

FINDING JOY

In Ordinary Moments

Lisa Frey
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LISA FREY

Scrum Master
State Farm Insurance

Education & Background

- B.S. Music Education, Illinois Wesleyan University
- Second Oboist, Peoria Symphony Orchestra
- Advocate for Women in STEM

Professional

- 19 years at State Farm
- Underwriting
- Software Development
- Training, Communication and Organizational Change
- Agile Methodology

Personal

- Mother
- Wife
- Runner and Swimmer
- Volunteer
- Musician
- Friend



MY JOURNEY



A JOURNEY, NOT A DESTINATION



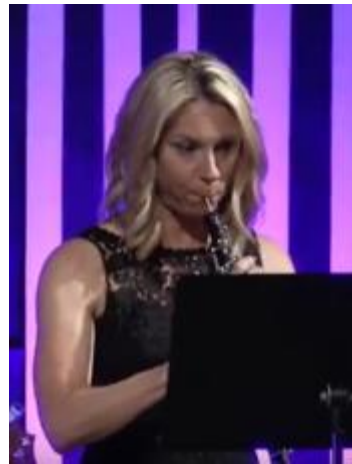
WHO KNEW?



MY ROLES

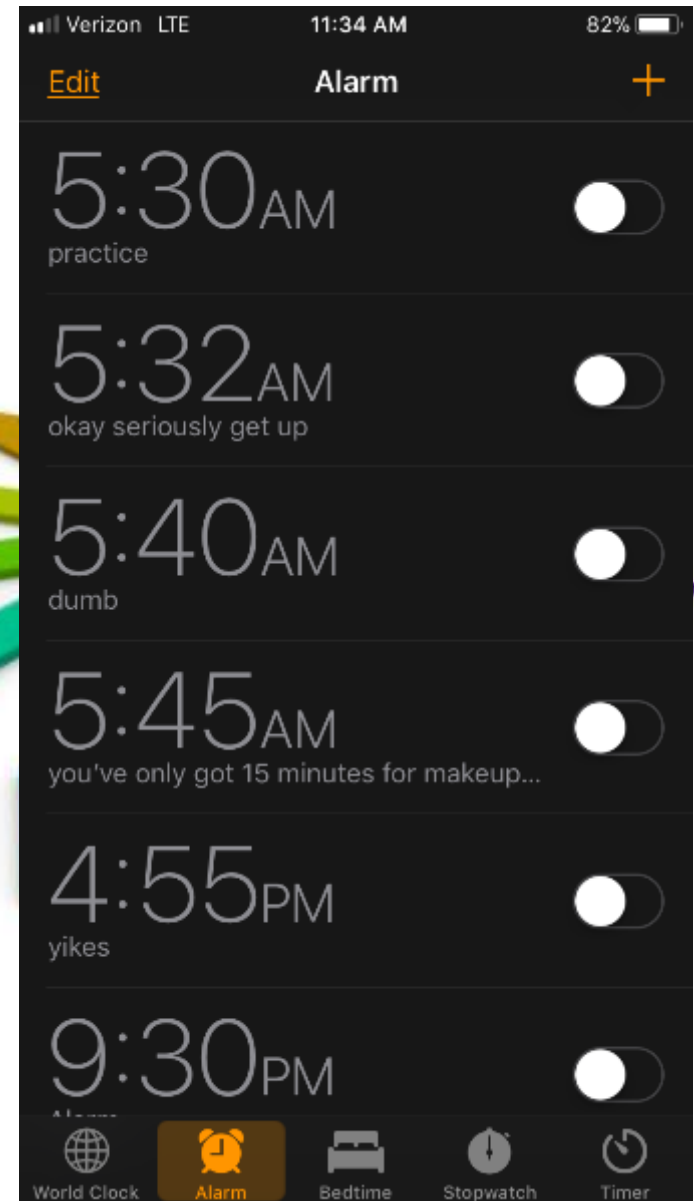


MY ROLES



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

Leadership

Serving Others

Information Technology

Creativity

Logical Design

"For the love"





CHASE THE ORDINARY

