

**GET UNSTUCK!
IN YOUR CAREER**

ABOUT ME

I'm Murielle Marie Ungricht, an internationally recognized entrepreneur, philosopher, and career and business coach. With over two decades of entrepreneurial experience, I've built and sold a web agency, authored two books, and invested in early-stage start-ups.

For the past nine years, I've specialized in integrative, mindset-focused business and career coaching, blending neuroscience, philosophy, and trauma theory to help clients create successful and sustainable futures.



Murielle Marie Ungricht
Get Unstuck! Expert

GET UNSTUCK! IN YOUR CAREER

- What is keeping you stuck in your career right now?
- What would you like to achieve?
- What do you think is possible for you?
- What are you afraid of?
- Why aren't you doing it?

4-STEP MOVE METHOD

01/Mindset: Your mindset plays the #1 role in breaking free from career stagnation.

02/Options: Expanding your horizons and choices is the key to unlocking your career potential.

03/Vision: Creating a clear and daring vision sets the path for your desired career future.

04/Execution: Taking consistent, well-planned action moves you towards your career goals.

STEP 1: MINDSET

“All that we are is the result
of what we have thought.”

-Buddha

01 Understanding
your mindset

02 Breaking free
from stagnation

03 Embracing change
for career success

01/UNDERSTANDING YOUR MINDSET

CIRCUMSTANCES > become > **EXPERIENCES** > become >
BELIEFS > become > **THOUGHTS** > become > **BEHAVIOR** >
become > **YOUR REALITY**

STEP 1: MINDSET

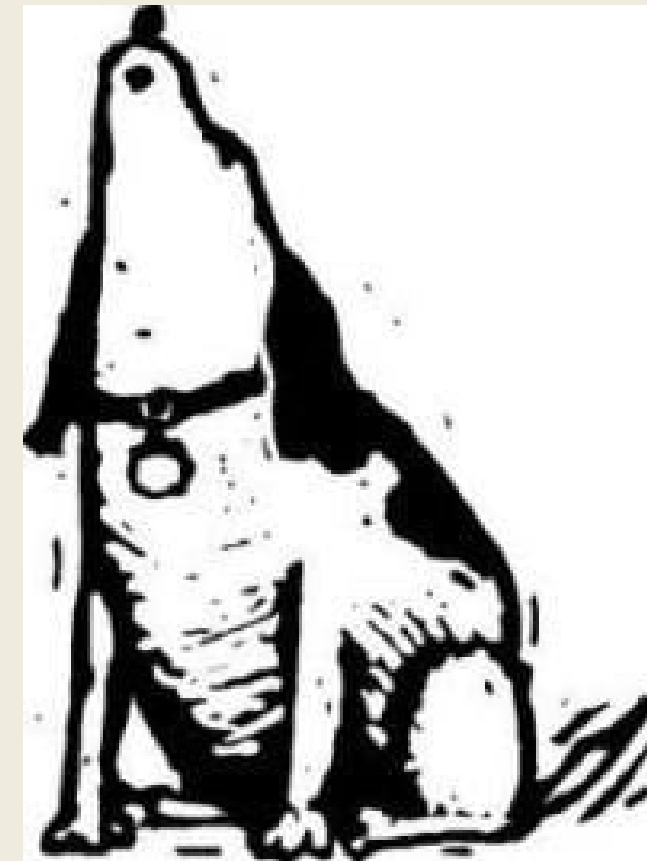
01/UNDERSTANDING YOUR MINDSET

- How to change your mindset by understanding how you think.
- The difference between a mindset that expands your reality and one that limits it.

STEP 1: MINDSET

02/BREAKING FREE FROM STAGNATION

- The connection between being stuck and being afraid of change.
- Everyone has a breaking point.



STEP 1: MINDSET

03/EMBRACING CHANGE FOR CAREER SUCCESS

- The first step to getting unstuck and how change happens.
- The number one truth about life.
- How to embrace the messiness of change.

STEP 1: MINDSET

STEP 2: OPTIONS

The world is full of possibilities,
and you are the architect of your
life's choices and opportunities.

01 unlocking
possibilities

02 Overcoming
inherited dreams

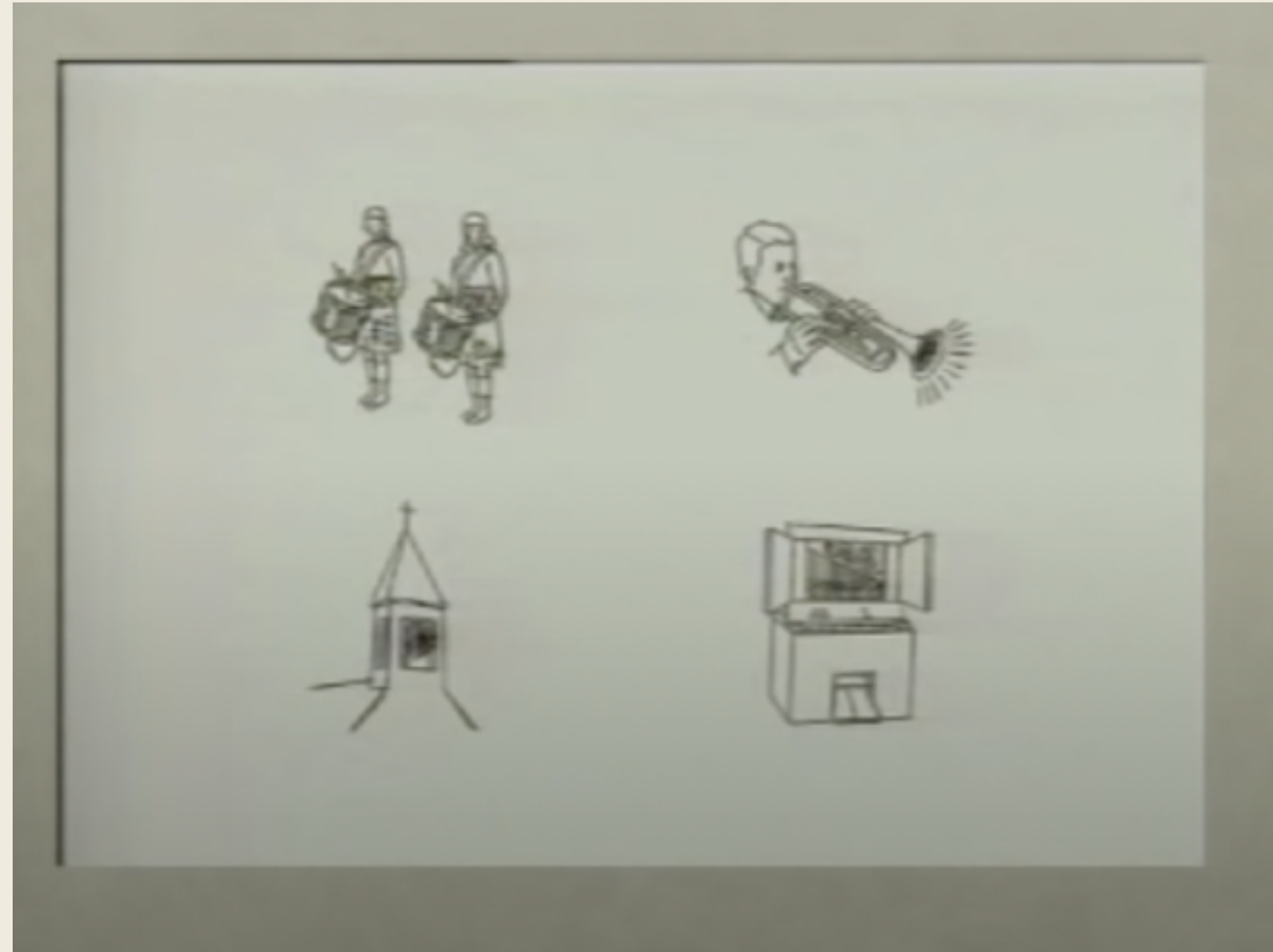
03 Shaping your
reality

01/UNLOCKING POSSIBILITIES

- The world is full of possibilities; you just need to see them.
- You are the leader of your career.
- Your mindset shapes your perception of possibilities.

STEP 2: OPTIONS

01/UNLOCKING POSSIBILITIES



STEP 2: OPTIONS

02/OVERCOMING INHERITED DREAMS

- The tyranny of inherited dreams and its influence on your life.
- Outdated ideas of success can keep most people stuck.

STEP 2: OPTIONS

03/SHAPING YOUR REALITY

- How our environment shapes our reality.
- The role of your surroundings in influencing your choices.
- Real-life experiments to activate change.

STEP 2: OPTIONS

STEP 3: VISION

Embracing uniqueness, keeping promises to ourselves, and using disruptive strategies to shape a powerful vision for career success.

01 Embrace your uniqueness

02 Disruptive strategies for transformation

03 Crafting your vision for success

01/EMBRACE YOUR UNIQUENESS

- It's okay to be different, and your unique qualities can become your competitive advantage.
- The importance of keeping promises to yourself.

STEP 3: VISION

02/DISRUPTIVE STRATEGIES FOR CAREER SUCCESS



MY WIFE AND MY MOTHER-IN-LAW, WILLIAM ELY HILL, 1915.

STEP 3: VISION

02/DISRUPTIVE STRATEGIES FOR CAREER SUCCESS

- Perceptual judgments shape our beliefs and actions, often leading to false assumptions.
- Disruptive strategies are a catalyst for breaking free from stagnation and getting unstuck.

STEP 3: VISION

03/CRAFTING YOUR VISION FOR SUCCESS

- Creating a clear and compelling vision for your career.
- Embrace the transformative journey of growth and personal development as you work towards achieving your vision.

STEP 3: VISION

STEP 4: EXECUTION

Overcoming barriers to change,
and empowering your journey
to career success.

01 Effective strategies
for success

02 Overcoming obstacles
to change

03 Don't break
the chain

01/EFFECTIVE STRATEGIES FOR SUCCESS

- Trying everything can be as detrimental as trying nothing.
- Avoid feeling overwhelmed by the multitude of choices available with this one simple trick.
- The power of valued living over achievement-based living to guide your actions.

STEP 4: EXECUTION

02/OVERCOMING OBSTACLES TO CHANGE

- The truth about FEAR and strategies to overcome it.
- The impact of trauma and childhood wounds on getting and staying stuck.

STEP 4: EXECUTION

03/EMPOWERING YOUR JOURNEY TO SUCCESS

- The myth of willpower.
- 100% decisions vs 98% ones.
- Three effective strategies to stay unstuck and make progress toward your career goals.

STEP 4: EXECUTION

THE ULTIMATE GUIDE TO STOP
PROCRASTINATING AND
OVERTHINKING AND FINALLY
MOVE FORWARD WITH YOUR
LIFE AND WORK

GET
UNSTUCK!



INCLUDES THE 4 STEP
MOVE METHOD

MURIELLE MARIE UNGRICH

THANK YOU

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