



How to Overcome Obstacles in your Career

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WHO AM I...?

Daughter
Wife

Air Force Brat

Global Citizen

Crazy Crossfitter

Crohn's Disease Fighter

Fearless - #sometimes

Grateful - #always

DON'T LET THE
PRETTY FACE
FOOL YOU, I AM A
BEAST

If it doesn't
CHALLENGE you
it doesn't
CHANGE you

UNLESS YOU
PUKE, FAINT,
OR DIE,
KEEP GOING.

WEAKNESS
IS A
CHOICE

LIFE BEGINS
AT THE END
OF
YOUR
COMFORT ZONE



WHAT'S MY BACKGROUND...?

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**Bi-Lingual: German & English
Education**

M.B.A.

B.S. Electrical Engineering

ME Program Management

Product Development Quality

Manufacturing Operations & Quality

International Assignments: Germany & China





WHAT'S MY FASCINATION ADVANTAGE...?

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Primary: **P-O-W-E-R**

Secondary: **INNOVATION**

I AM...

THE CHANGE AGENT

My Twin Archetype: **THE MAVERICK LEADER**



WHAT'S MY FASCINATION ADVANTAGE...?

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I DELIVER....

- **VIVID VISIONS**
- **IRREVERANT TENACITY**
- **PIONEERING RESULTS**



HOW AM I PERCEIVED...?

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BRAND PERSONAS

EXPERT

DRIVER / SELF-STARTER

ASSERTOR

CONFIDENCE EMITTER

ACHIEVER

VISIONARY

CONNECTOR / MOVER / ROCK

LEADERSHIP COMPETENCIES

VISIONING

SOLVING

EXPRESSING / INSPIRING

RELATING

DEVELOPING

TEAM ROLE

LEADING



MY CONFIDENCE BUILDING JOURNEY...

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9x Relocations
6x Mfg Plant Assignments
3x International Assignments
3x Central Office Assignments





MY LEARNING JOURNEY...



Remember: You are in Training!

JOURNEY NEVER ENDS...



MY LEARNING JOURNEY...

BE GRATEFUL FOR YOUR JOURNEY!

VULNERABILITY

EMOTIONAL ENERGY





MY LEARNING JOURNEY LESSONS...

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STOP Complaining where you are!

DEAL WITH YOUR HEART, MIND, & EMOTIONS!

You are in Training!

BE THANKFUL FOR THIS JOURNEY!

REFUSE TO BE INTIMIDATED!

MASTER THE SITUATION!

DON'T BREAK, DON'T BOW, DON'T QUIT!

KEEP ON TICKING AND TAKE ANOTHER STEP!

HOW TO OVERCOME OBSTACLES IN YOUR CAREER...



HOW TO OVERCOME OBSTACLES IN YOUR CAREER...

▶ **FOCUS: CLEAR SENSE OF PURPOSE**

Know our Why? What fuels you and what are you trying to accomplish? Who are you trying to become?

▶ **CONFIDENCE: BELIEVE IN YOURSELF**

Know your Value! You are AWESOME! The diverse skills & experiences you bring to the table are valuable & powerful! **YOU ARE GOOD ENOUGH!!!**

▶ **COURAGE: TOSS FEAR IN THE BACKSEAT**

The only way to learn from what you're going through is to buckle down and face it head-on.
Obstacles = Opportunity!!!

▶ **HOPE: CHANGE IS POSSIBLE....**

Take Ownership & Believe you have the capacity to create the change you need to achieve your goals!

POWERSHIFT YOUR MINDSET...

- ▶ **Taking care** of yourself & **Thinking Positively** will help you **COPE**, but... will **NOT CHANGE** anything.
- ▶ If you want change, you must think **CONSTRUCTIVELY**
 - ▶ **SHIFT YOUR MINDSET** from thinking Powerless to **POWERFUL**
“Change is possible & I have the POWER to create it!”
- ▶ **ASSESS: WHAT IS IN MY CONTROL to CREATE THE CHANGE I WANT?**

ASSESS THE SITUATION...

- ▶ How did I arrive where I am?
 - ▶ What Role did I play in this outcome?
 - ▶ Do I want to turn it around?
 - ▶ If yes, how can I do that?
 - ▶ Have I done everything possible to save the situation?
- ▶ What is within my control to create the change I want?

WHAT IS IN MY CONTROL to CREATE THE CHANGE I WANT?

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▶ Lack of Support:

▶ **In my control:** Studying Influencing & Communication skills to get what I need or to manage expectations. Leverage the power of Crucial Conversations.

▶ Micromanager:

▶ **In my control:** Anticipating needs. Taking pre-emptive actions to prevent their behavior and finding ways to hopefully build trust.

▶ Absent/Avoidant Leader:

▶ **In my control:** Getting a coach to help me trust myself, building my confidence and thinking positively.

WHAT IS IN MY CONTROL to CREATE THE CHANGE I WANT?

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▶ Job & Skills Mismatch:

▶ **In my control:** Develop those skills! Take courses, seek additional training, find a coach to help you build those skills

▶ Nothing Works:

▶ **In my control:** Maintain hope that there is a better opportunity for you out there and you have the capacity to find it!

Possibility creates HOPE!

Hope leads to ACTION!

Action leads to CHANGE!



BE THE MASTER OF YOUR STORY...

1. **Take care** of Yourself
2. Be **Confident** & Think like a **Champion**
3. Build Positive & Transformative **Relationships**
4. Toss Fear in the Backseat & **Take Chances**
5. View Obstacles as an **Opportunity**
6. **Pause**, Self-reflect & develop an **Action Plan**
7. Keep an **Open Mind & Focus** on what You can control
8. **Ask others** for Help & Direction
9. Keep your Eyes on the **Finish Line**
10. **Be the change** you want to see in the world!

“Wherever you are, be there totally.

If you find our here and now intolerable and it makes you unhappy, you have three options:

REMOVE yourself from the situation, CHANGE it, or ACCEPT it totally.

If you want to take responsibility for your life, you must choose one of those three options, and you must choose now. Then accept the consequences. -

Eckhart Tolle

