you kind of have a good working relationship with. Or it could be just a random conversation with a stranger on a bus, you know, that also happens, where people might go, hey, you know, that sounds really tough and it sounds like you're struggling. Have you ever thought of getting some help? And then for some people, that really is a lightbulb moment where they go, help? I start help me around this topic. There actually is so I think it really is personal. In my experience, within my practice, I see that most of my clients the majority come to me with a question that I I'm ready to get some help when they by the time they've reached me. And I think that's also a very healthy approach to to getting some help. Because of course you have Wanted yourself, even if someone says to you, I think you should get help. And you're like, well, actually, I'm not there yet, or I'm not ready or I don't think I need help. And then it becomes forced. And I really doubt how successful you then could be in your healing journey with with help, because you have really have to be willing to get the support and also be willing, even more importantly, be willing to do the work. And I think you'll, you'll know within yourself when you're ready for that, because I remember, deploy go to Sarah, I remember when I was at the beginning of my grief journey, if someone had told me then oh, hey, I think you need to go and talk to someone, I would have just probably smacked him in the face. Because I was a very angry, be a little Miss Independent over here, hi, you know, I don't need help, I could do all this by myself. I build bamboo fences by myself, you know, the first kind of things. So I'm, you're not going to tell me that I need to get support. So and then it was a I think it was a good 18 months later when I realised, yeah, this path of self destruction and this path of being too bloody independent, and just kind of like trying to fix everything myself. I think I talked about earlier on the podcast already, that uphill struggle just became too much. And I kept falling over. And at one point, I was just too exhausted to dust myself off again. And like, Okay, I now I need help. So that's a bit of a long winded answer. But that's how I got to that's how what I would say to that question. And, Sarah, what's your perspective on that?

Sarah Lawrence 1:01:32

I'm, I do work with grief. But I mostly work with trauma. So my, my counselling is slightly different. What I would say is, most people by the time they've reached out to me, they they're in a pretty desperate situation, you know, they don't know who to talk to. And they talk to friends, and they're just not getting what they need back from just that that conversation over coffee or whatever. So I would, I was in a fairly similar situation, I went through the angry bit, but I realised fairly quickly that I was really, really in a very dark place. And for me, coaching wouldn't be enough. So for me, coaching is really, really good to take you from where you are, Springboard you into a future, you know, what does my future look like? How can I change some of my behind behaviour patterns to stop self sabotage, and take me

forward? Whereas I would say counselling, and this was my experience was what's happened in the past that is now influencing my present, and potentially going to influence my future if I don't stop the pattern. And for me, I was very self destructive, very angry, had a lot of stuff that happened before the childlessness. And that had influenced the way that I reacted to my childlessness. So as you can imagine, it's no coincidence that I'm a trauma therapist, because that was where I went with mine. So I would say, you know, if you are in a very dark place, or just a space where you need somebody to listen, without a judgement, a helpful suggestion? Or has that sense of knowing, you know, Karen and I have lived experience and that's why we've come into this space, because I don't know about you, Karen, but I couldn't find a therapist that could sit with my childlessness. Without Have you thought about, have you considered trying to fix it? And I was like, No, I need a therapist that goes, you know, what, I know where you are, I've been there. And actually, I've, you know, I've worked through it, and I can role model that in some way. And provide that safe space, you know, the, the triggers that you sometimes have to walk past without them and having that awareness, and that's no fault of their own. But you know, playsets, or family photographs, whatever. And before you know it, you're in the room, and it's, you're triggered, and you just shut down now as well. So I think, if you are in that dark space, maybe it's about counselling, rather than coaching, but it's whatever you feel comfortable with. And it's about having a conversation with that therapist, counsellor to see if they're the right fit for you. So, you know, you may you may, you may want to work with somebody like me who's quite introverted, specialises in trauma takes it in a different direction. Whereas Karin, you may you might need whatever Karen offers, which is extraversion or lighter side of it, the grief focus, you have to go looking for the right therapist. It simply won't work if you don't feel safe in that relationship. That's my take on it. If so, yeah, it's about when you feel in that place, going to find the right person for you.

Berenice Smith 1:04:30

Thank you both because I think that's really informative for our audiences a fantastic question as well. Thank you have that advantage? Yeah, really, really useful? Because it can be really difficult to find the right person for you. Certainly my experiences are that it took quite a number one goes, find the right person to help me get through things and what I think is fantastic is I know Sarah, you're working on your child has mental health help that will allow people to find people who have got chargeless experience and the right counsellors, and that's going to be really useful. As that grows for our community. I'm absolutely sure of it. And I would have welcomed that, when I first came into this space to welcome both of you. . Let's answer the questions as we start to bring the podcast to a close today. Anything else that we would like to ask? In our audience, please feel free to use the chat.

Michael Hughes 1:05:46

You might just be curious. Because I'd be that person, or what are some totally off topic because I'm a nosey.. alright.... curious person.

1:05:58

I'll be released. Actually, the great

Berenice Smith 1:06:00

Whilst people are typing, one conversation Michael and I had was about DNA. Because Michael mentioned he had had his done. And so yesterday morning, we were talking about bits and pieces we

had to do around a bit to do with the online community tech stuff and things that were driving us slightly mad. Of course, we didn't do what we did. But mostly, we talked about ancestry and family trees. And the great news is, is that Michael and I are not related. We thought maybe there was a connection through Essex were our families are from. We are not kind of like eighth cousins or anything. Oh good I got saved by the chat.

Karin Enfield De Vries 1:07:22

So funny. I'm just reading Michael's nose questions. Now.

Sarah Lawrence 1:07:34

I love a nose question.

Michael Hughes 1:07:36

All right. How was your holiday, Karin?

1:07:39

After the holiday, amazing. For those of you who are listening, what Michael is referring to, I just spent 12 days in Greece on a small Greek island. After six years of not being on a beach holiday, kind of relaxing holiday. I've done city trips for the last few years. But I haven't been on a proper relaxing holiday. And I can highly recommend it. It was we had a little filler overlooking a cliff with our own private pool. And it was just pure, absolute bliss. And I am still kind of two weeks from I've been home for two weeks. And I'm still kind of like that. I don't think I want to be home too much. Just already looking at kind of going away next. How can I make that happen? timewise financially wise, and just kind of like to fit it all in? No, but it was wonderful. Absolutely. Brilliant. I highly recommend it. If anybody wants to know where I went, please contact me. I'll be happy to share the details. It was brilliant. It's amazing.

Michael Hughes 1:08:36

So what's what's actually what's, what's next for for you, Karin?

Karin Enfield De Vries 1:08:40

Oh, great question, Michael, what's next? For for me? What's next for me? And relationship to Pure Transformations is quite an exciting time. Actually, I besides being a guest on your podcast, I've been also a guest on another podcast, happy and childless with Helen Gallagher. And we've decided to kind of come up with a mini series. So that's kind of really exciting about that. There are some great stuff in the making that I can't tell you too much about, but I can I think I think we can do a little spoiler alert here, Sarah. I just Yeah, I just got to tease people a little bit here. Pam give two away too much details just yet. But I'm really pleased to let you guys know that Sarah and I together with the wonderful Yvonne John are working to kind of look into potentially setting up a retreat for childless women, which is like a multiple day retreat where we do kind of some some cognitive work but also some breath work some body work. There's there's going to be walking, chanting and there's lots of stuff and it's just, we're just throwing ideas back and forth and it's gone from just a little idea to something that could be potentially quite big and but so very excited about to be working on that. Practice is still growing. So that's really exciting as well. And yeah, so I'm just kind of finding my feet in this whole new well as a

new space, but it's kind of like I realised this morning when I woke up that it's almost been a year since I kind of ventured out after a massive change in my work in the childless community that it's been now it's been a year and things are kind of coming full circle also. So talk about that wheel of transformation that I mentioned earlier. I think it's pretty timely. And how wonderful to be spending this this moment with you as well today, kind of coinciding with, with that year kind of coming to a full close. So I'm, yeah, I'm excited. I'm finding my own feet. I've got tonnes of ideas, I just need to find a little bit of time, and how to manage it all. But also that is on is on the cards, and ya know, so thank you for that question. Michael. Future is looking future's looking exciting and bright. And yeah, I'm happy.

Berenice Smith 1:11:05

I was so pleased. I, we know a little bit about the spoiler. Obviously, Sarah being here. And we were just thrilled to bits. Absolutely thrilled to bits. We can't wait to see what happens. And fantastic work with Helen Gallagher We really looking forward to listening to that, too. So yeah, it's all wonderful. I'm so thrilled for you, Karin. It's been been a year. And it's been lovely to, to watch the developments and hear what's coming up to How brilliant is that?

Karin Enfield De Vries 1:11:45

Thank you guys. And if I may use this, this opportunity to kind of express my incredible gratitude to the three of you as well, you have been so supportive in this last year. And I think it's just really good to know that I have true friends also in the community, and you certainly are very part of that inner circle. And I really, really appreciate that. So yeah, no, thank you guys. It's, it's yeah, I really, really appreciate it. There's lots of love from me to all of you guys. And I love what you guys are doing. I'm wishing you all the best with circle as well. I'm happy to be a part of that. And it's kind of curious to see how that evolves. What a fantastic thing to do. And who knew that when you started this podcast, that this was the this is where it would lead. So I wish you nothing, but the best with that. And I it's so needed in the community, and I am just so chuffed to bits, that you've just taken the plunge. And yeah, May May that circle, grow and cause ripples across the globe and reach everybody in our community who needs it? Because, you know, we wouldn't be where we are today without the connections in those communities. And I'm really just so tough to see you guys pay it forward. Very proud of you. Lots of love.

Berenice Smith 1:13:18

It goes back to that whole thing, isn't it? Like the I think sometimes we do create this amazing thing? Where is the fear of missing out? And I think that's a wonderful thing to create in this community. I don't think ever, as you say, current, I think when we used to have this idea on the military scrap of a post it note, which I wish I kept. It was literally, neon pink, post it note and I wish I kept it where I kind of had this scribble and I thought I had a chat with Michael. Sarah. Sarah would be good for this. And realise that we will like podcasts. Oh, there it is. And actually yeah, to go from that and the privilege of meeting all these wonderful people that we've met along the way and everyone that we've that listens to us to wow, yeah, it's a leap of faith. But sometimes we have to do those leaps. Because sometimes we just need to get a few feet do we need to go and push our boundaries and then explore the world. And I think that's one of the great things about meeting our guests is you've all encouraged us to do a bit more.

Sarah Lawrence 1:14:28

Thanks for listening. We hope you found our conversation we carry on as engaging and informative as we did. We'd love to hear from you if you found the topic interesting, or have been able to see more self compassion in your own life. If you'd like to find out more about our podcast or you have a great idea for a topic we've not covered, or you just want to know a bit more about something we've already discussed. Just let us know. We'd love to hear from you. We want this podcast to have as many voices from across our community as possible. So if something's missing, or you just want a deeper dive on it, let us know. You can find Find us on Facebook, Instagram, Twitter and LinkedIn, you can also become a member of our brand new online community. It's a safe and inclusive space for anybody that's a member of the childless community. You can find more details on our website at WWW dot the full stop pod.com. You can also sign up to our listeners list at the website which keeps you up to date on what we're up to. And if you'd like to, you can also donate to our work too. As always, it's important for us to remind you, you're not alone.

Michael Hughes 1:15:34

I just wish our audience could actually would have seen you Karen about six or seven months ago. And then senior now. I'll just try and explain to them that yeah, there's there's a vast there is a vast difference to the way that Karen is smiling right now. So yeah, you're beaming Gil, you're beaming.

Karin Enfield De Vries 1:15:55

Yeah, well, I'm a monster. I'm amongst one of my favourite one on one I'm one of my favourite peoples in the community. So you are all kind of causing me to beam this way. But thank you Michael for that, yeah, I am in a different place. And it's it's it's a good place to be. So thank you for that.