



**02 May Friday 2025 (Fourth Day at Beaver)**

The Warehouse Leader was never nearby when I needed to ask a question so by the time he finally appeared he would see me staring off into the distance and looking lost, and that's why he kept asking if everything was alright.

I was confused and didn't know how to respond, and that's probably why the comment about Mechtric slipped out.

I wasn't dwelling on my old job; Mechtric kept resurfacing because I had left for

something **better and this wasn't what  
was **Promised!!!****

If there had been proper process and support, Mechtric wouldn't have been anywhere in my mind, and I wouldn't have been standing there looking lost and thinking something was wrong with me.

Adele Bryant (Supply Chain Manager) had heard, and she said

**“Don't worry, we will fix you.”**

I feel that my previous work environment has broken me.

I am experiencing intense ~~pain~~ psychological emotion that I don't seem to have any control over.

I feel like I have lost the good parts of me.

alot of self doubt, ~~knowing~~ not knowing that I am more than capable to do my job. get on w/ it.

in previous job

o Spent 5 years doing everything.

from, picking  
packing  
bookings  
receiving shipments from other branches  
attending to customer

I am not saying that this happened on this day and it could have been in my second week, though on the day I remember Emma came through the warehouse wearing a khaki or maybe it was more a turquoise green outfit.

She was casually chatting with others near my station, and while chatting she casually asked how things were going.

I was overwhelmed and didn't respond convincingly. She looked puzzled and mentioned that I could message her.

At that moment I learned that this was her last day. She had been my main contact throughout the application, and I thought I'd have more time to get to know her.

She gave me a hug, which felt sweet. Emma wasn't just the recruiter — she handled the whole process and made me feel seen. Emma's departure felt personal.

Her support had carried me through the application, and I wanted her to know that. Messaging her was my way of closing the loop and honouring the role she played in helping me get hired.

At the end of the day, as computers were being closed off and chatter filled the room, Adele Bryant (SCM) appeared and made a comment directly to me:

**“I don't know how you could manage to ride home,”**

Implying that the role of a storeperson should be busy, fast-paced, and physical.

That was the kind of work I expected and normally love about the job. But riding home, I struggled to hold back tears.

The comment made me feel sick in the stomach, and my elevated heart rate was from anxiety, not physical endurance.

I reflected that fast-paced physical work is productive and fulfilling, but this day left me unsettled — if I was physically worn out without learning anything, it meant I hadn't performed as I should, despite knowing the role and having experience.

I began doubting myself, and even my conversations with Tom became emotional as I tried to explain my confusion.

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