



FIT FOR LIFE

# Kindly does it

Carol Westmorland is having a mid-life crisis, but patronising her isn't going to help...

Kylie Minogue and I are the same age. In 2013 she had a 'true epiphany' when she realised her horizon had nothing on it. She needed a new landscape. She calls this her mid-life crisis. I believe I am having one too.

When you think how many meetings those in a corporate work place have in any one week you may wonder how the self-employed employ themselves. For the past 14 years I have employed myself. I am Head of Finance, Head of Marketing, Head of Locations and Chief Performer.

My thoughts occasionally drift to those days when I sat and listened to someone lecturing me on something it was considered I was not. Try as I might, I could not stay silent. I would tell myself to lie low. Scribble notes instead. I would debate, I would disagree, I would get more work to do.

Now I want to debate, to contribute, I want someone to challenge me. Or do I?

A trip to my hygienist is a case in point. I received the scripted speech. I listened and I listened and I listened some more. Then I sent out the best message I could to ask for it to stop. The pitch was inches from my right ear. Did I use a Braun electric toothbrush? I answered with a 'yes'. I do. I thought. Perfect, she said. This electric toothbrush with its pulsating head would not allow over vigorous brushing of my gums. Puzzled I wondered if perhaps I had not paid it enough attention. I did not believe I had a pulsating head that would not allow me to over vigorously brush



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my gums. I kept quiet.

I said nothing but on my return home with the lecture still ringing in my ears I checked. Yes, Braun have such a model and it is not mine. Why would she think I was so up to date? I concluded it was a trick. Maybe I was fibbing about my ownership of a Braun electric toothbrush and I would be flushed out.

We all have our specialist subjects but it doesn't do to patronise. I know for a fact that should I pitch up in Carlisle city centre and demand everyone performed an Open Leg Rocker most could not. I would not snigger but I would explain that with some practice and possibly a new set of legs it could be achieved. What I would not do is leave them feeling inadequate and baffled.

It's a red light. But you knew that.

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