



Stepping back *To Move Forward*



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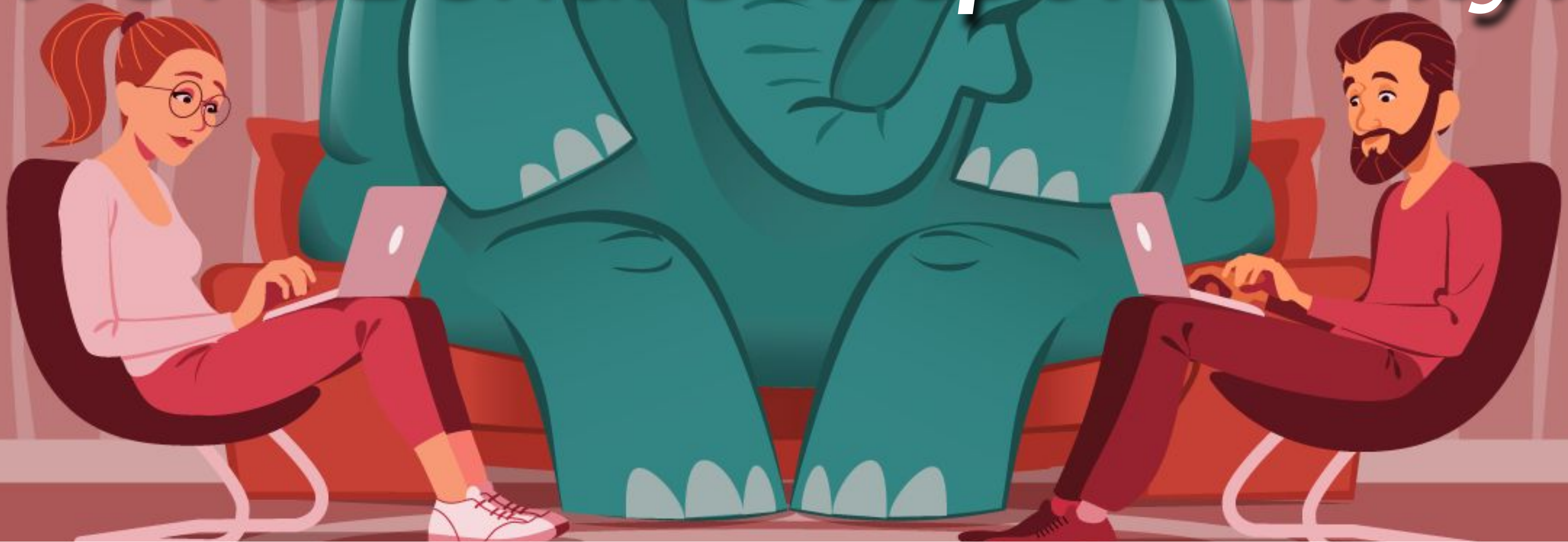
Head of CloudFest Hackathon

Advocate for *Diversity,
Inclusion & Positive Mental
Health* in Tech

Don't be *ashamed!*



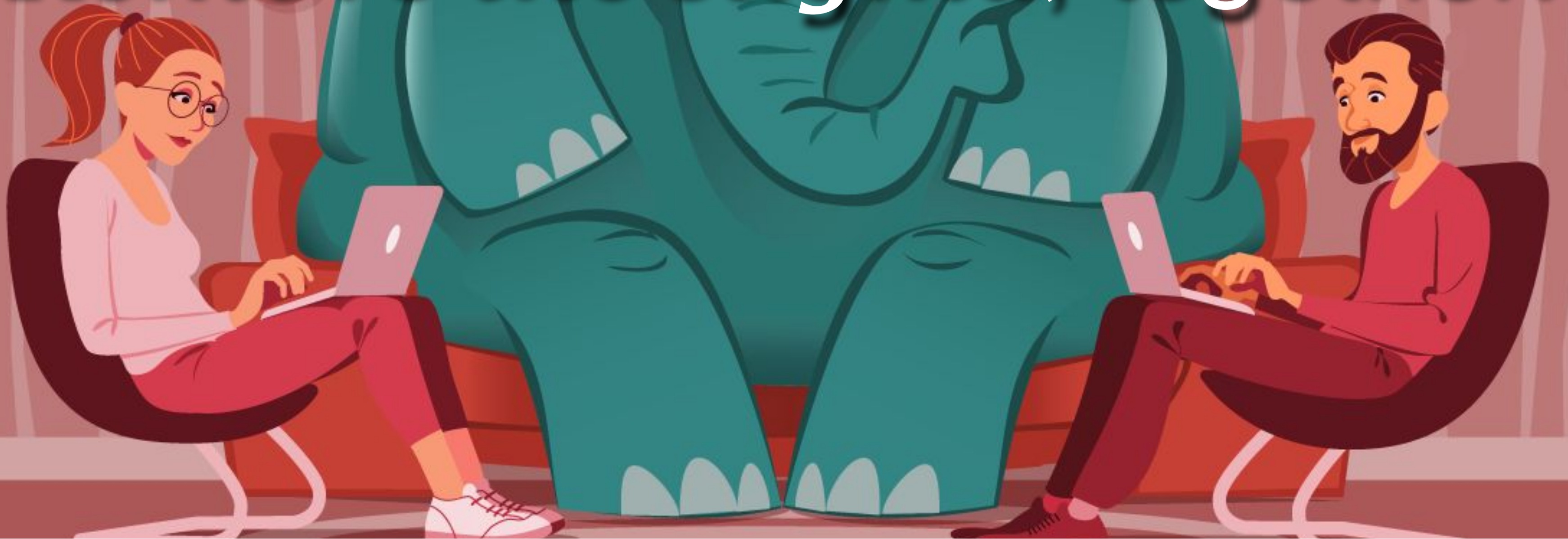
We ALL share *Responsibility!*



Representation Matters!



Remove the stigma, together!



Why stepping back?

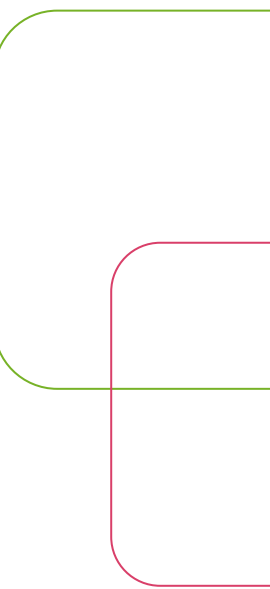
Performance and Motivation Loss

Does it spark joy?

True ambition & efficiency are born and grow from *within*, driven by passion!

What are YOUR passions?

What personal values are attached to them?



Intrinsic Motivation:
motivated to perform an activity for
its own sake & personal rewards



Extrinsic Motivation:
motivated to earn external
rewards or avoid punishment



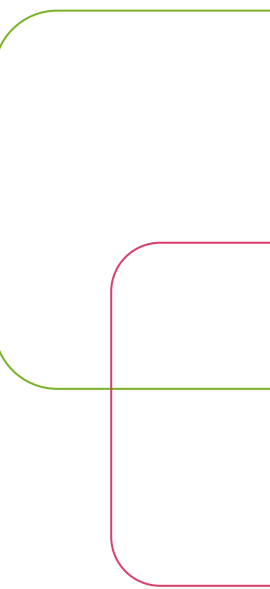
Health Issues

Physical and mental health are *interconnected* and *interdependent*.

Is your health already compromised?

→ Time to get to the bottom of it! 

The first move is always a *step back* to (re)evaluate and (re)set priorities!



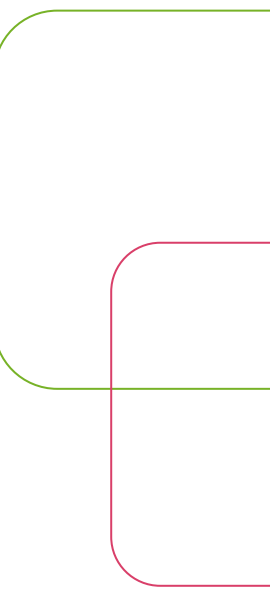
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The Fear Of Missing Out #FOMO

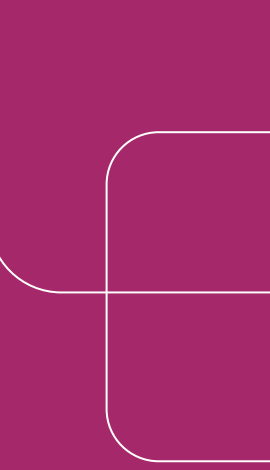


The Joy Of Missing Out #JOMO



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*“Decisions are made
by those who show up!”*



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by those who show up!”*~~

Say **NO!** to **#FOMO**

Stepping Back: A Personal Inventory

Reality Check: Priorities & Values

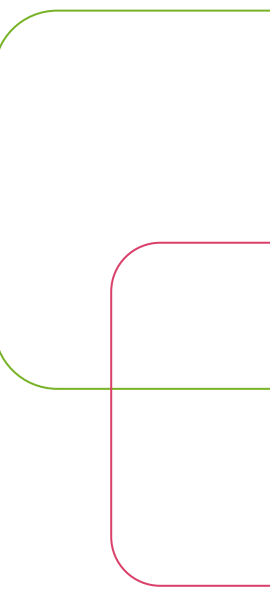
Who am I today?

What are my priorities?

What are my personal values?

Human beings are designed to ***evolve***.

Stay connected to your ***Evolving Self!***





*“Growth Begins At The End Of
Your Comfort Zone!”*

#PioneerSpirit
#BabySteps

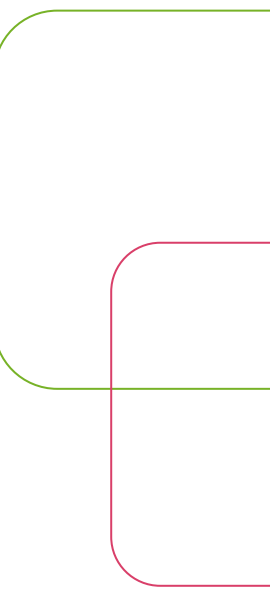
Health Check: Focus On Self-Care!

Say it with me:

"There is nothing EVER more important than my own health!"

#MentalHealthMatters!

Please, seek help if needed! You are worth it! 





Stepping Back Is *NOT* Regression!



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Thank You!

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