

APRENDICES | T2: E5 | Lucía Soria

Desgrabación - Traducción al Inglés

Link: [Aprendices | T2: E5 | Lucía Soria](#)

INTRO

We're still in this society which values success and the things that didn't work out so well... well, you better don't even mention them.

Well, I love telling them. Teaching that mistakes, errors, things happen... Well, yes, it's part of it.

Come on, it's about trying once again.

PREVIA

I'm going, I just wanted to see how she looked.

Two minutes.

Two minutes. Perfect.

Welcome. Thank you, thank you, thank you for being here.

And thank you very much for inviting me.

I watched Denise's episode.

Denise Mota...

I loved it.

Oh, I look fantastic!

Do you like it? Have a look, any detail. We're almost done.

Perfect.

So, here we go.

Good luck.

Welcome.

Thank you.

I'm the cheeky one who called you...

Ramón!

That's me.

How are you?

Everything alright?

How are you doing, everything alright?

We want it to inspire discussion in the classroom.

Perfect.

Also in teachers' rooms. However they want to choose these talks.

Perfect.

Even in those moments that a lot of people can perceive as success, there is still doubt and fear and everyday situations.

Each new thing a person does generates that nervous tingle that is one of the most precious things, in my view.

But it's a normal thing and to me it's what drives life, you know?

Very good.

I always look at Darío, right?

Always...

Good, perfect. A question I hadn't asked.

Apprentices, season 2. Lucía, take 1.

CHARLA

Today I can define myself as a woman, a mother, a novice businesswoman, a novice communicator, and as a human, which I think is important to understand.

I became a mother a little while ago and it humanized me a lot.

Sometimes we are in a race to achieve success at work and fulfill personal goals, and we forget that there is something much deeper to life and we forget to be more benevolent with our experiences.

I think maternity and fatherhood put you in that place all the time, and in my case it adds a lot to all aspects of my life.

I was always a person who focused a lot on my successes, and only of a certain kind, because it seems to me that my work successes were always my goals, and motherhood hit me like an existential brick that left me looking up saying: "Well, now what?"

Because I have to continue being successful, and at the same time I want to spend time with this creature that just appeared here. So, it is the duality of managing the interests that we all have, or that I have, in my case, with everyday decisions.

As the years go by, what do success and happiness come to mean?

To me, the concept of happiness is too broad, I always felt that. And it seems to me to be associated with intangible things. I don't know.

At this point in my life I give more value to the human, the human part, than what I thought of as my work successes.

I ask you to define yourself and the first characteristic is: "woman".

When does the need to say "woman" emerge before saying what you do?

I had a lot of luck because in my family Mom was the strength. She drove the home forward.

My father participated, but I always knew, from a very early age, that Mom was the driving force behind the house.

And we are 3 sisters. I had very few links with men, only my father and a few more, because I went to an all-female school.

And then I was lucky that my first work experiences were with Francis Mallmann, who valued women from the same place I have come to value women.

It seems to me that the women are different, though sometimes this way of differentiating ourselves so much also leads to separation and not understanding that we are all human and that we have things in common, but we are also different.

I think that women have a lot of empathy, a kind of understanding, that men are maybe beginning to acquire, but I think it's also a cultural thing. Where each of us were led.

That's what I say now: "Look how this came to be and how we got to here and there".

And in the end, we have to break through that to understand that yes, you're a man and I'm a woman, but we have many things in common.

And that you can cry and I can comfort you, it's not always the other way around.

And I like being a woman, I love being a woman.

Do you regard yourself as an inspiration as a woman, businesswoman, communicator?

Before the eyes of others, yes. But to myself, not so much.

And I don't think it's just a quality of mine, it's certainly a quality of mine, but I think it happens to a lot of us.

We are very self-critical. It's never too much, it's never enough.

So, if you ask me that, I'll tell you that I'll have to work a lot more to see myself as an inspiration, and I'd have to be a lot better than I am now.

And yet, many times it happens to me because of my work on TV, that people come to tell me things: "I saw what you did and I saw your son with you, and my daughter likes what you do".

And I say, look, I'm probably communicating something, I'm probably giving someone an idea or something to think about.

And the truth is I like that a lot and it's good for me.

Nor does it seem to me that only other people's vision has to be what validates you, but sometimes you have to listen to it and try to go a little deeper and ask: "What did you like about what you saw?" "It seemed to me that you were forceful and that you said things forcefully and that you explained yourself well". "Ah, I explained myself well, OK, that's a strength of mine".

And it seems to me that, as the years go by, you have to understand what others see as your strengths, to rethink them and accept them.

Because that's nice too, realizing what people think you do well. Even though you don't do it brilliantly.

But to try your best and grow.

You were telling me a while ago that you were also trying to be more benevolent with yourself.

Maybe there's an arc there too, about learning to value benevolence.

What would you do differently?

I'm not thinking about a long time ago, but ten years ago. What would you do differently, thinking about this more benevolent Lucía, the Lucía trying to be kinder with herself?

Truth be told, I was lucky that when I finished high school, I had an idea of what I wanted to do.

I started a cooking career, a career I thought I liked. I liked the everyday homeliness of cooking for my family.

To watch their surprised faces as they said: "Wow, yummy". So basic and yet so nice, no?

And I was always very bad at studying. I have a much more visual concentration and I am very keen on observing everything around me, but with little standard focus.

So cooking was, to me, fantastic.

Action, results, pleasure, right? I'm pretty hedonist too.

So, I had that luck and I went on like that and I started working.

And I'm also, I don't know if ambitious is the word, but persistent.

So all my focus was there and I succeeded. I managed to work with someone who was a great teacher, but at one point I found I was already bored, which I think is life's way of telling you: "Hey, I'm not having a good time here anymore".

I think if one is paying attention, your body, your head start to talk, you know?

And I decided to stop working with the person who had found me a stable job, a certain way of life.

And the truth is that at that moment, I had a bad time. I had a really bad time because I didn't know what to do and I wasn't kind to myself at the moment of saying: "Hey, maybe you need time to think, to say: what now?"

Because in these times that we live in, nobody tells you to take time to think. Time to think is time lost. "Oh, you weren't doing anything?" "I was thinking".

I did a lot of damage to myself for not understanding that doubts need space. And that doing nothing can take many forms. Doing no thinking. Doing nothing, watching TV all day and playing games; that's not it.

Because you're dodging what to me is... I'm thinking about the real time of deciding where to go next.

How was your trajectory in your early years where you found it difficult to study, hard, because you had a different intelligence?

How were those first years in terms of the pressure that the educational system puts on us?

Well, I went through stages in school and high school where I wondered: "Huh, am I kind of dumb?"

And I remember my mother always told me: "Lucía, there are different possibilities". That was really important I think. It was like saying: "Maybe you have a hard time at this, but you're really good at drawing".

I'm a creative person,.

I think the educational system is set up a certain way because, well, we have to try and order everything, right?

And I don't know if it's good or bad, but well, what do I know.

We'll try to widen that order to allow more kinds of possibilities.

But luckily, when I finished high school and I had to jump into a pool of immense possibilities, I knew cooking was something I liked, and that if I ever switched careers or found something new, at least I would have become better at cooking at home.

It was very step-by-step. I studied at a school where they taught us bit by bit.

But later, I realized studying cooking was a relative thing. You go into a restaurant and you realize that it has nothing to do with your studies.

And that was another test where I could say: "Hey, I like this, it gives me an adrenaline rush, I'm happy. Yes, I work 19 hours a day, but I love it".

And bit by bit I became in love with it.

So I'm extremely lucky that I was able to find that, as I say all the time.

If today you tell me: "Cook three hours straight", I die of boredom.

But well, life changes you. One can't... As my friend always says: "He who doesn't change is a robot". He who doesn't change is a robot. If you don't change, you're not alive.

And I'll say it again, the things that you feel in your body are very important. If you're uncomfortable and you get a nervous tingle in your belly, that's nice. Nervousness doesn't have to be ugly.

Every human being knows when they're happy. If you're happy or you're having a bad time. You have to be very detached from yourself not to tell.

Those things are very important to me and I realize not everyone has the same opportunities to do what they like.

But I do think you can twist things a little bit so you can like what you do a little more.

You were telling me how lucky you were to have had a great teacher.

Is there a moment when one needs to become a teacher, as well? When one needs to share what they have learned?

It happens to me. But it happens to me regarding what I know. I mean, I couldn't... I couldn't teach you anything about a lot of things. Nothing. Because I don't know them. Because it wasn't what I studied. Because I don't know.

It happens a lot in motherhood, with everybody telling you what to do.

Well, I don't dare telling anything to a mother. I do what I can. I think we're all in the same boat. And then, well, you keep learning.

In my profession, in what I do, which is cooking, eating, feeding, I feel like I have a content I want to transmit and pass through.

And there's also this voice: "You learned something else, you learned Biology, you know about it. I know how to chop onions quickly, how not to waste food and how to make a tasty dish in ten minutes".

That's something I can teach and I can tell you my strategy or my formula to make it happen. And if that helps you in your life, I'm going to be fulfilled.

Flirting with this idea of being a teacher, although there's a more classical view of the teacher as an untouchable thing, right?

In some way, you also had to differentiate yourself and find your own way.

Have you ever felt the struggle between the Lucía who is a teacher and the Lucía who says: "Well, I'm taking a different road"?

What does it feel like positioning yourself from another place?

Well, I think there are a thousand Lucías.

I was saying the other day: "I feel I have two voices sometimes". Only two? There are plenty.

I think we all question ourselves: "Are you doing it right? No, no, no, you're not doing it right. Oh, but you could do it better, couldn't you?" The thousand voices inside.

And I think that's interesting too. Giving room to all these voices, trying to listen to the ones who make you feel better.

When I started working on TV, doing MasterChef, perceptions were very... how could you say? Sharp. I was doing my task. They told me: "What did you do here?" And I said: "I think you could do it better this way".

When I eat something, I can tell you "it's good" or "it's bad". I can consider the love poured into it and all, but it is what it is, you know?

So that's the pragmatic Lucía. I have a lot of that pragmatism which has helped me considerably.

Everything has many sides and I think that comes with age too, with learning.

I gave you the example of MasterChef as a very specific format, but now it happens to me in Sacred Fire, when I tell people things trying to get them to improve. And that to me is constructive criticism which helps others to grow.

Let's focus on the present, on how you define yourself. I'd like to look forward a little bit to the future, and look back at your childhood also.

There was a time when you even thought you were dumb. This more benevolent Lucía, or trying to be... What would you say to the Lucía who thinks she's dumb?

I'd tell her to keep walking.

To understand that there are many possibilities and throughout your life you may realize that the path you took may bore you. And there's a crossroad that is valid and I hope you branch out like crazy.

Because it's the most fun thing in the world and I hope you fall, too, because you learn from that.

We're very hostile to experiences that we classify as failures or negative.

We're still in this society which values success and the things that didn't work out so well... well, you better don't even mention them.

Well, I love telling them, because those are the experiences that are worth it.

When everything goes well you can't do much more than celebrating.

When things go badly or you tripped or something happened that you didn't like, that's when you become stronger and say: "Well, I don't want to be in this place anymore. I don't want to feel this way anymore".

It seems good to me for a child to understand that. I try to explain it to my son all the time, even when I feel I'm overdoing it. "Well, Félix, you have to know that not everything is always going to work out for you..."

What do I know?

But I think it's good to teach that mistakes, errors, things happen... Well, yes, it's part of it, come on, it's about trying once again.

I don't know how I could've told this to that little girl of 8 or 10 who thought: "Oh, I'm worthless. All my classmates are smarter than me". I don't know.

But I still think that the educational system is humanized and it can reach out to people.

It's a lot like being kinder to oneself too.