

## Career Women Becoming Fearless Podcast

### Ep 1. My Story & The 8 Reasons You Feel Stuck in Your Career

Hi there and welcome to the Becoming Fearless Podcast, I'm your host Melissa Lawrence. I'm a Certified Coach with a Masters degree in Organizational Psychology and over a decade of experience coaching and developing career women.

This is the podcast where you learn to grow in your career and skyrocket your belief of what is possible. Let me guide you to becoming fearless so you can truly have it all.

EPISODE #	DATE	TOPIC
1	9/10/20	My Story and 8 Reasons you feel stuck in your career

Hello! I'm so excited to be here for the first episode of the Becoming Fearless Podcast

I thought for this first episode I would share a bit about my story and then I'm going to share with you the 8 reasons you feel stuck in your career and what you can do about it. I unstuck myself and I want you to feel this way as well!

I'm often asked how I went from Corporate America to my own coaching practice. It wasn't a straight line and I didn't always know I'd end up here.

**I was always drawn to serving others.** I started my career in child welfare - government consulting. I pursued being a social worker, learned more about it and promptly changed my mind. Those who do that work deserve a medal, am I right?

While working with the government, I rose the ranks to management so naturally decided to get a management degree, even though I didn't love it. I loved coaching and helping my team reach their goals through learning and development. So I took a big pivot.

I went into the pharmaceutical industry in 2009 and started a specialized career in learning and development. After years in different roles: Trainer, Coach, Business Partner, Manager of Organizational Culture, and lastly, an Associate Director of Talent & Development, I figured out my dream.

**I wanted to coach people full time. EEEK! This was after building a successful 20 year career, earning a Masters Degree in Organizational Psychology, and thinking my only option was to continue to fit my skill set into the Corporate world.**

I pursued Career & Life Coach certification while working in Corporate and tried to make it fit. I coached tons of people over the course of my corporate career to help them achieve a promotion, a new role, or figure out their 5 year plan and love it. **I tried so hard to fit my round peg into the Corporate's square hole. I tried to negotiate what I was willing to accept. What was my bar of settling I could tolerate?**

If only I had a coach. Seriously. I thought coaches were for executives and didn't even know a coach like me existed. I could have gotten here more quickly. I believe when you put your thoughts and desires into the world, it can deliver you a solution. You just have to be ready for it.

**At least 5 times in my life the idea of my own business was presented to me. I was never ready.** Leaders would tell me I should go into business for myself. I rolled my eyes and moved on. **“That's not for me” I thought. “I can't do that”** You have to be ready to accept these signs from the universe and be in a place that you're willing to work for your dreams.

**Knowing what you want and going after it are two different things.** I did both and now I spend my days helping others do the same. Whether it be figuring out their dream job, going higher in the company they have, or achieving clarity and purpose in their work, it's my dream to help you achieve yours. I use my experience in corporate, Masters degree, and coaching expertise to help you get the life you want.

It's such a honor to serve others this way and **I can't describe the fulfillment and happiness from knowing you're living your purpose. The certainty and joy is priceless.**

Many people go to college, get a job, and start building their career and after several years find themselves feeling stuck. It can come as a surprise and feel hopeless. This is one of the more common issues I see with my clients. I'm going to break down the 8 reasons you feel you're stuck or feel you are settling and what to do about it.

It is engrained so early that you need to invest in college in an area that will make you a good living. You want a job with health benefits and retirement. You achieve this and invest years building your acumen and climbing the ranks.

So what happens when you've invested time, effort, and money into your career and realize you're not fulfilled? Most people look within their company for something new that will spark their growth and leave them temporarily satisfied. Some keep the routine and decide this is the life they signed up for, never realizing what is possible for them.

There are 8 reasons you feel stuck in your career and that you can't make a move. These are the reasons your view of possibilities may be limited. Once you

overcome these reasons, you unleash your career potential, make more money if that's your thing, and wake up happy each day you go to work.

## **Time**

You've invested so much time in your career. You've built up momentum and you don't want to lose it. I offer with every minute you don't make a change, you're holding your growth back. Further, I find with my clients that their skills are often transferrable.

## **2. Pride**

You've worked for where you are. Whether it be for title, prestige, or pride that you've stayed as long as you have, letting this go for something you haven't done before can be scary. Know your achievements transfer with you and they don't leave you when you decide to explore a more fulfilled career and life.

## **3. Identity**

You likely spend most of your waking hours at work so your identity may be wrapped up in your career. What would it mean if you're no longer an executive, a specialist, a technician? This is where finding a coach or mentor can be paramount. You can learn to understand your identity and see your authenticity outside of your job title.

## **4. Money**

You've built up a successful career and make a good salary and benefits. I encourage you to look at how much money you really need and the cost of your job on your health. That's right, being unfulfilled has costs that are tangible and not.

## **5. Standing Alone**

You may think being different, stepping outside your circle is too hard. Your friends may all be wrapped up in your career. You would be stepping outside

the norm. You need to live your life for you, not for others. You have the capability to lead and not follow the pack.

## **6. Fear of the Unknown**

The grass may be greener and it may not and this leaves you paralyzed with making a change. You know what to expect where you are so there is comfort in that. What if you were certain of your 5 year plan and you knew you were where you were supposed to be. Would you be willing to explore the unknown for that level of happiness in your life?

## **7. Guilt**

I work with a lot of moms and they often feel guilt for prioritizing themselves, rocking the boat, and doing something that is different. They worry about the cost to their children and spouses. Your children and spouse want you to be happy and this can be resolved. You will be a better parent and spouse when you are satisfied in all areas of your life.

## **8. The Secret Reason**

This is a reason that is often buried below the more obvious ones, what if you overcome all the other reasons and you don't have the confidence the change is going to be worth it and is really aligned with your values. What if you make a mistake in trying to figure out your next move? Finding and pursuing this is

what life is all about. When you know you can do anything, even if you haven't done it before, and have the courage to make powerful decisions for you, you can do anything. This secret is the foundation of my work with clients.

You can overcome all 8 of these reasons and find your purpose, your true direction and be in love with your 5 year plan. In my proven exploration process I help clients discover their ideal career, understand their character strengths that contribute to feeling fulfilled at home and at work and gain the courage to be fearless in pursuit of their goals. My clients are happier, healthier, and live a life they once thought was not possible.