



# GET OUT OF YOUR OWN WAY!

How to beat self-defeat & build a live you love.



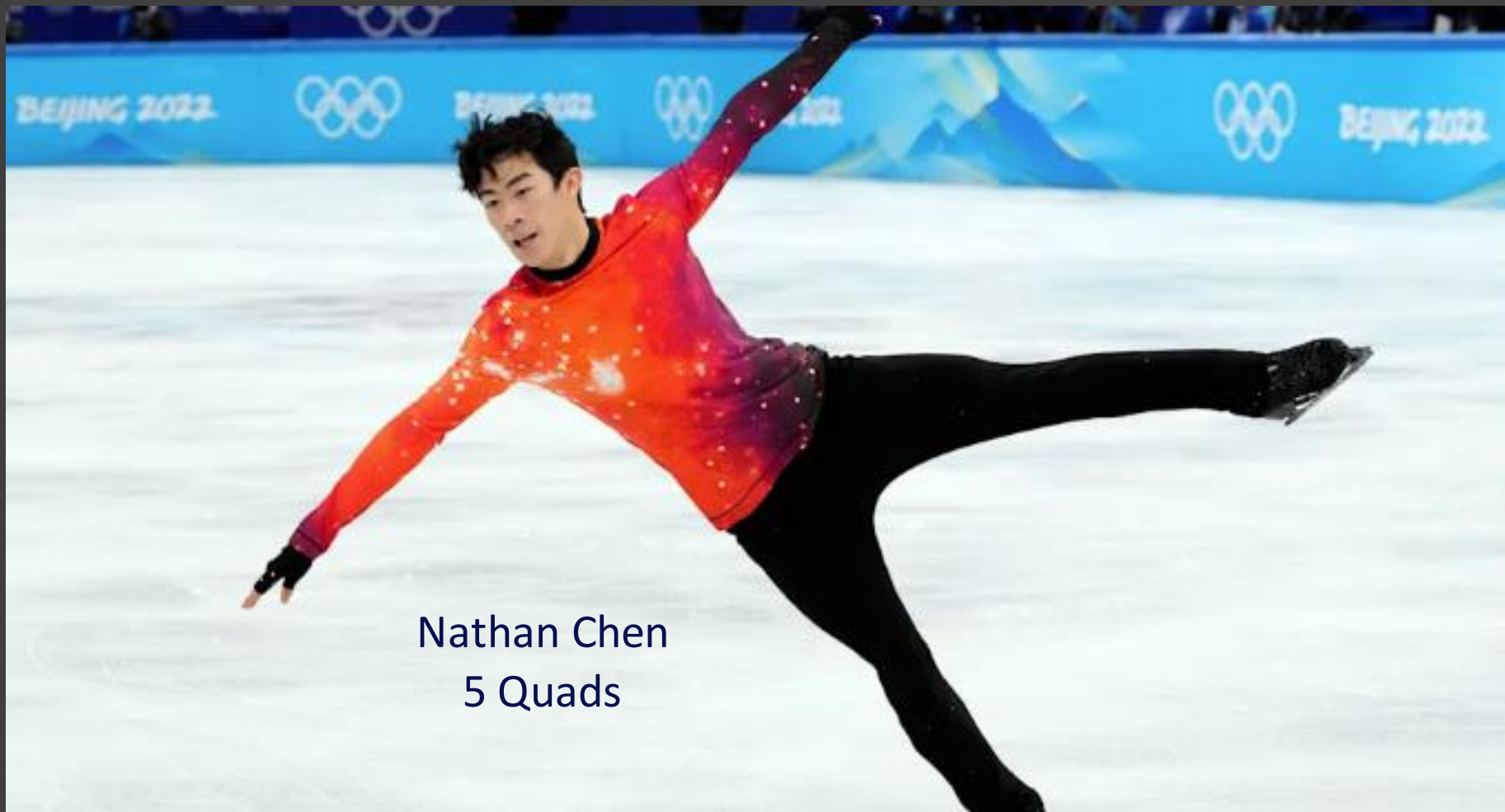
*Cat Breet*  
More Money, Freedom, & Fun!



Chloe Kim

5 Jumps

First woman to win  
consecutive Olympic halfpipe titles



Nathan Chen  
5 Quads



1.89%

HTC team at 2022 MN State Collegiate  
Cyber Defense Competition



HTC team ice carving class



# SCHOLARSHIP WINNERS



Bailey Dymacek and Aven Estrem



# Let's chat!

What did you want to be  
when you were little?



When I was  
little ...



When I was little ...







B A R B R A



## **The RECIPE FOR SUCCESS:**

“If you work hard  
and keep your  
head down, you  
will be rewarded.”



## The RECIPE FOR SUCCESS:

“If you work hard and keep your head down, you will be rewarded.”

After all, I  
got an ice  
cream cone  
every  
Saturday!

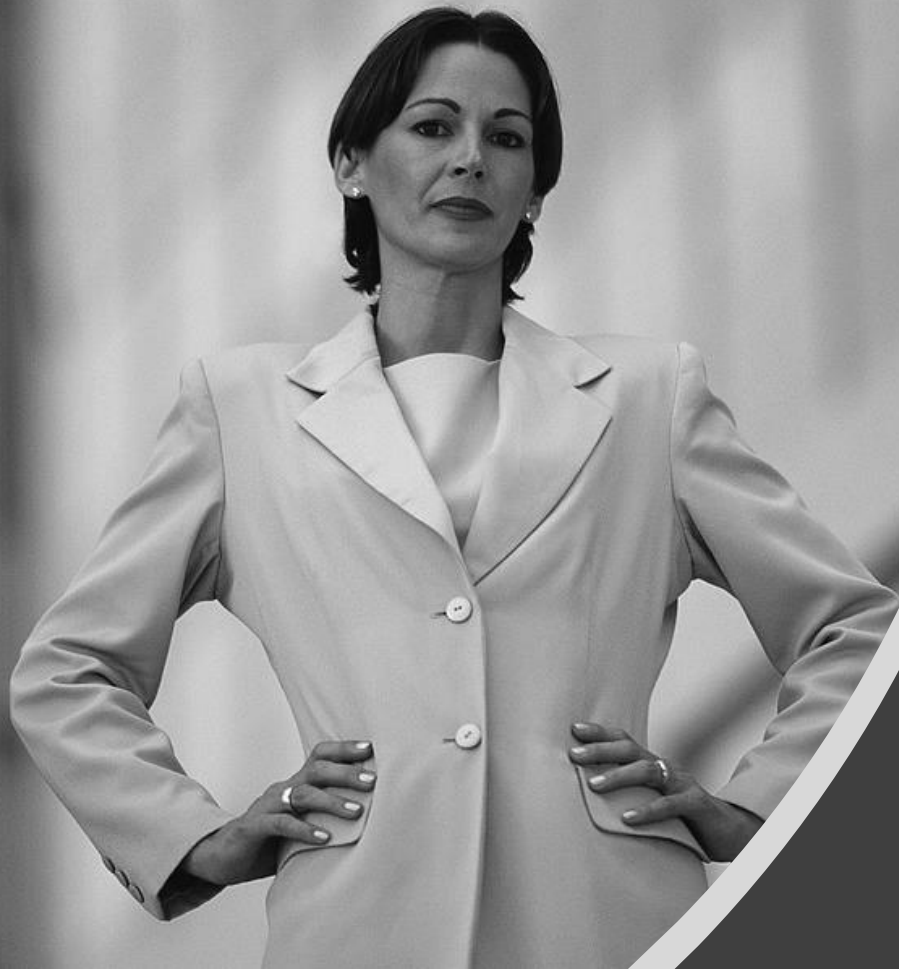


Age 24.

Me: Rookie  
recruiter.







They called her  
“Scary Mary.”

Worry

Insecurity

Self-doubt

Anxiety

Anxiety

**FEAR**





One day,  
I got caught  
hiding from her.

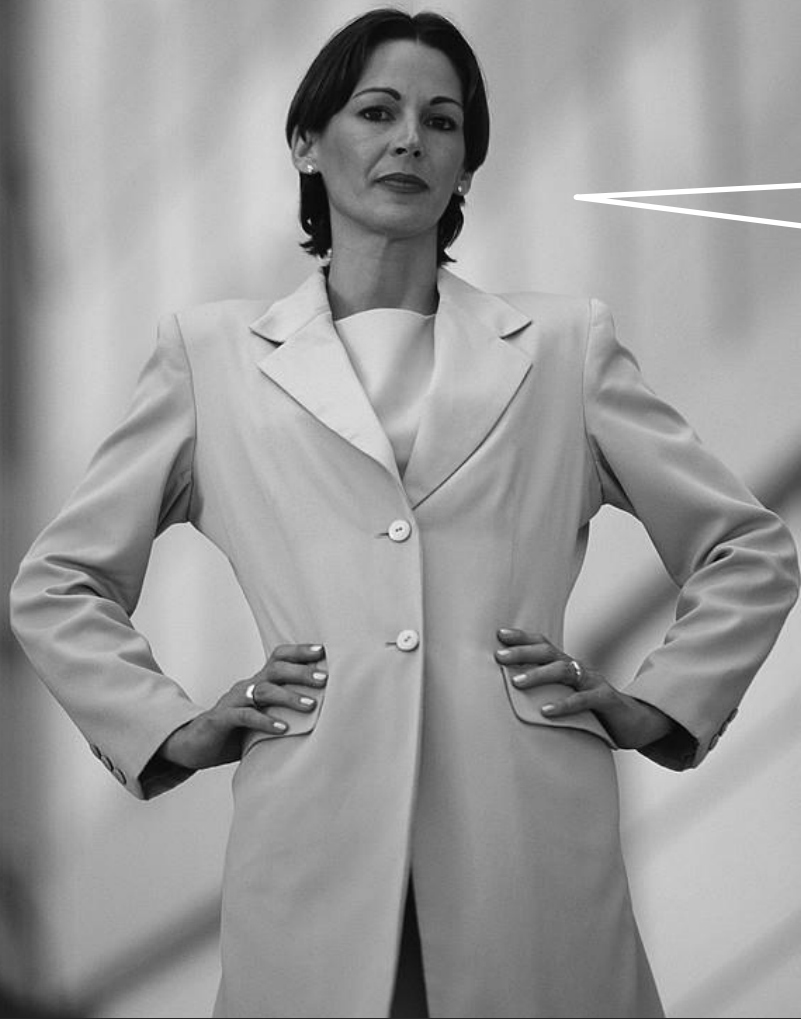


**Finding Real Success & Happiness = AN INSIDE GAME!**



# Let's chat!

Who is your Scary Mary?



“There you are. I’ve been waiting  
for you to stand up.”



Now, you're in trouble.



**“No one can make you  
feel inferior without  
your consent.”**

**Eleanor Roosevelt**



2 years later:

Me, Director  
of Recruiting.



# Agenda

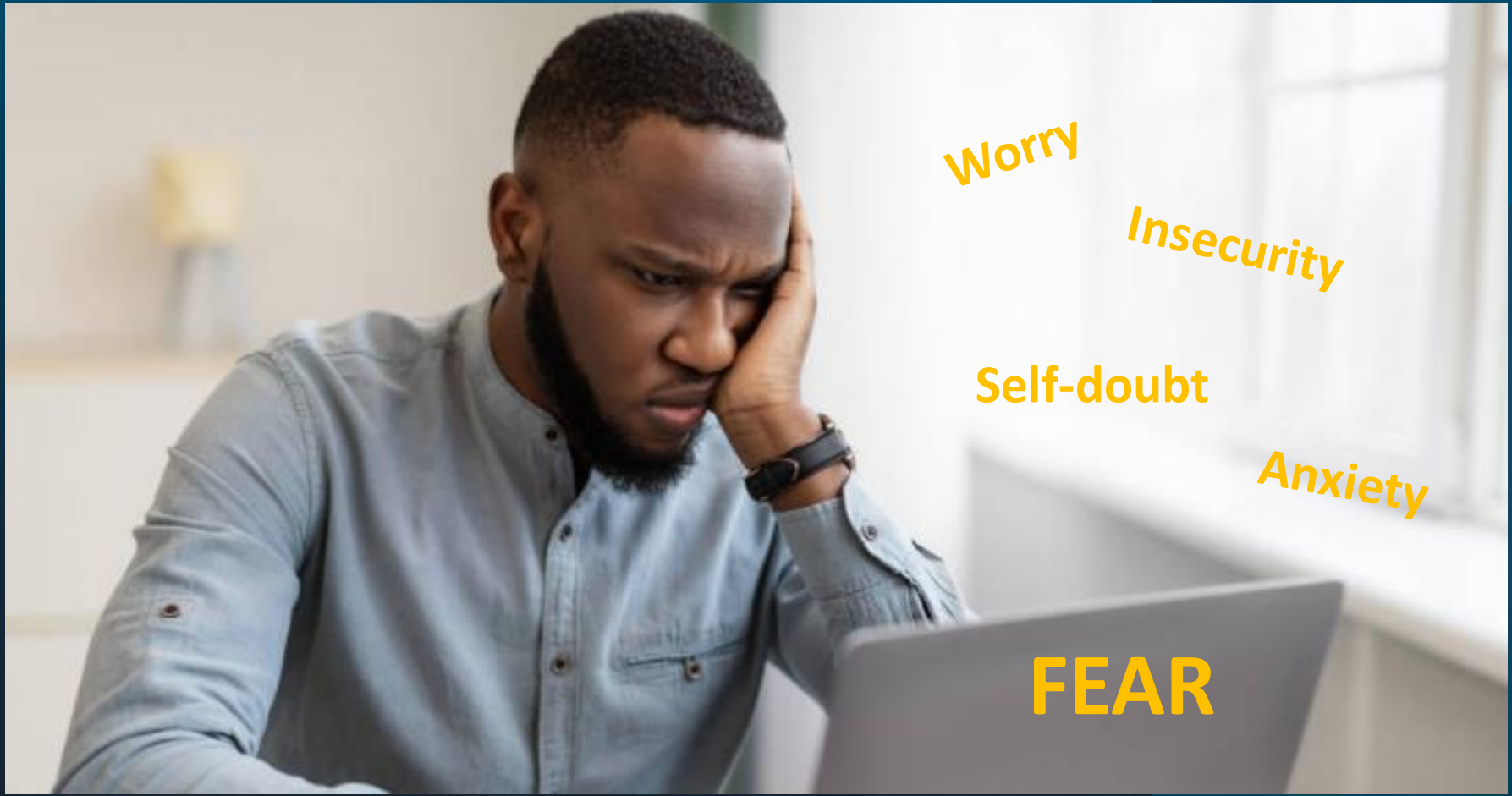
- Why only 20% of people reach their full potential
- The #1 way to find success & happiness
- Who are the “Saboteurs?”
- The 5-Step Recipe that stops fear, uncertainty & doubt
- What’s your story going to be?

**Why only 20% of people  
reach their full potential**

A decorative horizontal bar in a medium blue color, extending across the width of the slide. It has a 3D effect, with a darker blue shadow on the right side, giving it the appearance of a ribbon or a floating bar.

80% really  
struggle to  
achieve

- **Peak performance**
- **Peace of mind/wellness**
- **AND Healthy relationships**



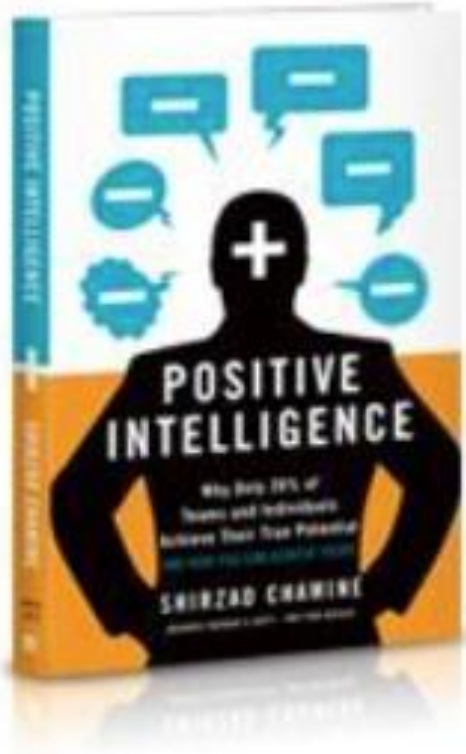
**Worry**

**Insecurity**

**Self-doubt**

**Anxiety**

**FEAR**



**All day long, our survival  
brain is scanning for  
potential threats.**

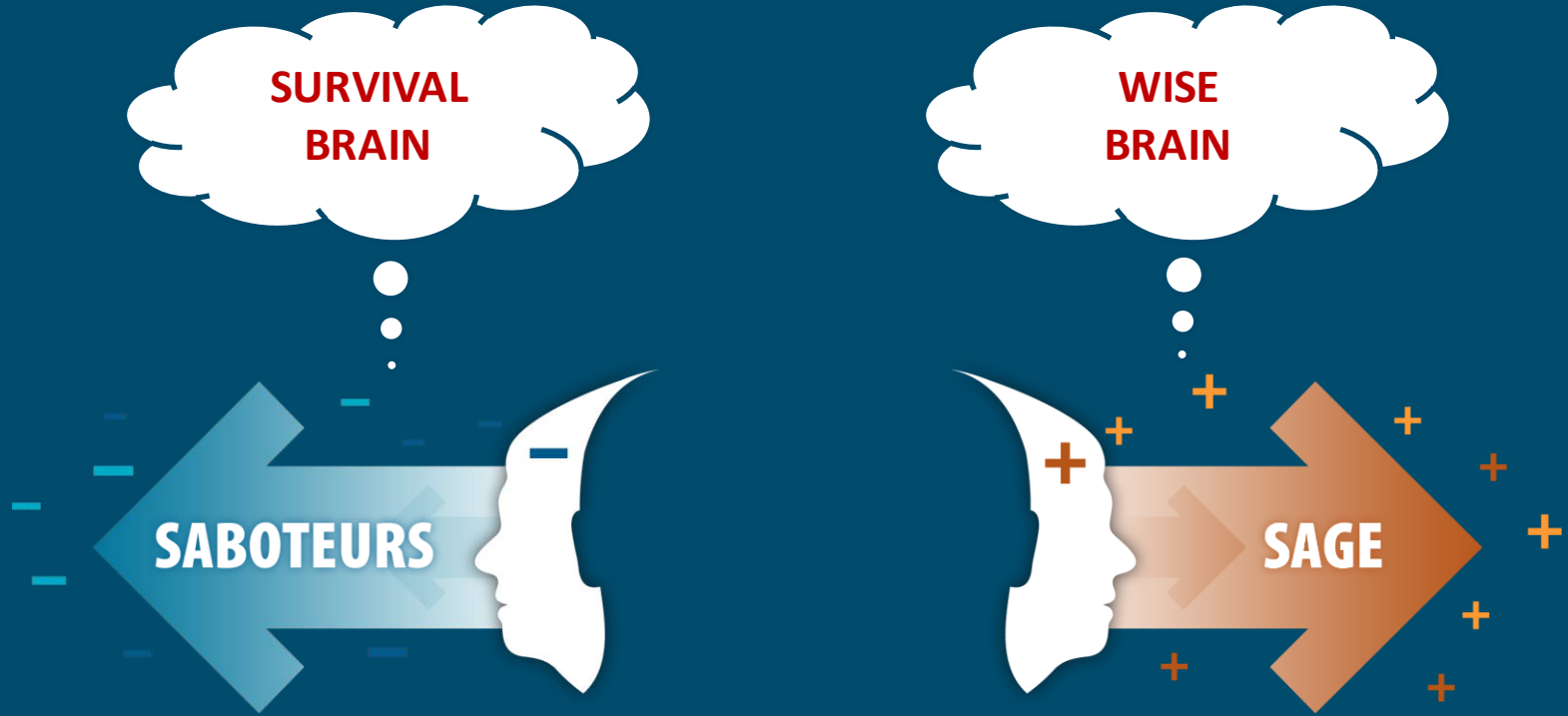








Photo credit: Pixabay



# Which *does* keep us alive ...



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Motivate you through  
**negative emotions ...**

like fear, stress, anger, guilt,  
shame, insecurity ...

Motivates you through  
**positive emotions...**

like empathy, curiosity, creativity,  
passion and purpose.



Might generate success,  
but **NOT** happiness.

Generates **SUCCESS**  
**AND** happiness.

# The Science of stress

When the body PERCEIVES threats, it's zaps that blood flow away from the brain and out to the big muscle groups that allows us to fight or flight.

## 2 critical handicaps happen at that point:

#1 – The smartest part of brain shuts down: We lose 25-30% of our brain capacity!

#2 - Our ability to connect, relate, engage, and create trust goes out the window.



# Let's chat!

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Think about the last time you were afraid / anxious. What happened to your body?

# #1 Way to Find Success & Happiness

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Learn to  
**spot & stop**  
the saboteurs!

Your capacity to respond to life's challenges with positive rather than negative mindset.

► **Peak performance**

You perform better while working less hard - similar to athletes "in the zone."

► **Peace of mind / wellness**

You feel less stressed, more peace, and consistent happiness, even in tough times.

► **Healthy relationships**

You improve relationships, able to handle conflicts in ways that deepen trust and harmony.

**37%**

More Sales

**31%**

Better Performance

**19%**

Better Diagnosis

**3x**

Creative

**+**

Happier

# Breakthrough results

MENTAL FITNESS TRAINING – MRI Imaging after just 6 WEEKS:

- **Increased grey matter** in the sage region of your brain
- **Decreased grey matter** in the Survivor Brain region

INCRFEDIBLE RESULTS:

- At MetLife, trained salespeople outsold the control group by 37%
- Motorola recorded improved productivity in 93% of trained employees
- In a UK restaurant group, higher competency resulted in 34% greater profit growth
- At Sanofi-Aventis Pharmaceutical, the average salesperson with improved competency sold \$55,200 more per month
- At L'Oreal, strength in these competencies resulted in \$91,370 increase per salesperson
- At CIBC, strength in these competencies account for 32% of booked sales and 71% of pipeline sales

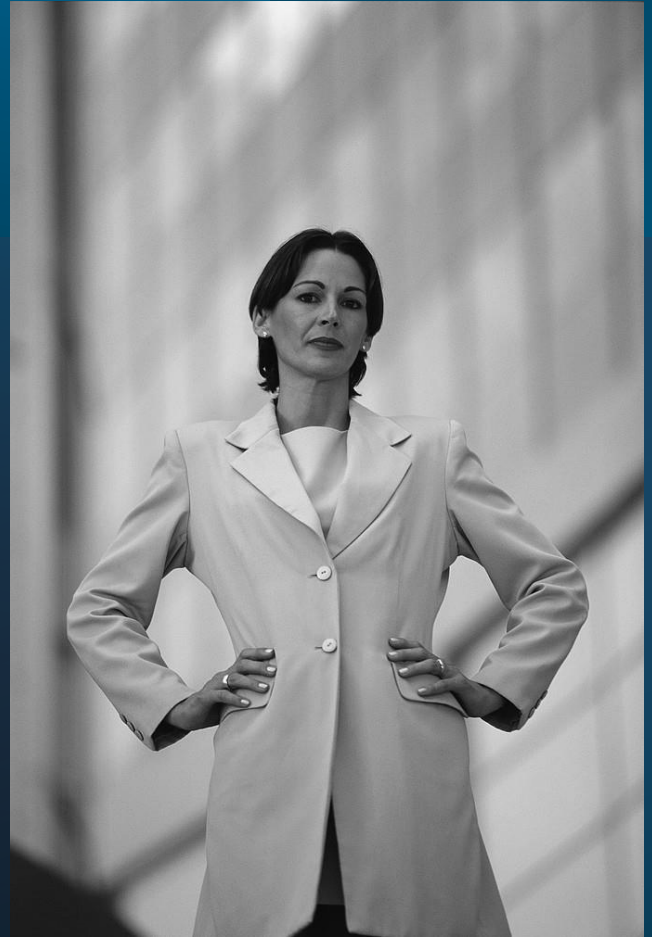
# Who are the “Saboteurs”

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# The Judge



I named mine  
“Scary Mary.”









**Controller**



**Hyper-Achiever**



**Restless**



**Stickler**



**Pleaser**



**Hyper-Vigilant**



**Avoider**



**Victim**



**Hyper-Rational**



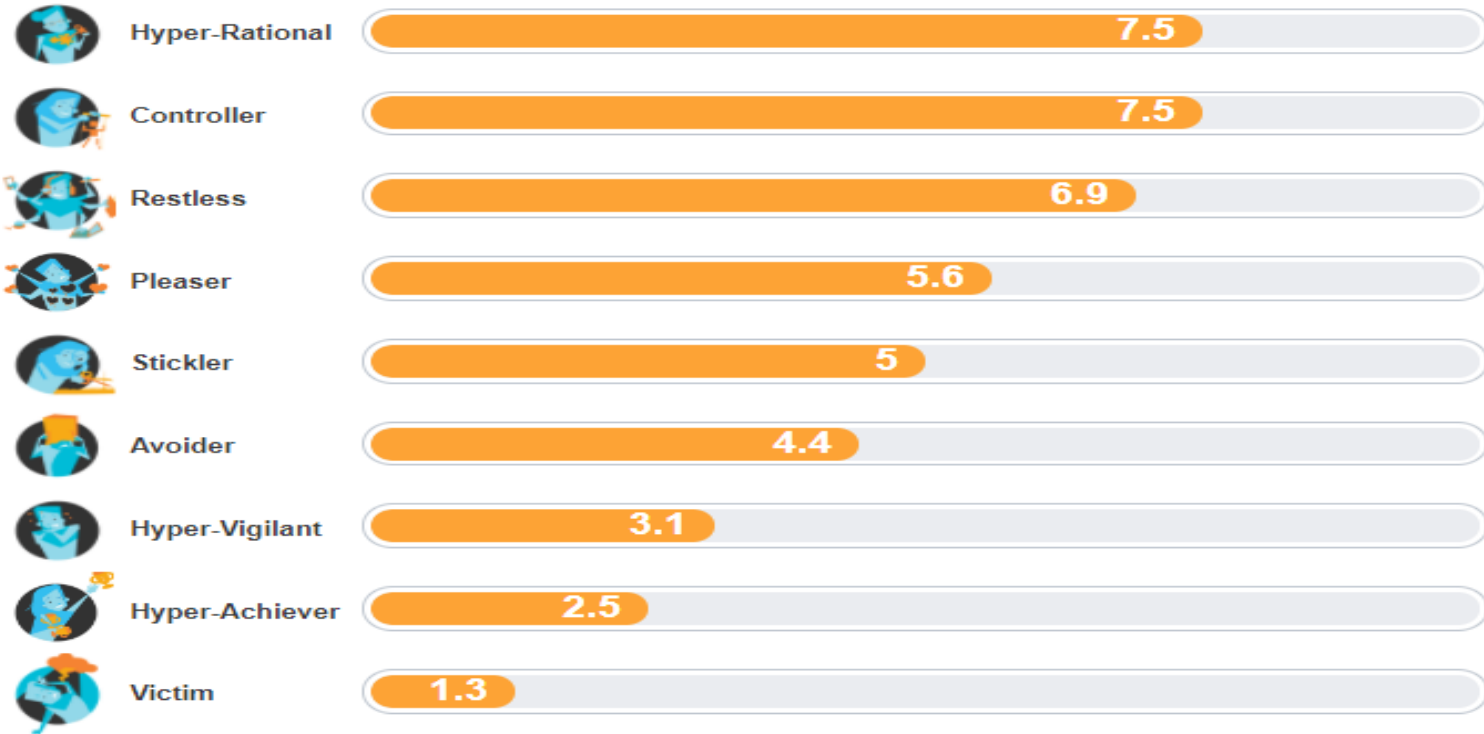


# Let's chat!

After the JUDGE, who do you think your #1 saboteur is?

## Cat, here are your results





# 5 Step Recipe for Success & Happiness

A decorative blue banner with a 3D effect, consisting of a long horizontal bar on the left and a shorter bar on the right that appears to be attached to the end of the first bar, creating a folded or layered appearance.



# 5 Steps



Find your FIRE (WHY do you want to do that thing?)



Find your FOCUS (What's the next small step?)



NAME & REFRAME your FEARS – 37% higher success 80% higher happiness



Change your STORIES! Change your limiting beliefs. *“I’m a child of an alcoholic.”*



Better together (the mountain looks 20-30% smaller!) – UVA study







B A R B R A






Over 40!



FREEDOM & FUN!

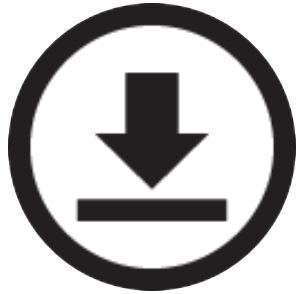


**What's your story  
going to be?**



**Help beyond today**





**GET MY  
SLIDES FROM TODAY  
+ FREE DOWNLOAD**

[www.catbreet.com/getouthennepin](http://www.catbreet.com/getouthennepin)



**LinkedIn**  
LIVE

# PLANET WORK

*A better life begins with a better career.*

**Every THURSDAY**  
**at 9am ET | 8am CT**  
**w/ Host Cat Breet & Guests**  
**from all over the world**

**179+ shows since March 2020**

**REPLAYS at [www.youtube.com/user/CatherineBreetByers](https://www.youtube.com/user/CatherineBreetByers)**





# Cat Breet

[www.catbreet.com](http://www.catbreet.com)

+ BOOK WAITLIST!

**DARE to be**  
**REMARKABLE!**

Because you already are!