

Think  
& Act  
Differently

CHOOSE ALIVENESS

# How to change your career and feel **alive** at work

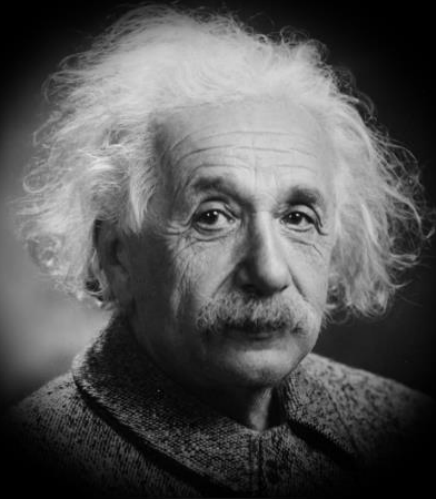
With Bruna De Palo  
Neuroscience-based Executive and Career Coach, PCC



“We cannot solve our problems from the same level of consciousness that created them” .

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A l b e r t   E i n s t e i n



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& Act  
Differently

“We cannot solve our problems from the same level of  
consciousness that created them.”

# How?

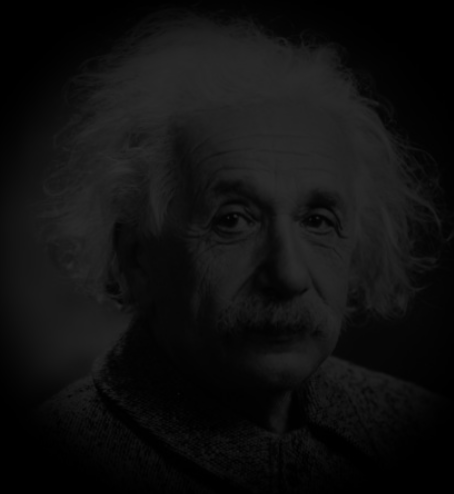
Albert Einstein

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~~How?~~

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CAREER MINDSHIFT

What **mountain** are you climbing?



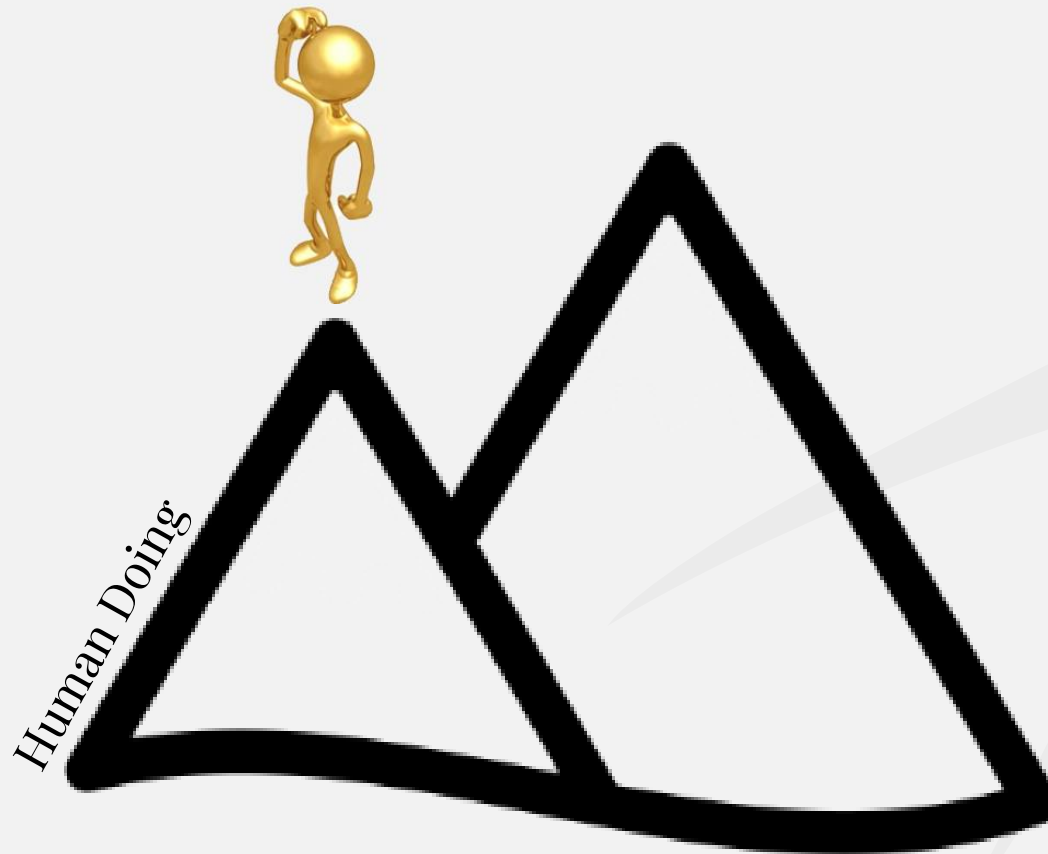
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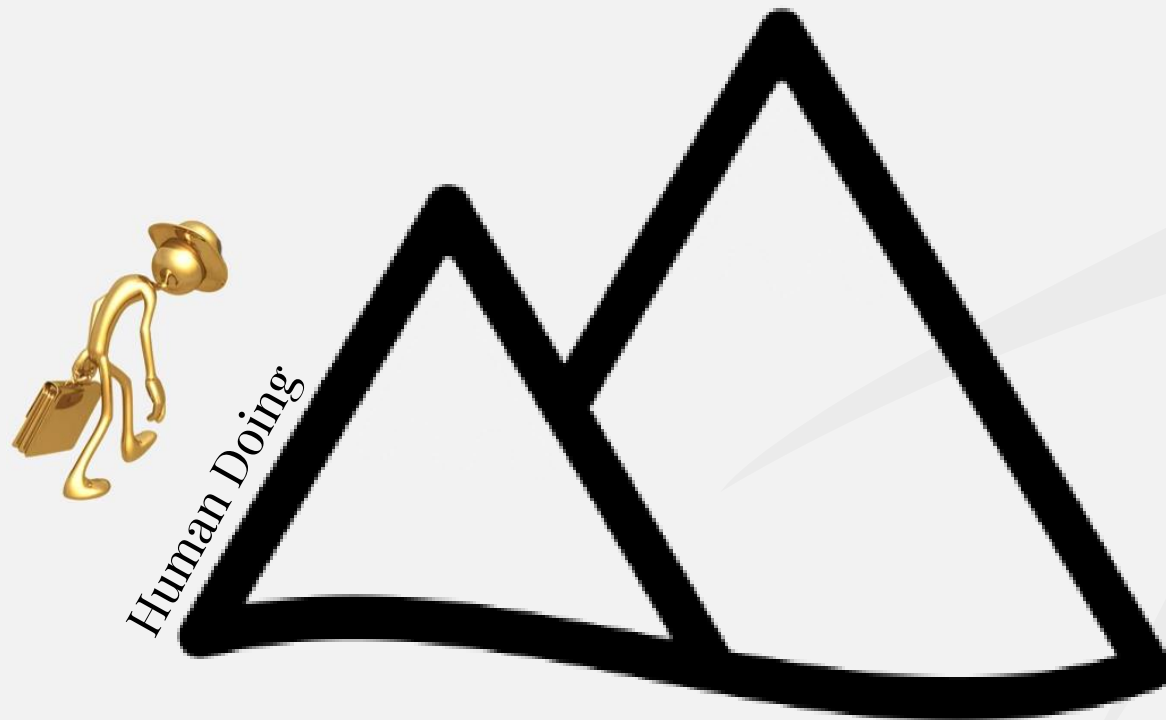
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CAREER MINDSHIFT

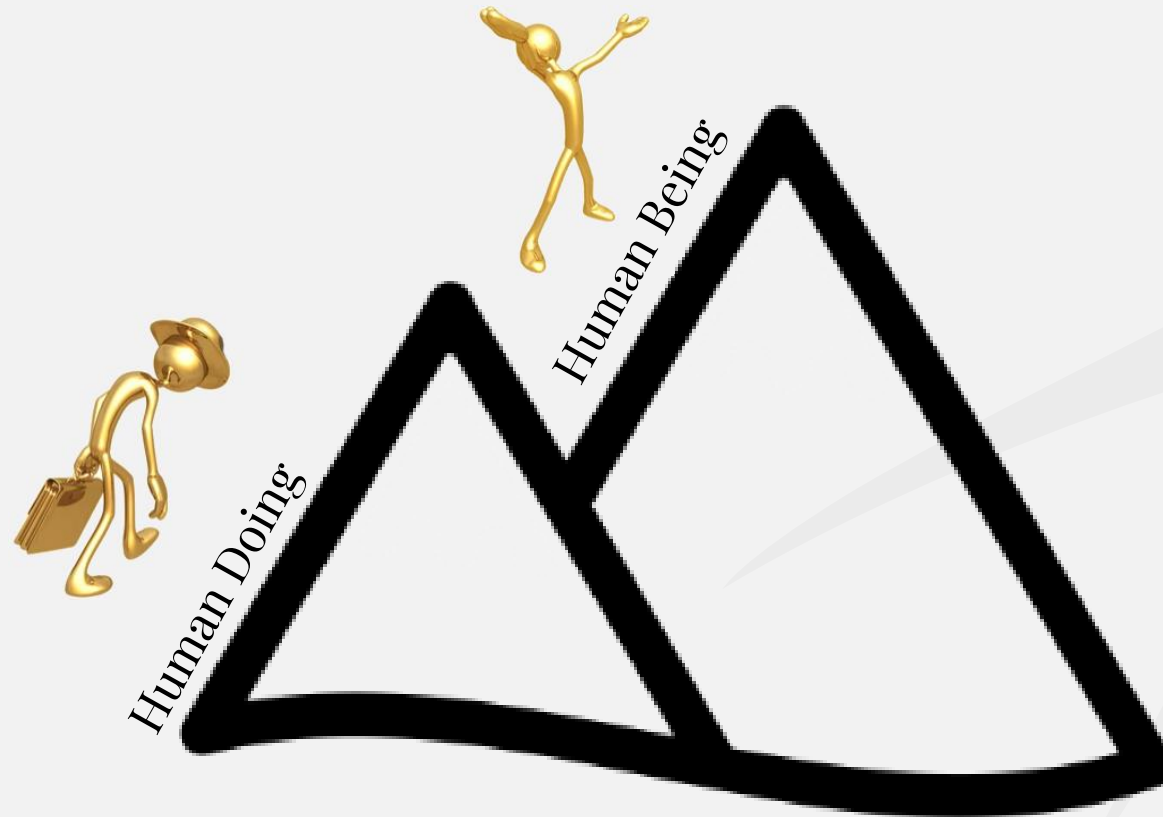
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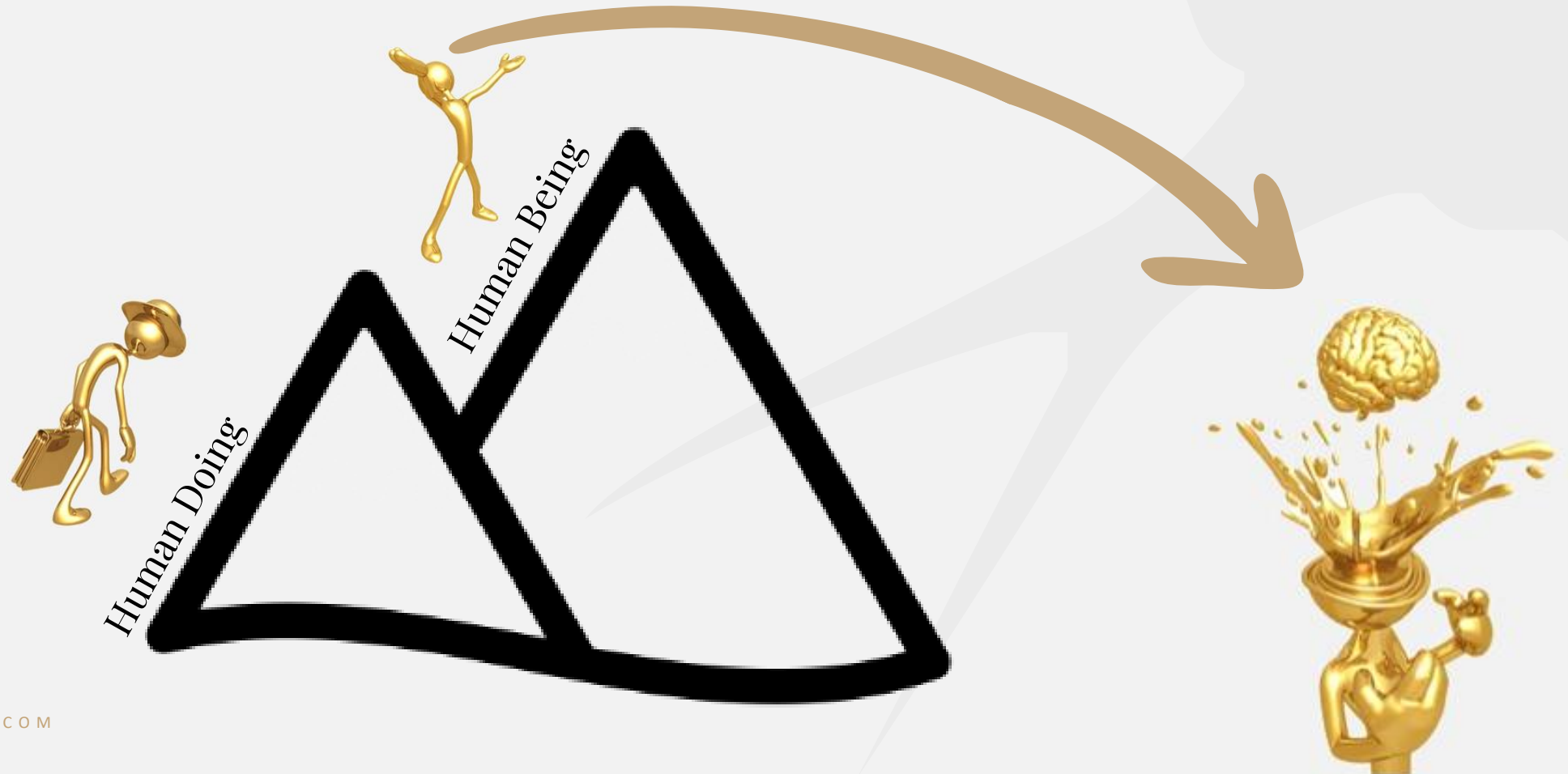
CAREER MINDSHIFT

# What **mountain** are you climbing?



CAREER MINDSHIFT

# What **mountain** are you climbing?



HOW THE BRAIN WORKS

# Our reactions to external stimuli



# How your brain works:



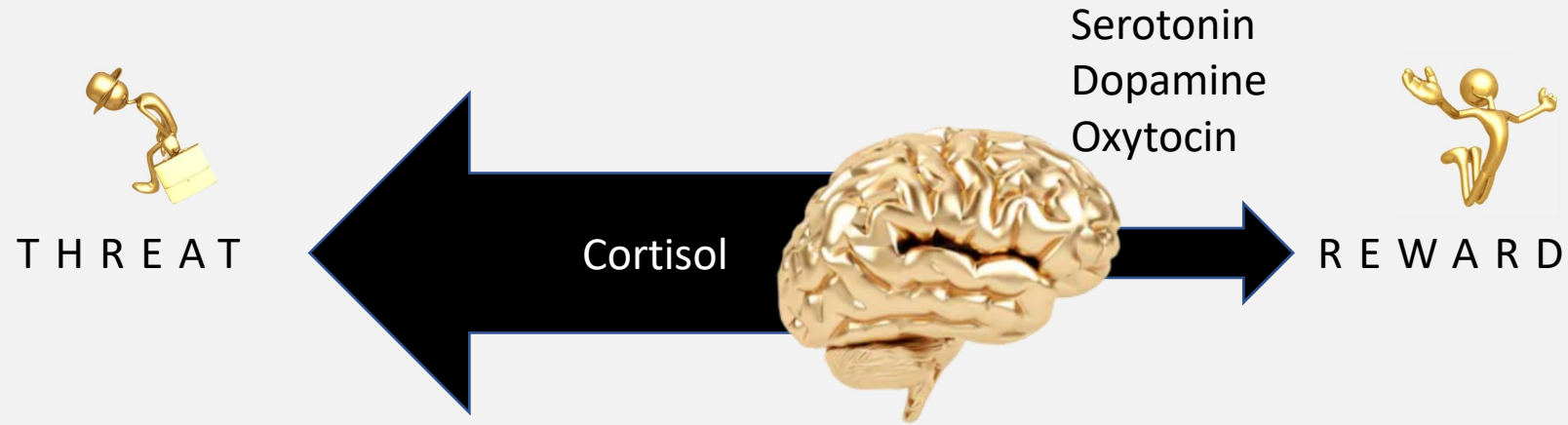
# How your brain works:



## IMPACT

See fewer - if any – choices  
Harder to be creative  
Ability to receive more info is limited  
Fear, anger, frustration, confusion, pain.

# How your brain works:



## IMPACT

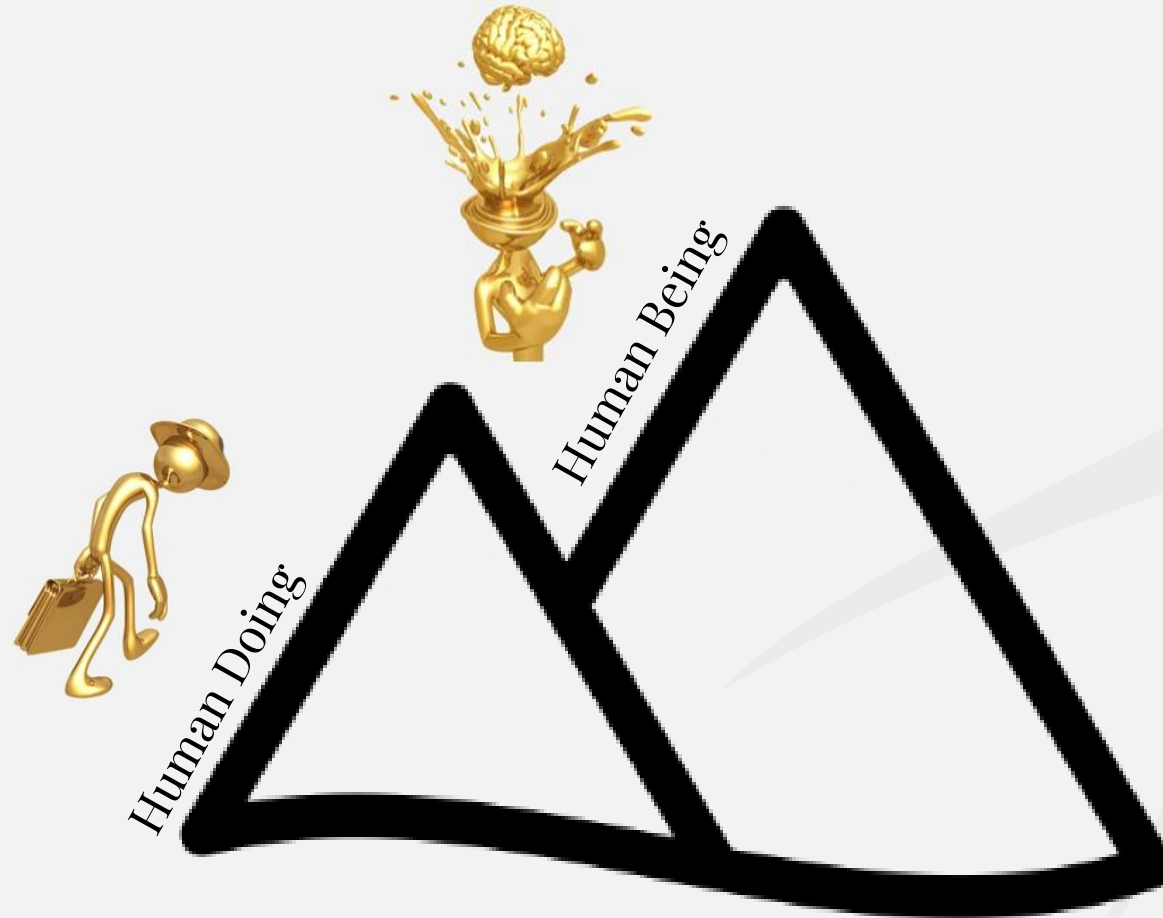
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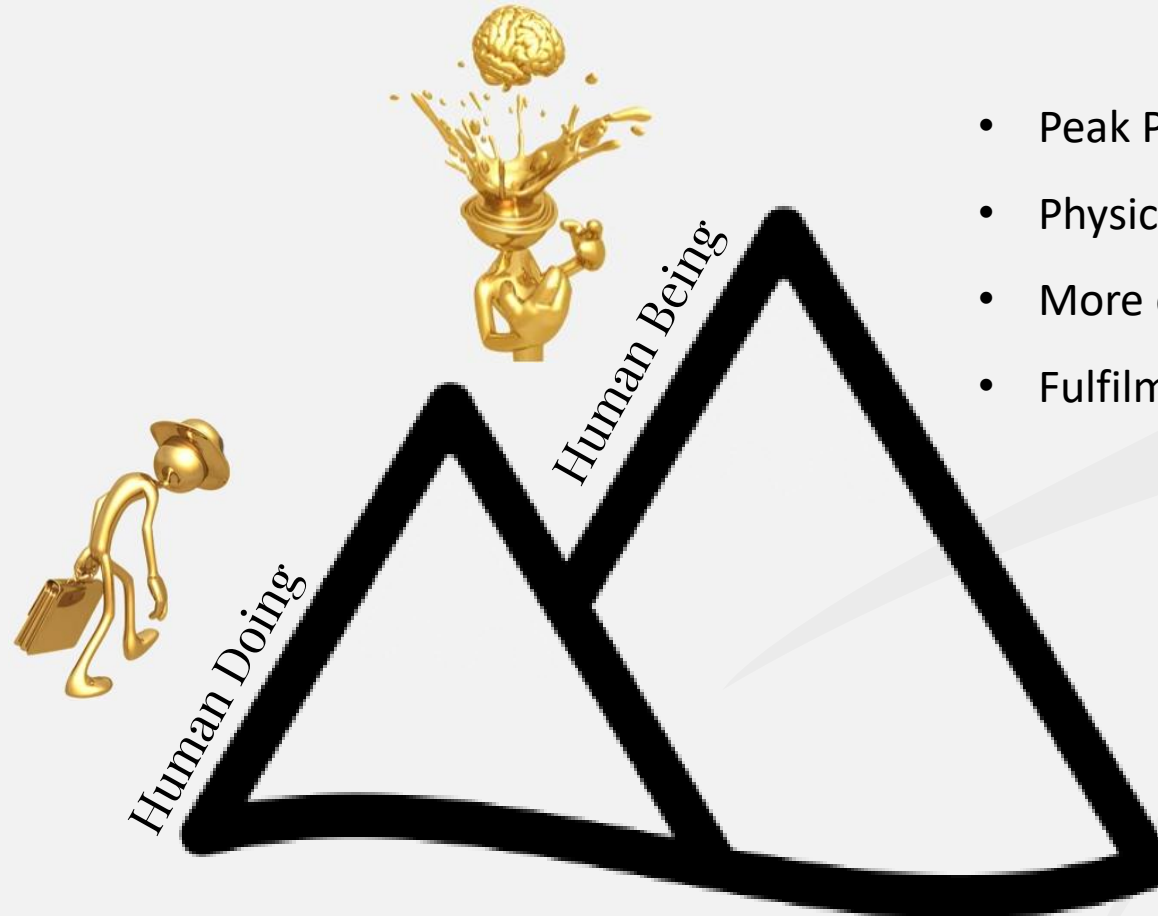
See more options, choices, opportunity  
Perception  
Cognitive functions  
Creative thinking  
Collaboration  
Excitement, energy, curiosity, joy

CAREER MINDSHIFT

# What **mountain** are you climbing?



# Climb your *second mountain now*



- Peak Performance -> financial rewards
- Physical and Mental wellbeing
- More energy at the end of the day
- Fulfilment



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consciousness that created them.”

# How?

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When do you tend to feel **Alive**?



When you *bring who you are into what you do.*

# What **steps** should you take?



1

## **CLARITY & DIRECTION**

Who you are and how you function, develop your inner compass and establish the direction

# What **steps** should you take?



1

## **CLARITY & DIRECTION**

Who you are and how you function, develop your inner compass and establish the direction



2

## **HANDLE YOUR FEARS**

Rediscover and trust your intuition, regain control of your fears, develop evidence-based confidence

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3

## **MATCH THE MARKET**

Match your inner compass with the market offer  
Identify the path, gather information. establish connections in the new industry/sector

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4

## **TRANSIT SAFELY**

Develop your new personal brand and exit strategy, employ job hunting strategies with no experience in the new sector, get your assets ready and network

## From 27 Years In The Same Company To CEO In A Charity: How Kim Made It!



Her expertise in this area helped me to be successful in finding a *new role in the charity/volunteer sector, after 27 years with the same company/industry.*

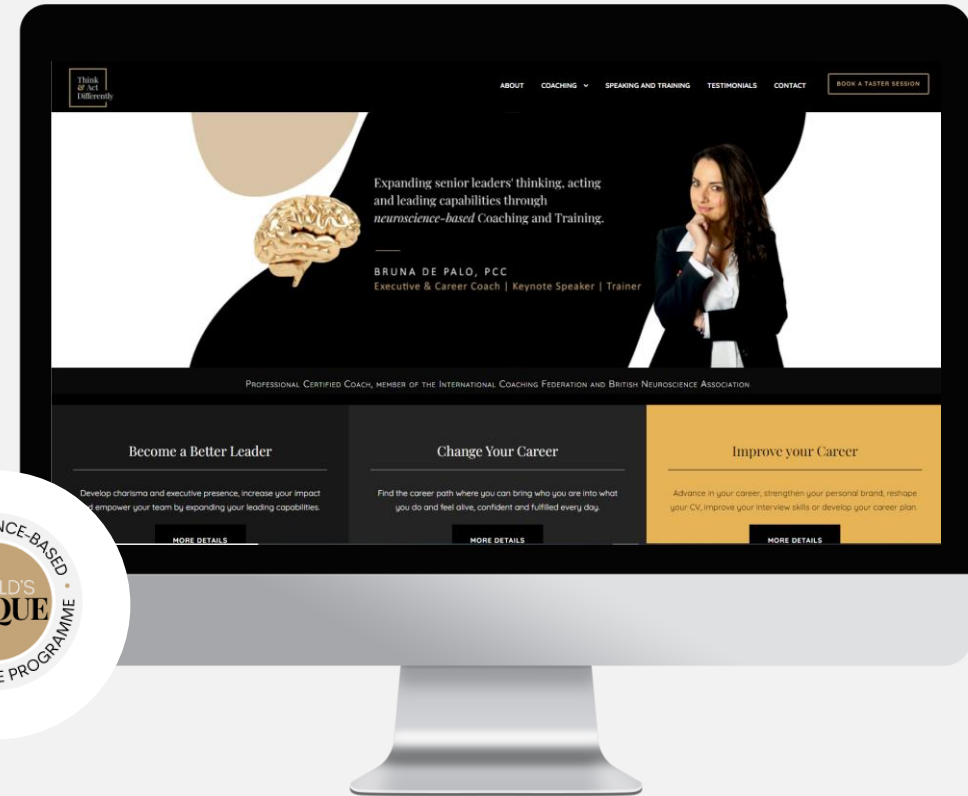
I thoroughly enjoyed working with Bruna as I contemplated a recent career change. I needed to get up to speed on how the job market works these days and she was able to help me to quickly understand this, as well as understand how to communicate about all of my transferable skills...

Read what other clients say on **LinkedIn**

WHERE TO START?

Book a **taster session** on  
[www.brunadepalo.com](http://www.brunadepalo.com)

BOOK A TASTER SESSION





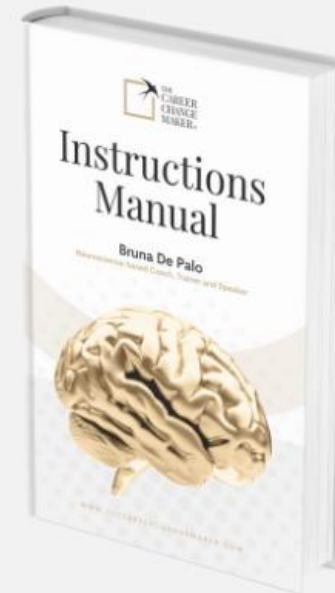
## Benefits of a *working with me*

- Save time as you speed up the process
- Avoid painful/costly mistakes
- Be 100% clear on what's right for you: no regrets
- Develop confidence and enjoy the ride

VS

## Changing career *alone*

- Try different career paths
- Get lost in the journey
- Waste time and energy
- Get disillusioned and remain trapped



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Thank you for  
*your attention!*



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bruna@brunadepalo.com



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