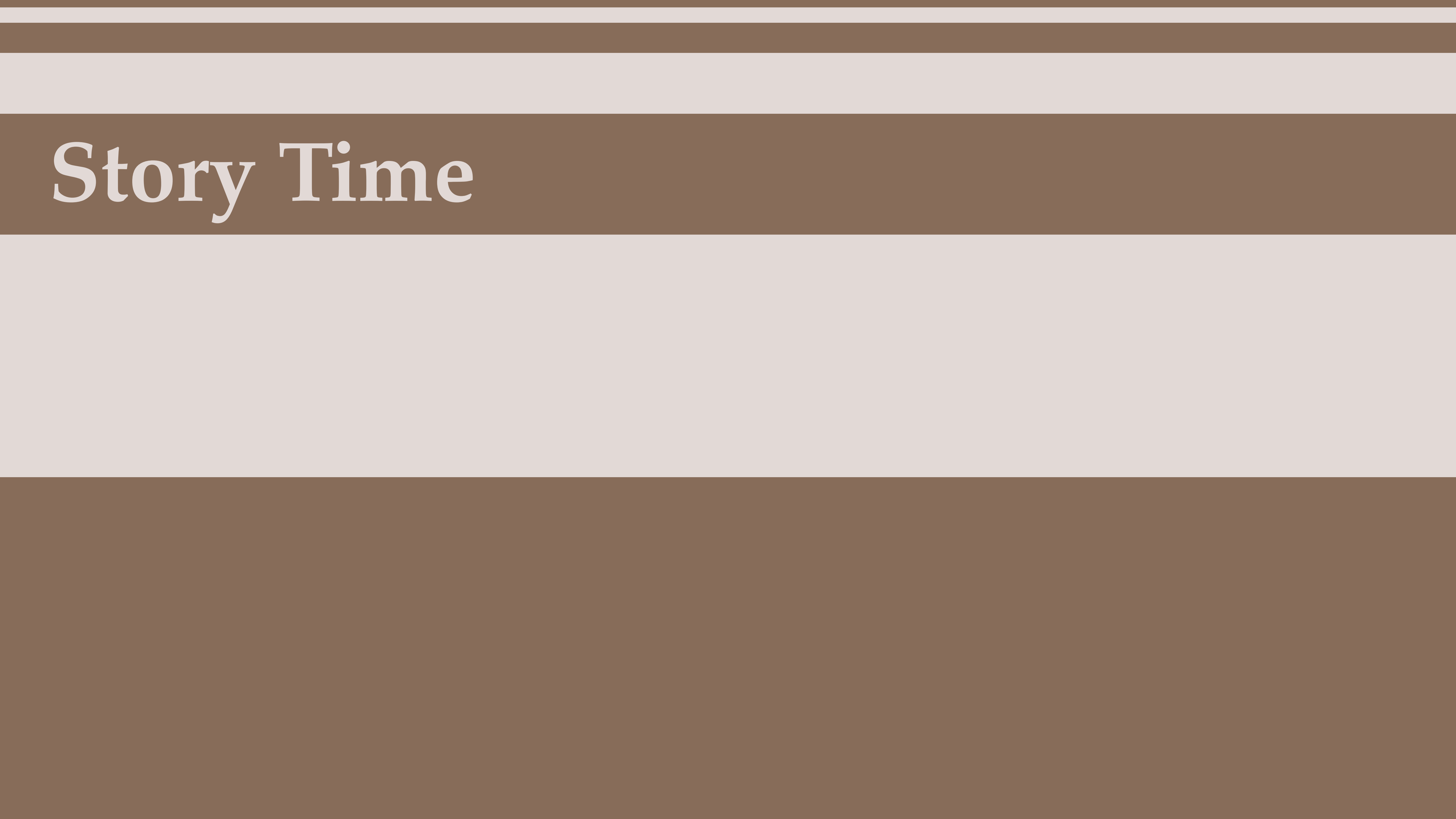


Circumventing Fear Of The Unknown



Story Time

Agenda

1. Fear Cannot Be Avoided
2. Struggling is Normal
3. Work Smarter, Not Harder

Fear Cannot Be Avoided

Everyone experiences fear

Fear cannot be avoided

Fear cannot be avoided...

But it can be circumvented

We can change our relationship to fear
By acknowledging it

MIND

OVER
1,000,000
Copies Sold
in 23
Languages

OVER

MOOD

SECOND EDITION



Change How You Feel
by Changing the
Way You Think

Dennis Greenberger, PhD | Christine A. Padesky, PhD

We can change our relationship to fear
By talking about it with others

The best work environments
Invite you to ask questions
And talk about feelings

As a human being

You deserve a supportive environment

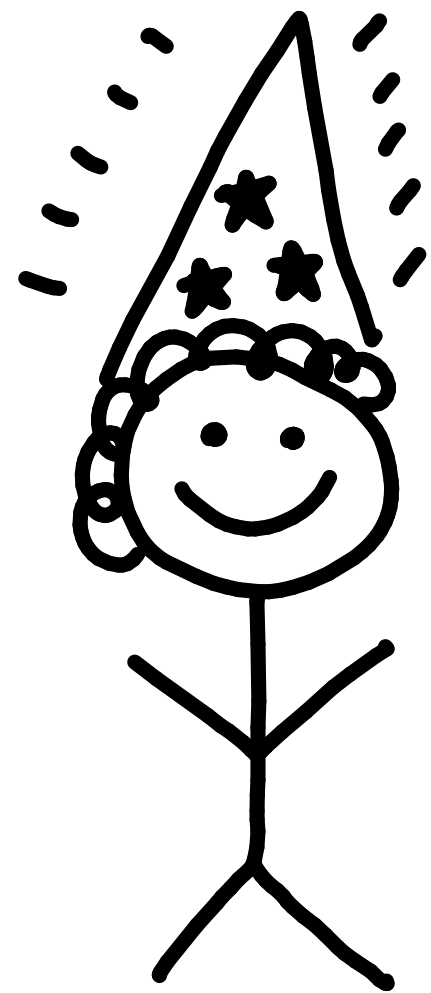
Leaders need to exhibit curiosity
And praise curiosity in others
And encourage empathy

Struggling is Normal

SO YOU WANT TO BE A WIZARD

• by Julia Evans •





Right, this is why they pay a
human with a brain (me!!!)
who can investigate and learn



Computers are actually
Pretty difficult

Engineers don't write code

Engineers solve problems

Don't get attached to your code

Don't get attached to your tools

**There is always someone
Lower-stack than you**

Work Smarter, Not Harder

Humans want to have an impact

When starting your career

You focus on learning a lot of new things

And gaining experience

Engineers tend to over-specialize



Expert



Expert



Generalist



Expert



Generalist



T-Shaped

Branching out of expertise is difficult

You will struggle

That's okay

As your career grows

You need to shift

And focus on improving how you work

Forget about flow state

Challenge Level



Apathy

Skill Level

Challenge Level

Skill Level

Relaxation



Challenge Level



Anxiety

Skill Level

Challenge Level

Skill Level

Flow



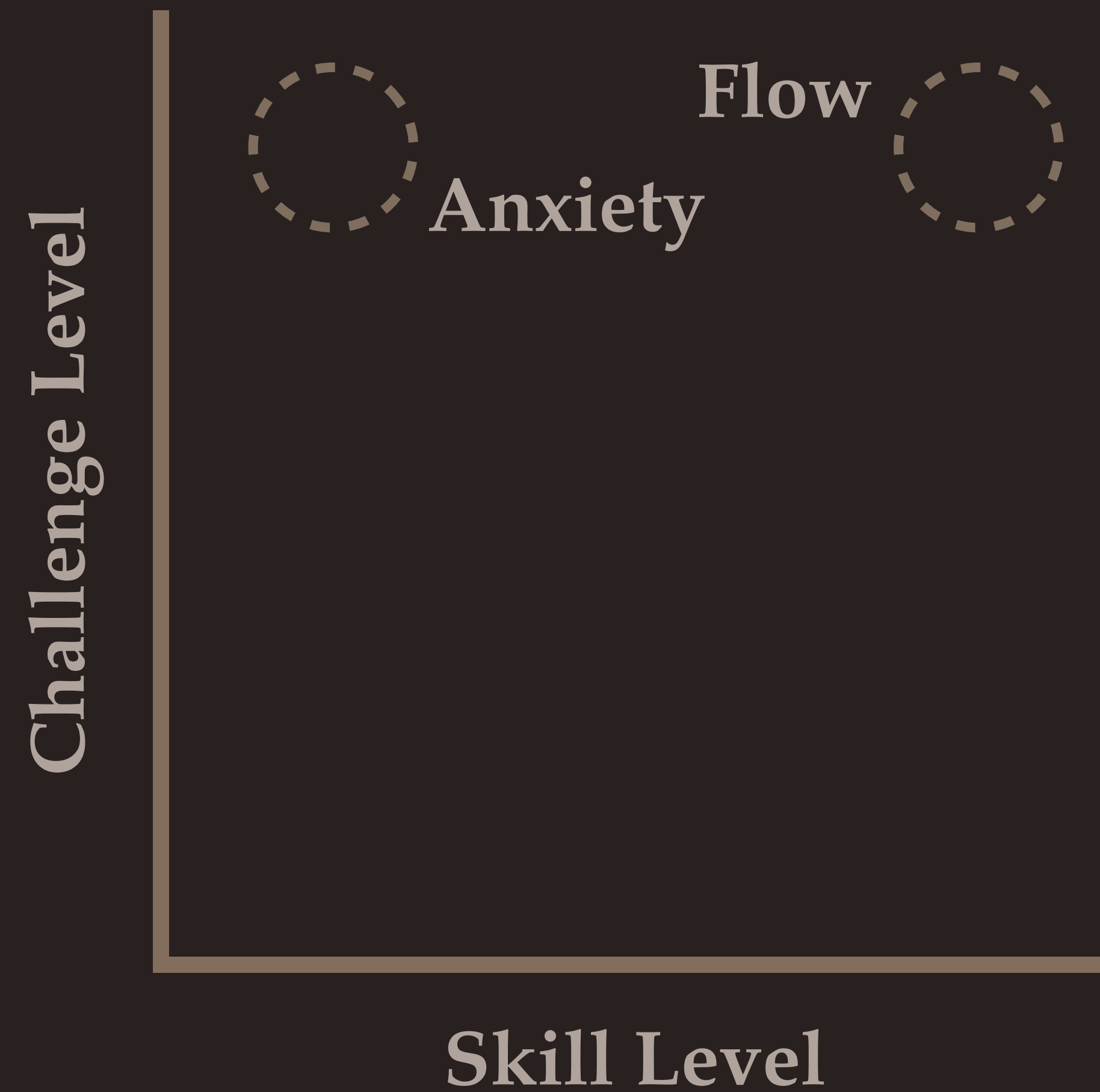
Do shallow work

Challenge Level

Skill Level

Flow





Challenge Level



Shallow work

Skill Level

Pair with other engineers

Focus on a minimum-viable next step

Learn how you work best
But don't overdo it

Wrapping Up

1. Fear Cannot Be Avoided
2. Struggling is Normal
3. Work Smarter, Not Harder

You've Got This

(And it's okay if you don't)