

# Anger, Empathy & Career Clarity

## Quick recap

The meeting began with Sacha discussing her return to work and plans for the current session, including teaching and providing live Q&A based on class needs. Minka shared her experiences with ongoing legal matters and received emotional support from Sacha regarding managing anger and approaching conflicts with empathy. The conversation concluded with discussions about career development, where Andrew shared his progress in transitioning to a performance and training consultant role, and Sarah-Jane explored defining her business identity.

## Summary

### Return to Teaching Plan

Sacha explained that she had been sick recently and was just returning to work, mentioning that she had responded to Andrew's email. She outlined her plan for the current session, which involves either teaching or providing live Q&A and coaching, depending on the class's needs. Due to time constraints, Sacha noted that she would need to leave for another class at noon, but she would ensure that her notes were clean and ready for the participants to work on independently.

### VCA Class Scheduling Updates

Sacha discussed the scheduling changes for the VCA class, explaining that it is now either a live Q&A or an actual class, and notes are provided for those who miss it. She mentioned that different cohorts have different needs, and this group particularly values tactical, structured outer game action steps. Sacha shared the notes for a signature talk class, which covers topics like creating a strong opening, speech timing, and common elements of effective speeches. She offered to answer questions and provide coaching during the remaining time.

## **Property Dispute and Dance Charges**

Minka discussed her upcoming court appearance regarding a property dispute with her sister, which she won in October, and a separate issue involving charges from a dancing school association for COVID-related non-operation periods. She expressed frustration about being unfairly charged for events she wasn't involved in organizing, including a charity dance. Sacha provided emotional support, acknowledging Minka's anger as a response to injustice and encouraging her to focus on presenting clear evidence rather than getting emotionally involved during the court hearing.

## **Understanding Anger as a Messenger**

Sacha discussed the importance of acknowledging and understanding anger as a messenger from the subconscious, emphasizing the need to listen to its messages and address underlying issues. She used the analogy of chimpanzees to highlight the primal instincts that drive human behavior, particularly in challenging situations, and encouraged Minka to approach conflicts with empathy and understanding rather than frustration. Sacha advised Minka to journal her anger, practice self-soothing techniques, and maintain a human perspective while dealing with others' primal reactions.

## **Understanding Impunity and Social Norms**

Sacha and Minka discussed the challenges of dealing with people who act like chimpanzees, using a metaphor to explain that most people are not aware of higher-level social norms. They explored the concept of understanding others' perspectives, particularly in the context of music rights and the actions of a group that had been historically disadvantaged. Minka shared her experience of standing up against a lawyer's demands, despite most others in her industry paying to avoid legal action. They concluded that while it's difficult to be one of

the few who refuse to comply, it's important to understand the psychology behind the behavior of those who have been allowed to act with impunity.

### **Embracing Positivity in Court Hearing**

Sacha advised Minka to approach tomorrow's court hearing with a focus on bringing light, truth, and fairness rather than anger, comparing the energy of anger to a fire that can provide warmth but should not cause burning or scorching. Sacha encouraged Minka to leave behind the legal battles of 2025 and enter 2026 with a new chapter focused on positive energy and avoiding attracting drama or legal issues in the future. Minka expressed hope that tomorrow's hearing would finally resolve her ongoing court cases, which she described as a significant weight lifted from her chest when they concluded in early October.

### **Career Conflict Resolution Update**

Sacha and Andrew discussed his work situation, where he had been experiencing conflict between his career goals and job demands. Andrew shared that he had spoken with a career counselor and was now working directly with a new lawyer on a project, which had led to his boss backing off from involvement. He also mentioned that a training deployment had received a complaint about an activity he hadn't designed, though he handled it professionally. The conversation concluded with Andrew noting that this direct lawyer interaction could set a precedent for future projects.

### **Career Transitions and Business Identity**

Sacha and Andrew discussed Andrew's career path, where he realized he should become a performance and training consultant rather than continuing as an instructional designer. They explored how to reframe his role to focus on solving performance problems rather than just building training. Sarah-Jane shared her experience of conducting a regal ceremony and discussed her struggle with defining her business identity, with Sacha advising her to focus on the aspect that feels most alive and authentic to her rather than trying to encompass all her skills.

