

# Maggie DiStasi

## Career Transition & Leadership Coach

### Create Positive Change:

#### *A Process-Based Approach to Career Transition*

In our goal-focused society, many of us believe that without a clear goal we can't move forward or make progress. Often, it's this belief itself that holds us back and makes us feel stuck, especially in our careers.

In reality, we all have the capacity to create change in our careers, whether we know what our goals are or not. In fact, when you develop your process for creating change and be intentional about it, here's what happens:

- Your new career goals emerge over time,
- Your self-trust and confidence grow as you focus on your strengths and natural abilities,
- **You create positive change and move forward.**

Maggie shares her simple 4-step approach to help you develop your process for creating positive change in your career, including:

1. **Naming the change** you want to create
2. **Choosing the mindset** that will challenge and support you
3. **Identifying the personal practices** that help you create change
4. **Committing to and tracking your progress**

#### Takeaways:

- A new perspective for creating change in your career when you don't know what your goals are
- A simple 4-step approach to develop your own process to create positive change in your career



## Maggie DiStasi, ACPC, PCC

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

Maggie DiStasi is a Career Transition & Leadership Coach. She helps people navigate the uncertainty of career transition so they know what to do next, and can start taking action.

Almost a decade ago, it became clear to Maggie that she is process-oriented by nature. She naturally gravitates towards a perspective of life that focuses on how we show up and the experience we want to create for ourselves. She's driven to explore that perspective and develop the practices associated with being this way in work and life.

Through her company, Process-Based Living, she offers career and leadership coaching, workshop design and delivery, and content editing for career and business. She loves working with people who are finding and using their own voice, are willing to work on themselves, and want to do good in the world.

Before making the decision to become a professional coach, Maggie built a successful career in financial technology management in downtown Toronto.

*Qualifications:* Adler Certified Professional Coach (ACPC) from Adler School of Learning; Professional Certified Coach (PCC) with International Coach Federation; Applied Mindfulness Meditation Specialist from University of Toronto; Project Management Professional (PMP) from Project Management Institute; BA, Management Economics from Guelph University

### **Public Speaking Credentials:**

Maggie has been a keynote speaker and presented on the topic of career transition and mindful living within several organizations across Toronto. She is a trained facilitator (PeopleDynamics Learning, ICA Canada) and has developed and delivered workshops on career transition, mindful living and coaching (Adler School of Learning, Sick Kids Hospital). Maggie also received public speaking training from The Humphrey Group and has been a long-time member of Toastmasters. She is currently serving as President of her club, West Mall Toastmasters.

### **Public Speaking Testimonials:**

*"I want to thank-you for the great presentation yesterday; I really enjoyed it! Your presentation was really well thought-out, engaging and funny! The exercises were effective and inspired meaningful conversations and provoked some great reflections! I will apply them personally as well as with my clients! You presented yourself with confidence and poise and I appreciated your generosity in offering me some really great food for thought!"* Lucia Vala-Webb

*"Congrats Maggie on such a great presentation. You really held our attention well and made us feel relaxed and eager to learn what you were presenting. Your starting line was perfect and funny, and your continued sense of humour certainly lifted the learning to a fun place. Well done."* Colleen Rooney



## **Maggie is also speaking about...**

Maggie has customized and delivered the following presentations to a variety of organizations in Toronto, including Mandrake Human Capital, Stephen Thomas Ltd, Medavie Blue Cross, Scala Network and others. If you have an idea for a topic that you'd like Maggie to speak on within your organization, please contact 416.988.5115 or [md@processbasedliving.com](mailto:md@processbasedliving.com) to discuss further.

### ***Speak Your Strengths!***

Speaking in public is necessary to grow your career or business – social media and blogging are only a means for getting you in front of your target audience. That being said, your fears or perceived weaknesses about public speaking can stand in the way of taking your career or business to the next level. In this presentation, you'll be invited to discover your public speaking strengths and use them to address any weaknesses you may have. You'll also consider which audiences and environments are best suited to your speaking style. By the end, you'll be ready to take the next step towards career and business success through public speaking!

### ***Mindfulness at Work***

Mindfulness practice helps you focus your attention when faced with multiple distractions and information overload. It also helps you be with whatever is happening and still choose to respond thoughtfully, rather than react in the moment and regret later on – and contrary to popular belief, it doesn't require hours of daily meditation. In this presentation, you will be invited to explore your understanding of mindfulness, including any myths and assumptions, and learn how to practice at work and reap the rewards of doing so.

### ***Mindfulness for Creativity and Confidence***

“A constant stream of thinking actually gets in the way of wisdom that lies deep within each of us... The good news is that you can train your mind to stand in a different relationship to the constant stream of thoughts. In the process, you can leave more space for creativity.”

*Janice Marturano, Finding the Space to Lead*

Creativity is essential for coming up with new ideas to solve problems in work and life, and being able to act on those ideas with confidence. In this presentation, you will learn how mindfulness practice helps you make space in the day to become truly creative and find the answers you seek. We will explore your beliefs and assumptions about creativity and determine what supports you to be most creative. Finally, we'll practise a brief mindful meditation for creativity based on Dr. Danny Penman's extensive research on the subject.

