



## 50+ case study Karen Merkel Media Consultant -Transcript

0:27

I'm Karen McCowan and I'm so

0:29

one I had a job in a light engineering factory where I was one of two

0:34

women and all these guys and

**0:38**

**in a so too very I'm**

0:42

friendly atmosphere i'd the so 2 stuff that we now

0:47

read about on listen to back men's behavior which was very I'm

0:51

reconstructed at the time

0:52

I'm and then I left mostly because it that stuff

0:57

I'm and worked in a typing pool

1:00

was one of those things may be hungry to do something else and it wasn't an

1:04

hero where the world with your oyster you could go and

1:08

claim space definite new was thinking

1:11

I I know happy yes because im the date I was cool

1:16

well my current job is

1:19

running a small company with my business partner

1:22

the company that we run together is assertive very liked

1:25

structure I'm and we have our own companies which means we can do other

1:29

freelance work cool

1:31

other kinds of contracts and we come together that

1:34

most I work is put through lowering to this company

1:37

our company is called new media networks

1:41

hand I'm with Justin points setting up

1:44

me charitable interest organization to run alongside the work that we do

1:50

because realized that the bulk activity actually is

1:54

for public benefit in we don't be makin profits and we know

1:58

interest is home doing the work to make profit which

2:01

a pretty we need to eat and and

2:05

it needs to pay for itself but ap plan is to move

2:09

into more charitable a

2:12

facing activity which doesn't mean we wanted to be with me

2:16

but it's just in that sector the most rewarding

2:19

elements of the work i spose

2:22

is the amount to freedom that we have they

2:26

returned to me same no we don't want to do that and

2:29

push ideas that we think are important too interesting

2:33

useful very hard to get the balance right inevitably

2:37

where king and feel that we're in its its

2:40

a little bit have it's all or nothing nodes at work or

2:44

while dancing plan it out thing others

2:47

and it's quite hard to make it soon though so that we get a regular income

2:51

and we can plan

2:53

that of course is our for anyway in the last 10 years my works changed hugely

2:59

because I I ended up being in a

3:03

senior leadership position at

3:06

the BBC in the global division the structures changed around me and I found

3:10

myself

3:11

perpetually being promoted and it was that kind of

3:15

what's happening do I want bass and

3:18

up not really being had to fit enough to say

3:22

actually this is where I need to stop and get off went from there

3:25

to a Amnesty International and

3:29

did a stint launching their new

3:32

when it's not now but they're international web sites and

3:36

online environment and introducing some new ways for them to work online

3:40

and then I did another student for commercial company

3:45

I'm which is called digital public and

3:48

that was when I realized why am I doing this for commercial company

3:53

this is Matt I'm I'm really really don't

3:57

like an emu the process

4:00

ove having to enact other people's staff

4:03

when it's not what I think should happen and

4:07

I ended up not having fights but it was a piece of work

4:11

which was about creating disability

4:15

and 09 disability environment for

4:18

business links home think it could be something I'm

4:22

and they didn't push through the recommendations that

4:26

I'd worked on with all these people I just have stopped miss

4:30

I just have to stop I'm now actually my

4:33

With the help thanks I realize I can say

4:37

know I've had enough in acting nonsense it's mad

4:40

and and so I did and then started to do some consultancy

4:46

and then recontacted Ekene whom I'd worked with

4:49

at my business partner who might let BBC and we formed our own company

4:53

I didn't plan to retire I turn have

4:57

the pension I'm but I think I will

5:00

12 change the way I'm working

5:03

already I can feel you and I most up in about

5:08

want to do that and assorted cents

5:12

are you can talk to me like that anymore even if people do

5:16

I'm I do feel a interest in

5:19

balance in my confidence is kinda tight year you can

5:23

you don't have to show that feeling years but

5:27

I'm I think I've met your tight official and your behavior

5:30

but I also feel alongside

5:34

is a certain degree of Baltimore frustration about the idea of having to

5:38

learn the same lessons

5:39

over and over again says I I'm really done without I know how to do that

5:45

I know this was going to be things I can learn from whatever that might be

5:49

but I don't want to do it anymore so I've got more picky

5:53

about how I want to spend my time and I suspects

5:58

that will increase course the challenge that i think is

6:02

what what can you do in your time that to make it for filling productive and

6:06

useful

6:07

iraq icon to match never wanting to

6:11

just have a hedonistic lifestyle it doesn't actually

6:14

I don't drina all spending my time eating

6:17

day mean you know just hanging around the snow

6:21

interest me I would want to be campaigning volunteering my time

6:26

something who I don't really know yet

6:29

I can't imagine not wanting to be creating

6:32

productive helpful useful ways things

6:36

like most people probably I don't know

6:39

when I'm iPad have been blessed I come from

6:43

the end baby boomers and I

6:46

think we set a lot of things about mean

6:49

I can remember people saying oh we should be fighting for more leisure time

6:53

thank you ships interesting mean nobody says that anymore

6:57

but certainly around when I was just starting work as an idea

7:02

and so I I've never had to be wage say

7:05

apart from when I was much younger I just remember that she

7:08

my first job was in an office have completely forgotten that

**Ends**