



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

Career Journey

► Visual Designer

► ITEK Quadritek

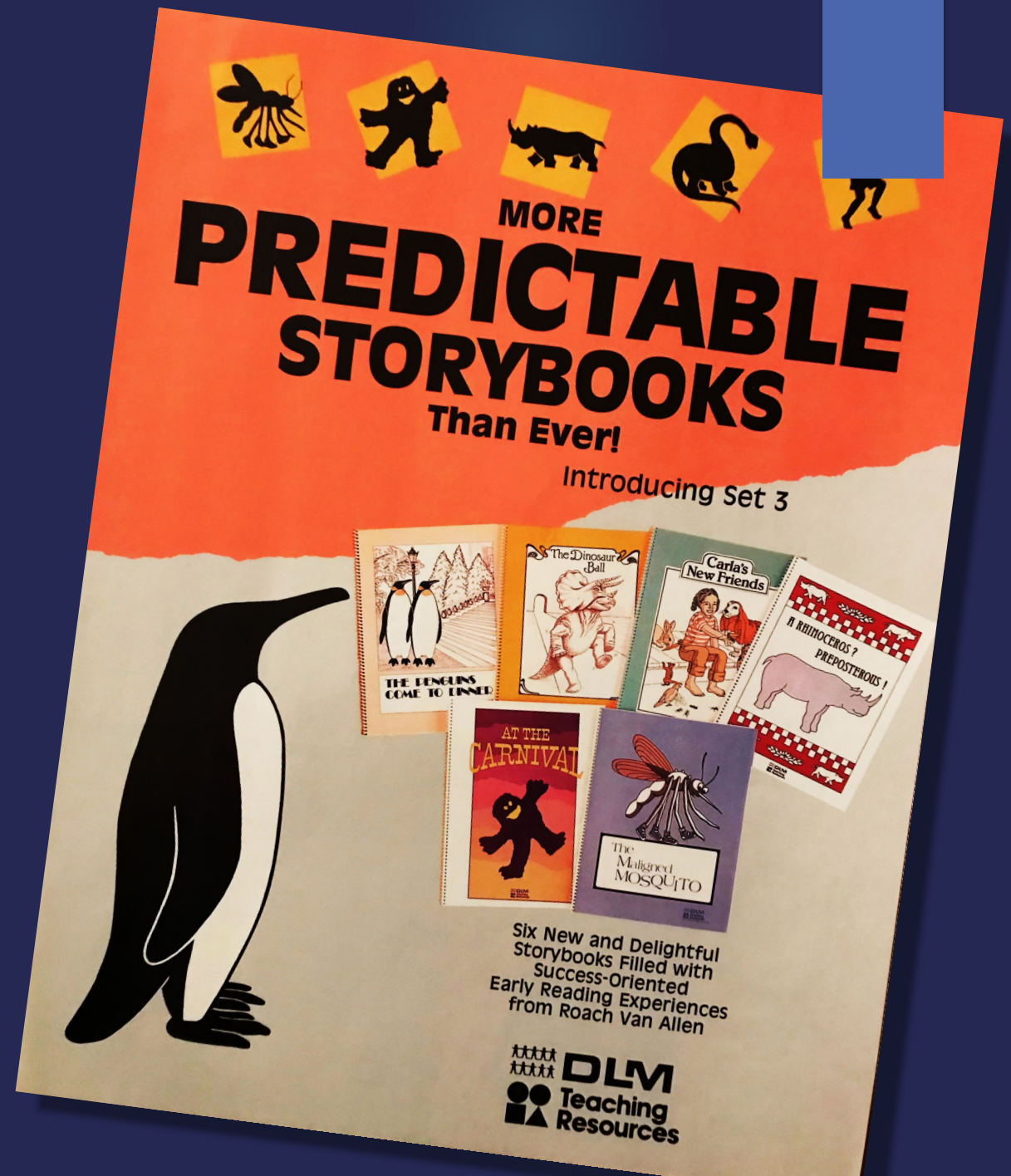


► Visual Designer

[illegible]

Career Journey

► Visual Designer



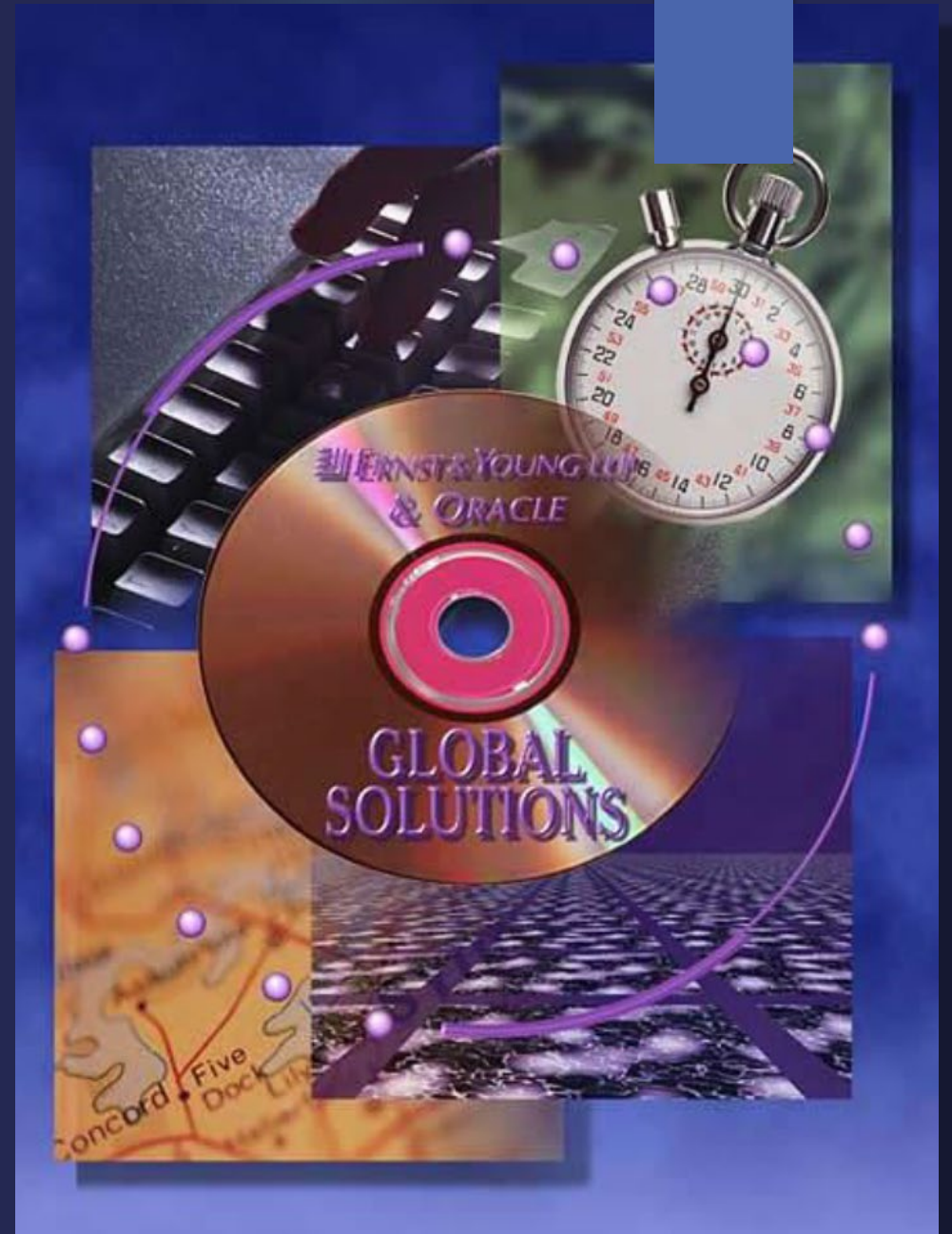
Career Journey

- ▶ Visual Designer
- ▶ Business Owner



Career Journey

- ▶ Visual Designer
- ▶ Business Owner
- ▶ Visual Designer, 3D Animator



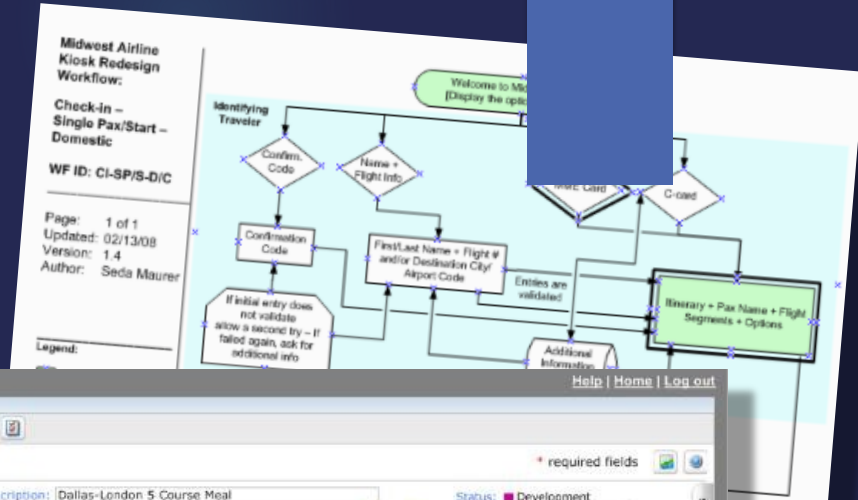
Career Journey

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



Career Journey

- ▶ Visual Designer
- ▶ Business Owner
- ▶ Visual Designer, 3D Animator
- ▶ Interaction Designer
- ▶ UX Designer



The screenshot shows the 'Profile Details' form in the 'Menu Plans' application. The form includes the following fields and sections:

- Profile ID:** HM007
- Description:** Dallas-London 5 Course Meal
- Status:** Development
- Start date:** dd mmm yyyy
- End date:** dd mmm yyyy
- Notes:** Description of this profile may be several lines
- Class:** J
- Move profile to:** Development
- Variations:** Base
- Buttons:** * required fields
- Tabs:** Courses, Equipment, Comments
- Section:** Assignments, Provisioning
- Help | Home | Log out** link in the top right corner.

CaterPro

Course Equipment Comments Help | Home | Log out

Assignments Provisioning

Total Images: 8

Add Image

Load Type Board In Served On Board In Served On Board In Served On Board In Served On Board In

Menu Plans

Profile Details

* required fields

Status: Error
Move profile to: Development
Variations: Base

System generated error message will display in this area

Profile ID*: HM007
Start date*: dd mmm yyyy
End date*: dd mmm yyyy
Class*: J

Description: Dallas-London 5 Course Meal
Notes: Description of this profile may be several lines

Provisioning method: Dynamic Scale

Packing Type

[Use component below to set scales]

Seq.	Group/Category	Remarks	Provisioning method	Packing Type
> Caviar	Caviar/Supplement	Caviar supplement onion, egg white, egg yolk, sour cream, lemon wedges	Plated	Plated
100	Caviar/Supplement	Meat/poultry	Bulk	Bulk
> Appetizer	Appetizer/Meat-Poultry	Vegetarian or local attraction	Bulk	Bulk
200	Appetizer/Meat-Poultry	Dressing I vinegar style	Plated	Plated
300	Appetizer/Vegetarian	Dressing II creamy style	Plated	Plated
> Salad	Dressing/Vinegar			
400	Dressing/Vinegar			
500	Dressing/Creamy			
> Main Course	Main Course/Meat-Poultry	Meat/poultry		
600	Main Course/Meat-Poultry	Vegetarian or pasta style		
700	Main Course/Vegetarian			
800				
900				
1000				

By increments of: 4

Range of passengers: 0 600

Set Serving Scales

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...

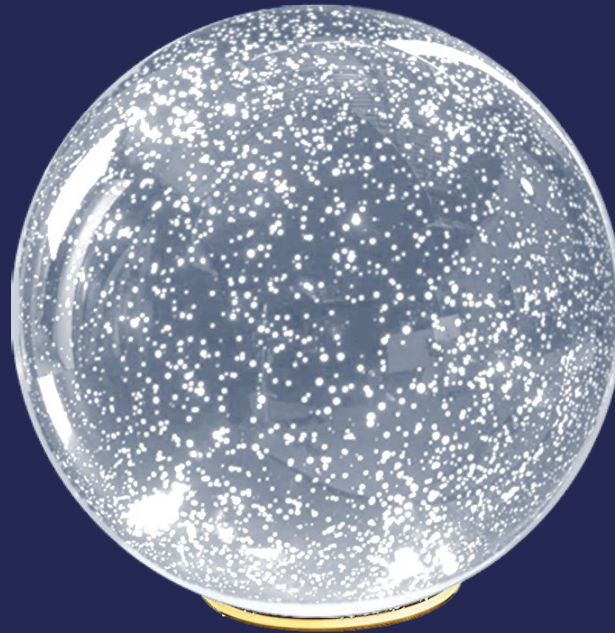
- ▶ Childhood Trauma
- ▶ Financial Hardship
- ▶ Leaving Home
- ▶ New World
- ▶ New Life



Life's Punches...

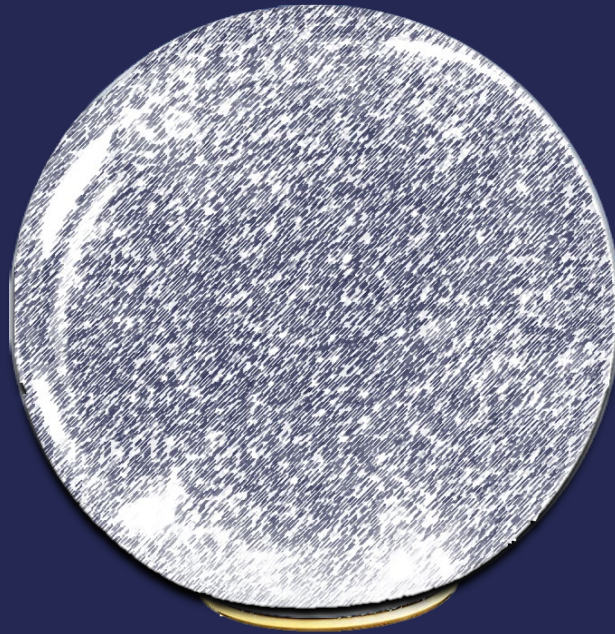
- ▶ Childhood Trauma
- ▶ Financial Hardship
- ▶ Leaving Home
- ▶ New World
- ▶ New Life

- ▶ Loss of Parents
- ▶ Sibling's Suicide



Life's Punches...

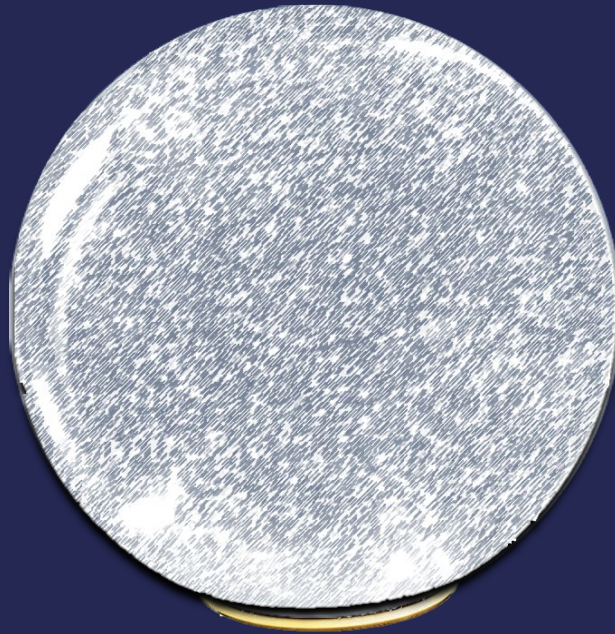
- ▶ Childhood Trauma
- ▶ Financial Hardship
- ▶ Leaving Home
- ▶ New World
- ▶ New Life



- ▶ 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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- ▶ Seda.Maurer@gmail.com

