



The Joris Luyendijk banking-blog @ The Guardian

What happens in the **City of London** affects everyone, but what do we really know about the people who work there – or what they do all day? **The Guardian** launched a project: an anthropological study of the Square Mile by **Joris Luyendijk**, called "**Voices of Finance**". As a Life & Executive Coach in London I have sessions with lots of people who work in the financial sector and I was interviewed by Joris Luyendijk about my experiences.

Click [here](#) to go straight to The Guardian interview. Or [here](#) to visit the Vitalis "As Featured in the Media" page.

THE JORIS LUYENDIJK
BANKINGBLOG
GOING NATIVE IN THE WORLD OF FINANCE



Some quotes from the interview:

In my experience **nine out of ten bankers are like the rest of us**. They are hoping for a nice day at work. They hope their partner will continue loving them. This idea that bankers wake up in the morning thinking: 'Ah, can't wait to screw someone over ...' is total nonsense.

'*Work is no longer fulfilling*', is what many clients who work in the financial industry say in our first session. '*This is not me*'. They might disagree with the culture, the products they have to sell, the corporate values, how people are treated or the aim of the company as a whole.

A useful distinction made by psychologists is between **confidence and self-esteem**. Confidence has to do with the ability to perform a task. Self-esteem (or self-worth) is about how you perceive, value and appreciate yourself. Interested in finding out how this plays out at work, [read more in The Guardian article](#).

Interested to find out more: [Click here](#). At the moment of writing the option to leave a [free comment](#) on The Guardian website is still open! When you would you like to see different features of myself and Vitalis in the media (like The Times & Women's Fitness Magazine): [click here](#).

Click here for the [Vitalis Homepage](#). And [here](#) to request a **free taster session**.
[Click here to go straight to The Guardian article](#).

With warm wishes,
Karin Peeters



Twitter

Many people, including total strangers, wrote Tweets about my interview. Here are some great examples:

Sharon Clews

[@redspringsmedia](#)

Coach/therapist: 'What banks are offering people is an identity'. What a fabulous piece! You're so balanced and authentic. Brilliant read.

Ed O'Brien @ScaryEd

Good blog on banking culture/psychology.

Rhiannan Walton

[@RhiannanW](#)

Interesting piece on confidence vs. self esteem in banking world

Rob Mudde @Rob_Mudde

Wonderful colleague Karin, good interview in [@JLbankingblog](#). Another sound. Read it!

Brett Scott @Suitpossum

Interesting discussion on bank culture in latest piece from [@JLbankingblog](#)

Magnified Learning

[@maglearn](#)

Investment banking - a coach speaks: "There is no open, constructive dialogue". What role for L&D?

Thank you all!

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Facebook

[Gidi Heynens](#) A recognisable and apt article about coaching bankers in London.

[Angelique Tsang](#) Sharing..

[Renze Kramer](#) Amazing article Karin, well done!!

[Melissa Mehta](#) Congratulations, Karin!!! xx

[Marianne Van Munster](#) Wow!!!! well done.

[Henriëtte Kerkhoff](#) The crisis is basically a crisis of consciousness

[Heidi Dorudi](#) Freedom in this finite life, how? It remains a choice of the individual. What do I stand for? What is truly important? Bankers and everyone else should ask themselves this question, over and over again.

[Nanny Marres](#) Yes, yes please, Joris Luyendijk & Karin Peeters, let us look at the deeper roots behind the symptoms: "an insatiable need for validation", "my greatest fear is to be found out", "endlessly trying to numb the symptoms" etc, and not only the bankers....

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Guardian Comments

There were loads and loads of comments on the interview, and I've thoroughly enjoyed replying to them via the blog of Joris Luyendijk. At the moment of writing, the [free comment option](#) is still open!

Comments range from anger to bankers, praise to Joris & I, people feeling recognised, wisdom and soulful emotions.

Please find some more quotes on the right. Or [write your own here!](#)

One of my many favourites: [fairshares](#) I too became hooked on adrenalin, volunteering for the tough jobs that nobody else wanted to do. I learned to put on an act of bravado and it almost, but not quite, became second nature. Was it worth it? Not really when I think of the cost to my health and wellbeing. I live life at a much slower pace now. For the first time in my working life I am free to be myself.

[Write your own free comment @ The Guardian here!](#)



Guardian Comments

[Comment yourself!](#) And here are a few quotes:

[Parlockhere](#) Karin, I think you did a very good job with a difficult project here, and yes, to mix metaphors, conscientiousness does begin at home.

[KK47](#) interesting that the interviewee talks about the 'social disconnect'. Do you think this 'separateness' engenders a fortress mentality?

[whiteangel121](#) Their self-esteem comes from who makes the biggest profits....not from anywhere within! If you don't do so well, then you're a loser....big hit to the ego...

[greensox](#) Reading her piece she confirms what I know from experience that the vast majority of people who work in banks are just like anyone else. But rather than reference that in the blog summary headline, not chosen by Joris or Karing I'd guess, it's about as sensationalist as it would be possible to get. Stop the banker bashing. I'm also not clamouring for all journalists to be thrown in jail for the misdeeds of those on the News of the World.

Thank you everybody, for the reactions and comments on this interview, I appreciate it. I've already secured a **podcast for women in finance** as a result of the Joris Luyendijk blog :)

Too much stress, is your job "not you" and would you like to be **fulfilled** in your career? Contact me for a [free taster session](#). Would you like your team or company to experience more **trust**, constructive dialogue, motivation and respect amongst each other? Please [leave your details here](#) and I'll contact you.

This newsletter comes out about 6 times per year. I enjoy writing it. In case you prefer not to receive it, please click the "unsubscribe" link at the bottom of this newsletter. It's not my intention to send "unwanted" emails.

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