

CHAPTER 18

CLAIM YOUR DREAM CAREER, EVEN IF...

BY KARINE EINANG

I want to tell you a story, a story about a brown-eyed girl who just turned 16. A girl that is about to go for her big dream: moving abroad for one year, to the land of freedom and opportunities.

One year away from little Norway, to experience the life in the southern part of the US, has been her dream for years. She has studied English, and she has prepared for living away from her family for the next 11 months. She has become best friends with her host family who are so nice and who lets her live with them as a daughter and sister through this school year.

The day before she leaves her hometown and says goodbye to everyone, to start her adventure in a foreign country, she feels that something is not right. A few hours later, her world is turned upside down. She is not critically sick, she is not about to die, even if she feels that her world is suddenly falling apart. She is pregnant...

Her world didn't fall apart, I know – because I was that brown-eyed girl longing for a year in a country far away. And what could have become a disaster, turned out to be a blessing in disguise. I

took it step-by-step, joined my local school, and was back in the classroom when my daughter was one week old.

What has all this to do with claiming your dream career? I will tell you in a little while...

You see, even if I got pregnant at the age of 16, my life wasn't over. Of course it wasn't. It brought new opportunities, new experiences. I don't encourage anyone to become a young teenage mom, a child should not have a child... But, when it happens, we have to turn it into something good.

I did. I worked really hard at school so that nobody should say I was a bad mother, or a stupid girl getting pregnant. I trained my mindset on how to find new solutions, how to see the positive when everything seemed so negative. I visualized the good, and the good was what I got. I practiced something I called my even-if-mindset: «even if it is what it is, I will do my best».

Of course, I could have stopped. I could have used all the excuses in the world. But I didn't, because I know we are all here on this earth a short amount of time, and we have to make the best of it...for ourselves and for those around us. I used the even-if-mindset to take the next step. The next step towards the rest of my life...

I transformed my life from being a young girl, wanting to experience the world, to end up as a single mother, still wanting to experience whatever life wanted to show me. And this life showed me a lot. It showed me new careers, from being a secretary to becoming an HR Manager. It showed me happiness and sorrow.

The years went by and I ended up married...and divorced...with two small children. Instead of feeling sorry for myself, I got my «even-if mindset» back on track. (I just love the even-if mindset!)

Long story short: I quit my job as an HR Manager to go back to school. Someone would have explained that with one word: «CRAZY». But I did, even if...

I went all in, and ended up as a fire chief. A job that let me work with people, work with my passion – and a job that was so «me». But after 15 years in the fire department, something happened. I was afraid. Afraid of going to work. Afraid of what was on the other side of my front door when the doorbell rang at home. I became an angry, confused, bitter and totally stressed-out woman. I didn't want to live. All I wanted was to get some rest, and let my family get their life back. I knew that I had been hard on them, the same way I had been hard on myself. I ended up diagnosed with PTSD (post-traumatic stress disorder).

Today, I know that I couldn't see things straight. Today, I know that they wouldn't be better off without me around. My winning card was that I decided to be open about having PTSD. I was open about my fears, my desire to step out of this world. . .and that was what saved my life.

With amazing help from my associates, my family, my friends, and even some people I didn't know, but who had heard what I went through, and by an angel of a psychologist, I got my life back. I'm touched sitting here thinking of how warm-hearted they were to me. They reached out because I had cried for help. I was blessed.

Getting my life back together, I started to feel that I had to do something else, something away from the fire department. I wanted to work with something that could give me energy, something that could give me joy, something that allowed me to help others who were now in a place where I once was. And something that let me travel back and forth from our hometown in Norway, to the southern US.

Oh Yes! I still had the same dream that I had when I was a 16-year-old, brown-eyed girl.

I had promised myself that I should one day experience a life in the southern states, and I intended to stick to that promise!

My vision of having a career that matched my desire was easier said than done. The truth was, I didn't know what to do, or where to start. I didn't know what my mission really was, or how I could manage to pay the bills if it didn't work out.

But I couldn't continue the path I was on. I had to go that extra mile to learn everything I now know about making a thriving career transformation – and I did! I ended up having the key to a successful transformation – and it felt much better than winning the lottery (for me it felt like I was in possession of the winning ticket...).

Now I'm so excited to share the key to a successful career transformation with you. Let me show you with three powerful steps.

Just promise me one thing before I share these steps with you:

DON'T EVER GIVE UP ON YOUR DREAM!

Step 1: Going back to basics - only Better

The first step is all about going back to basics. This is the foundation of your career transformation. By going back to basics, you ask yourself questions. For example:

- Why do you want to change your career?
- What are you passionate about?
- What could you do *even if* you didn't get a dollar doing it?
- What are your fears, and why?
- What are your values, both in your career and in your personal life?
- What will happen if you continue on the path you are on?

Make an effort in answering these questions. And be honest.

Let me explain one of the questions. The question about fear...

Fear is our biggest enemy, and we all know how fear can stop us from doing the right thing... going after what we really want. But fear can also become our best friend...if we do the right things in the right order. Think of fear as a warning sign. It's there to make you focused and awake. It's human to be afraid of the unknown.

Write down ALL the things that you are afraid of regarding transforming your career.

Then you categorize them like this:

1. The fears you can't influence.

– Maybe you write down the fear of someone laughing at you if you fail, or that you're afraid of making a fool of yourself. These fears are out of your control. You can't do anything about them. All you can do is be nice to the people around you, and not be influenced by what other people say or do.

2. The fears that are not real.

– For example: what if I never get a second chance in my life if I don't make it?

3. The fears that are real.

– For example: what if I don't make it, or what if I don't have the skills needed?

This is quite an exercise! How strange it may sound - it's a fun one!

By writing down and getting in touch with your fears, you start seeing that some of them are NOT worth thinking about. You are supposed to draw a big X over *the fears you can't influence* and **the fears that are not real.**

The one category that is left (**the real fears**) is what you are going to be working on. Come up with three different solutions on each of those real fears. Like I said: some of them are good for you to have. They are there to awaken you. Let them become your friends – and a part of your goal! The solution is what you are going to work on next!

The best part with going back to basics is that you are going to dig deep down into how your life can turn out if you have claimed your dream career; if you wake up every morning knowing that you have a job you love, a job that gives you meaning and fulfillment. I think you will sit there smiling as you write down how your life could turn out... Am I right?

Step 2: Plan and Adjust

Something so simple – but yet so frustrating.

You have to plan your transformation, and have focus on the «right» things. Otherwise you end up with everything but results. By planning and adjusting you will learn valuable lessons, like how to find the right resources, and how to take actions that are needed to step out.

What do you have to do in order to claim your dream career? Do you have to go back to school? Do you have to learn some special skills? Or is it your own mind-blocks you have to work on?

Imagine you want to visit a beautiful island in a sailboat. You have to plan for the trip. «Is it something you have to learn before you go? What is a must to bring along? What dangers can you meet?»

You see, if you don't do any planning – you get anything but a safe travel....

Then, let's say you have planned the trip well. As the wind and

the waves influence your journey. . . You have to adjust your sails. When you do your planning and adjusting, it will fast track your way to the life and income you deserve and desire.

We love fast tracking, either in business or other areas of our life, right?!

Step 3: Have that coach in your corner

I am the first to admit that getting a coach was not in my mind when I wanted to claim my dream career after turning 40. I thought that it was too expensive or that it would take too long for me to get where I wanted to be. I knew that all the best athletes and CEOs had their coach, but. . . me? I was a woman who «just» wanted to change my career. And hey! I had done it before, right?

If you don't get the help you need you will keep wondering on your own. «Where to start? What to do? How to do it? Am I on the right path?...»

It's just like a hamster wheel. It's not a good feeling.

Find that one person who has been in your shoes, the one you have the right chemistry with. Think of it like someone sitting in the front seat with you, guiding you from A to Z. Find that person who can gain you clarity, and help you take the right steps at the right time, so you can go out there and claim your dream career!

**GET YOURSELF THAT «EVEN-IF MINDSET»
AND GET GOING!**



About Karine

Karine Einang is a career transformation and mindset coach who helps her clients transform their career so that they can wake up every morning and crave for a new day!

Becoming a mother at the age of 16, Karine suddenly had to transform her life, which did something to her. Later on her path, she has had several transformations in her career. From being an HR Manager to becoming a firefighter, and later on a fire chief, is quite a transformation. Then again, she made a huge shift in her career – becoming an entrepreneur and CEO of her own company.

People started asking Karine how she made the leap to her new careers, and how she managed to transform her life the way she had done, becoming a mother at a young age, and then being diagnosed with PTSD (Post Traumatic Stress Disorder) in her late thirties. Karine realized that her experiences, both good and bad, could help others. So she started out guiding people who needed a career transformation, centered around her philosophy—*«Having your dream career – you can live the life you deserve and desire»*.

Karine's mission is to guide people through their career transformation so they can live the life they desire. People who want to transform their career have a lot of questions, a lot of fears – and they often don't know WHAT their new career path really is. By asking the right questions, and lovingly guiding her clients towards their desire in life, Karine is «holding her clients' hands» from A to Z.

Like Karine says...:

«We have limited time here on earth. We deserve to enjoy life to the fullest while we're around! Our career is an important piece in the puzzle called life, whether we like it or not. When we can't stand our career, it reflects on the rest of our life.

It breaks my heart when someone says that their life seems to pass them by. They freak out at home because of all the stress at work. They work their butt off, trying to stay happy and nice. They are completely fed up, but have no idea what to do with their job and their situation».

Because of stories like these, Karine knows she has a mission. Her own story almost cost her the family, and her life...

Karine has a bachelor's degree in Economics and Leadership. She has gone through the Norwegian Fire Academy to become a firefighter and an officer. Later on her path, she became an HSE engineer and a fire engineer. She is also educated in fire investigation and readiness management. In addition, she is a certified NLP Practitioner, and also an assertiveness and life coach.

In 2016, she wrote a Norwegian book about leadership called, *Help! I've become The Boss!* This book is a roadmap for leaders – so they can do their best for the people around and take care of themselves at the same time.

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