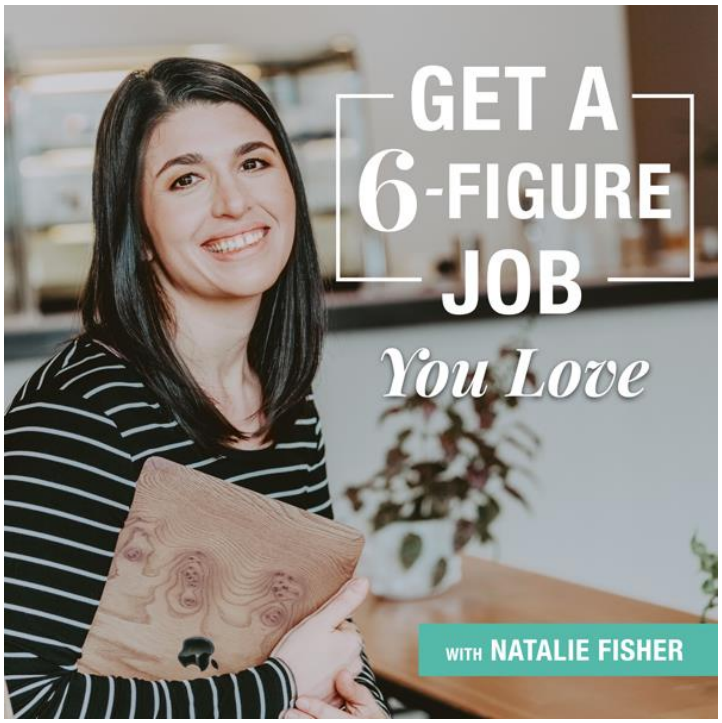
Ep #64: The Negasaurous



Full Episode Transcript

With Your Host

Natalie Fisher

Get a 6-Figure Job You Love with Natalie Fisher

Welcome back to the Get A Six Figure Job You Love podcast. Thanks for being here week after week. This is episode 64, the negasaurus. Hey there. Welcome to the Get A Six Figure Job You Love podcast. I'm your host, Natalie Fisher. I'm a certified career mindset coach who also happens to want to skip all the BS and get to what it really takes to create real results for you and your career. On this podcast, you will create real mindset shifts that will lead to big results and big changes in your career and your income. No flub here. If you want to get a six figure job you love and create real concrete results in your industry and make a real impact. You're in the right place. Are you ready? Let's go.

Hello, hello. Welcome to the podcast today. Thanks again for tuning in. I really appreciate that you tune in every week. I know I have a lot of loyal listeners who reach out on LinkedIn. Let me know how the podcast has served you and I couldn't appreciate at it more. And I really just love that you're here. So today I'm going to dig into this topic that I've had several clients over the years have had a similar issue and it comes in a slightly different flavors. And I'm going to break those down today. So I decided to call this episode the negasaurus, because it's very appropriately titled and you'll find out why, but also because it was just a thing that whenever I was negative when I was younger or I had a friend and she was really hilarious. And she always had these funny name that she came up with for her ex-boyfriends and she nicknamed people and she just had a knack for it.

And so whenever I was being negative or whenever we were hanging out together and we noticed someone else was being really negative, she would call them a negasaurus. And she wasn't afraid to tell them either. She'd be like stop being such a negasaurus. She'd just tell them right to their face. And normally that would just make them laugh or they would just realize, oh, I guess I am. So I just thought it was a fun memory and appropriately title for this episode.

So what I've been seeing happening over the years, and I think it's a common issue because negativity takes root a lot easier than positivity because that's kind of how our brains are wired to survive. So we're looking for the negative, the problem, the thing that we need to protect ourselves from we're just wired to look for that stuff, is clients of mine have just noticed that they have that they're either getting into a negative pattern with somebody that they already know.

So maybe they have a friend or even their mom or their coworker or their family. And they end up having this relationship that is negative. So they're co-venting, they're the person you go to vent to and you end up just complaining and this person ends up kind of expecting that from you. And they're like, oh, so what's the crap that's going on today? What's the latest update? How is your douchey boss today? And we kind of just assume that everything's going to stay negative. And we kind of indulge in that negative discussion and it's kind of even enjoyable. We like it. We're in a habit of it. But we know that it's not right. So the reason why I bring it up and I'm doing an episode on it is because my clients realize that it's not helping them.

And sometimes they realize it, sometimes they don't, but if they're working with me, they're open to the possibility that maybe it doesn't serve them to have this relationship with somebody where it's just negative talking and that's what the relationship is based on is this negativity that you just have. And you're just kind of venting and everything seems like it's expected to be negative because really we find more entertainment in talking about the negative than we do the positive. And so if somebody's really down or... This is another example, if someone's really down or whatever, you don't want to go in there and be like, I'm having such a great day. My life is so amazing. You don't want to do that because then you feel guilty because they're not doing so well. So if we are continuously doing well and we have a friend who is continuously not doing well, then it becomes awkward for us to be like, oh, I'm doing so great.

Everything's going so well for me, because you don't want to who appear like you're being insensitive to your friend or this person who isn't doing so well. And those are kind of two different examples that I

kind of overlapped. So the relationship could be mutual. You could be very engaged in the venting, kind of enjoying it yourself. That's one example. Or you could be on the other side of it where you're like, I just don't really know how to interact with this person anymore because they just seem kind of far off from where I am. They are on a different level completely. And normally those friendship's kind of veer off. You end up not talking as much. You don't have as much to relate to about. And then there's the example of maybe somebody you're working with is a very dominant negasaurus let's say, and they're very motivated to be negative within themselves.

They have their own negative thought processes and they really want somebody to talk to about them. And so I've had that with several of my clients too. They're like my boss is just really negative. She just wants to come and complain about the leadership. She just wants to tell me how bad things are. And my client in this example, which I'll get into more details, she was like, I just don't want to talk about that for an hour and rightly so. So those are some examples of what happens. And if you can resonate with any of those, you're going to really resonate with this episode, because I'm going to give you some strategies, some realizations around it and some ways to deal with it so that you can kind of start moving away from it if that's something that you want. So the reason why it exists, it's totally normal because we do connect through negativity.

It's a very normal thing to do. Misery loves company. That saying exists for a reason. The phrase means that those who are unhappy seek to make others unhappy too. So if your boss is unhappy at work, she's probably going to show up in a pretty negative way. She's going to find and see all the things that are not according to what she'd like, she's going to vent. She's going to complain. She's going to point that stuff out. And she's probably not going to stop doing it because that's how her brain is wired and she's in the habit of it. So unless she actively becomes aware and wants to change it and seeks out a podcast or a coach or something, she's probably not going to change it. And that's okay. We don't have to make everyone else change. It's totally fine. We just have to realize how that affects us and if that's helpful to us or not, and how we want to handle that very intentionally.

But what normally ends up happening is we don't really realize that it's happening. So my clients pick up on it. They're very astute. They want to be more in control. So they bring these issues to me and they're like, well I don't really like this. I don't want to be doing this or I don't know how to handle it, but most of the time we just don't know that it's happening. We're just unaware of it. And so we get kind of sucked into the negasaurus' way of thinking without really knowing it unless we're very aware that we don't need to have their level of thinking. So some common examples of what a negasaurus might say, and it might be pretty subtle. They might be like, oh, you're just lucky to have a job right now. Or they might say, oh, everything around here is always a big mess or this place is such a disaster or that is so toxic.

And maybe they're right, but unless they're actively working towards a solution or they're trying to kind of get something useful out of the complaining and I'll explain kind of the process that you can go through, it's usually just the person complaining and just knowing nothing's going to change and just be like, oh, this is just how it is and I'm so irritated by it and this is just a disaster and everything here is awful and nothing changes. And I've been in situations like this too, where I've participated in these conversations and stuff. And I just kind of sat back and listened and I'm thinking, what are we going to do about it? I've always been pretty productively focused, but sometimes we just get caught up in it. And I've been there too, where I've been caught up in it and even enjoyed it.

And it's a way to connect with other people. But why it doesn't work is because if you want to create something else different in your life, if maybe you don't want to be in that environment forever, or you want to change that environment for the better, being around negative people, being around negasaurus' if you're around them for a long time and you're not aware it's going to bring you down if it

hasn't already. So they're kind of like that background script if you're hearing them all the time. So I use that example of your iPhone app and how you have apps running in the background that you're not using and they kind of drain your battery. So the negasaurus is potentially running as one of those apps if you're around them a lot. And you're kind of taking on what they're saying is true without even really knowing it.

So you want to watch for that. And if you want to create something different, if you're serious about creating thing different, then you have to become very aware that the negasaurus is just a negasaurus. I do believe that you can be aware enough and even bring them up to, I don't know what the opposite of negasaurus is. Posasaurus. It doesn't have the same ring to it, but you can bring them up to changing their mindset. But it's a lot more difficult. So I heard Tony Robbins say this once and it kind of stuck with me. He said, you can have somebody who brings the other person up, but normally the person who wants to get better is going to get brought down with the others. But if you have a very strong personality, a very strong leadership and you're being the positive one, then you can bring other people up.

But apparently, normally it happens the other way. And I've witnessed it in all ways. And I've been the person who either brings them up or they decide I'm boring and they don't want to hang out with me anymore, because I'm not venting with them. So one of two things happens. They either raise to your level or they leave you alone. So it doesn't work because if you continue to be around those people and not be aware, because you can still be around them and still choose your own thoughts very intentionally and still have a different experience yourself for sure, but if you're not aware and you continue to be around them and you don't put attention on how you think about what they say and how you respond to it, then you can definitely get stuck in a rut, stuck in the same kind of patterns that you're in day to day.

And then you might wonder why nothing is changing for you, but you'll probably not like where you are. So what ends up being created is the perpetual cycle of negasaurus thinking, which is fueled by the people around you and it makes it very easy for you to get caught up on that. And no one is breaking the pattern. They don't know they're doing it. You don't like it, but you're not sure how to change it. You kind of accept it as well. And you can't change them so you kind of go along with it and basically tell yourself, yeah, this is how it is, I just work with these people and they're a bunch of douchey negasaurus' so I guess that's it. What am I going to do? So you end up kind of becoming a little bit more like them.

So I'm not saying that this has to happen for sure. You can be intentional around the way that you perceive what they say and not take on their thoughts, but you do need to be very aware of it. And so that's the first step. So there are several types of negasaurus'. They come in different personality types. And I'm just going to give an example of a few. I kind of covered a little bit in the beginning, but I'm going to go through them. So the ones that are not necessarily coming to you to give you a negasaurus download, they're not really doing that, but they want to hear all about your drama and they enjoy hearing about your douchey boss and they ask you questions and they make you go into kind of negasaurus tendencies and tangents and they want to kind of feed that because they enjoy connecting with you in that way.

And the problem with this is if that's happening, you're contributing to that dynamic and you've kind of set it up like that and that's okay because you've probably been venting with them for a while. They're probably the person you go to vent with or you just have that communication with them. You've been telling them a lot about your job and how it's shitty and how this person's a douche and how this other person's an a-hole. And they're used to being in that dynamic with you. So it's not their fault. It's not your fault. Not saying you did anything wrong, I'm just saying, is this effective? Is this bonding over this

negativity in any way serving you, is there an upside to it? Now, normally people will say, well, it makes me feel better. And so that's fine. I think that sometimes we need to feel our feelings.

So if you're feeling frustrated and you want to go talk about it and sometimes you just want to go talk it through, that's fine, but you don't want to set up camp there and you don't want to keep returning there all the time in the same manner. So you just want to catch your patterns. And you can only tell for you if it is really helpful or not. So for example, one of my clients very astutely noticed this when she was getting into this pattern and she didn't like what was happening. So for example, she's used to telling her friends all about how awful her job is right now. And she's like, oh, I don't want to be telling them. And she's like, and when or someone asks me what I do for work, I'm just like, oh, I just don't want to talk about it.

And if I do it's negative. So she was just astutely noticing her own pattern there. And of course her own pattern is going to contribute out to how people respond to her, the types of people that she attracts, new people or the types of people she keeps around. So that's all kind of in her sphere of control, but she didn't really realize it before now she's realizing it and she wants to make steps to change it and she will. So the second type of negasaurus is the big dominant negsaurus. Now this person is very adamant about wanting to be outwardly negative and wants to spread it. Now, do we know a person like this? Think about it if you do. This person just doesn't know any better. They're having their own feelings, their own emotions, and this is how they're dealing with them.

They're not aware that this isn't helpful to anybody and they've just gotten into this habit. So for example, one of my clients had a boss that had really gotten into this habit of being a dominant negasaurus and she kept coming to her and wanting to have these hour long conversations about how she was very dissatisfied with the way that the CEO handled the meeting and how he didn't with an email properly and how he sent out something that was inappropriate. And she just wanted to put attention and focus on all these negative things that were happening. And all she could see was negative things. And so my client was like, I really just don't like this. I don't want to be in these conversations all the time because they bring me down and they don't make me feel good. And I'm going to talk to you about some of the strategies that I suggested for my client, but first I'll take you through kind of a step process of what needs to happen beforehand in order for you to respond in a different way.

So the first step is you need to notice if someone is always complaining all the time. Notice if you have a dynamic like this with anybody either that you're close with or a boss and a good indicator will be how do you feel after you talk with them? Do you feel energized, jazzed up, motivated, inspired to go do something differently? Do you feel like you have solutions in place? Do you feel empowered or do you feel the same as you did before,?do you feel less motivated? Do you feel like things are worse? So if you feel the same or you feel like things are worse, this is a good indicator that this person is not or the dynamic that you have with this person is not serving you. Doesn't mean that dynamic can't change. So that's the first thing is to notice if there's particular people or a lot of people and evaluate. Do a count. A negasaurus count.

So secondly, you want to decide what you want to think about these specific dynamics you have with these people. Kind of evaluating the relationships you have in your life and how you're responding to them. So you want to kind of decide what you want to be thinking about them. Do you want to keep having the same dynamic interactions that you have been having? And then if you don't, if you want to make a change, step three is you need to clean up your thinking. So if you find yourself venting to a friend a lot, or even enjoying those venting sessions, asking yourself is this really helpful to me? Like I was saying, do I get that feeling of solution focused empowerment after having this conversation? So I know that we tend to believe collectively that venting feels good. And that it's a thing that we do to just get things off our chest and blow off steam and that's healthy.

It can be okay to a point now. I'm not sure if it's healthy, I don't do it. But to a point I feel like it kind of ties into feeling your emotions. And so I teach something called processing and emotion. And that's when you have a feeling because you're a human. So you feel frustrated, you feel annoyed, you feel angry, you feel sad, you feel disappointed or whatever it is that you feel you are completely validated and allowed to feel that. And if going to talk to a friend and just telling them everything that happened and just getting it all out is helpful, then that's great. But then what happens after that? Does it perpetuate, does it keep going? Do you feel worse when you talk to them or are you kind of getting it all out, processing the feeling and then productively working on a solution or a forward movement thing or are you kind of finding yourself stagnant?

So I've kind of used the example of you can go visit frustration or annoyed angryville and you can go visit that place with a friend if you want, if it makes it better, but don't set up a camp there. Don't make a tent and set up a fire. So you can visit there for a short time. We're humans, we're going to, but don't build a house there and don't keep going back for vacations there. So the first step is to clean up your own mind around why you're venting, whether it's really something that's needed or productive and how you're doing it. So how you're doing it is very also telling. So if you're doing it with kind of the intent of just, ugh, I just want to get it out. And this is awful.

And then you're not used to going into solution for focus mode then you want to watch yourself because a lot of the times we can just get into a pattern that's just like, oh, everything's negative. Oh, this is awful. This is a disaster. This person did this again. Oh, they're doing it again. And we're not actively using our creativity to create a different outcome or even how we feel about it. So another example and I'm going off on another side tangent here is if we know that we have somebody who's doing the same thing over and over again, there's no point in complaining about that person doing it over and over. We can just expect that they're going to do it. So be like, okay, I know this person, I know this is how they're going to react again.

I don't like what they're doing. I don't agree with it. But how am I now going to show up in the face of it, knowing that this is who they are and that's what they're going to do? What can I control? And now that I know that now what? So I see that very often. We just get into this pattern where we're just accepting that this is just how it is and we're not really intentionally stopping to think about how it is we want to deal with it because we always do have that choice. So you want to clean up your mind around why you're venting, ask yourself, is it healthy? Is it working for me? How do I feel after I vent? Is it something that's working? Is it productive for me? And am I advancing to the result I'm trying to get afterwards?

Do I feel like I'm any closer or do I feel like I've been stuck in the same place for a while? So those are really important questions to ask. Next step is you need to feel differently. So with my client examples, one client did not like her job. She was complaining to her friends about it. They got used to the fact that she was complaining and she started working with me and she kind of noticed, she's like, talking with you, it's totally different because I do get a completely different point of view on the same circumstances, whereas if I'm talking to my friends, it's just going down a negative thought spiral. And she's like, I didn't really realize I was doing that before. So you need to kind of become aware and then decide if you want to think differently. So that's why hiring a coach, somebody who's there, just specifically to help you see your circumstance in a way that's going to help you is priceless.

Because your friends can't do that unless you have a friend who's a coach and they want to coach you, but it's not the same. It's just not the same experience. And you have a very different experience of life when you surround yourself with different people. So if you've been surrounded yourself by the same people all the time, and you've been noticing this pattern all the time, then that is something to look at. So then I had another client who had a boss who was very, very that dominant negasaurus type of person. And she wanted to have very long conversations every time she wanted to phone her every day,

tell her how dissatisfied she was. My client was not interested in this. So here's a few examples strategies that you can use to actually deal with these situations. So once you've cleaned up your mind about it and you're like, you know what?

I don't want to engage in this. Then there are things that you can do. For example, for the person who has inadvertently created some relationships that are negative and just kind of based on that negativity, when the person asks, oh, so what's going on at work to today, what's the crappy update today? You have a couple of options of how you can handle that. You could say, well, actually I'm changing my outlook on that and I'm figuring it out. And then you can start talking about the things that are working well for you that are working, because those things are always available. And I have that in that episode of intentional self confidence, which points you in the direction of always being able to see what is working and then what's not, always the things that you do have going for you versus the things you don't, which is also a big factor in our confidence level.

So you could respond like that. You could say, you know what, it's actually looking up. Here's what I've realized. This is what I've noticed. And be prepared for your friend to be like, oh, but isn't it still awful? Isn't this still happening? Is this still happening? Because they're used to that pattern and then you can guide them out by saying yeah, and you know what? That might be true, but I'm not focusing on that right now. I'm more focusing over here because this is what I want to do. This is where I'm moving to and this is what's going to help me more. And you could even say to them, I'm trying not to be as negative. I'm making a concerted effort to start seeing what is working for me because I realize that with this negative pattern venting that I've been doing, it's just not helping me move forward.

So you can find your own words. You can tell them that. And your friend. Your friend or your mom or whatever, and then let them respond how they respond. And then for the boss situation, there's a couple strategies that we worked with with my clients. So one of them was just direct her away by asking her some questions. So if she's like, oh I'm so dissatisfied, I'm so angry. And this was completely unfair. Then I just had a bunch of questions where I was like, well, you could ask her, what do you suggest we do about that? What's the plan of action. And if she doesn't have anything to do, if there's no productivity, there's nothing to move forward, then you can just be like, okay, well, is there anything that we do need to focus our time on and work on?

Is there anything it needs to get done right now? What's the update on... Just change the subject, steer her away. And if you keep doing that, she's going to notice that you're just not interested. She's just going to be like, oh, okay. And she might keep trying to bring it back because that's her habit. Remember we're human and we just have these habits and it's going to be really hard for them to break it. But what's going to happen is they're going to either realize that you're boring and don't want to engage in drama anymore or they're just going to stop doing it. And it's going to take strength on your part because it's basically setting a boundary. It's saying I'm not available for this. I don't want this. And you can even say if there's nothing for me to do right now, if there's no tasks you have for me or there's no thing we need to discuss to work on a specific project, then if it's okay with you, I think I'm going to get back to work and you can even sympathize and appreciate with where they're at.

You can be like, you know what? I can totally appreciate that you're frustrated about that. I totally understand but there's nothing that we can do about that right now unless you have a suggestion, which I'm happy to work with you on if you have a solution or something you want to implement, then we can get that done, let's talk about it, but if not, then I think I'm going to get back to work. Let me know if you need anything from me. And so this is difficult. This is difficult stuff to do because you're standing up for yourself and saying, you know what? I'm not available for this. And it'll work because they'll start to see that. And they'll find out that very quickly that if they vent to you, it's going to be boring. If they complain to you, you're not going to engage and they'll stop doing it.

They'll just disengage. And if you kind of shut it down politely and you don't go there anymore, then that's what's going to happen. Another thing that I heard my mentor say, which I thought was really funny. She's like, anytime somebody wants to gossip or say something negative about somebody at work, she said, so if someone comes to you and they're like, ugh, you won't believe what Nancy did. Ugh. Nancy was so annoying the other day. And your response is just like, oh, I love Nancy. She's so great. Then the person who's starting, the venting is going to be like, oh, okay, well I guess you're not the right person to vent to. And that's another strategy. You just be like, I just love them. Whoever anybody's saying something bad about you just don't engage. And you just say, I just love that person so much. Don't you?

So this is challenging. And I won't beat around the bush and say that it's easy to do, but I don't have these negative people and these negative interactions in my life. And I can tell you that I really appreciate the people that I do have because when you move those people out or those conversations out, those interactions out, you make room for the most beautiful interactions, for the most rich relationships, for the people who are wanting to up level with you. So I have my clients and they want to up level with me. They want to grow. They notice these patterns in themselves. They're like help me with this. I really want to change this. I don't want to have these negative of thoughts. And those are the kind of people that I want to hang out with because they're so hungry for knowledge and learning and improving themselves.

And so you end up making room for better people, better discussions, better interactions. And if you've been following me for a while, you know that I left my 10 year relationship in 2020, and I'm now in my new relationship that's now going to be eight months and he's just moved in with me. And he's amazing. Compared to my old relationship, he's so positive. He sees the positive in everything. He thinks about things that I didn't think about in new ways that are helpful and useful and productive. And it's just so beautiful because if I hadn't made room for that by doing that really hard thing and ending that old relationship, I would never have the experience that I have now. And it's the same with friends, with coworkers, with bosses, with everything. Obviously your family, you want to keep in touch with them and still talk to them, but you don't have to engage if they are being very negative.

So I gave you a few strategies there, but there are an endless amount of strategies and nobody can ever make you be a negasaurus. So what needs to happen for this to be successful for you is you need to be willing for people to be mad at you or not like you, or kind of be a little bit ticked off that you don't want to engage with them because they're just like, oh, well you're my buddy and I like venting with you. They're probably going to be disappointed that you don't want to anymore. And they'll show that in different ways. So they might be angry, they might be standoffish, but that's the price you pay for up-leveling yourself. So you need to be willing for that to happen, willing to put your own mental health, your own results, your own life in front of others wanting to be negative.

You need to have a willingness to be open to changing the people that you spend the most time with potentially. And I know that I say that carefully because you totally don't have to, but sometimes that will organically happen. So depending on the situation, if we're talking about a coworker or a boss and you've been wanting to leave anyway, or you end up getting a better job offer somewhere else, you're going to experience a difference because if this can shift potentially, then you're going to show up differently. So you're going to start showing up differently. You are going to start matching up with other people that are more solution focused, positive, empowered, expanders versus constricting people or stifling people. And they don't know that they're doing it. I'm not saying they're bad people or anything. I love all of them equally.

It's just that they don't know and they don't have that desire to get out of it. And if they do, then you can direct them to resources. You can help them if they want. But I've definitely learned my lesson of

trying to help people that don't want help. And then the result that you create is that you have an amazing life. You're surrounded by positive people who think the way that you want to think. They say if you're going to get good at playing tennis, play with someone who's better than you. And I remember being very resistant to this stuff when I was younger, because I was surrounded by a bunch of friends that were negasaurus' and they weren't doing much with their lives. And I felt something was off. I was like I don't like this, but they were my friends.

It was a secure environment. And same with my relationship. I felt something was off, but it was secure. So it's going to be difficult to make that shift. And you don't have to, you can just do it slowly. You can just have that awareness and you can totally stay friends with them if they want to come with you or if they're open to you just not venting with them anymore. And if you want to keep venting with them, that's fine too. But just remember, is it helping you? Is it serving you? Is it what you want deep down? Do you feel good about that? And so you're going to end up figuring out how to stop your negasaurus behaviors and then you're going to stop the pattern and you're going to end up having a better career, a better life, you're going to open up all these possibilities for all these other things to happen for you.

And so in order to start cultivating this lazerly effective mindset towards where you want to go, no matter how many negasaurus' you have around you or even the negasaurus relationships that you may have inadvertently cultivated up until now, it's not a problem because you've become aware. So just by listening to this podcast, you become aware and that's huge, right? Just by dedicating your time to listen to things like this that explain that, you have already had a greater awareness than the majority of the entire world. So good for you. The next step is to actively get yourself interacting with people in places where you cannot interact with people that have effective mindsets. So you want to intentionally get around people who are expanders, not stifler because while they mean well, they're not doing anything wrong, they just aren't on the same level as you.

And they're not on the same path as you and you'll know it by how you feel. So that's why I'm here. I help you with this. This is the aim of the podcast every week. And I get messages all the time telling me how much better people feel after listening to this. And so if this is resonating with you, you need to join my program the six figure career code, where you will get exposed to a whole new level of thinking in a completely different way, where you can change how you view your current circumstance without changing it and feel empowered towards creating whatever it is you want to create next. You're going to be able to have easy access to coaching, make tweaks in your mindset, the upgrades are going to be endless. So with that set head on over to www.nataliefisher.ca/careercode and join us now. We'll have an opportunity for you to get coached and all the information is on that page for you to get started.

I look forward to seeing you inside the program. Thank you so much. I will talk to you next week.

Hey there. So if you've been listening to the podcast for a while, I want to invite you to something very special. And as you know, you know I've been coaching one on one for years, and you've heard me talk about all my clients and you've heard them come on the podcast and from these experiences and from all these hours that I've done coaching, I've created the ultimate program where I take you through the steps that I walked everyone through to achieve the unreasonable results that they've achieved. And I don't just mean getting a job, just getting any job or making things a little better here or there. I mean life changing results, doubling salaries, switching industries while doubling salary, getting six figure positions with no official paid experience and just creating a life that they didn't imagine was possible.

And this isn't for special people or unicorns. This is for everybody as long as they're willing to be open and apply the work. We work in a high touch container where you're supported with lifetime access. You get the proven process, the highest quality support in the industry, and there's literally no failing unless you quit, which I won't let you do. So there's literally no risk in joining me inside the six figure

career curriculum mastermind. So if you want to get started all you have to do go to www.nataliefisher.ca/getstarted and sign up for that workshop. And I will see you in there.