So what do you really want? Struck me here because a lot of the times people are saying things like, oh, it's not about what I want. It's what I, it's about what I can get, and they kind of lower themselves into that desperation, and that's just what the brain likes to do. I noticed, like with my recent client, I was just reviewing her transcripts of her very first session with me, and now she's just accepted a job offer for 40,000 more than she was making before, and.

In that first session, she was already going to like desperation and wanting to apply for lower level, level positions that paid her even less than the one she had than, than the one she had just left. And, and it's just where the brain wants to go. And here's my. Theory on that, it's because our brain would rather have certainty, even if the certainty sucks, right?

It would rather say, well, let me just see if I can get one of these really low level positions so that I can say that I'm going to get something so that I can be more certain that I could get something right. And then the funny thing that happens from there is a lot of the times I'll see `people do that.

Like they'll go and apply for these low level positions and then they won't get anything back. Then they'll start to, to make that mean that they can't even get that. And here's my theory is that they didn't want those positions in the first place. They weren't energetically matched to those positions in the first place.

So of course they're not getting those because it's not exciting for them and they don't even want them. Right. So. But then they tell themselves it's because they're not good enough or because the market is terrible, or because the, the reason that they give themselves is a negative reason. And the reason is actually because you're meant for so much more.

You can get so much more, you can do so much more. And if you're trying to go after something that you're not excited about, your brain doesn't have very much motivation to actually do it. But it would rather have certainty. And it would rather have that certainty than sit in the uncertainty of for any l length of time.

And this is especially true of people who are used to having a stable job and they're used to having a stable paycheck. They would much rather just. Not ever have to deal with the uncertainty, right? But whenever you are upleveling, whenever you are going for a position or an opportunity that is a higher level than you've ever gotten before, there will be sitting in uncertainty.

That will have to be a skill that you develop. That is something you will need to develop, right? So. This is making so much sense to me. After I've looked at, looked through, I looked through a lot of the transcripts and a lot of the screenshots and a lot of the wins that I received over this past year, 2025.

And it makes so much sense to me. Right. And like when you take something lower level, it's because you can't handle the, beyond a certain level of uncertainty. Right. So the, the tolerance

for uncertainty is something I've developed because I've been an entrepreneur for several years, but it's not something that someone who's had a stable job has really been, been kind of forced to, to, to manage or to develop that skill.

They haven't, like, it's normal that your brain doesn't want to, it's like, no, no, no, just give me certainty, even if the certainty's awful. Right. Even if it's not the thing I want. Right. And then. Then you make it mean all these things about yourself and about the market, and then that's why you don't end up getting it.

Right. So this is where I've, I've noticed with my clients and, and I shift them 'cause I'm like, no, I can see what's possible for you. I can see that you can totally get more, you want more. That's why you're here. That's why you paid me. You're getting more. Like, that's where I kind of pull them through. But it's so like tempting, and you might be here too, where you're like, oh, I just need anything.

I'll just take anything. I'll just do whatever I can get. Right? And that is the energy that creates either very low level opportunities or just repels those opportunities altogether. Right? And so it's kind of, it's like, um, I don't know how to, how to word it, but it's like a catch 22 situation, right? That you put yourself in.

Right? And that is a box that you put yourself in. Because you decided in subconsciously that you would rather have certainty by accepting whatever, going for whatever low level opportunities, even lower, like just lower than you had before, which is what my client was thinking of doing. And then you'd rather have that certainty than.

Develop the capacity for uncertainty for something even bigger and something extraordinary even out of what you, you right now perceive to be possible for yourself. Right? So first you gotta decide what you really want. And the reason why people come to me is because they wanna be intentional. The reason why somebody signs up to work with me is because these are some of the things I've heard.

They will say to me, they'll be like, I wanna be intentional with what I'm doing. I don't wanna just fall into something. I want. Like my brain kept on track and focused on the thing I said I wanted, and I wanna see that through till the end. I want. To be able to create this for myself and I want, I wanna be kept on track with that, right?

Because what will happen otherwise is you will go into the desperation. That is just what the brain does. It does it every time. It is. It is a human brain response. And like I said, hopefully I've explained that super clearly. It is because your brain doesn't wanna tolerate the uncertainty, so it would rather tolerate something less than something.

Low level because that is, that seems more certain, right? Because it's coming from your past. Your past is is what it's measuring, what's possible on, right? So when you can actually

understand that intellectually and you can say, okay, if I wanna uplevel, I'm gonna have to tolerate some more, some uncertainty that I'm not used to tolerating before.

But I can do that. And like you can, you have the capacity to grow your. Your uncertainty tolerance. Okay. I've done that. I used to be corporate girl all the way and, and had certainty for many years that way, and I grew my uncertainty tolerance by becoming an entrepreneur, by making some really big moves that there was no certainty I'd be able to maintain or grow, but I, I grew my capacity for it.

So I know what's possible for you to grow your capacity for it too, is what I'm saying. If you don't have a very high capacity for it right now, you are. You have to just realize like that's what your brain's gonna do. It's gonna wanna go to that uncertain, that the place where you can have certainty, which is I'll just apply for this really low level, easy job that pays me very little.

And at least then I'll have some certainty. Right, and it's just so many, I reviewing all the transcripts, I'm like, that is just what the brain does. It is almost like a default mechanism, right? And in order to achieve something that you've never achieved before, like, like my client has just done, she has.

Achieved, I think it was 30,000 or $40,000 raise from what she had before a job in the field. She wanted, um, she said it checked most of her boxes. She's gonna be moving for this position. And she had to tolerate uncertainty. She had to build her capacity for that. Right. And this just happens. So it, the market is irrelevant to me, especially after I looked through all my.

All my screenshots and all my testimonials and all my transcripts with past clients, I'm like, this is not about the market. This is about you. So I believe that with full intensity now, and it's just been reaffirmed so many times that. It's your ability to tolerate uncertainty. And when the, when you see messages and negative, uh, negative posts and negative things being posted, your ability to tolerate un uncertainty shrinks down a whole lot, right?

So that's why we want to avoid looking at that stuff. You wanna put yourself in a place where people are succeeding, where people are. Are moving towards what they want. Right? They're not in the, what I call the rejects club, which one of my clients had said. She's like, oh yeah, that's where the people that I was laid off with hang out.

They, we call it the rejects club, and it's like, that is not the best place for you to get the information where other people's human brains are just running rampant without any kind of direction. Any kind of intentional direction, right? So the reason people wanna work with me is because I, I'm really good at holding the belief for them, right?

Like, I had someone do that for me. I saw the power of that, and it's like. You can do that, but you don't believe it yet. Your brain doesn't believe it yet. Right. Like my client, she was like, oh no, I'm starting to get desperate. I'm starting to feel like I should apply for these jobs. And it's like, that requires someone to take you out of that.

And you can't take yourself out of that because you would've. Right. And it's just the thing, the, the, the default of the brain and wants to just keep doing that. So. If you wanna be intentional, you wanna be intentional, and you want to create something that you've never, maybe you've never created before, something new, you wanna rise above that is 100% possible for you.

I don't care what the market is doing, I don't care what anybody else is doing. I try not to look at other people's stuff. I just want to stay in my own lane, focus on me and my clients and how I can create the, the best results for them and the best content for them. So. If you want to create something intentional, you will need to raise your capacity for uncertainty, and you will need to develop some skills that you haven't focused on before.

Right? And so by these skills, I do not mean. Going to get a cer a certification from Google. I do not mean going to get another class in Excel. I don't mean any of those certifications. Those are the things that companies will pay for for you when you can interview properly, when you interview with the proper influence that you actually have the capacity to have, the companies will pay for that stuff for you.

That is a waste of time. I seeing it more and more and more and more. So the, the first skill that you will need to develop is. How to create opportunity and the belief that you can create opportunity, that you could literally have opportunities next week, the week after on your calendar, and that you could have exciting conversations happening and that that could happen in a short amount of time, and that you could be responsible for creating them.

Okay. And then the next belief is that you believe that you have influence over the direction of those conversations. So when you have both of those things, right, when you know you can create opportunity and you believe that opportunity is abundant, you believe that you can create it, then you're not reliant on one and like you're not relying on just like one thing and it has to pan out and I'm waiting for that one thing.

That's a big trap, big mistake to get into. And when you believe you have influence over the opportunities that you are creating, then you are off to your success. Right? But that's where these beliefs get really wobbly. Most people don't have them, so most people will be thinking, oh, it just takes time.

It's just this how it is right now. It's just. There's too many competitive candidates there. Other people are better than me. I just don't know how to sell myself. Like those are the, the dominant beliefs that will be driving you. And if and when those are driving people, then the success is very slow and they probably will just fall into something, whatever comes along, right?

So. I've been really working on getting people to be very intentional with what they want and then holding them to that. And that is the challenge because like I said, it's very easy for people to just fall out of that and be like, I'm just gonna take something easier. I can't tell you how many

times clients have come to me and they're telling me about their, I'm like, why are you interviewing for that position?

And the answer, oh, well, because I thought it would be easier. I thought that, that, like, I needed, I needed to just do something. And it's like your capacity for, for. For, um, uncertainty is just very low, right? And that will reflect in the life that you have in the end, right? Whether or not you're able to create things you've never been able to create before is gonna be like proportionate to your capacity for uncertainty.

And right now, like with like having people being laid off all the time and having the sh shifts and changes happen more than they used to. The capacity for uncertainty is, is going to be mandatory for any kind of success, right? The days are gone where you just had the job for years, right? I mean, there's exceptions, of course.

Government is one of those exceptions. I mean, my, my partner's had his job for 18 years and he's. Stayed in that same place. And that's still a thing, but it's not usually the thing with the clients that I work with. Right. And it can be, but usually I attract people who wanna go for these big roles. They, and they want change because they want to keep advancing, right?

So they do want to step out of something safe and secure, and they wanna step into something more challenging, more stimulating. That pays more, that requires more of them. Like they want that, right? And so with that, you do need to build some skills that you're probably not used to focusing on, right? So most people are focusing on the whole, I need certifications, I need more experience, I need blah, blah, blah, whatever someone told you.

And the thing that really frustrates me is like, yeah, recruiters can say, oh yeah, go get this. Oh yeah, go do this. Oh, go, go do all these things. But never are they gonna guarantee you any kind of. Job from that. So you go spend all your time, all your energy going back to school. Sometimes people go back to school for years and then they come back to the job market saying, okay, now I'm ready.

Now I can get the job. And they end up with the same problems, right? They don't know how to create opportunity. They don't believe opportunity is within their capacity to create, and they don't know how to have influence over the interview process. They don't know the direct actions that they need to take in order to influence that interview process in the way that it needs to go.

And then they're like, oh, well, I guess I need more schooling, or, I guess I need to apply for more jobs. And it's just not the right problem to solve. It's just the, you'll be solving that problem forever and you'll never get the result that you want. Or if you do. You'll end up with something that you didn't really want, you'll, you'll end up with that lower level thing, right?

Because that's what at the subconscious level you believed you could have. So what do you really want? That is my favorite question to ask my clients. What do you really want? Do you

want something that you feel proud of when someone asks you what you do that you feel excited to talk about? Do you want something that makes you excited on Monday morning?

Instead of dreading it, do you want something that, do you wanna go in knowing that you're helping build something meaningful and having an impact? Do you wanna have fun? Do you wanna be like, be free to be yourself? Do you wanna work on projects that matter to you? And do you wanna have internal security for not just this next job, but for your career, for your, the rest of your working life?

And that will start with one skill. The ability to create opportunity on demand, not wait for them to show up, not hope for them to show up, not apply and pray, not just keep going until something hopefully works out, but intentionally creating opportunity on demand. And when you create opportunity, when you know how to do that, then you will, you will have so much more power and momentum and it won't need to slow down.

So this is what I, what I catch my clients in, where I teach people how to speed up when I know what speeds up a job search is the concept called opportunity stacking. And here's why. It's like the open secret. Everybody knows you need to speak to human beings, but what they don't know is why that is so much more effective.

Right. And it's just so funny, I've talked to so many people where they. Like they'll speak to a few human beings and it won't go exactly where they want it to go, but they still had more success in those conversations than they did spending the time applying to a massive amount of electronic jobs that they didn't hear back from, or that they got an easy rejection from, right?

So it's like easy apply, easy reject, or easy, ignore. In a lot of cases, it's like so many people are spending so much time doing that, and it's like if we could just take that time and energy spent and channel it into creating precise, specific opportunities for yourself, you would have a very different result.

So now the thing is, and when my clients come to me, they think they know. How to do it. They, they think, oh yeah, no, no. I am, I'm personalizing the messages. I'm sending the messages and they're not working. And this is where in the coach school they taught me, you can't believe your client. And I know, I can see why now because.

People have said that a lot of the time they're saying, oh yeah, I know I'm doing this and I am personalizing. And they just kind of wanna brush it off, like not wanna talk about it. And I'm like, okay, but let's actually dive in and see exactly what you're saying, exactly what those messages are, exactly what you think and believe when you send Exactly.

Like we, I have a process in my head that I go through is to see what is going on and every time. There is stuff that's missing. They haven't applied the cocktail party method correctly. They haven't added something that was in there that was necessary to add in there. They haven't really done it, you know?

And so there's always a room to move it. Right? But imagine if we just brushed it off and we just said, oh yeah, I'm personalizing. I'm doing it and it's not working. Then what? Right. Then we're stuck. Right. And that is where we like. Me as a coach and you really need to push your brain to see exactly what is going on, and that is what I hope you do.

So inside my program, I have the before and the after messages of all the messages that I have gone through with people to be able to share with them, this is the before. This is why it didn't work. This is the after that has a higher chance of working. This is why. Okay, this is exactly why this will work better.

This is counterintuitive. This is why we do it though, and especially right now. 'cause I had to adapt my process because the thing that work used to work doesn't work anymore. Okay. So the things that used to work were like. Hey, my name is whatever your name is. I have been submitting or I have been, uh, looking at your profile and I've been very intrigued and I can see that you transitioned from here to here.

I'm looking to transition to, do you have 15 minutes on the calendar to chat? That's what we used to do. That's what used to work. It doesn't anymore. I had to adapt this process 'cause that wasn't working anymore. Right? So now the process is a bit counterintuitive. It's a bit different, but it's. Totally still doable.

And it's actually essential because it actually makes you stand out, right? Because nobody else is doing it so that it's called the cocktail party method, and that's what I teach inside the program. You've got the before and afters, you've got everything that you need to tailor your messages. And create opportunities on demand.

Okay. I give you the ingredients to do that, and then the evidence of how it works and, and I have lots of screenshots of people messaging me and posting, saying how they work. So this one person said, she said, my message was the only one she actually replied to as she swamped with messages, but she said mine stood out to her for some reason.

Thank you for sharing this with all of us. The before and afters were so eye-opening, so there's so many more. Um. Instances of people actually picking these things out of a crowded inbox, right? Like picking out your message versus maybe the other ones that they get or the sales pitches or whatever showing, Hey, there's a message that could actually be something that I'm interested in.

Hmm. Right? Like, and this is so different than just applying in a, in a box like imagine. You are, uh, a hiring manager. Okay. Just imagine for a second. And you are swamped with applications like you have, there's an image that I always picture of a guy in a room and he's, there's just crumpled pieces of paper all around him, and he's stuck up against the wall, like the glass door.

He's stuck in. There's just crumpled pieces of paper, like the room is just filled, packed with crumpled pieces of paper. That's how I imagine it on the other side, and that's because. It's how I felt like when I was in hr, we had, we had to put these systems together, but honestly it felt like, oh, like I'll, it'll never end.

Like I have to go through all these applications and it will never end. Right? And so there's just no way to stand out. And when you do that right, like there, like it's, I'm not saying it never happens. It, it occasionally happens, but it is literally a 1% chance that you will get a response from that. So if you are getting responses, congratulations from applying.

If you're getting responses from applying, congratulations, but it's very unlikely. It's very low percentage. You have very low influence over whether or not someone's gonna see it in that huge stack of things, or that they're going to, for some reason, pull out your name out of. Potentially hundreds and sometimes thousands of others.

There's no real control there other than you hitting send, right? So with this other approach, it is so much more targeted. It is so much, the chances are so much higher that somebody would see it. You have that control to get somebody's attention, and it is your responsibility. To get people's attention, to learn how to get people's attention and to do it in a non sleazy, non-transactional way, because that's what my clients really hate.

They don't wanna bother people. They don't wanna be transactional, they don't wanna be icky. And so that's why I developed the cocktail party method because it's the best feel good way to do it. And you wouldn't think it works, but it does. So. That's where the first thing starts. We start with creating opportunities on demand, believing we can create opportunities on demand, and then actually creating them.

And then we move to the next set of, of problem solving, which is how do we influence those opportunities? How do we drive those opportunities in the direction we want them to go? So the two main problems that people need to solve in their job hunt are one. Can I create opportunities? Right? So that would be like, you would be able to self-assess that very easily by saying, do you currently have three to five exciting opportunities on the table that you're being considered for?

Do you have that? If you don't, then this is your problem. You do not know how to create opportunity, and if you don't know how to create opportunity, then you won't know how to move along your job search faster, and you'll just be at the mercy of whatever comes up. Oh, I just have to wait. Oh, it just takes time.

Oh, I'm in the same boat as thousands of other people who are all struggling right now, and this is just how it is and that is not true. Okay, so if you want to. Be like one of my clients who's achieved the extraordinary result. You're gonna have to understand that uncertainty is gonna be required. Like there's just gonna be uncertainty.

We want certainty, but like I said, you're gonna see your brain probably wanting to go to, I'll just take whatever. I'll just take something easier, and that is the lowest level that you could be operating at. Okay, so here's another thing I wanted to share with you before I sign off from this lesson. So.

In today's job market, you need to be someone. You need to be on someone's radar, like you need to actually have someone see, you know, you exist and be intrigued or interested in you. You need to catch their attention before you could even be considered for a role to get an offer, right? If hiring managers don't know that you exist, they don't know about you, they don't know your name.

They don't know your qualifications or your resume or anything that you can do, they can't hire you. And with AI screening systems, hundreds of thousands of applications get lost in the mix every single day. And the old school mentality of it's a numbers game, apply to everything and pray it works. That method of applying has become the least effective way to get in front of high quality opportunities.

So with that said, how are you ever expected to land a high quality offer? If you don't know how to create opportunities in the first place, if you don't have a different method to create opportunities in the first place. So that said, if you don't have right now three to five opportunities open for roles that you are being actively considered for, then this is you.

This is your problem. So with what I've developed and what I teach. How I walk people through this process is very specific. So I give them the mindset of what they need to think and how they need to approach the situation, but more so it's a lot of belief around you create opportunity and showing a lot of proof of that.

Right? So. You can see on the page for Mindset to Hire, which is the program where I share all this stuff. You can see on that page the people who have created opportunity. And the exact things that they would say when they created an opportunity, right? So they would be like, let me just pull some of them up for you.

They would say things like, oh, another authenticity win. Like another win from cocktail party. I got another. A conversation on the books, and this is, this is how I said it, or this is what happened, right? And that excitement then, then drives them into belief that, oh, I created that opportunity. So then we do a success evaluation and we see exactly how they did it, and then they get to do it again.

They get to create it again, and then they get to create it again and again and again. Until they build up that confidence that, hey, they actually created that opportunity. It wasn't up to chance. It wasn't up to, to like the, like the fluke, right? It was something that they were able to move. So here's, uh, here's a response I got from somebody.

'cause I always ask them for feedback. So sometimes with my one-on-one clients, I'll go through specifically and edit the messages that they've been sending. So here, one of my clients said he. Here's the feedback you requested from the last messages we worked on. She said she saw my message and said it caught her attention.

She hadn't replied to anything in weeks because of her busy schedule, but my message stood out to her. We have a call set up for next Thursday. Pretty great considering. I told her she didn't even have to reply. So here's. Here's more belief, right? It's like, okay, so I did something precisely that created a different result than I would've gotten.

I literally created that result out of thin air, right? Here's another one I. He, um, he said I was really thorough in my research and appreciated my thoughtful contact. He said he would be happy to let me go through his contacts and make introductions. He has a strong network and has built his career this way, so he really gets it.

That was from. My client, Heather, who used this, this system to lend two job offers. So this is just not something that's theory, it's something that is more important than ever. Now with all the AI screening and with people using AI messages and with people's inboxes just being flooded with a lot of stuff that like a lot of extra stuff, like a lot of bulk and volume, but not a lot of substance and not a lot of really intentional.

Like things that they actually care about, right? It's like the mail, right? You go to the mail and you're looking for junk mail, like you're, you're, you're standing over top of the garbage can or the recycling bin, and you're like, okay, junk mail, junk mail, junk mail. And then if you see a letter, like a handwritten letter.

That has your name on it, then you think of it differently, right? You see it and you're like, oh, there's something for me. There's something that I am that like was especially written, is handmade for me. Hmm. Okay. And you're gonna look at that differently. You're gonna be like. Huh. That's for me, right?

That's not like just some random mail that was sent to a hundred people and it's all the same, right? No, it's something that was specifically meant for you and that is how the cocktail party method lands. So here's a a little bit of what you get when you sign up. You get immediate access to first, you get the before and after messages.

So you get the before and after messages of everything that, um, like my clients have sent before, what hasn't worked, what we've changed, why we've changed it, and why that has worked, and the response that has been gotten, and then. The, I get you into the state of like abundant men mentality for opportunities.

So like you have to believe that opportunities are available and that they are abundant. The psychology behind the stacking of the opportunities, why that works so well, and how you can do it with this cocktail party method. How to set up opportunities with the right people. When

you're ready to start to have conversations, how to start having them, how to make each conversation work to its full potential.

So this starts getting into like what to do when you actually have the conversations, the questions to ask in every conversation. Then I've got the step-by-step networking conversation, exact examples. And then what to do when a conversation leaves you feeling discouraged because everything isn't perfect.

And sometimes we do have conversations that don't light us up or don't lead to something that that's something that we have to move through quickly. But I teach you exactly how to do that. And then the three different approaches to having the conversations. 'cause there's gonna be different stages. So you might be just starting out, or you might be changing careers, you might have a lot of transferable skills and then you might have.

And you might be experienced and need to have more advanced professional conversations if you have experience and you're playing at a different level. So there's different ways to approach them for different angles of your different levels of your career. And I cover all of that. And you get the whole cocktail party MA masterclass with all of the worksheet and everything in there is all included.

So the before and afters, they have been the thing I've gotten the most feedback on so far. They've been super eye-opening and they give you like a direct Oh, okay. Right. And this is something that is gonna be more personalized than you're probably used to doing. However, we do have a way to do it a lot faster now because we can use, um, some tips and tricks to get that to, to get better at doing it faster.

So. With that said, that is the first part of what I teach. We have to solve the problem of creating opportunity, of thinking. We don't create it, of thinking, it's not available. We have to solve that problem first. So if you are not currently creating three to five opportunities for things, you're being considered for, if you are not.

Actively moving and engaging in conversations. If you are not doing those things and if you're not feeling good about them, if you're feeling like, oh, I'm hesitant. I don't know if they're the right ones. If you're feeling like you're in questioning energy, if you're feeling uncertain, if you're feeling self-doubt, then.

You need to get into a place where you can actually channel your energy into the right actions. Okay? And if you don't do that, you will be left a flounder. Like your brain will just wanna go and watch it as it wants to go to, oh, I better take that other thing. I better just take what I can get. I better like.

It's not just you, it's everybody right now. So if you don't wanna do that anymore, or you wanna have a system where you can bring yourself back to what you actually want and you can create

what you actually want and you can believe that long enough to actually do it, then this is the place for you. So Mindset to Hired is my program.

You get immediate access to that right away, and I will be going into the next, um, problem solutions. In the next trainings, so we will be talking more about value creation, value communication. So this is if you are already getting interviews, but you don't know why they're not landing or what's going on with them.

I'm gonna be sharing with you exactly what might be going on for you. So the, the goal of this training is to diagnose what the problem is that you're having, and this is gonna be one big one for a lot of people. They're not creating opportunity. They don't believe they can create the opportunity.

They're not, they're not, um, taking the steps to create that opportunity because they don't believe they can and they don't know how, or they don't have the tools. That's gonna be one of the main things. Then the next ones we will cover are, as I mentioned, value creation. Value communication. That is where you, you need to communicate your value.

We know that, but you're not doing that in, in a way that is working or landing. Um, we're also gonna discuss the story resonance. The emotional impact that you can create. This is how you really start to have influence over those interviews. You really start to have influence over the outcomes of your interviews.

That's what's gonna change. That is these two parts, is the value creation, value, value creation, value creation, value communication, and the story resonance formula, and then the questions versus the answers. So I'm gonna share with you. Some examples of how that works as well. So those are, that's what's coming up.

If you enjoyed this training, stay with me for the for the next months. And if you are ready to join Mindset to Hire right now, go ahead and start getting those conversations on the books. Get into the before and afters. You're gonna wanna start as soon as you can. I had a client who said to me, she's like, oh, but the holidays are coming up and I just don't think anybody's gonna respond to me right now.

And then. We coached on that a couple days later. She had three opportunities going for her, already done already on the books and it, it was just not, it's just another thing that slows you down. It's just more resistance. It's like, oh, but there's a reason why I don't wanna do it right now. There's a reason why like your brain will always come, come up with good reasons not to do things right now, and that is the biggest, slower of results.

Okay. The biggest slower of results is procrastination. It is resistance showing up. It is self-sabotage showing up whenever you tell yourself things like that. Right? So. We need to coach on. That's actually not true because I actually sent, sent a message. I used an example

for myself. I'm like, oh, I sent somebody a message and it was close to the holidays, and I'm like, Hey, do you wanna do a collaboration?

This is what I had in mind, and she responded. Right away saying, I'm wide open. Let's schedule it right? So it's not, your brain just makes things up so that it doesn't have to move forward because it's either scared of the success or it's scared of the failure. Whatever it is, it's scared of, it's gonna have to deal with anyway, right?

It's, you're gonna have to deal with it at some point. So don't let yourself self-sabotage. Don't let yourself resist the potential of success because that is the number one thing that slows results. Alright, so I will talk to you on the next training, and if you're ready to join Mindset to Hire, all you have to do is go to Natalie Fisher training.com/start and you can get started immediately dive into the before and afters to the opportunity stacking.

You could have opportunities in your calendar next week, the week after. This is how you land a job, offer quickly. This is how you stay focused. This is how you create what you actually want. And you do it by making decisions about what you're gonna do, and then you follow through. See you in the next one.

OUTRO

0:01: A solution.
0:02: So Mindset to hired is my program.
0:04: It is the solution that I've created to the problems of not being able to create opportunities effectively, the ones you want, and being able to create them consistently and have you in control of that.
0:16: , and then the second one is if you are lending a lot of interviews, but not getting the offers, this program is solving that right now.
0:25: And it's for people who have already decided that they want to be intentional about their next career move.
0:33: They don't want to just fall in and land in whatever, whatever is available or whatever happens to be the thing that comes up.
0:42: They don't want to just take whatever.
0:45: They are done with being underpaid, they're done with being in situations that are less than ideal, and they are ready to actually say, no, I want to do something specific, insert what you want.
0:56: I want to create that for myself.
0:59: I want to make this much money, and I know that I can.
1:01: So, you have to have some, some level of belief in yourself to be able to do that.
1:06: And you know, also are self-aware enough to know that your brain is going to go off in directions.
1:13: It's going to want to tell you to not, to take less money, to, to take whatever is, it's going to want to grab onto that certainty, whatever chance it takes.
1:22: So you know that that's going to probably happen.

1:24: You know you have a human brain.
1:26: And you know that managing it effectively and having tools to manage it effectively will help you get where you're going faster and increase the chances and likelihood of you landing that offer a lot faster.
1:38: So, That is who it's for.
1:41: a few of the people who have just landed offers.
1:43: I'll read you the email that I just got from Jessica, which is really exciting.
1:49: she was, when she first came to me, she was definitely having a lot of, A lot of anxiety about, about feeling desperate.
1:58: She had just left her job and she had had a lot of rejections, and she'd done a lot of applying and she hadn't had much traction.
2:06: So she started thinking, oh, maybe I should take a lower level roles, maybe I should go for lower, right?
2:11: And this is what the brain does, right?
2:14: So this is the email that she just sent me and she started with me about four months ago.
2:19: She said, I want to share a breakthrough.
2:20: I was offered and accepted a position that checked most of my boxes, 700 in an area that has more progressive values and it's in the conservation field, which is exactly where she wanted to be.
2:31: I even had the added bonus of working with a friend who was part of my opportunity stacking.
2:37: She said, thank you for all your support resources, and she's definitely excited to transition into this role, and she says she's gonna need coaching on, on how to not feel the need to overwork myself to feel worthy.
2:51: So, here's an example of something that just happened and I am getting emails and messages and these kind of things are happening every day and I just wish that you could have like an open, an open like session to, to all the experience that I'm seeing because I could tell you like, it's not the market, it really is you.
3:12: It's not the, it's not the market, it's your mindset.
3:16: And it's, sometimes that can be hard to believe, but that's kind of exactly why the program is, is, is, is meant to curate your mindset, to form the result that you want.
3:27: But you gotta have some sort of belief that that's possible for you first.
3:31: Or don't sign up because it won't work unless you have that foundational belief.
3:35: So Jessica, for example, she did, she had that belief, right?
3:39: She's like, I want to go into this with the right mindset.
3:41: I know I can do a lot more than what I'm doing.
3:43: She had the courage to, to make big steps and she just knew that she needed some help through that support.
3:50: She's like, she's like, you've helped me recognize she's.
3:54: Like if I had not taken your course, I probably would have burned myself out and not felt no hope for my career trajectory.
4:00: And that is what a lot of people are doing.
4:02: They're burning themselves out and feeling no hope for their career trajectory.
4:05: And that is the opposite of what needs to happen.

4:08: That doesn't have to be your experience.
4:09: So, if you are wanting to be intentional, you believe that you, you, you even have like a nugget of belief that this is possible for you.
4:16: You just need a nugget.
4:18: And you, you, you believe that you can do it.
4:20: You, you have, you believe you're smart, you, you have a foundational belief in yourself, right?
4:24: Even if doubt comes in, that's normal.
4:26: Join the program, get started, start seeing opportunities within the next couple of weeks.
4:32: Get the tools, start managing your mind.
4:34: Let's create this.
4:35: Let's show, let's start proving to yourself and your brain that the best possible outcomes can happen, and that they can happen on repeat and that they can happen more often.
4:43: And then not.
4:44: Because right now, you've probably trained yourself to believe that the that the outcome you don't want is happening.
4:48: And so you haven't held the belief for long enough and you haven't gotten there.
4:52: And that can all turn around very, very quickly, within a week, within a month.
4:56: Let's go.
4:56: I will see you in there.
4:57: Go to www.natalieFishertraining.com/start.