

12. Catelijne Gerlag

Joke: Hi everyone. Super cool that you're here. Today we are talking to my amazing friend, Catelijne Gerlag. Hi Catelijne.

Catelijne: Hello, hello!

Joke: Great having you here!

Catelijne: Great to be here, thank you for the invite!

Joke: Yes, you're welcome. Of course people should get to know you, because you're someone whom I've... We've known each other quite some years. And at the start of the podcast, I thought, yes, Catelijne needs to be in it! So tell us, who are you, what do you do and do you have a big, scary, hairy goal? V

Catelijne: A big scary goal, for sure! Well, I'm Catelijne Gerlag and I work as.. well, I'm all sorts of things eh; I'm a mom, a friend, wife of, yes, but I'm a Multipotential, of course and I work as a Multipotential Coach. So I'm a certified career coach and I help - I can help everybody with that - but I love to work with Multipotentials, Multipassionates, Generalists, or however you want to call it.

Joke: Haha

Catelijne: Yes, with their career but also life's questions. So choices, learning how to choose and combine choices, that's what I help with and what I love to do. And yes, my big scary goal, is, well, I'm thinking, you said beforehand - but yes, I actually want to become THE Multipotential coach of the Netherlands.

Joke: Well, that is a cool goal. And yes, you're throwing it into the Universe so that's a great start. And you now have chosen to go fulltime coaching, right?

Catelijne: Correct. I have until now - I'm thinking - worked as a coach for two year. Next to an interim job as Communications Advisor,

which is my passion, or domain, if you want to mention different topics, in which I have worked for many years. Next to that, I started as a coach. And I've worked as a freelancer for many years but didn't want the duality any longer and all my various talents and I wanted to focus on coaching and the workshops and the trainings and everything that happens with that too, of course, and is needed to run a business. So now I have my coaching practice - which I already had - but I did that part-time. And now I'm doing it fulltime.

Joke: So you have built that all that time. Especially as a multipotential it is important to know how to deal with all those different aspects. How did you do this?

Catelijne: Well, actually I have... a natural tendency to follow my passions, which is - btw - in many cases the core advice of course, which is not that easy because you don't always know which ones of your passions you should follow.

If you look at my CV, it's a zig zag road from, well, Italian, I studied Italian and I've had various jobs in that field until I was sort of finished and I thought I want to do something else. So I researched what I liked and I started Communications and Communications is an ideal field. For multipotentialis there are many aspects within that field so I went from PR to Communications Advice to Chief Editor of a magazine; writing articles, all sorts of things. So my CV is a bit of a zig zag and I've always trusted my feelings.

Because Italian is of course not a logical choice at all, after high school anyway. Yes. I don't know, I had two girlfriends. They went to drama school. It was clear to them what they wanted. But a lot of people went and did HEAO, economy, business administration. All of those sensible subjects. Come language. Yes. What are you supposed to do with that? I know. But I was going to be a teacher, right this one counts, right?

Yes, but I don't want that at all and that's the crazy thing. I didn't have such an image at all of I'll become something. You couldn't go in all directions with Italian there. You can do Italian literature.

In the end I did the most practical thing; translate. Which means that I could write very well right away. And it was also one of the qualities that I had at the beginning that I still benefit from when I'm blogging or when I write content for my social media, but also in my communication profession I have written a lot of course but I didn't know in advance where that would end up. I just thought, I love Italy. I had been there a number of times. I had done Latin, I thought it was a very beautiful language. I think Well, just go do Italian, who cares. You know that feeling and in the end?

Yes, I followed that. And yes, that has become a zigzag path. Which made me experience a lot of things. Which I also hear a lot from other multipotentials like, 'Yeah. Just make a choice.', 'Are you going to do something else then?' "Why don't you stick with what you can?" It's better to just specialize further.

So those are things that I recognize very much, but I've always been stubborn. But suffered, because of that, from that Imposter Syndrome. That you really think yes. I can do a little bit of everything. So I can't really do anything. That feeling. Yes. And when I discovered that there was such a thing as being multipotential.

Yes. Then so many pennies dropped for me that I thought Yes, this, it's just that. Indeed, from a communication point of view, I first had a concept store next to it. That was actually an intermediate step towards coaching. Because in the concept stores, sold products. They are mainly from all kinds of different makers, people who then had a web shop who then rented a shelf or a cage or a cupboard in that concept store so that they could also store their physical products in a physical store. Well, we had about fifty tenants. But we also had a coffee and tea card. With three cakes and very small. But because of that we also had a kind of neighborhood function.

So people passed by the neighborhood as a customer. But I also had really good conversations with the entrepreneurs who came to refill or update their cupboards. And those conversations, that's where I really got the most satisfaction. And then I found out, hey. This is

really the direction I want to go, so and then I did a somewhat light small coaching course.

To really test for myself, is that real? Is that interest really valid? Do I really want to put a lot of time into that? Because yes. And an entire coach training costs around five thousand euros. I think, do I want that? Is that worth the investment? Then I first did something smaller.

So I got to know a little bit about it. Well, then I was. After that I was done. then i came across the book 'How do you become everything' by Emilie Wapnick - I don't know how you pronounce it, Emilie Wapnick - but she Yes, of course I was totally inspired by that. And then I thought well these are the people I would like to coach for.

Because I think there is still too little awareness there. That's why I was immediately excited when you said, do you want to be in this podcast? Yes. And more people need to know.

Joke: Yes, exactly. you have made or are making so. I hear that from several people. Also the moment you realize that there is such a thing as the term, to label it, as a multipotential of multipassionate or generalist you know, doesn't matter how you want to call it, but that it exists and you're not the only one.

Catelijne: Yes, that alone isn't it? That's such a relief. Yes. And that makes you every time. But I had two more conversations with people this morning. Who then want to meet me, to see if they might want to do my coaching program. And indeed just that recognition of 'Oh yes, it's just okay' to be multipotential and then I'm so crazy that I say "That's fantastic!" But yes, I think multipotentials are the nicest people, but yes, but I may not say that.

Joke: Haha, yes we are, haha, no everyone is nice.

Catelijne: Everyone is nice and yes that versatility and that Flemish word 'Goesting', I love that desire to do all kinds of different things. Yes. I love it and I'm going to be there myself., yes I'm like that myself, can relate to that again in another weather in another life or in

another story I think, wow yes, that is too. What's. Okay. Are you going to do this another nice profession or an interest you have or a passion

Joke: It is also really nice to see that several people are doing several things at the same time. I always think it's very amazing, if someone can do so many things at the same time.

Because well, that's the bit of wanting to do it but can you do it all at the same time the fact that you can do it I think that I think everyone can do anything if they put in the effort and people are just very talented and that it's from an early age being able to do it all but literally having the time for it.

And also having the energy to do it all at the same time. I personally don't think that's possible. I run into it a lot myself. Namely from. Well, I want to know that we do. So have seventeen things at the same time and then Analysis Paralysis here we go, haha. Do you have experience with that yourself or suffer from it? Or how do you deal with that?

Catelijne: Well, that is. It also bothers me a bit in the sense that I always have too many ideas, or want too many things indeed, but I also see it very much in my coaching practice. And I agree with you; it's not possible to do it all. And as much as we like to say to multipotentials, "you don't have to choose." Yes, you don't have to, you can do everything, only a day has only twenty-four hours. You know, that is. That's the only limitation you have as a multipotential

Joke: And energy.

Catelijne: And energy too. I also once spoke to someone who said "yes, I just have less energy due to a chronic illness" and that makes a lot of sense, yes, that. And that also differs very much per person, anyway, you don't have to have a chronic illness for that. There are just people who sleep only 5 hours a night. And there are people who have to sleep ten hours a night and yes, then your day is already shorter, but you will have to make choices somewhere about what do I do first, what do I do afterwards, but in which I have become very experienced myself, but what I I also discuss very much with my

coach clients is how you organize your time. Then I have also developed some kind of multipotential tools - nah is a big word - but it's all very straight forward, I'm very easy at that, haha, I'm very much about the common sense bit. Yes. No, not too difficult. Just nice and straight-forward, but anyway. See, in the end it all comes down to what suits you. And if you read that book, by Emilie Wapnick, it also says there are different types, right?

So you can combine things in a week. For example, I have had two jobs for a period of time. During the week two days had one job two, two and a half days the other job and one afternoon the children. And yes, of course that sometimes messed up. Anyway, then you have two, two things to focus on.

But there are also people. They really like to devote themselves completely to 1 project for half a year as a freelancer or as an Interimier or simply employed, it doesn't really matter what the employment is. And also to make a switch to something completely different or people who, for example, in the Summer, just have a job in the Netherlands. And being a ski instructor in a ski area for 8 weeks or more in the winter, you know. You can combine it all as you wish. And the choice whether you do something as a job or as a hobby is also part of that.

Joke: Yes, exactly. You can be multi in different ways and areas.

Because it is often only said in the field of work, isn't it, with a job-hopping CV, as we have often been told. Yes. but also definitely what you say in hobbies. And in the combination of hobby, work and private life. Is it at all? Yes.

Catelijne: Which also helps a lot, doesn't it, what you just said about "Do you have any tips?", then benefited from, I think. Yes. So if you want and like a lot of different things. then it often pays to take a good look - that is also an exercise that I do very often in my workshop In which people can participate for free. - getting a bit of an insight into what is the logic behind it? You often think there's no logic and my interests are all over the place But so if you take a little more

time or pay some attention to look like, gee, what part of that do I actually like? And then. Yes, and then it turns out that you can group some things quite well. For example, that you have a number of things that all fall under creative activity.

Or that a number of things all fall under 'investigating' or 'puzzling', or being investigative or things are all about writing or reading or well, you name it, you know. Of course, it could be any heading over a group of activities. But there is often quite a bit of logic in it. Only, because it varies so much and that it is so much, you don't see it.

If you're in the middle of it, then you need to sort of distance yourself from it. And with a kind of helicopter view hanging above your own life, as it were. and then? Take the time to sort it out once in a while. So that. That's always something I do very much in conversations with people. And yes, which is often very relieving. That people say "Oh I'm not, what do you call that, a bumper car that goes in all directions" but yes there is really something fundamental underneath.

Joke: Yes. There is also often a common thread through all the zigzagging events and happenings indeed. Hey that's great, you're talking about your workshop. You give workshops a number of times and people can participate for free. Super cool. And what you say, gathering insights for yourself as a multipotential, so dear listeners definitely follow her workshop!

Your own journey eh, you just said it, I also suffer from Imposter Syndrome. Yes. And have you found a way for yourself to deal with that? Yes. Yes,

Catelijne: Yes, we.. Not too difficult at all because look it is true that I think everyone, whether you are a generalist or specialist, then you can suffer from it. But it is very common among generalists. Because you might switch subjects a bit more. Look, if you're a specialist, you might have done a study on a certain subject and then you got your PhD or you got a job after that. A new job. Another job. Another part that is more specialized. And then you can rightly say 'I know something about it.' But because as a generalist you sometimes

switch a bit more, it is easy to think that you don't know it very well. meanwhile you know a lot and you just build up the experience.

And that collected experience is also very valuable because of those cross connections. But what I like most... - I heard that once from a business coach, I actually found that the most captivating. If you can be of value to someone. then it's actually good. Then you are no longer an imposter. So Because I actually have it in my communication role too, because at one point I thought... I thought. Yes. Yes. Communication How good am I actually at that. Well, well, I have. I have work in it. I am appreciated by that work. I do useful things. Anyway. Yes. Also in communication world you have prizes and stuff, you know, which are then handed out once a year.

And yes. No, there. But I didn't even participate in that. But yeah. The question is, should it? To be very good? So even as a specialist you can think of am I good enough. But the moment you are of value to your working environment or as a self-employed person for your clients or as, in my case, a coach for my clients, then I am actually doing well.

It's actually in the result what you, or what you can mean. For the people for whom you do your work. And even if you are an artist, you make something very beautiful. And people appreciate that. Yes, then it's all right.

Joke: It is also realising... where is it for you? The piece being successful in. What does that mean for you? And also the feeling of being useful. And certainly if you are self-employed. For example, you do not work for clients for a while. How does that feel then eh?

Catelijne: Yes, But also haven't been doing anything for a while - I think it's nice that you mention that - If you haven't been doing anything for a while. Then you can also be an example for people. Because you take some time to come to yourself, or to recover from a difficult period, or whatever you need that time for.

You are of course already valuable as a human being. Purely because you exist. You know, yes, yes. To be happy with yourself and. to have the time. It's just that we're in some sort of economy/situation. Everyone has to do useful work to have economic value. But yes, as a human being you are of course already valuable, purely because you exist.

Joke: .. I'm totally getting.... Yes,... tearful haha... Yes, absolutely. No, but you know, as a human being you are already useful. You are valuable. And it's nice of you to say that, when you've been doing nothing for a while. Then you can still others. to help

Catelijne: Yes, but also for yourself. Sometimes you just have it..., is it a form of taking care of yourself? Is that also necessary. You are worth that. By definition.

Joke: Huppakee, boom, we love it. Yes, we'll talk about that too. And that several people that you really liked that in the concept store.

That you talk to people. is that kind of the community that you are building on and then do you see that as a creative combination or as a normal community

Catelijne: My goal is not necessarily to build a community. Although I do think that sometimes that happens a little bit slowly.

Of course I have a private Facebook group for multipotentials as Yes. Well, well, that's I don't know yet what should it be so not in? Not a very vibrant group at the moment. The question is, what do you want to get out of it as a participant? And will you bring something? It is a place where you can talk to each other as multipotentials.

Sometimes a question comes up and then indeed different multipotentials respond - I can also respond, but I am very often in that coach role. That I already give advice. But sometimes you don't want that at all and you just want to know about Gee, how do other people see that? But of course it is a kind of automatism that I speak to people who have career questions, questions of choice. And that

they are often multipotentials, or multipassionate or generalist or whatever you want to call them. So yes, he does like the people I like and it's nice of course that I'm not alone. online, but also offline so yes, that's just my thing, that's my subject. And also with former colleagues from the ROC. Where I worked as a communications consultant. Yes, then it is often about that and then. in conversations with people who know from a different context. Do you sometimes suddenly discover - oh I'm actually multipotential too, they say, well fantastic!

Joke: Oh, love it...! Yes..

Catelijne: So in that sense, huh? Yes. Is that a kind of automatism, I think that such a community will arise, but that is not necessarily a goal in itself for me. I just want individuals, people and whether that's 1:1 and that's not yet, I mainly do 1:1 trajectories now, but if it becomes a group, I really like that too. But I just want to help every single person in it, yes, further, so to speak. And yes, make them feel okay. It always starts with that, and whatever you just said, that aha moment of, oh wait, ooh, I'm just okay is. And that I am multipotential.

Joke: Yes, exactly! What a great goal! Beautiful feeling comes with it. Speaking of your Facebook. Where do people find you? Where can people find you?

Catelijne: Well, I have a Facebook and an Instagram account. On Instagram: @CatelijneCoach. And on Facebook Catelijne Gerlag I think just - I'm thinking carefully, or also @CatelijneCoach.. Well, it also refers to each other. And it's me, I'm the same person.. my website is called catelijnegerlag.nl but you can write that name wrong a lot. So you should indeed put the right links in the show notes. And on Facebook I also have a group for multipotentials if and if you search within groups 'multipotentials', you will get there. But it's free, you can just join it, as a multipotential.

Joke: Totally nice. Definitely recommend to do it.. Do you have a nice quote for us?

Catelijne: Well, look, it's an advice. what I once wrote above of my blogs was 'take control of your multipotential life.' And yes, that is always the goal. Which of course I have with people I talk to about it. it's a must, you can go in any direction.

It is very nice if you feel in control and if you know yourself. what matters to you. And that's also a large part of the conversations is about gaining insight into 'who am I actually as a multipotential' and then you can give direction to that as a kind of director.. so that's one that I really support,' Take control of your multipotential life', but I read one by Marie Forleo, who is of course also a multipotential, American business coach. Whom I am very fond of. And she has one, which I also have on my website, by the way, which is: "Being multipotentialite isn't your Achilles Heel, it's your Super Power." You have more to offer as a multipotential. And that has to do with the fact that you learn quickly. That you see cross-connections between work areas that you may have experience with. And that you can think creatively. And those are really plus points for multipotentials.

Joke: Yes absolutely. Nice.. Well, so.. hihi I think that's a very nice ending. Thank you very much dear Catherine.

Catelijne: Well, you're welcome.

Joke: Yes, and for the listeners: check her out, she is amazing. And we will speak to each other soon!

Catelijne: okay :)

Joke: Okay, bye :)