

LINDSAY BOCCARDO

Your Time to Rise





LINDSAY BOCCARDO

Unleash MY CAREER

career
house

The
Porch

with LINDSAY BOCCARDO



LINDSAY
BOCCARDO

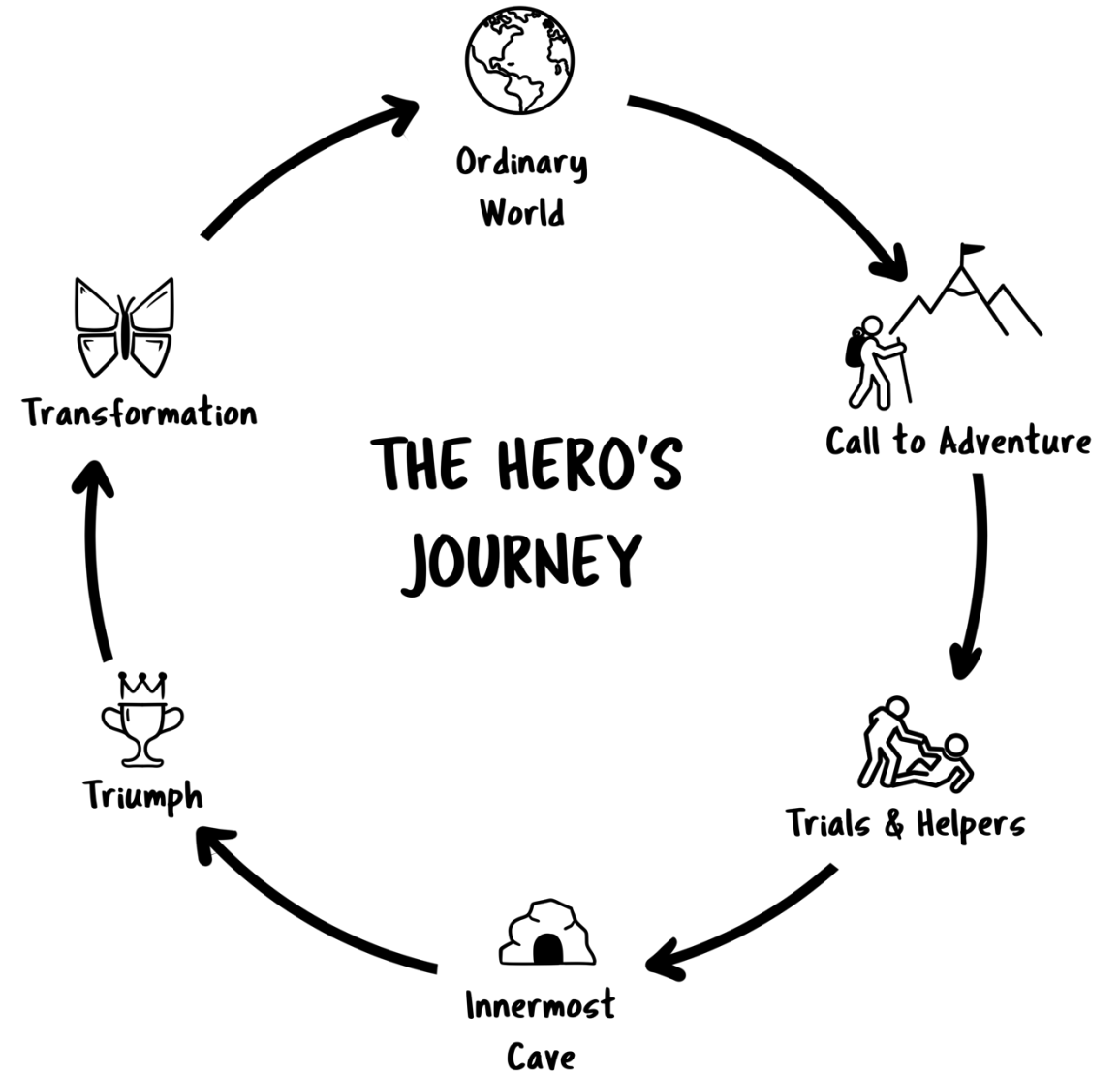
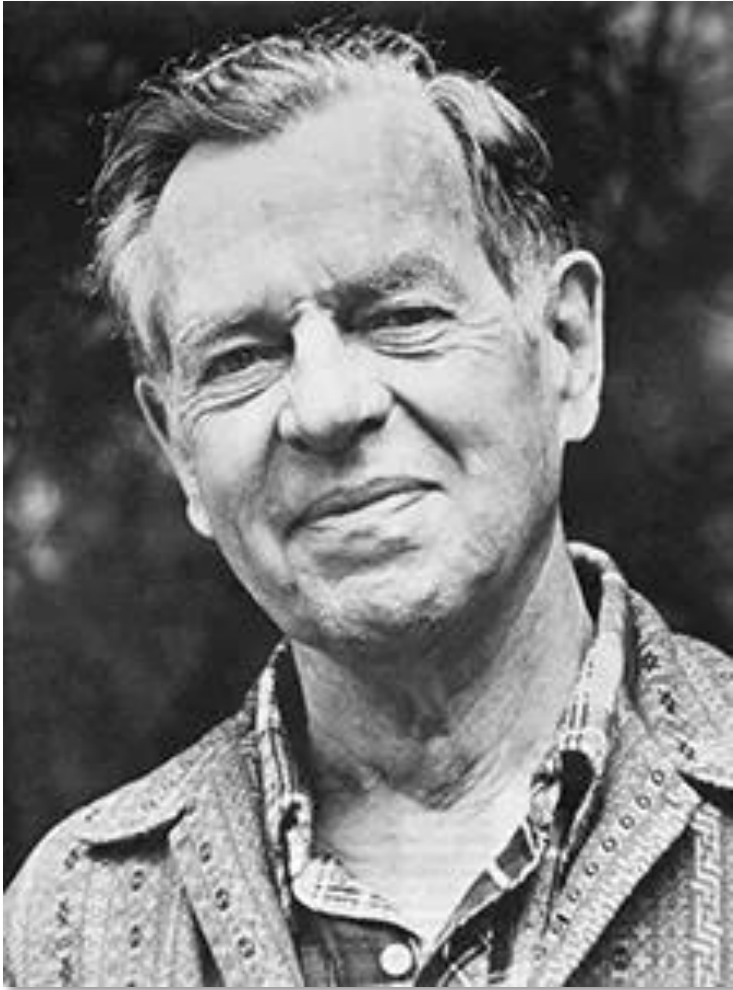
THE BAND

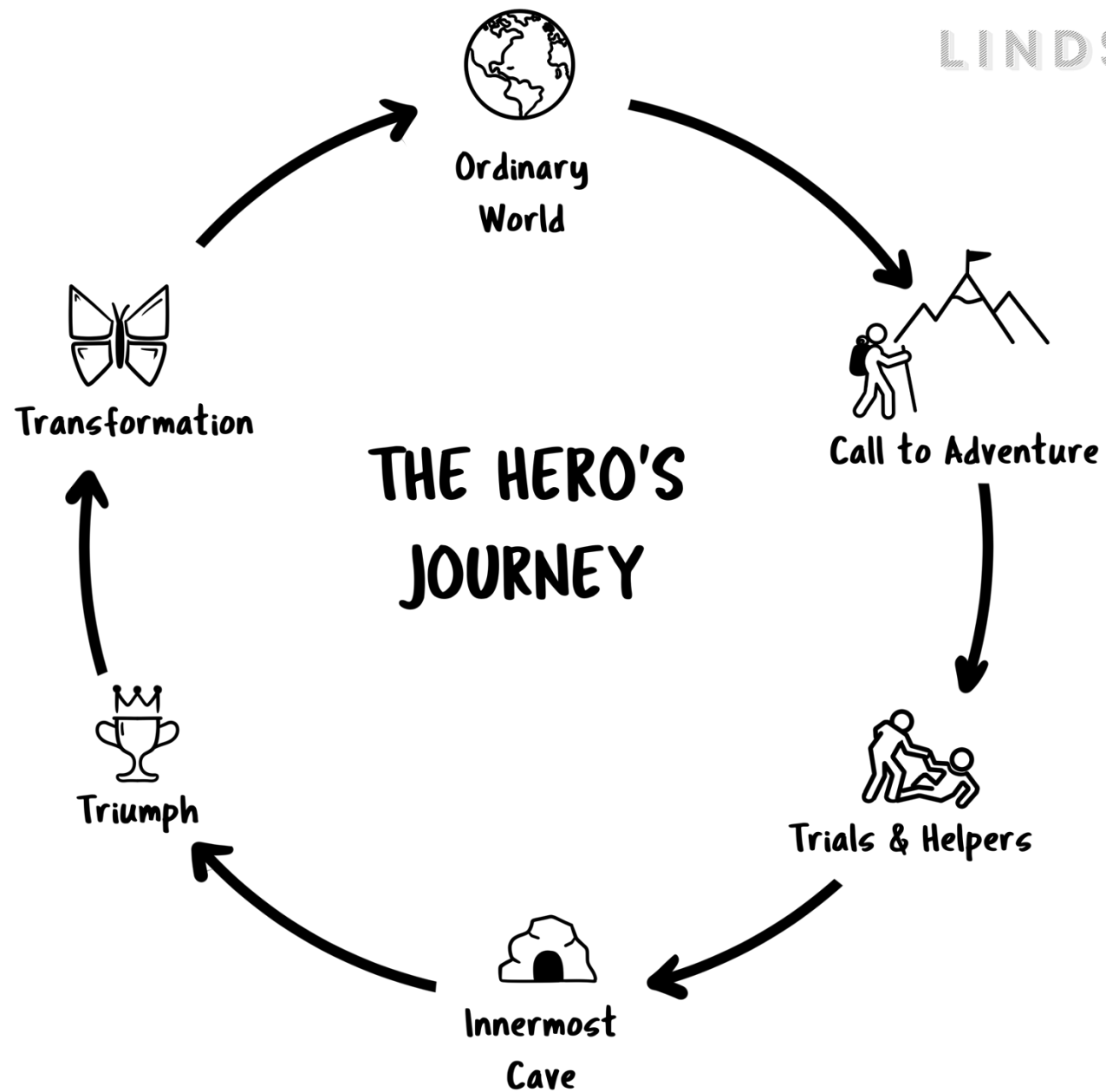
**How has your career evolved
throughout your life?**



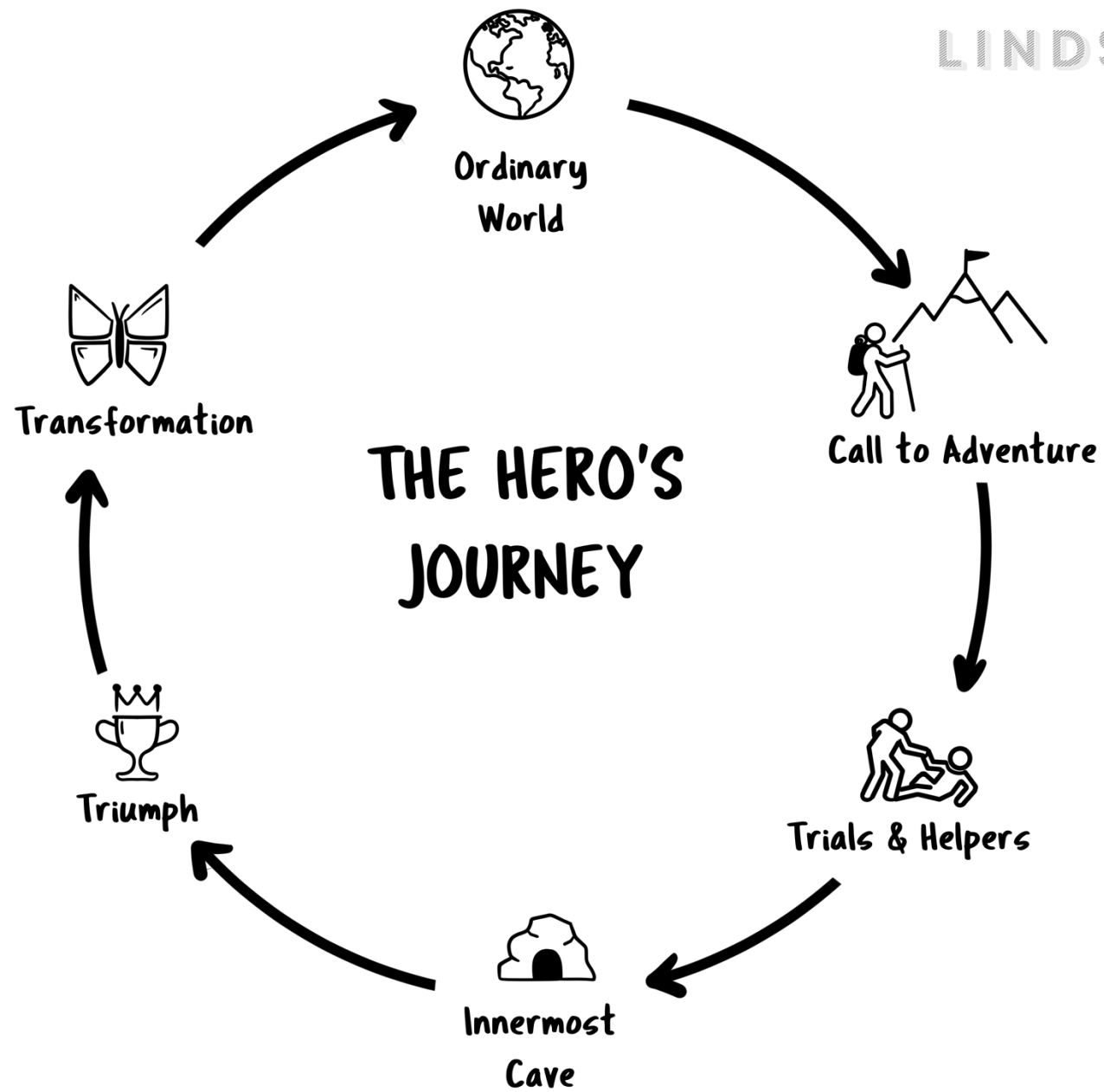


Joseph Campbell











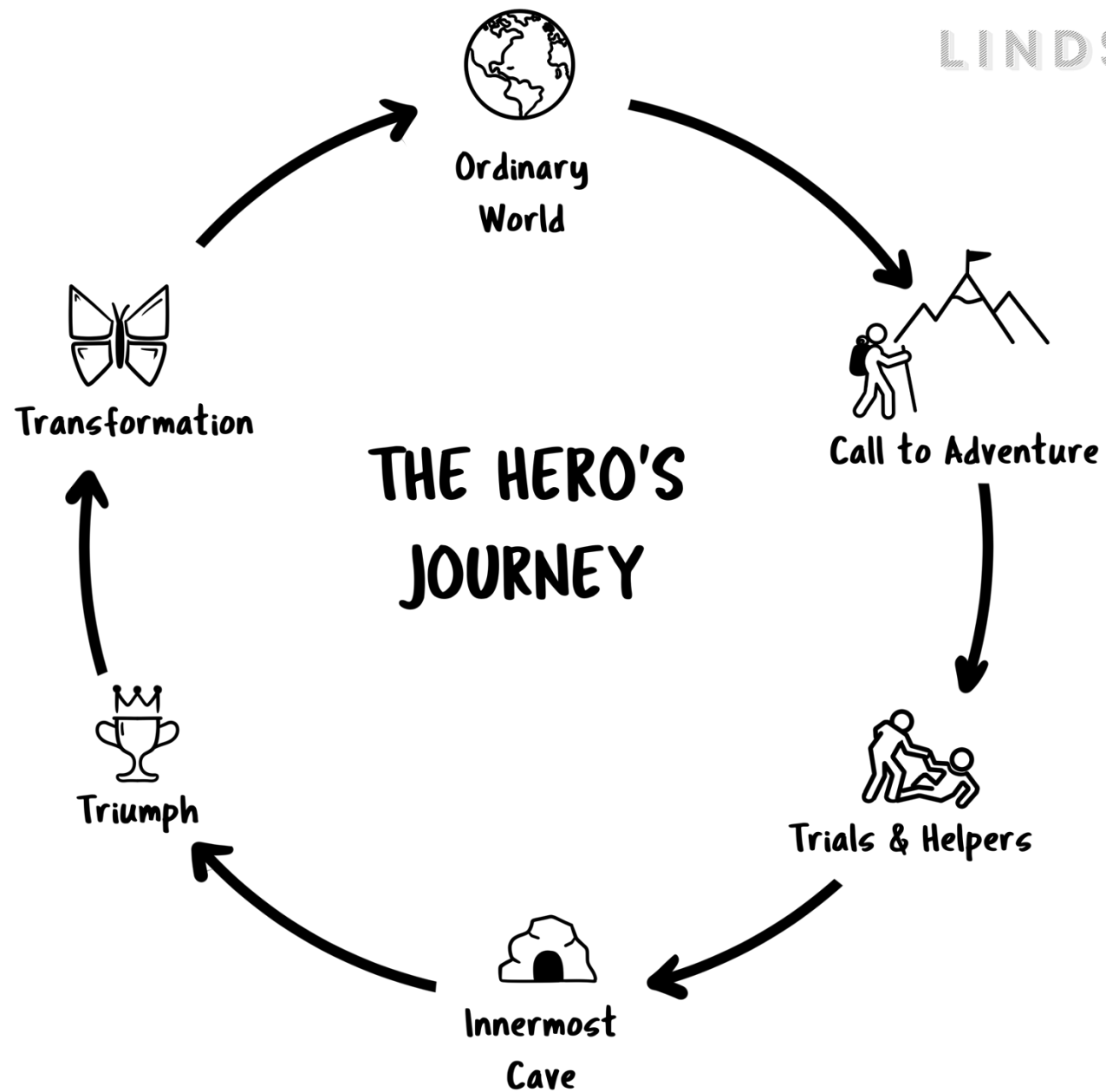
Ordinary World

Let's remember the good old days...











Call to Adventure

Not every adventure is created equal:

Sometimes we choose our next adventure...

Sometimes our next adventure chooses us! 😬

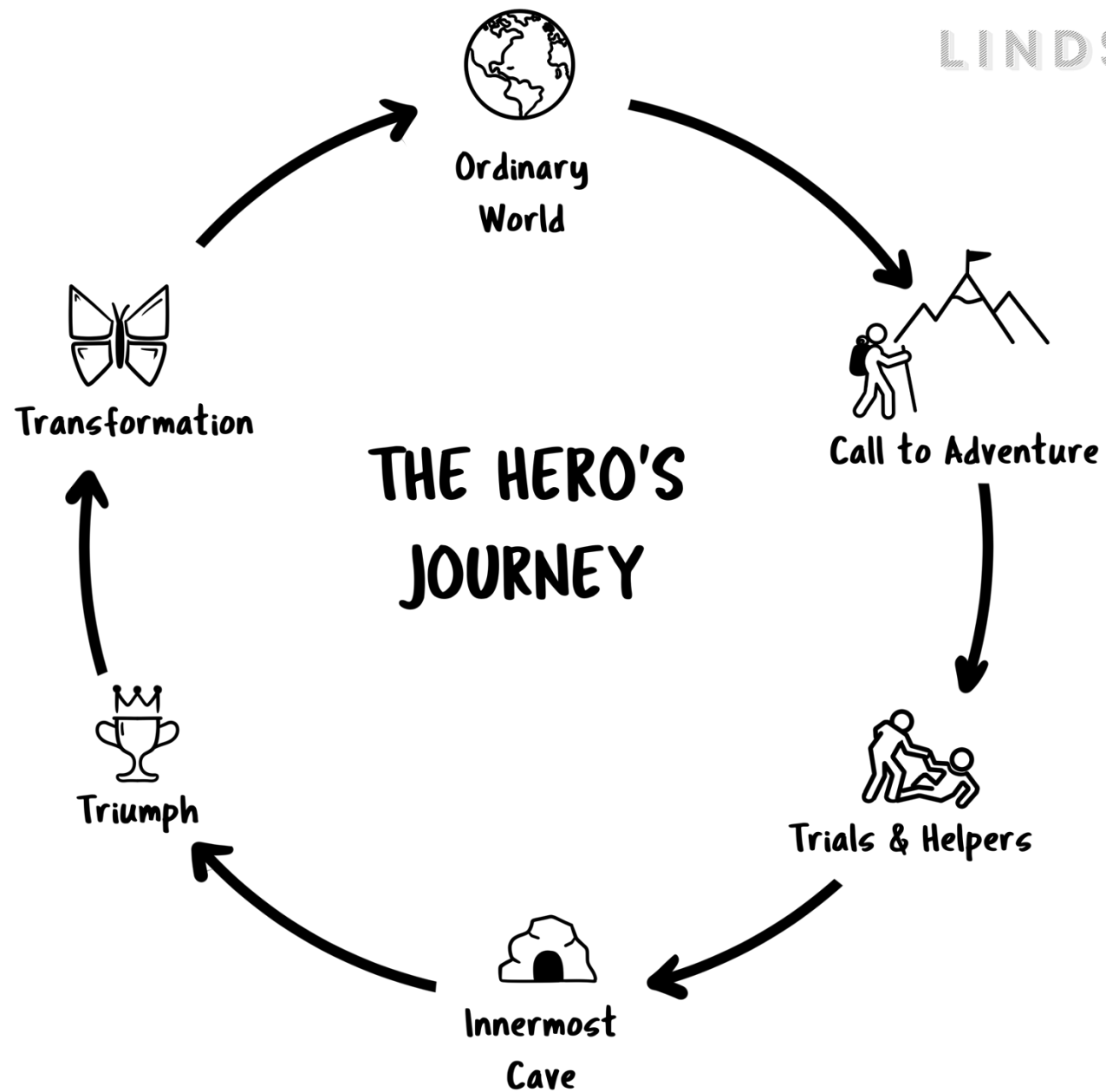


“We must let go of
the life we have
planned, so as to
accept the one that is
waiting for us.”

Two options when adventure calls:

- Refuse the call due to F.O.G.
- Accept the call and find meaning in the adventure that awaits.
- This will lead to existential burnout, stagnation and disconnection.
- This will help turn fear and suffering into purpose and will allow you to follow your inner knowing.







Trials & Helpers

Humans are primarily social creatures:

Over 70 studies have found that loneliness increases your chance of death by 26%.



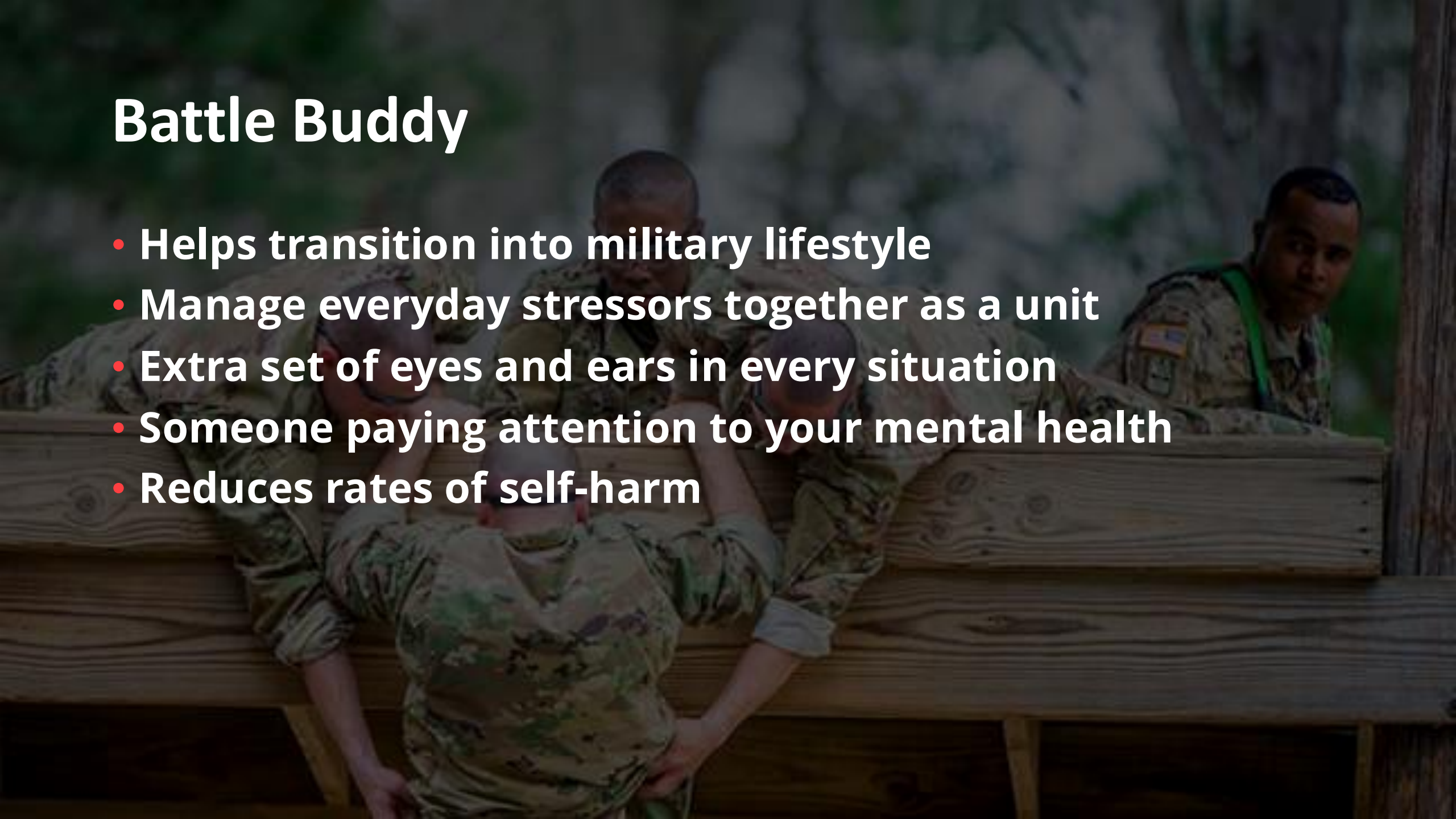


Battle Buddy



Battle Buddy

- Helps transition into military lifestyle
- Manage everyday stressors together as a unit
- Extra set of eyes and ears in every situation
- Someone paying attention to your mental health
- Reduces rates of self-harm



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It's been proven that “dumb stuff happens less frequently”

The best way to face the unknown is with each other.

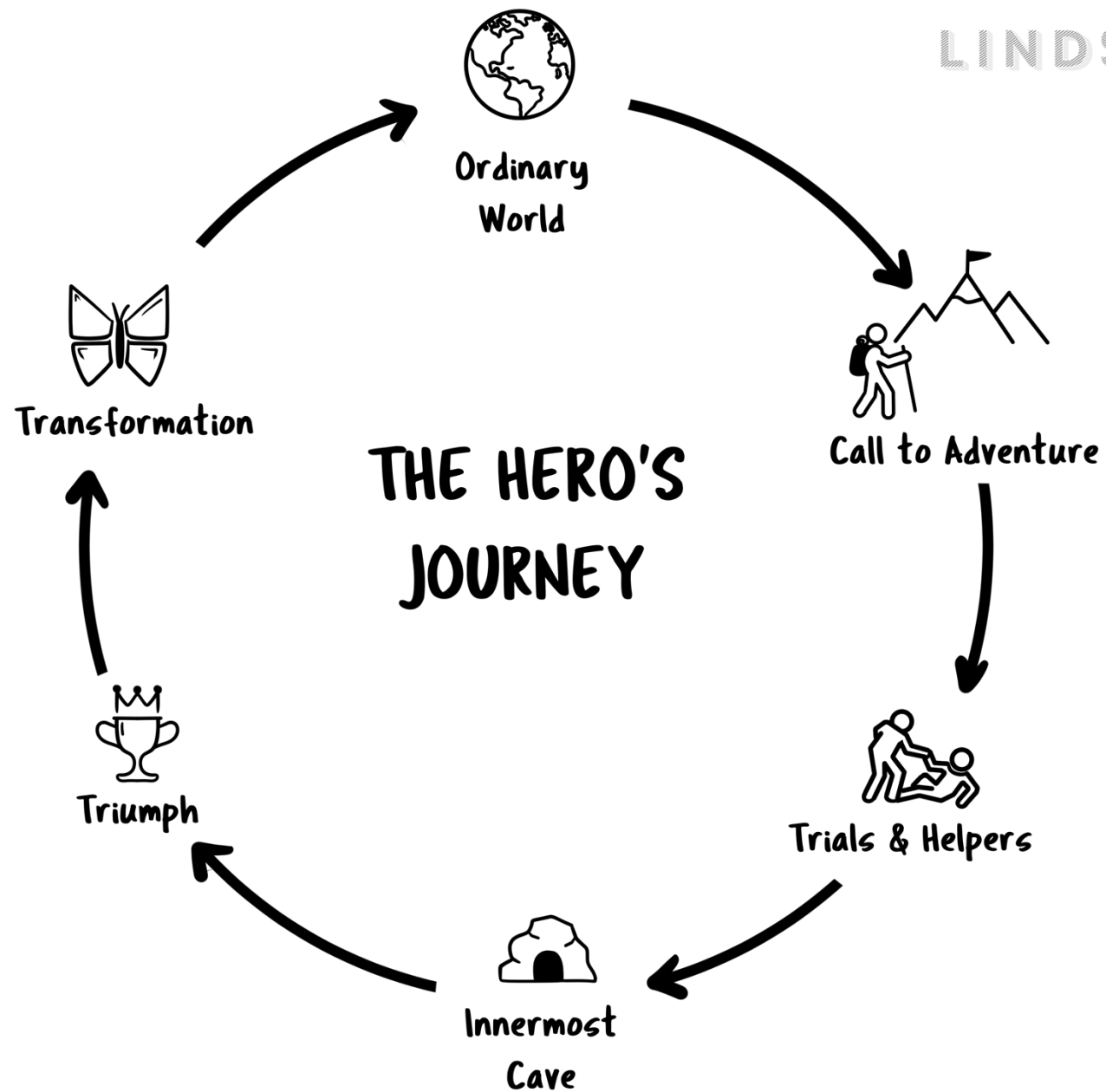
Your resiliency depends on the quality of your relationships.

**When has someone shown up and helped you
through a tough time?**

This room is full of helpers.

“No one – not rock stars, not professional athletes, not software billionaires, and not even geniuses – ever makes it alone.”

-Malcom Gladwell, Outliers: The Story of Success

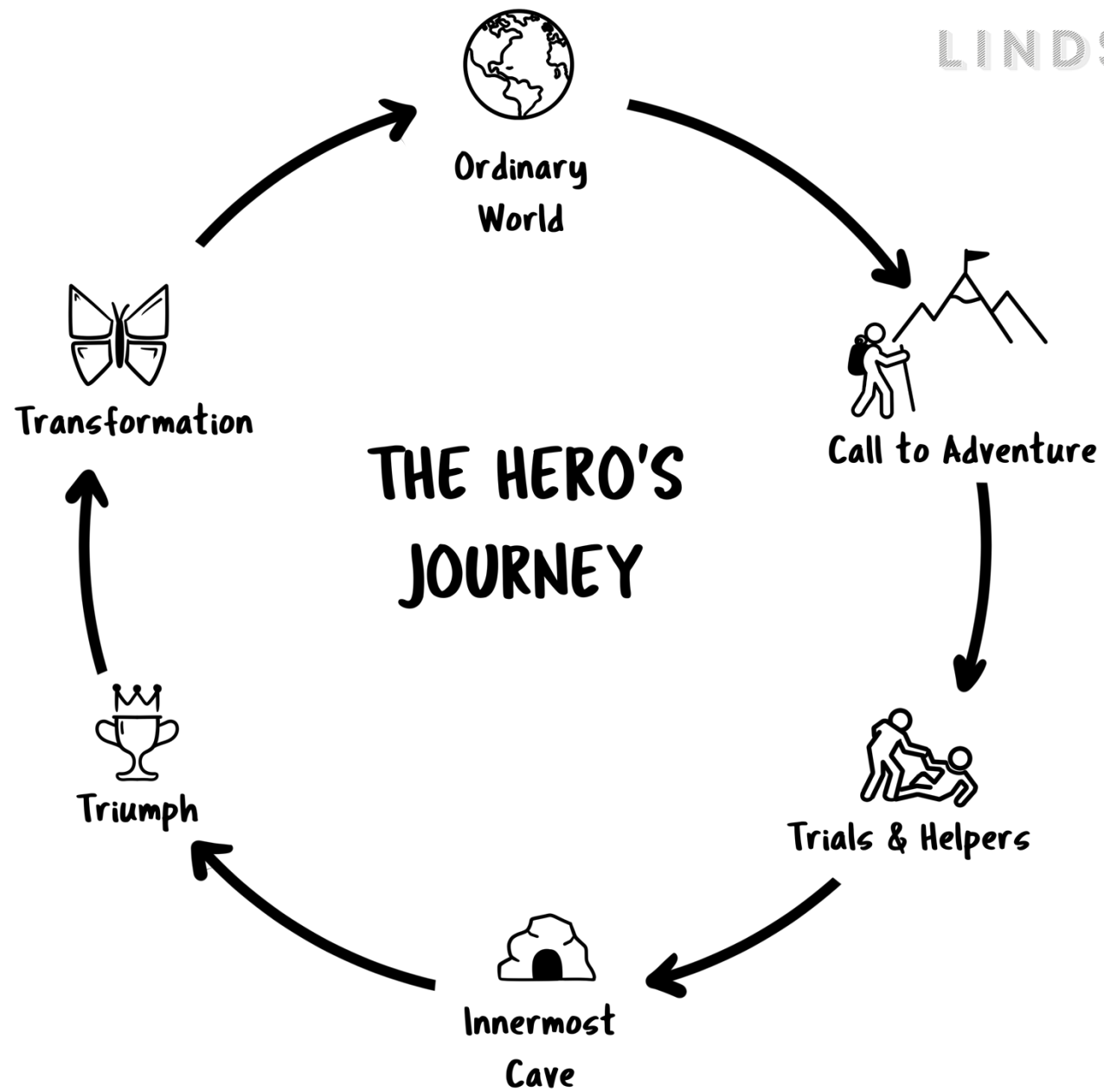




Innermost Cave



**What is the difference between
a hero and a villain?**





Triumph

Dear me,

Look at what I've overcome!

- _____
- _____
- _____
- _____
- _____
- _____
- _____

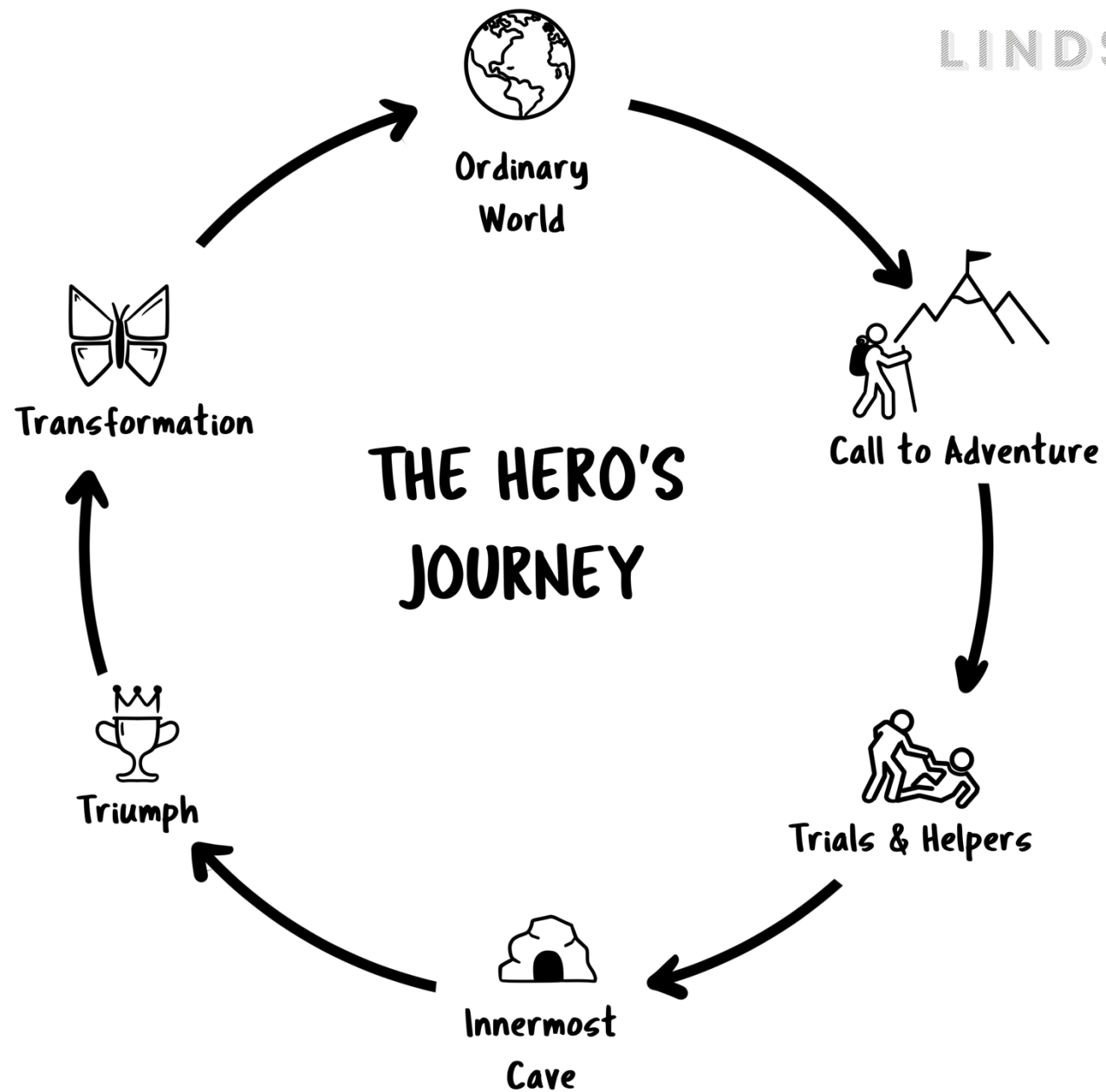


"A hero is someone
who has given his or
her life to something
bigger than oneself."

How have I shared the elixir of my victories with others?

Generational trauma:

Breaking the cycle isn't just your victory; it's a legacy. Every generation that follows you reaps the rewards of your courage.





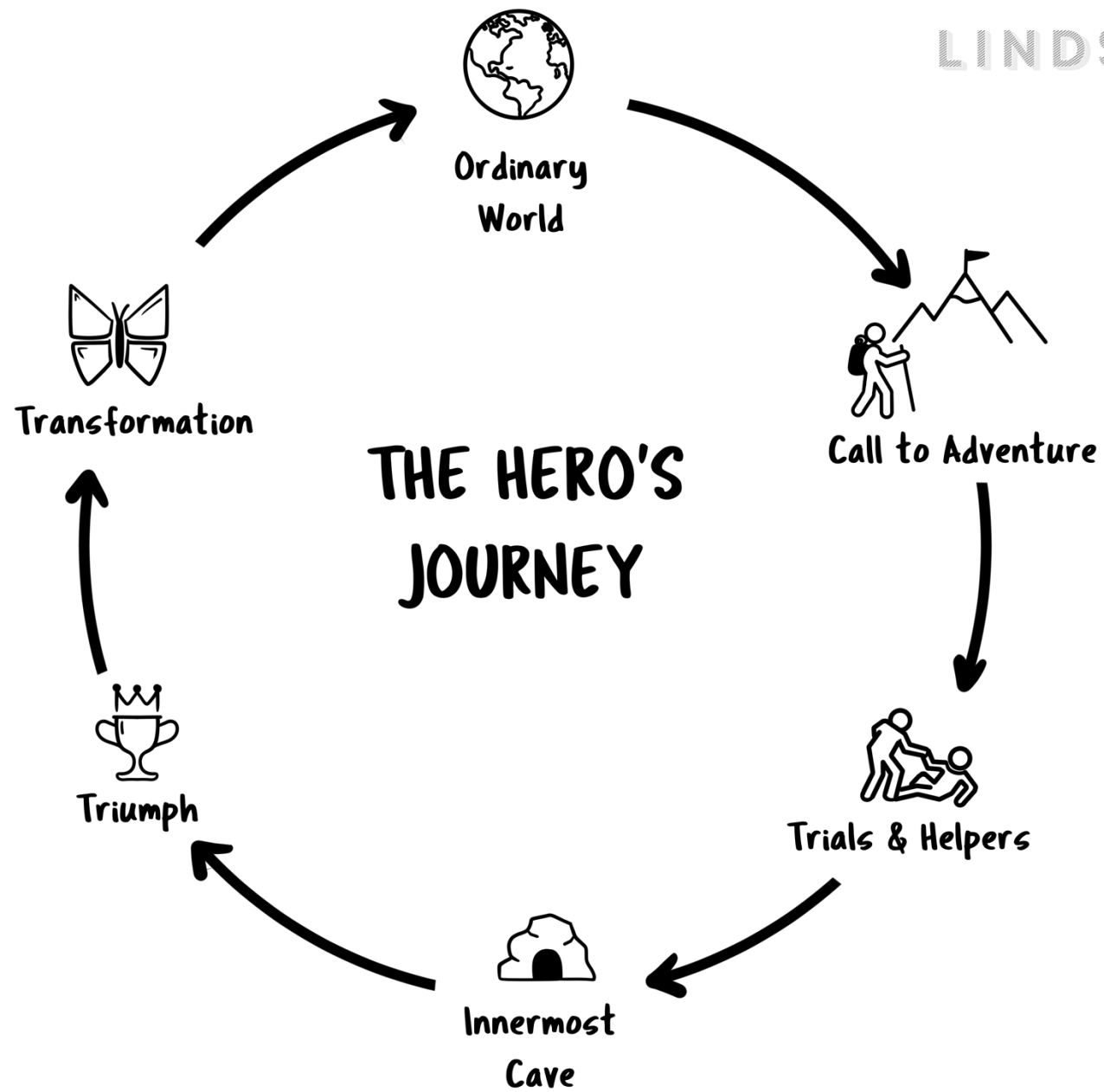
Transformation



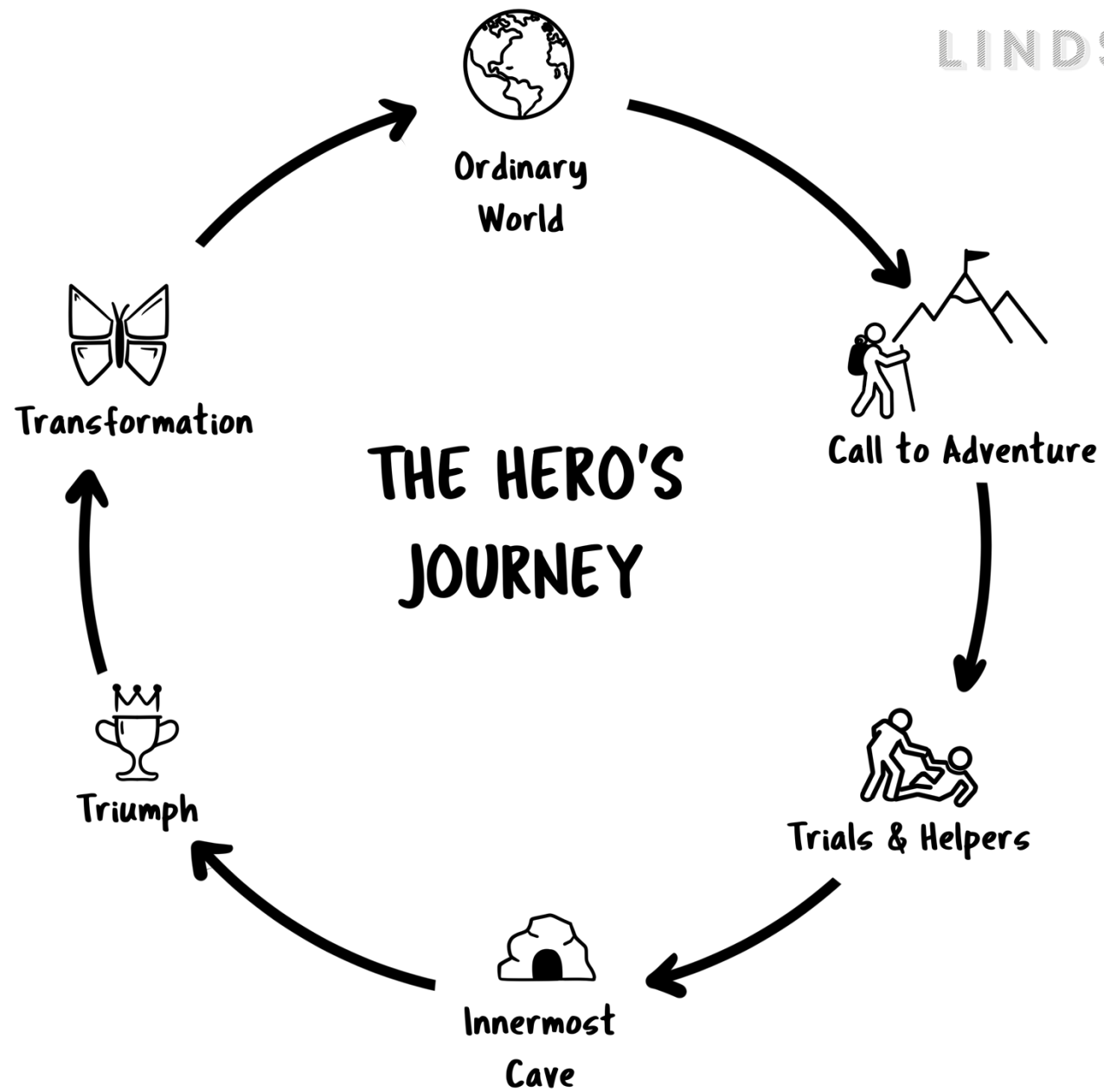
Interview yourself:

If you had coffee with your 10, 20, or 30-year-old self,
what would stand out?

What's changed between you two?



**Where are you on the
Hero's Journey
right now?**



I'll be happy when...

~~I'll be happy when...~~

I'm right where I need to be!

I'm in the right place, at the right time!

We are obsessed
with speed.

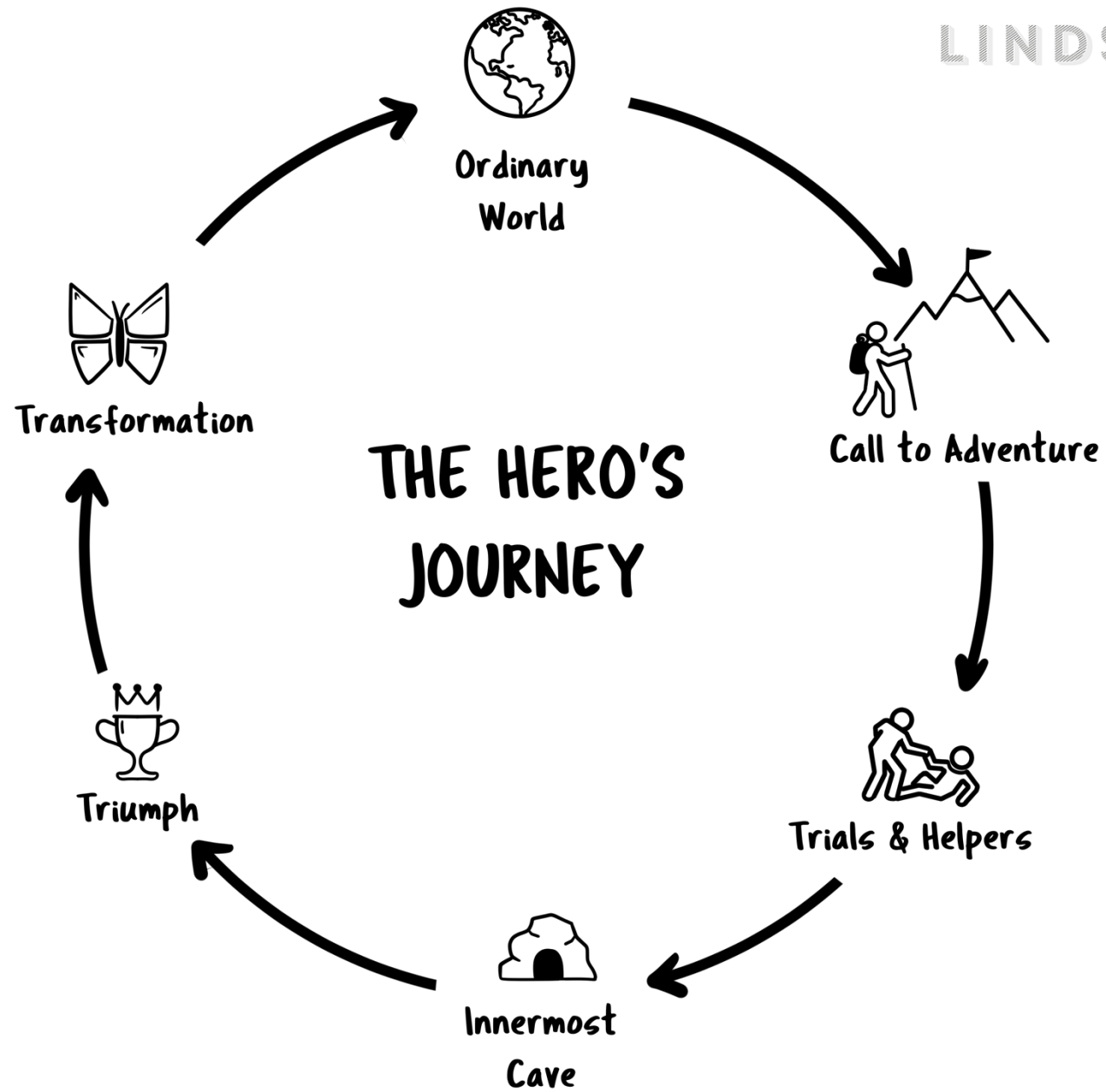


You don't need to be the first one over the finish line.

You need to get there without burning out.

Lessons from the Hero's Journey:

- Most of our life will be spent in “the unknown”.
- Resiliency depends on the quality of our relationships.
- The innermost cave gives us clarity about our character.
- We can choose to be a hero for us and our community.
- The Hero's Journey transforms us (and that is the real prize!)







"Opportunities to find deeper powers within ourselves come when life seems most challenging."

This room is full of heroes.

Let's stay connected!



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www.PracticeWithLindsay.com





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