FINDING JOY
In Ordinary Moments

Lisa Frey
October, 2017
<table>
<thead>
<tr>
<th>Education &amp; Background</th>
<th>Professional</th>
<th>Personal</th>
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<tbody>
<tr>
<td>• B.S. Music Education, Illinois Wesleyan University</td>
<td>• 19 years at State Farm</td>
<td>• Mother</td>
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<tr>
<td>• Second Oboist, Peoria Symphony Orchestra</td>
<td>• Underwriting</td>
<td>• Wife</td>
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<tr>
<td>• Advocate for Women in STEM</td>
<td>• Software Development</td>
<td>• Runner and Swimmer</td>
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<td></td>
<td>• Training, Communication and Organizational Change</td>
<td>• Volunteer</td>
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<td>• Agile Methodology</td>
<td>• Musician</td>
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<td>• Friend</td>
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</table>
MY JOURNEY
A JOURNEY, NOT A DESTINATION
WHO KNEW?
MY ROLES

Music Educator

Underwriter
Developer
Inventor
Communicator
Business Analyst
Trainer
Recruiter
Scrum Master
MY ROLES
MY ORDINARY

- 4:30 a.m. - bedtime...nonstop!
- Run/Swim
- A Full Workday
- Family Time
- Volunteering for STEM
- Teaching Music at Church
DO WHAT BRINGS YOU JOY

BE PURPOSEFUL
BE VULNERABLE
YOU’VE GOT TO JUMP OFF THE CLIFF AND BUILD YOUR WINGS ON THE WAY DOWN.

~ Ray Bradbury

BE FEARLESS
MY JOY

Career Advice in Unexpected Places

Unexpected Careers

STEM

Creativity

Leadership

Logical Design

Serving Others

“For the love”

Information Technology

The sweet spot!