What’s Your Game Plan?

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Seda Maurer Consulting, LLC
Public Speaker
What’s on the Agenda?

- Who Am I?
- Career Journey
- Personal Journey
- Lessons Learned
- Q&A
Who Am I?

- UX Designer
- Digital Accessibility Consultant
- Business Owner
- Problem Solver
- An Achiever
- Mentor
Career Journey

- Visual Designer

- ITEK Quadritek
# Career Journey

- Visual Designer
Career Journey

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Career Journey

- Visual Designer
- Business Owner
Career Journey

- Visual Designer
- Business Owner
- Visual Designer, 3D Animator
Career Journey

- Visual Designer
- Business Owner
- Visual Designer, 3D Animator
- Interaction Designer
Career Journey

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- Interaction Designer
- UX Designer
Career Journey

- Visual Designer
- Business Owner
- Visual Designer, 3D Animator
- Interaction Designer
- UX Designer
- Digital Accessibility Specialist
Career Journey

Accomplishments:
- Award for Logo Design
- Increased Sales by over 45% - x 3
- Guaranteed a New Product’s Sales
- Trained Hundreds of Colleagues
- Accessibility Program Award
- Public Speaker since 2015
Personal Journey

- Multi Cultural Origins
- Challenging Childhood and Teenage Years
- URICA Years!
  - What’s the worst that can happen?
- Work Experience
- Higher Education
- A New World! A New Life!
- Marriage and My Evolution!
My Evolution

- Chronic Pains
- Addicted to Cigarettes
- URICA Again! My Special Gift!
  - Transcendental Meditation
- My Discoveries in the Midst of Life’s Punches!
Life’s Punches...
Life’s Punches...

- Childhood Trauma
Life’s Punches...

- Childhood Trauma
- Financial Hardship
Life’s Punches...

- Childhood Trauma
- Financial Hardship
- Leaving Home
Life’s Punches...

- Childhood Trauma
- Financial Hardship
- Leaving Home
- New World
Life’s Punches…

- Childhood Trauma
- Financial Hardship
- Leaving Home
- New World
- New Life
Life’s Punches…

- Childhood Trauma
- Financial Hardship
- Leaving Home
- New World
- New Life
- Loss of Parents
- Sibling's Suicide
Life’s Punches...

- Childhood Trauma
- Financial Hardship
- Leaving Home
- New World
- New Life

- Loss of Parents
- Sibling's Suicide
- Cancer
Life’s Punches…

- Childhood Trauma
- Financial Hardship
- Leaving Home
- New World
- New Life

- Loss of Parents
- Sibling's Suicide
- Cancer
- Loss of Partner of Life!
My Game Plans

- What Am I Feeling?
- Why Am I Feeling This Way?
- What do I want?
- What will help me to move on and to move up?
- How Can I Get There?
- What’s My Game Plan?
Being Grounded

- Experience the Silence Within – Regularly
- Be Honest with Myself and Without Judgement
- Forgive Myself
- Recognize My Fears
- Take Responsibility for My Own Actions
- Don’t Act Like a Victim!
- Make My Next Game Plan!
Lessons Learned

- Knowledge is Power → Don’t Stop Learning!
- Be Curious!
  - Start with: Tell me about....?
  - Listen!
- Pay Attention to Emotions and **Fears**
  - Study situations – don’t just react to them
  - Keep yourself Grounded!
- Create your Game Plans
- Be Grateful and Forgive → Liberates the Mind and the Emotions
What’s going on in your life?
What’s your Game Plan?
Q&A

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