



BUSINESS ANALYSIS CONFERENCE EUROPE

16 - 18 September 2024 • London, UK

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Changing Your Brain

Coping with Significant Life Change

David Beckham

Principal Consultant, ChuDo Consulting

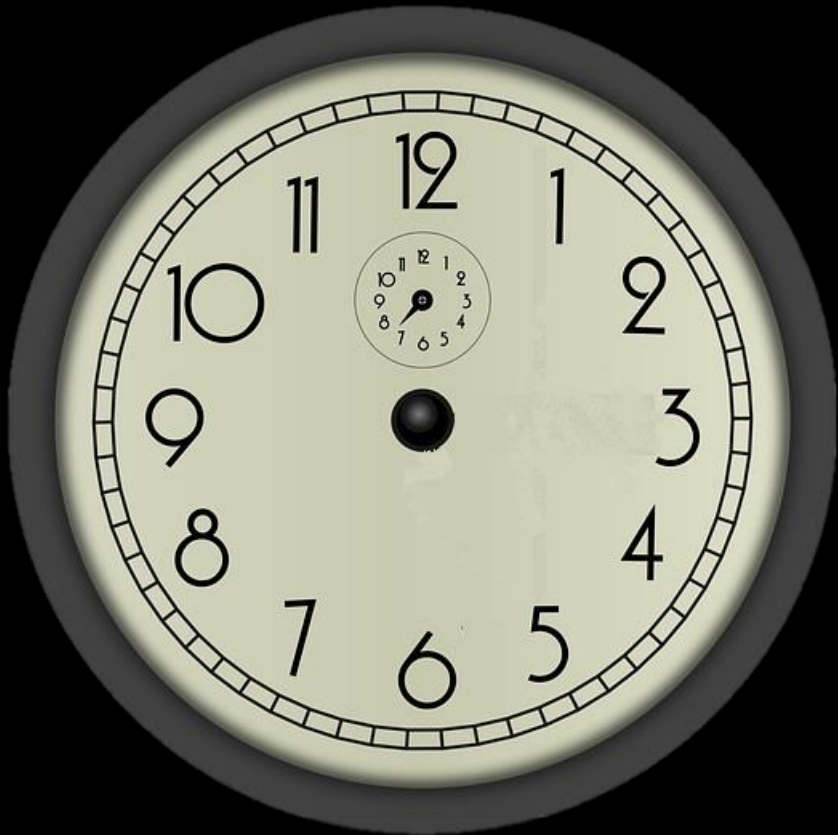


WARNING

**INSPIRATIONAL WAKE UP
CALL AHEAD**

“This is your life; and it’s ending
one minute at a time”

Tyler Durden (Brad Pitt), Fight Club



TICK TOCK
TICK TOCK
TICK TOCK

Change is Constant

Resistance is Futile

Resilience is Achievable

June 28th 2021

About 1030ish

Neurology Ward
Addenbrookes Hospital
Cambridge



“We’ll take you through to
Theatre now....”

Operating Theatre Nurse

My version of Parkinson's Disease (Pre-op)

Tremor
and/or
dyskinesia

Stiffness/
lack of
mobility or
balance

Social isolation/
anxiety

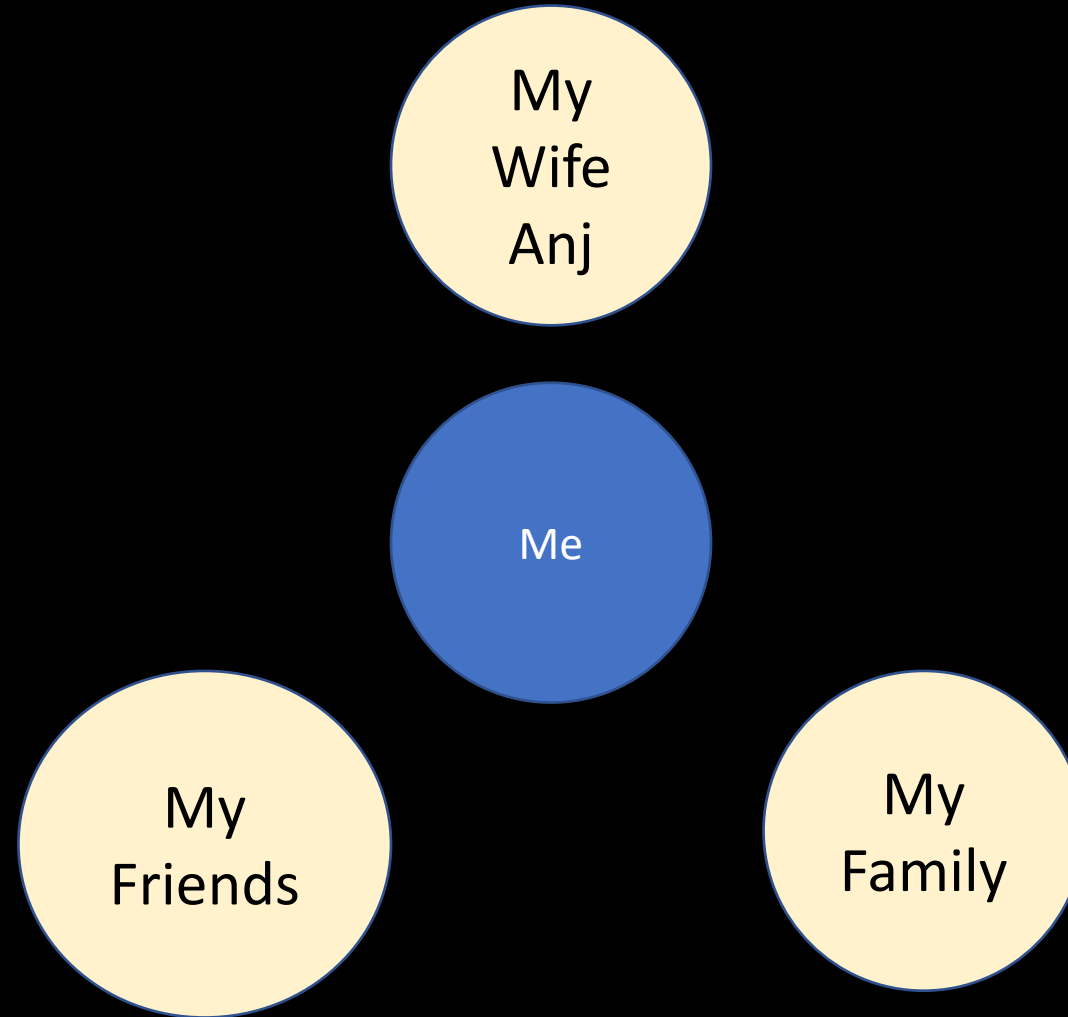
Tiredness
/ weight
loss

Muscle
Cramps

Eating
problems

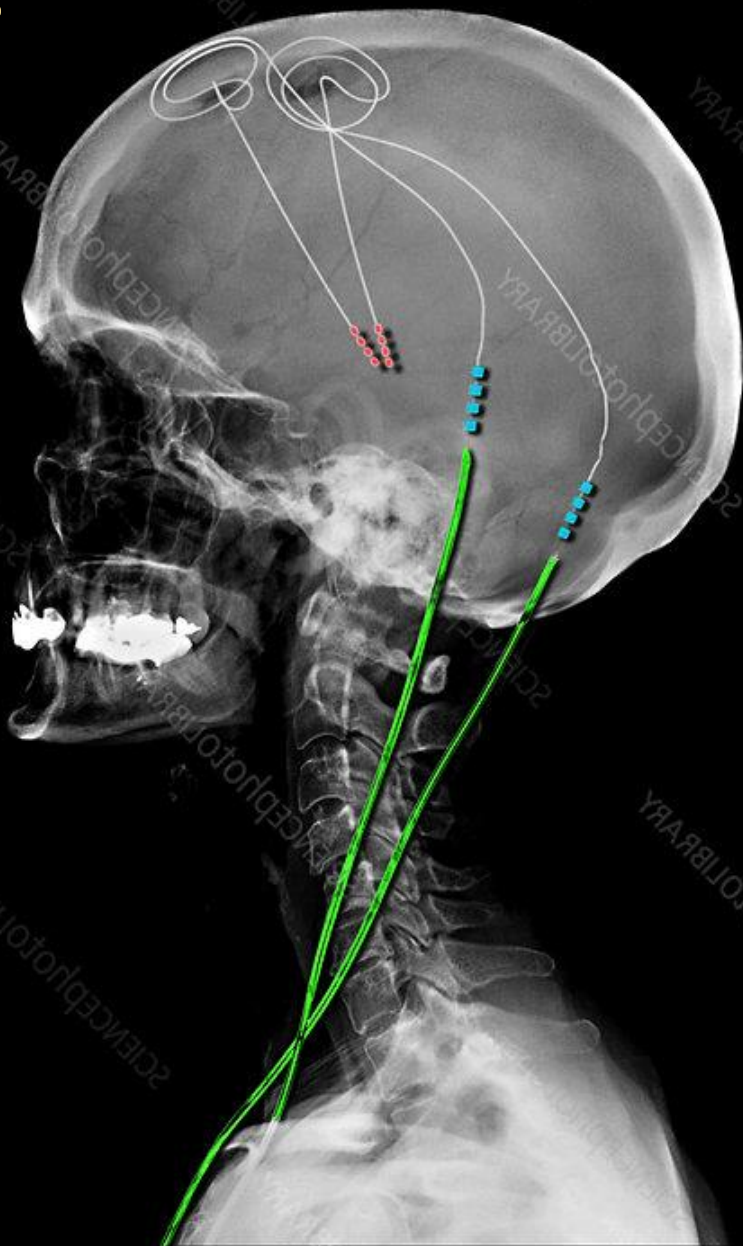


I was not alone with my condition



Deep Brain Stimulation

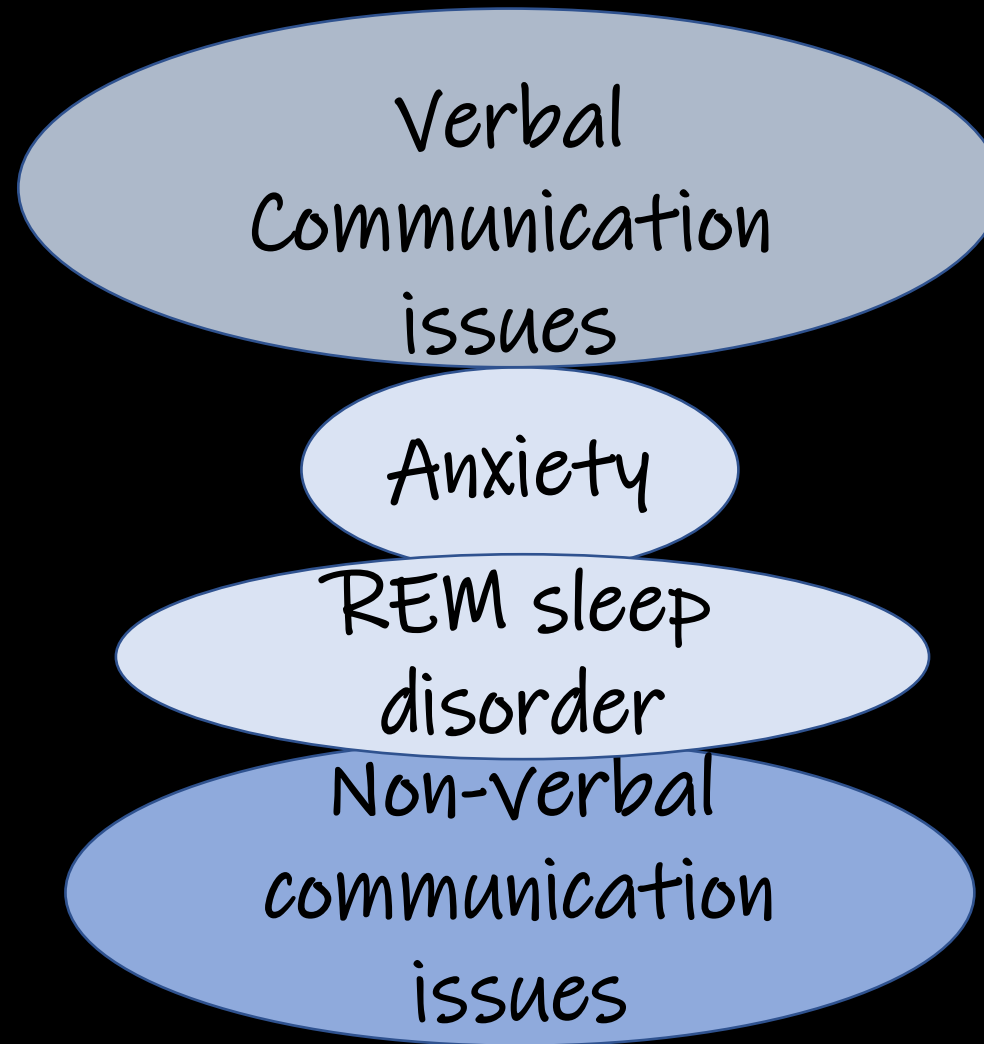
This is not my head!!



This is my head!!



My version of
Parkinson's
Disease
(Post-op)



The journey continues!

Dealing with change

Humour

Reversed my thinking

Harm

Help

Help

Harm

Perspective



Facts Kill Fear



“Do you hear that Mr
Anderson? That’s the sound of
inevitability....”

Agent Smith, (Hugo Weaving); The MATRIX

“The impediment to action
advances action. What stands in
the way becomes the way”

Marcus Aurelius

Moving the gaze



“Viewing the distant mountain”

Moving the gaze

“Viewing the distant mountain”

A large number of lit candles are arranged in a circular pattern against a black background. The candles are lit, and their flames are visible. The text "I was not alone" is centered in the middle of the image.

I was not alone



Reverse your thinking

Get Perspective

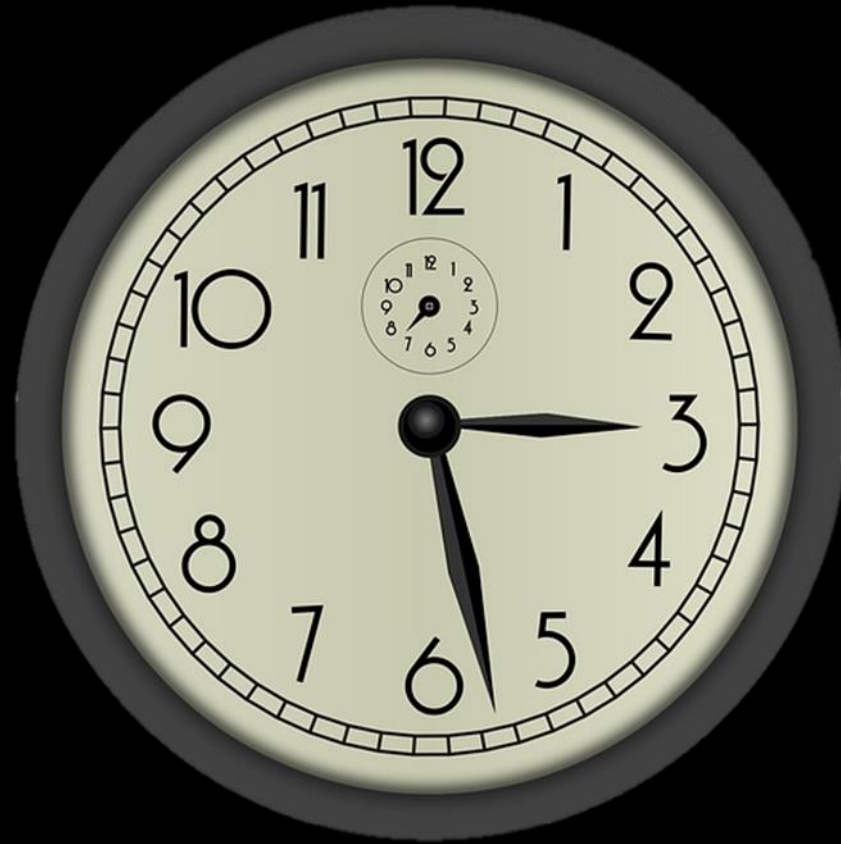
Kill Fear with Facts

Embrace inevitability

Move your gaze

Walk with friends

Time is Precious



Use it wisely

“Make sure your own worst enemy isn’t living
between your own ears....”

Laird Hamilton

Find me on LinkedIn

Catch my blog at

<https://thesamuraibusinessanalyst.wordpress.com>



GHF Productions
2021

Questions?



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