

CAN NICE GIRLS WIN (RACES)?

@julialandauer

Racecar Driver, Entrepreneur















2015 RACE WINNER



Motor Mile
Speedway



JULIA LANDAUER

70



PRICES BODY SHOP

MOTOR MILE SPEEDWAY

Hoosier



SUNGLASSES

JULIA LANDAUER
NASCAR
NEXT
GOODYEAR

Julia Landauer

GENERAL TIRE

NASCAR
PINTY'S
SERIES

E3
Spark Plugs

FDP
BRAKES

YETI

TECHFORCE
FOUNDATION

28

JE
PISTONS

MOOG

COMP
CAMS

Tilton

Edelbrock

safety-kleen

GENERAL TIRE

RR-1
RR-1
RR-1

GENERAL TIRE





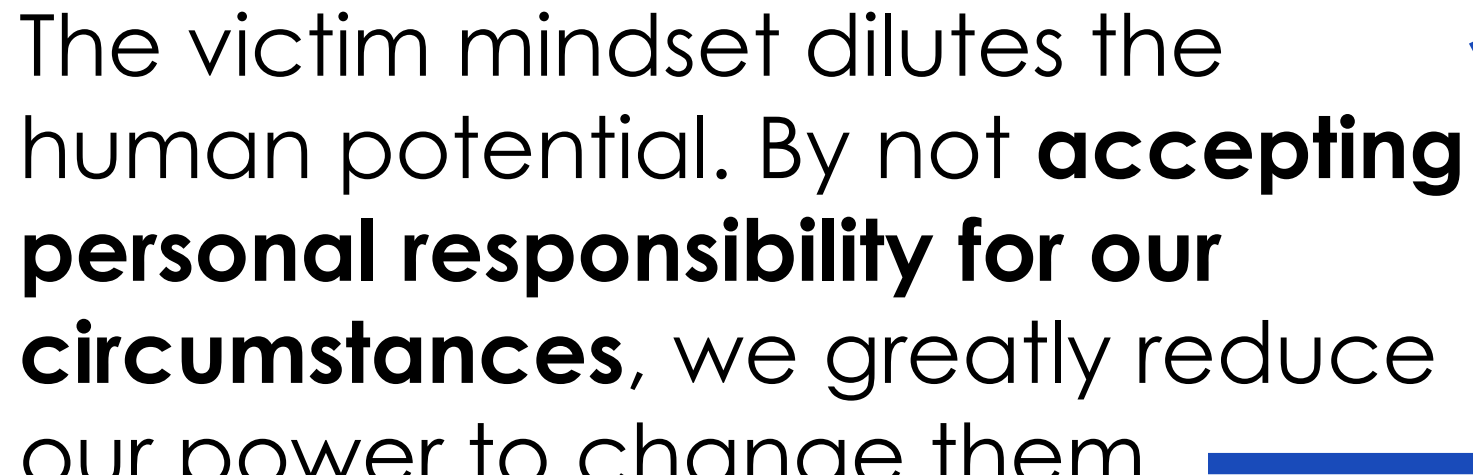
Take Ownership



ACTIONS

&

REACTIONS



The victim mindset dilutes the human potential. By not **accepting personal responsibility for our circumstances**, we greatly reduce our power to change them.

”

- Steve Maraboli



Self Awareness







Self Awareness





Self Awareness

- Outward Facing





Self Awareness

- Outward Facing
- Inward Facing





Self Awareness

- Outward Facing
- Inward Facing
- Performance Facing



BE

INTENTIONAL



When I discover who I am,
I'll be free.



”

- Ralph Ellison



Work With Fear

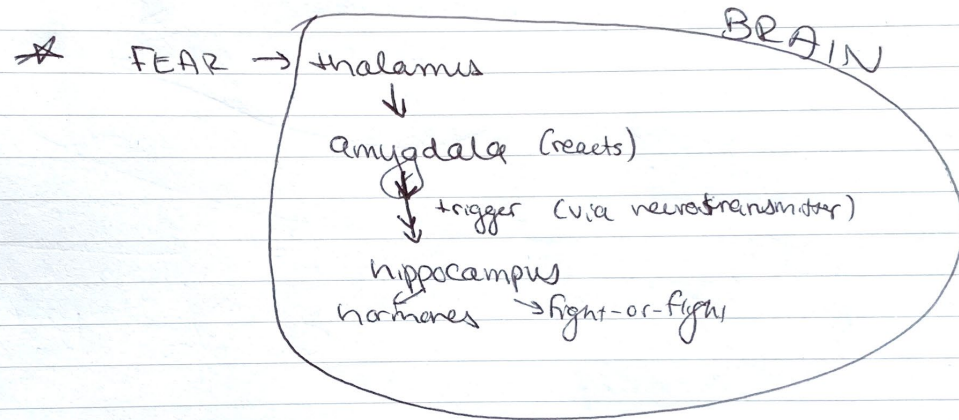




Fear

Dictionary definition: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.

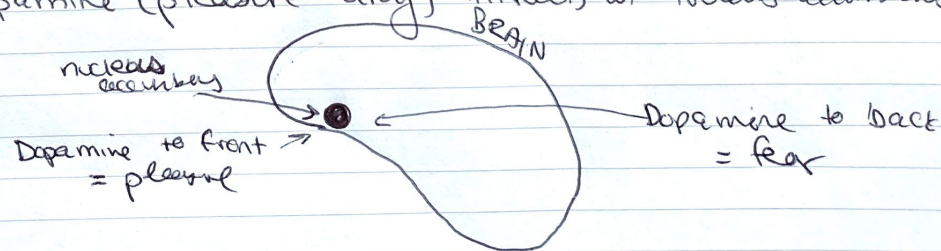
- defense mech. → determines action



- Fear + excitement activate hypothalamus

↓
controls response to stress

- Dopamine (pleasure drug) interacts w/ nucleus accumbens (reward center)





WHY

NOT?



Techniques For Handling Fear





Techniques For Handling Fear

- Recognize & Minimize Symptoms







Techniques For Handling Fear

- Recognize & Minimize Symptoms
 - Visualization / Practice
- 





Techniques For Handling Fear

- Recognize & Minimize Symptoms
 - Visualization / Practice
 - Lean On Your Support System
- 



When one's mind is made up, this
diminishes fear; **knowing what must
be done does away with fear.**



- Rosa Parks



Be Your Own Coach

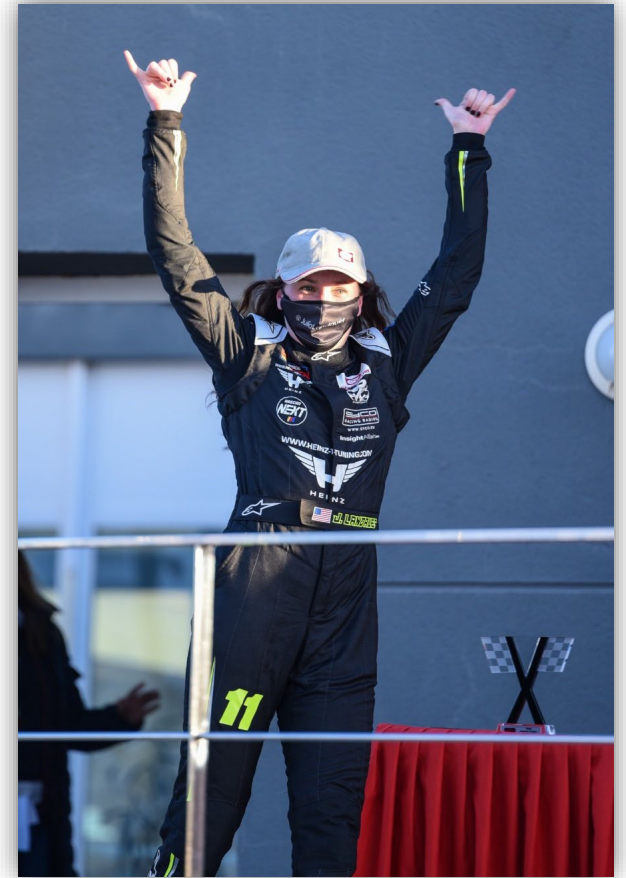


Be Your Own Coach



Be Your Own Coach

- Positive Self-Talk



Be Your Own Coach

- Positive Self-Talk
- Know The Research / Data



THE RESEARCH

- Teachers grade female students harder
- Girls don't get challenged as much as boys
- Women tend to feel they need to be 100% qualified to advance

Be Your Own Coach

- Positive Self-Talk
- Know The Research / Data
- Feel What You Need To Feel





Success consists of going
from failure to failure **without**
loss of enthusiasm.

- Winston Churchill

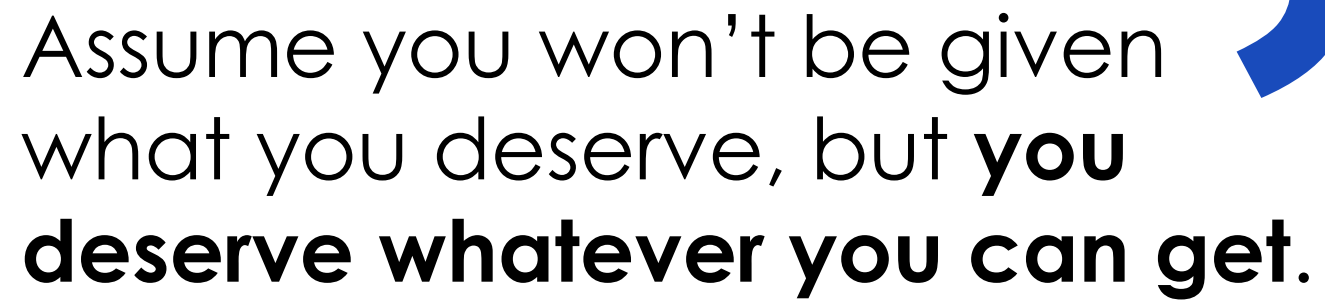


Always Ask



BE

EXPLICIT




Assume you won't be given what you deserve, but **you deserve whatever you can get.**

- Tracy Landauer

KEY TAKE- AWAYS

- Take Ownership of Actions & Reactions
- Strive For Self Awareness
- Work With Fear and Understand How We're Primed
- Be Your Own Coach
- Always Ask, Explicitly



If it's both terrifying and
amazing, then you should
definitely pursue it.

- Erada

THANK YOU



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