

## What to Say When You Talk Back to Your Brain

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**When my lizard brain says . . .**

**I counter with the better thought that . . .**

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My career is out of control.

I can only control what I think, say, and do, so I'll focus on that.

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There's so much to worry about.

Worry never wins. Let me focus my energy elsewhere.

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Everything's broken right now.

Everything moves in phases; I know this situation will eventually work out.

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I don't want to fail.

I never fail; I just learn and try again.

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Everything I need to do is so hard.

I've done hard things before. I can handle this.

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I'm stuck.

I can decide on the next small action, and trust that each action moves me forward.

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I can't decide what to do next.

There's no wrong decision, so let me make one and learn from that.

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I've got so much to do.

Everything that's important will eventually get done.

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I'm smart; I should be able to figure out all this, but I'm struggling.

I'm smart; that's why I'm open to trying out the ideas in this book.

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What's wrong with me?

Nothing's wrong with me. That's just my bratty brain talking back to me.



# MORE ABOUT ME, DARCY EIKENBERG, PCC

Leadership & Career Coach | Speaker | Author



## WHAT I DO

Today's leaders & high performing professionals are experiencing more change than ever before. Those changes are overwhelming, complex, and move fast.

So I teach fresh, practical strategies you can use every day to manage through change easier and make better, more confident decisions with less stress, in less time.

As a professionally trained coach with a strong sense of ethics, I'm also a confidential sounding board to help you map out next steps in safe, non-judgmental ways.

My clients feel—and become—more successful in their work (and actually, in their lives outside of work, too.)

## WHO I HELP

WITH OVER A DECADE'S EXPERIENCE, I WORK WITH LEADERS & HIGH-PERFORMING PROFESSIONALS IN SITUATIONS LIKE THESE:

- Wrestling through major change, whether positive (such as business growth or promotion), or negative (such as job loss or personal stress).
- Newly promoted, or hired & needing to get productive fast.
- Experienced in their technical subject but needing to grow business acumen, communication or people skills.
- In a team that must work better together to achieve a business result or goal.
- Weighing their next career decision (whether inside or outside their existing organization) and asking "what's next for me."

## WHERE I SPEAK, FACILITATE, TEACH

- Leader, employee, board or team development webinars and events.
- Customer & client appreciation webinars and events.
- Department or affinity group professional development meetings.
- Within technical or company-specific training as an energy booster.
- Professional & trade association meetings, workshops & conferences.
- On webinars & teleseminars for companies and professional groups.

