What's Your Game Plan?

Seda Maurer Seda Maurer Consulting, LLC Public Speaker

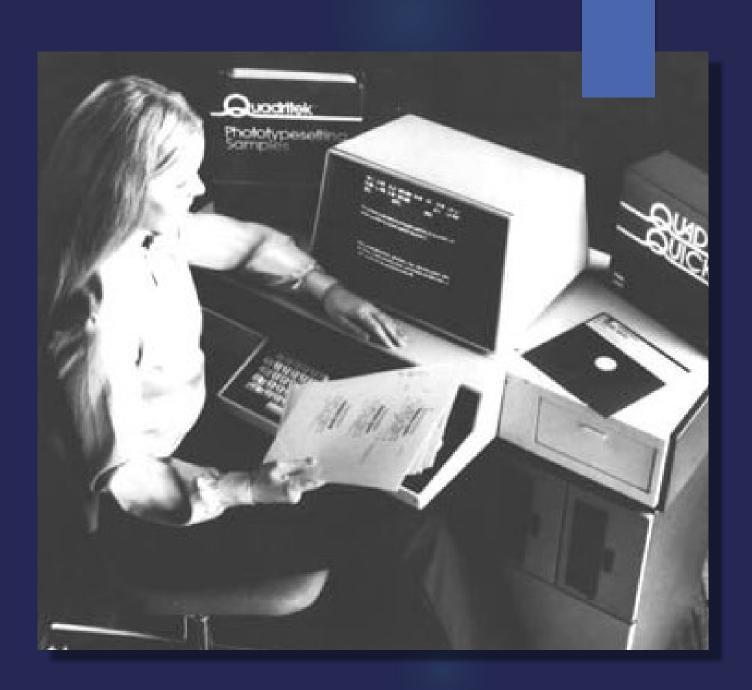
What's on the Agenda?

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

Visual Designer

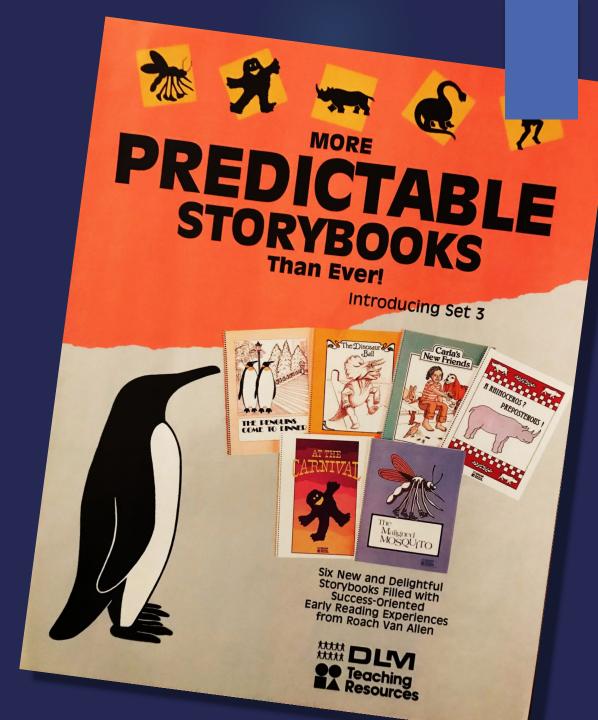






12	11 DUBLIN	ROAD. COLO	AV SECT	ION	• PHONE 486-5207	1 million			
X-RAY SECT						CMP OR	Small B		4
CMP ORD				Knees, Lat (2)			Barium En	arium Enema	
P ORD	Pelvis	s, AP (1)		Kn	ees, AP & Lat (4)		Barium Er	nema C/AC	-
Sinuses (4) Chest, PA (1)	Hip,	Hip, Frogleg Lat (1) Sacroiliac Joints (3)		An	kle, Complt. (3)		Gall Bladder		-
Chest, PA & Lat (2)	Sacr	oiliac Joints (3)	00.00	An	kles, Complt. (6)		IVP / H	pert. / Hi. Inf.	-
Ribs, One Side w/Chest (4)	Shou	ulder, Complt. (2) ulders, Complt. (4)			ot AP, Lat & Obl (3)		Consult _	# Films	-
Dibo Roth Sides (6)			30.00	Fe	et, AP (2) domen, Acute Series (3)	Other:			
Dibs Both Sides w/Chest (7)		Elbow (2) Elbows (4)		Abdomen, Acute Schee (2)					
Carino Any One View (1)	EIDO	Wrist, Complt. (3)		Esophagram					-
Cervical, AP & Lat (2)		nds, AP (2)	28.60	U	ry. Physical Findings & Provisiona	I Diagnosis:			
Carino Canvical, Plus Obl (5)	Hai	nds, AP & Tangential	(4) Pert	inent Histo	ry, Physical Findings a res				
Spine, Cerv., Plus Flx & Ext (7)	Han	nds, AP & Obl (4)							
Data Thoracic (2)		ee, Lat (1)						ND after X-ray? I Yes I	NO
Caino Lumbar, AP, Lat & Spt (3)	Kn	ee. AP & Lat (2)			t? 🗌 Yes 🗌 No 🛛 Prev. X-rays	Here? Ves	No Pt. to	WD and Analy	-
Daine Lumbar, Plus Obl (5)	Kn	one AP Standing (2)							
Spine Lumbar, + FIX & EXt (7)			AR SEC	TION	URINE				
	annior	BLOOD CHEMIST	RIES CN	PORD	Jrinal.* pH SpGr	36			
CMP ORD HEMATOLOGY	ORD HEMATOLOGY CMP ORD BLOOD CITEMIN				Alb Sug Keto				
Hemogram*		3 RIA	(80-220)		Clean Catch:	00			
Hgb		4 Free	(1.0-2.5)	++	Urine Partial (Crcl Abv)	1.42			
WBC	T	SH	(0.2-9.2)		Urine Gold/Pnclm.	-			
Diff*		erum K		rine Resul					
ESR (Wstrg)*	5	Serum Na-K-Cl							
Hct		002							
Platelet Est.*	1	BUN							
Platelet Cnt.		Calcium				THE REAL PROPERTY.			
Reticul. Cnt. Prothrombin Time		Creatinine	PP	MP ORD	BACTERIOLOGY	ALC: NO.			
		Glucose: Time F/	M (17-281) F (4-201)		Routine Cltr, Site				
Blood Smear-M.D. Intrp. (Dr. 0	3)	Ferritin Lvl. Serum Iron & IBC	- 14 - 20		Urine Cltr				
CEROLOGY		Triglycerides			Sensitivity FECES				
CMP ORD SERVICE.		GTT- hr.		CMP OR	Hemoccult x1	x3			
BPB		SGOT	4		O & P	10.00			
Mono Screen		Gamma GT			THO MITALS	232123			
Latex Fix-RA	++-	Uric Acid		CMP OF	EKG - 12 Lead	3 35			
FANA		B-12 Folate Lvl.			EKG - Exercise Sng/Db	1.0.3			
SPE		СРК	10 10 10	++	Vital Capacity	6.00			
HLA B-27		Acid Phos	100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100 - 100	++	Specimen Collection	3.00			
Hemoglobin A1C		C3	MEDICAL	SECT	ION		Influ	Jenza Vac.	
CEA			MEDICAL	TT	Bone Marion	(Dr. 03)		Irrig. L R	E
NOT SEEN BY PHYSICIAN		Office Visit		++	Bone Marrow Intrp.	(Dr. 03)	Auc	liogram	12
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New Patient - Intermed Over		Subspec Visit	UP I	++	Solumedrol	mg.	Spi	rometry I	(Dr.
New Patient - Extended Sv New Patient - Comprehensiv	Svc	Limited Consult		++	Decadron	mg.	Inj.J	loint: sm intm mjr	
New Patient - Comprehensiv	200	Extended Consult	consult	11	Kenalog	CC.			
Est Patient - Min. Svc Est Patient - Office Visit	1.8%	Comprehensive C	onsur		Redisol	mg.		and the second s	
Est Patient - Office Visit	Est Patient - Limited Svc (Complex Consult		Solganal	mg.	Inj. Intralesoinal:		
Est Patient - Intermed Svc		Arthrocentesis			Methotrexate	ing.			
Extended SV		Sigmoidoscopy Flex. Sig./Flex. S	ia. w/Bx		Allergy Vac			and the second second	_
Est Patient - Extended of Est Patient - Comprehension	e Svc	Flex. Sig./Flex. 5	(Dr.	06)	Synovial Analysis		Ht:		
No Mo Charge		Gastroscopy			and the second				

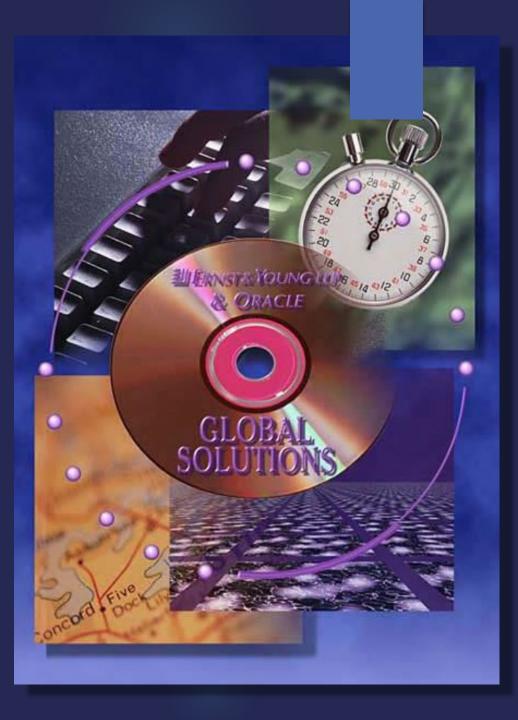
Visual Designer



Visual DesignerBusiness Owner



Visual Designer
Business Owner
Visual Designer, 3D Animator

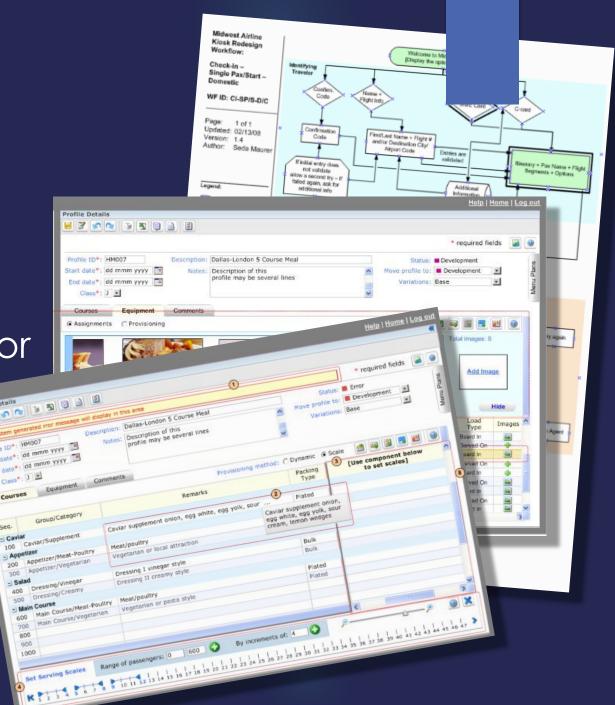


Visual Designer
Business Owner
Visual Designer, 3D Animator
Interaction Designer



► Visual Designer Business Owner ► Visual Designer, 3D Animator ► Interaction Designer ► UX Designer

Seq.



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



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!



Childhood Trauma



Childhood TraumaFinancial Hardship



Childhood Trauma
Financial Hardship
Leaving Home



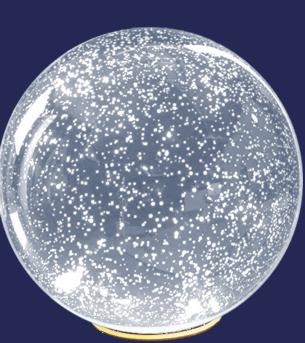
Childhood Trauma
Financial Hardship
Leaving Home
New World



Childhood Trauma
Financial Hardship
Leaving Home
New World
New Life



Childhood Trauma
Financial Hardship
Leaving Home
New World
New Life



Loss of Parents Sibling's Suicide

Childhood Trauma
Financial Hardship
Leaving Home
New World
New Life

Loss of Parents
Sibling's Suicide
Cancer

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

 \blacktriangleright Knowledge is Power \rightarrow 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

 \blacktriangleright Be Grateful and Forgive \rightarrow Liberates the Mind and the Emotions

What's going on in your life? What's your Game Plan?



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