

Client session

Mark : Hello, Tara

Tara :Hi

Mark : Thank you for joining me today and...

Tara : Thank you

Mark : .. volunteering to talk about your career. As you might know, my specialty in counselling is looking in work lives and helping people think about the career decisions that they have to make, and the way I like to approach is to start off by asking you a series of questions. And.... if you don't mind I'd like to write down some of your answers so that I can remember home and study home.

Tara : Ok

Mark : I'll be asking you questions about your early childhood, and who you are, and ...I sort of look at career as a story of a person's life and so I like to get a very good feel for that. So that's what we are going to do with your permission.

Tara :Ok

Mark : And I want to start by asking you.. and I'm going to write down ... how I can be useful to you.

Tara :Ok Right now I've a master in counselling, school counselling, and I don't know what direction I wanna go in.

Mark : And what would you like to accomplish by you and I talking together?

Tara : I would like to accomplish.... Have a made-up mind as where I want to go, whether a second master , or pursuing, I don't know, my SID, EDD.

Mark :My pen has just run out of ink. Fortunately I have a second one. I don't think I can promise that, have a made-up mind we can work in that direction. Too ambitious for tonight. So we agree to work together to focus on which direction to go next. So tell me more.. you're trying to decide between a couple of alternatives.

Tara : Yeah. Like I said I have a master in counselling now . I was thinking about ...rather getting a master in social work or getting my clinical psychology degree. Or maybe to get my EDD, I don't know, ..without changes.. in the school system now that's going on I don't think I would be able to do what I've been taught and what I've learnt, you know, from my master's program in school counselling in the school system:

Mark : And what's that you really want to do?

Tara : I want to counsel students. I don't want to sit there and do scheduling.

Mark : And how did you select school counselling?

Tara :because my current occupation at the hospital right now I am an advocate for patients' rights, so I do a lot of problems, complaints that arise: I also help family members and patients cope with existing or new illness, whatever the case may be, so I think I have the gift of help.

Mark : So you're already a counselor

Tara : Right, that's what I do right now , so I said : Ok I'll get the degree. I love young people

Mark : What was your undergraduate major?

Tara : Community health education

Mark : Same thing! You've known this for a long time. And how long has it been that you started the question whether or not you would actually become a school counsellor?

Tara : About a year ago

Mark : And have you talked with people about that?

Tara : No

Mark : What makes it an issue right now, because you just graduated, or...

Tara : It makes an issue now because I feel that... I'm not going to enjoy it if I go into it, because of all the changes that are going on, the stipulations that are against me, that I can't do, and I don't want it to be a problem for me getting up going to work to do something that I don't want to do.

Mark : It sounds like .. Do I understand?... quickly... you have already decided you are not going in the school counseling. You either going to get another degree maybe MSW , maybe a PHD. Are there other options you can think about?

Tara : No

Mark : you've got pretty well narrow down already.

Tara : Ya

Mark : Good! So now I'm going to ask you some questions to get to know you and then after I have some sense of that we'll go over to that and then talk and see if we can be useful in the way that you want it.

Tara : Ok

Mark : My favourite question that I always love to start with is, when you were a young girl, when you were four, or five, six, seven, eight, when you were just making up mind about life who did you cope to, who did you have as heroines and role models?

Tara : When I was eight I told my mother I wanted to be a waitress, only because they get tips. I looked up to my parents...as role models.

Mark : And I'm really asking more outside the home.

Tara : Outside the home.....

Mark : It can be characters in books, TV, or people in the neighbourhood.

Tara : I don't think I really had any. I just knew I wanted to be successful, not rich, but stable.

Mark : I don't want to give up too quickly on that ...because.... give a little more thought. Did you have posters in your room favourite book favourite character did you dress up as anybody?

Tara : No

Mark : It doesn't have to be somebody famous or ..could have been somebody in the neighbourhood outside.. who else outside the family might have influenced you ?

Tara : I can't say.

Mark : How about when you were a little bit older , maybe upper elementary or..

Tara : Ok. I was into Janet Jackson

Mark : and .. I'd like to get three if I can. Getting one was hard enough but we'll try for two more.

Tara : I loved Janet and that I can just remember really vaguely because of her posters.. let me see.. oh my sixth grade teacher, Miss Smith.

Mark : Miss Smith. And I ask for one more if we can.

Tara : Hum, this is a very difficult question , as I have never thought about it.

Mark : Let's go back to Janet Jackson tell me what did you admire about her what kind of person was she?

Tara : She put out her own album called "Control" and it was, you know, she was taking control of her life, her own business and everything and at that preteen age I felt like I could relate so much to that... like, parents in your business, trying to run your life, so I think that's what attracted me to looking up to her.

Mark: And what kind of person was she? what personality...

Tara : Independent , professional ...and ambitious.

Mark : I like the way you said thatambitious... now, tell me about... Of course I know about Janet Jackson , but Miss Smith.. I don't know a thing about Miss Smith.

Tara : She was just so free, you know, you could ask her anything and she would tell you anything she didn't sugar-coat anything.

Mark : She didn't what ?

Tara : Sugar-coat. Yeah. she didn't sugar-coat anything, like, she would tell exactly what it was , that's it that's are she was very straightforward and ...I liked her openness.

Mark : Good! Now I will switch a little bit maybe it won't be a little bit easier. Are there any magazines that you read regularly? Or used to read any favourites?

Tara : I read „Forbes“ „Black Enterprise”

Mark : And which one did you say after "Forbes"

Tara : "Black Enterprise"

Mark : And what do like about "Forbes"?

Tara : The investment tips

Tara : Is there anything else?

Mark : I do investments tips I like to see what's up and coming and it will let you know what to get into and what to get out of, stuff like that.

Tara : And „Black Enterprise“?

Tara: Same thing.

Mark :Any other magazines?

Tara : "InStyle"

Mark . And what do you like about that?

Tara: I like the specials.

Mark : So you like to be up-to-date on fashion and ...

Tara : ..money... the two go hand in hand.

Mark : Fashion and money.. how about favourite TV show...have you any program that you try and catch every week?

Tara : right now it's "House"

Mark : „House“ what do you like about that?

Tara : I like its straightforward bluntness, to the point, its weird sense of humour. It's a medical show ..so I'm pretty much into that because my parents are in the medical field.

Mark : I have never seen it. And how about hobbies .. what do you...it doesn't sound like you have a lot of free time but if you had a free Sunday how would you like to spend it?

Tara : Shopping.

Mark : for the latest fashion ?

Tara : Mm ..shopping for whatever I can go as hard as I can buy just anything... no, I like to shop, I like to read and travel

Mark : and what kind of books are you in...

Tara : I'm in a book club so each member takes a book for a month and we read whatever they suggest

Mark : How about an all-time favourite book?

Tara : My all-time favourite is "Catcher in the Rye"

Mark : "The Catcher in the Rye" And what's .. it has been a long time for me.. what's that story about?

Tara : "The Catcher in the Rye". is about a European boy growing up and just the changes that he goes through the life. You know, everyone has this image of him and it is totally opposite. I love "The Catcher in the Rye".

Mark : And tell me about travel. What do you enjoy about travel?

Tara : The freedom.. It's just like you're free from your world , you're free from home life, you know, everything is going on at home when you are away you are away.

Mark : Like all routines. How about your favourite saying or motto?

Tara : Are u fo'real?

Mark : Are you asking me or is that serious?

Tara : No its serious Are u fo'real?

Mark : So these other two questions are easier than the role model, which was a little surprising tome because I thought you would ..

Tara : As you said outside the home that's hard for me because my parents had sort of expectations being professionals themselves I was looking up to them everyday.

Mark : So you didn't have to look behind the kitchen for people to admire. That's wonderful. I wish everybody could say that. How about in high school. What was your favourite subject? What did you like in high school?

Tara : English ,any type of science.

Mark : And what did you hate?

Tara : Maths

Mark : What did you hate about maths?

Tara : I shouldn't say I hated maths: I just did not like the geometry, I didn't care for that, but I guess just didn't care for it. I was hanging out with that whole thing of, you know, you'll never get math, it sucks, you will never use it so I really did not give it.

Mark : ...But science ..

Tara : Totally different.

Mark : How is it different for you?

Tara : It's hands-on , you know, you have everything that you need. Maths, you have to find "x" and all that crazy stuff, and chemistry and science.. you sometimes have to do too, but you know, it's ok, it's a little bit better. I struggle with maths but , science, I can get.

Mark : And English , what do you like about English?

Tara : Books, learning history and , like English literature and British literature, stuff like that.

Mark : Now I'm going to ask for .. I always enjoy hearing stories from childhood and I like to ask people what's the very first thing they remember happening in their life, the very first story.

Tara: Me tearing my Dad's Cadillac Sedan Deville.

Mark : How old were you when you did that?

Tara: Four or five.

Mark : Tell me the story of that.

Tara : This is before the day we had the electric garage opener. He pulled into the alley, got out of the car to open the garage door and I pulled the gear and the car went "baboom" into the garage.. yeah. I think that's probably why they made the law that your foot has to be on the brake before you switch gears, I don't know what I was thinking about, but yeah, that's bad experience.

Mark : What happened next, when....

Tara : I think I was so terrified

Mark : How did dad react?

Tara : I can't say. I don't know. I don't remember that I don't think he came to see us. I really don't think he came in the house. I remember my mother saying like checking me out and making sure I was ok . "Are you ok. Let me see let me see!" then when I was fine, "What were you thinking? Why would you that? You know better!" You know, hollering and all that stuff.

Mark : Give another story. I like three.

Tara : Early childhood or....

Mark : Yes, what's the next story that you remember.

Tara : Graduation from eighth grade. I was very disappointed that I didn't get the Salutatorian and Valedictorian. They had this special award called "Candidate for Link" that I qualified for, and I got a letter in the mail that told me my parents make too much money, and I said "This is discrimination!" and I set up this debate thing and it was a big thing for me, and this was like a scholarship program to help parents of lower income status afford Catholic high school education for their children.

Mark : You were you angry, when...?

Tara : I was very upset, I almost didn't make it to graduation. I was gonna protest.

Mark : And one more story.

Tara : I have a very simple life. Give me some idea.

Mark : When you were first grade, second grade, third grade.. have you any story? Somewhere between tearing up the Cadillac and the eighth grade graduation.

Tara : When my brother went to a prom. I thought he was leaving, like for good. I don't know. I didn't understand what that was. I just saw him dress up and I had the impression that he was marrying, he got married and he was leaving. That's only because we were twelve years apart and he has a big brother parental kind of role that he took upon himself.

Mark : How old were you then?

Tara :Let me see, I was pretty young... twelve years apart

Mark : You have been just six or seven

Tara : Yes

Mark: And how did you feel when you thought he was leaving?

Tara : I was hysterical , my mam : "You should come and see him he looks so nice" and I "Oh my good! He's leaving".

Mark : One thing I enjoy doing is going back over these stories and try to put a headline on them to pretend they are like going to be on a newspaper tomorrow and the story of the little girl who pulls the gear and smashes the Cadillac through the...now, the headline in a newspaper usually has a verb and some actions so, let's work together. What kind of headline would you put on that story?

Tara : Curious... as I was curious. I know that for sure.. Curious... see...since this is me, I don't want to make it so horrible.

Mark : That's a cute story, nobody got hurt and they didn't throw you out of the house. You don't even remember dad's reaction..

Tara : I really don't think he came into the house.

Mark : Mum was only worried about you, not the machine , so: Curious girl ?

Tara : Gives Cadillac the "ok".

Mark : Gives Cadillac the „ok“. What if you didn't give the ok though?

Tara: it saved my life. Or it can withstand going into the garage, I dunno, I just know the back of the car and the garage got torn up.

Mark : Curious girl tears up garage something like that?

Tara : That's fine.

Mark : And how about the graduation from the eighth grade when you were so bitterly disappointed?

Tara : The privileged suffers , too

Mark : Tell me more. What do you mean by that?

Tara : I guess since my parents were both in the home and they're professional....some people have might said if you are privileged you're better off, upper middleclass, that you don't suffer anything , you know, and that' not true.

Mark : And then the last one . My brother went to prom and I thought he was leaving and I was..

Tara : I think I was just a little off.

Mark A little what?

Tara : A little off! I don't know what was wrong with me ... Big Brother, let me see. Big Brother is not gone. Something like that.

Mark : I enjoy hearing these stories. How does it feel to share on?

Tara : That's fine when he went to a prom that was hilarious: They said I did an "academy- award-winning performance". Like they were like, "Go take a picture with him" and I walked over there like I had lead or something. And I was like "Don't go! don't go !" It was fun . But he had to tell me that he wasn't leaving, no matter my mum or my dad said , you know, I wanted to hear from him because once he said "Oh ok he's going to prom" and I didn't even know what it was.

Mark : Now, with your degree in school counseling you have any idea why I am interested in these stories?

Tara : No.

Mark : Nobody has ever asked things like that ? See, I always ask for moments from the life. I am always looking , when a person is struggling to make choices and decisions they usually draw up stories from their past that are profound enough to capture the very essence of who they are and what they want to do about life. So though on the surface they seem, er, could seem a little not that important or not that substantial they usually are almost like advice to yourself. And like, for example, the last one, you know, is telling me maybe part of your interest in counselling is about separations and people going away, attachments and staying in contact, that maybe a lifelong theme and a lifelong interest of yours.

Tara : Possibly.

Mark : But possibly not ,you know. But it does seem that, you know, transitions in life are important to you.

Tara : Oh very much so!

Mark : And terrifying, can be terrifying. Right now, what are you facing ? Transition.

Tara : Where to go.

Mark : Yes, where to go, and sometimes you feel just like that, when you saw the family pulling apart or possibly pulling apart, and wanted to stay connected , and so transitions make an impact on you and it's something we need to remember and I work together because as a counsellor or social worker, or whatever advocate you go into I think your heart really goes out to people who are suffering some major transitions, some big changes, and I think you are a really good specialist in helping people deal with changes.

Tara : Oh. Thank you!

Mark : And, even in your first story , you know, the headline is most impressive to me, because sort of captures a theme that I heard in a lot of your answers. When you said "curious girl " and then you stopped... but curious girl is Tara.

Tara : Oh. Yeah.

Mark : Yeah. You love the books, you love learning, you love studying, and probably that's why you're thinking of another degree, because you like to learn and the master's degree is not enough, isn't sufficient for a curious woman today.

Tara : Right!

Mark : And learning is a very , very essential to you and then that tearing up the garage I was amused by that, because that's where you're sitting now, you're sitting in that car, your foot can't reach the brake, and you're pulling that damn lever again and you don't know which direction the car is going to go in, but this time it's not car , it's car, it's career.

Tara : That' nice as such.

Mark : but that's what you're telling me....that you're a little afraid. In your heart it seems to me you're pretty clear on what you want to do but there's a little bit of nervousness about pulling the wrong gear and tearing up that life that you could have right now this guaranteed life of a school counsellor, moving away, going to another school, another transition, but you advice yourself you're a curious woman and you gonna pull that gear. You are going to take that risk. And the other story, the middle one, I mean, just speaks so eloquently of what your mission in life is. You already told me that you have been working as an advocate but that's not a job, that's life for you: It's burned into your soul that some people are insensitive, unaware, even cruel. That's not fair, that's not right and there's no.. nothing can be done about it in many people's views bat not in your view.

Tara : Exactly

Mark : Exactly , and you're not going along with that program.

Tara : No.

Mark : You almost go and graduate. So that's whatever degree you get you are a voice of fighter and advocate for discrimination, for unfairness, for not understanding all sides if every issue . I see you're smiling. What do you think as I say that?

Tara : Like you know me already, and I just met you!

Mark : But these are you. This is what's important in a career we need to do what we have been rehearsing our whole life and that's why I wanted to know what you were rehearsing when you were a little girl , when you are already trying to stretch your wings and so on your tombstone is going to go "She was an advocate and she fought for .. "I don't know what the exact words are, but that's all you can be.

Tara : Yeah.

Mark : You have no other choices.

Tara : Wow.

Mark : Do I misunderstand?

Tara : No, it seems like you're hitting right on the head.

Mark : No... you , your stories.

Tara : It just amazes me how you can take from stories about my childhood, my upbringing and take them in the process so they give me an understand why I am so firm about my beliefs in justice and things like that. Wow! ok!

Mark : And the more you say that aloud the more will it is, the more true it becomes . You know, when you're able to just say it, speak it when other people know about you it gives you clearer and stronger identity. So it's really important to me that you have the words to say this is who I am this is what I stand for and this is what scares, me because you are not a superwoman.

Tara : Yeah

Mark :I it takes... you know, when you tell me you are terrified it also tells me how brave you are , yeah, because only , you know that's what bravery comes from if you are not terrified there's no need to be brave so when you fight and you struggle when you are brave for others it takes some efforts and some smiling back on the strength your family has given you to lend your strength to others.

Tara : Good. Yeah.

Mark : The other questions, see, I like to in understanding a person's story and the journey they have been on I like to start with those stories that we just talked about, and see how you propose when you're very young to solve the issues that concern you . so, if unfairness, discrimination bothers you I want to know who your role models were, because that tells me about how you view yourself . these are blueprints for the way you designed you, and the reason I didn't ask about mother and father is because , I mean, they're not a choice, they're a presence in your life and you love them dearly, but the role models, the people outside the home are to me your first career choice. Your mum and Dad you lover, you didn't

sit down and decide whether you were going to love them, you just love'em . so that's why I pushed you on a little bit but I wanted to know. So your first career choice was... you wanted to be a waitress for tips, for success, the money , yes we have to go back to money, too, because that's gonna be a little issue but when you said Janet Jackson now, what you learned from her, what you took from her, what you modelled, what you incorporated into you was control, and for you to fight, for you to be who you are, for you to stand up for others you must be in control of yourself and the situation , and when people are trying to run your business, run your railroad....., no.

Tara : Exactly

Mark : And that's why you don't want school counselling. Because your image is out of control :too many other people running the railroad . so you want to be independent you want to be professional, you're ambitious, you see ,what these are your choices this is what you're saying. This is how I want to accomplish my dream and Miss Smith how similar it is strong she was so free no bullshit, no sugar-coating she was real, she was honest, she spoke the truth . and so this is you . we are not talking about Janet Jackson, we are not talking about Miss Smith. We are talking about Tara . Would your friends agree with me?

Tara : Oh yeah oh yeah .

Mark : So, your work must be a place where you can be ...

Tara : Who I am.

Mark : Who you are. You can be in control, professional, ambitious, you can speak the truth . You can be an advocate. You can help, and... you can make a lot of money.

Tara : That's not bad at all.

Mark : So.. am I misunderstanding any...?

Tara : No, not at all.

Mark : And the word I missed was openness too. You're open and part of being... the freedom has to be open and that's what you were telling me that's what you liked about travelling, the freedom. And, you see, everything...

Tara : Everything connects.

Mark : Everything is you, it connects because it's a beautiful painting, it's just a portrait of you and these are the lines that you are going get . For the magazines , the TV shows, you like the bluntness, again the same open real true , authentic speak the truth, the two magazines told me, suggested me, you know, one of the dilemma that people with big heart like you have is " I have to make a living too".

Tara : Correct

Mark : I have... you know ...I can't be a saint.

Tara : And poor.

Mark : I don't need to be rich:

Tara : Right, just stable.

Mark : Stable... you said it right away, one of the first things you said: you want to be successful and stable, but it is something , you know , we need to attend to, because you are not about to do something that you can't support yourself and have a professional life.

Tara : Right.

Mark :And „ The Catcher in the Rye". I read that in the ninth grade and I barely remember it. But it doesn't matter what I remember, it matters what you remember and what you remember...

Tara : Holden was very curious.

Mark :Yes, curious like you.

Tara : Yes, very curious.

Mark : That's your main word. You're curious and what you do is advocacy and fighting for fairness but he was growing up dealing with changes, remember about the brother going to prom and, he was the opposite of his image. People didn't take time to know who he really was.

Tara : Right.

Mark : So, these are again to me hints about the type of counsellor and healer and helper you want to be. You like children you like adolescents because you want to help other people grow up. You want to help people deal with changes, and you want to help people know themselves and be known by others, and not to have to hide some part of themselves and not be recognizable. You're smiling.

Tara : This is ...wow!

Mark : This is you. You are a wow

Tara : I can't believe it. Uh! I am a great person! I'm good!

Mark : Were you in doubt?

Tara : Yes sometimes I do have small doubts, like I don't know..., maybe....but then this is reinforcement, positive reinforcement.

Mark : Yes you have the doubts of being a little girl pulling the wrong lever, but we know what happens in the end. You pulled the wrong lever and you didn't go to hospital, you didn't die and your mother said: "how are you doing ". We don't know about dad but it wasn't bad , and.... you advise to yourself , a favourite saying to me , is what advice do you constantly give yourself. Remember what you told me?

Tara : Yeah. Are u fo'real?

Mark : Are u fo'real? Back to Miss Smith and being honest and authentic real helping other people be real, helping the "Holden Caulfields " of the world be real and be able to accept themselves and to love themselves. And then the school subjects that confuses me a little bit because, you know, usually maths and science go together and you separated them and all I could think of was "maths is 2+2 it always = 4" there is no control there .. and science is your problem solver but that's me saying that, I'm not really sure. So, these.... I want to give you this to read , I hope you can read my notes , but, I mean, this is yours not mine. But so now I'm going back to when I said "how can I be useful?" you said " I don't know which direction to go".

Tara : Right

Mark : Baloney! Yeah, so which levers are you really interested in pulling, which gears you want to pull?

Tara : Probably pursuing another degree.

Mark : Yeah. Probably because you're curious and you want to learn, and you want to grow and you want to have all the tools and repertoires that are possible.

Tara : Yes

Mark : And you're leaning which way, between the two?

Tara : Probably I'm getting my EDD.

Mark : I wouldn't take the MSW, another master's

Tara : No

Mark: It's not...not curious woman .. no.. and you know what? EDD is not good enough for you either. That's somebody in the book club whose hobby's reading, who loves to learn . who needs information and knowledge, to be in control, to be free, to know the truth before she speaks. EDD is half way and you're not an half way woman.

Tara : So, what would you suggest? or you're implying ?

Mark : You told me you're trying to decide between MSW, EDD and a PHD.

Tara : A PHD....

Mark : Why does that scare you?

Tara : Uh, wow. It doesn't scare me.

Mark : No.

Tara : It's just like.. Ok. I should be confident.

Mark : It's what you want to do, I hear. It's not my opinion , You know, if you listened to the stories and this was a character in a soap opera, a TV show, when they went to commercial and I said : What will happen after the commercial it's obvious to the audience what's going to happen .. but to know ourselves is a little bit harder. So I think it is reassuring to say it aloud.

Tara: Yeah! It is.

Mark: What I hear you saying and you can tell me what I'm missing is that the PHD is really what is attractive.

Tara : It is.

Mark : But you're afraid of pulling the wrong gear and crashing the car.

Mark : Because you might not be good enough.

Tara : Right.

Mark : But me and you know that that's the little girl in you who's afraid . The woman in you ... Are u fo' real?

Tara : Are u fo' real?

Mark : EDD? Are u fo' real?

Mark: can you see what next happen with EDD?

Tara: I think my next stop is my education period.

Mark : No, you might even be a professor.

Tara: Maybe I will be in control ..free.

Mark: Yes and it will give you the stability , the success, the financial stability. That will give you a profession , and it will give you a platform to fight the bullshit that's around you , the doubletalk, the hypocrisy . You'll be fully equipped to do the dream you've been dreaming for ever. You're smiling.

Tara: Wow, because it's assuring . It's reinforcement , that's something that I don't have a doubt with, I wasn't too sure but after you say it.

Mark : You were afraid to say it to you.

Tara: Yes, I was. Actually I ran from it. Oh no! Me, no.

Mark : Are u fo'real? See, that's what I'm saying.. the story comes real when we say it aloud and you're no longer...afraid. And I don't want to be pushy on this. What I'd like to do is.. next stop is.. to give you this sheet and have you think this over and digest it, talk it over with people who know you really well, who won't be surprised and then maybe we could ...talk on the phone in two or three weeks.. and see if this still fits right and if it does we can talk about the next stops, so how to explore, how to make this happen, and no more this baloney of not getting the graduate assistantship like in the eighth grade we're making sure the transition is smooth and.. if it doesn't fit right , if I have , If in any way, I have pushed you too fast , you tell me, no let's put it down and look at it . I think we've done plenty for tonight, and ..I make the offer,, that we can talk on the phone.

Tara: I accept it.

Mark: And I'll give you my phone number.

Tara: Ok

Mark: Is there anything else you were hoping I would talk to you about?

Tara:No, this is fine. I had no idea of what direction I wanted to go ? Now I know that better , I really do.

Mark: And I feel.. I feel in the presence of someone who's going to make a huge difference in the world.

Tara: Thank you.

Mark: I feel like I'm looking at a work of art who is just waiting to be unveiled.

Tara: Thank you.

Mark: So, the way I always like to end is ask... when we started I asked : How can I be useful? You said: "I don't know which direction I'm going in. Have we been useful?"

Tara: Oh yes.

Mark : That's just a joy to me and I can just see the fireworks on people start trying and getting a new way, as you're helping other people grow and become real , so.. thank you so much for sharing yourself with us.

Tara : Thank you.

Mark: See you again.

Tara : Ok.