

[00:00:00] So today we're going to be doing a quick 10 minutes. Skill-building and it's all about, um, supporting autonomy and activation, which is one of the intentions under the Micah. You don't have to necessarily pull up the definition of the Mica, just essentially as getting at supporting someone's choice, uh, their, their, you know, control their personal agency, their self-efficacy their ability.

This job would be perfect for me. I've got the skills I'm always on time and I'm very loyal being a father. This is so exciting for me to show my kids what determination hard work does. I'm nervous how it will go, but overall, I think I'm a, I'm a perfect candidate. Is there anything else you think I could do to prepare?

You know, you've really thought about this a lot and it's really important to you and you've got the skills to do this, you know, you've [00:01:00] got the timeliness, you know, you've got the loyalty and you know, you've got the integrity to really Excel at this skill or at this job. Well, you're saying that.

Candidate. And you're saying that it's going to have all these things and you also know yourself best and you know, within yourself that you're going to be confident going into that. So it sounds like you have everything you need at this point. It's been such a challenge for you that you have stayed so focused on the father that you wouldn't be in the role model you would be for your children, that you've gotten all your ducks in a row.

And now you just want to find anything you can do to solidify that, to make sure the job is yours. Um, and even if it's not your job, You know, the next job is going to be yours because that's how committed you are and how focused you are being the parent you want to be. Okay. So I'm thinking if I go to their office once a week and introduce myself, make friends with some of the team [00:02:00] members, they might be more open to giving me a role there.

I know, I think contribute. I've told you I've had years of experience as a manager. I just made some mistakes recently. That I'm moving past, you are really ambitious and you've decided that this is something that is that important to you, that you're willing to go after that, you know, with your experience and with the way that you can contribute to a team that any team would really be lucky to have you on their team.

You know, you are growing and you're learning from those mistakes. And you know that that's, what's going to set you up for success. At this next possible job, you know what it takes to be successful. You you've always known what it

takes to be successful, how you pull those resources together, how you stay on top of what you need to, to make something work.

And even when you've stumbled, like recently, when you stumbled, you get up, you refocus and you do what you need to do. That's just why you been as, as strong as you have been in the past.