

LET  
THAT  
SHIT  
GO

ROCK  
THAT  
*Creative*  
JOB™

Jamie Roberts  
RockThatCreativeJob.com



**BREEEEEEEEAAAAAAAAAATHE...**





# JAMIE ROBERTS

## WORKPLACE MENTAL WELLNESS FOR CREATIVE INDUSTRY PROFESSIONALS

- CERTIFIED POSITIVE PSYCHOLOGY PRACTITIONER (APRIL 2025)
- CERTIFIED STRESS MGMT ADVISOR (MAY 2025)
- FOCUS ON NEUROPLASTICITY + NEURODIVERGENCY AT WORK

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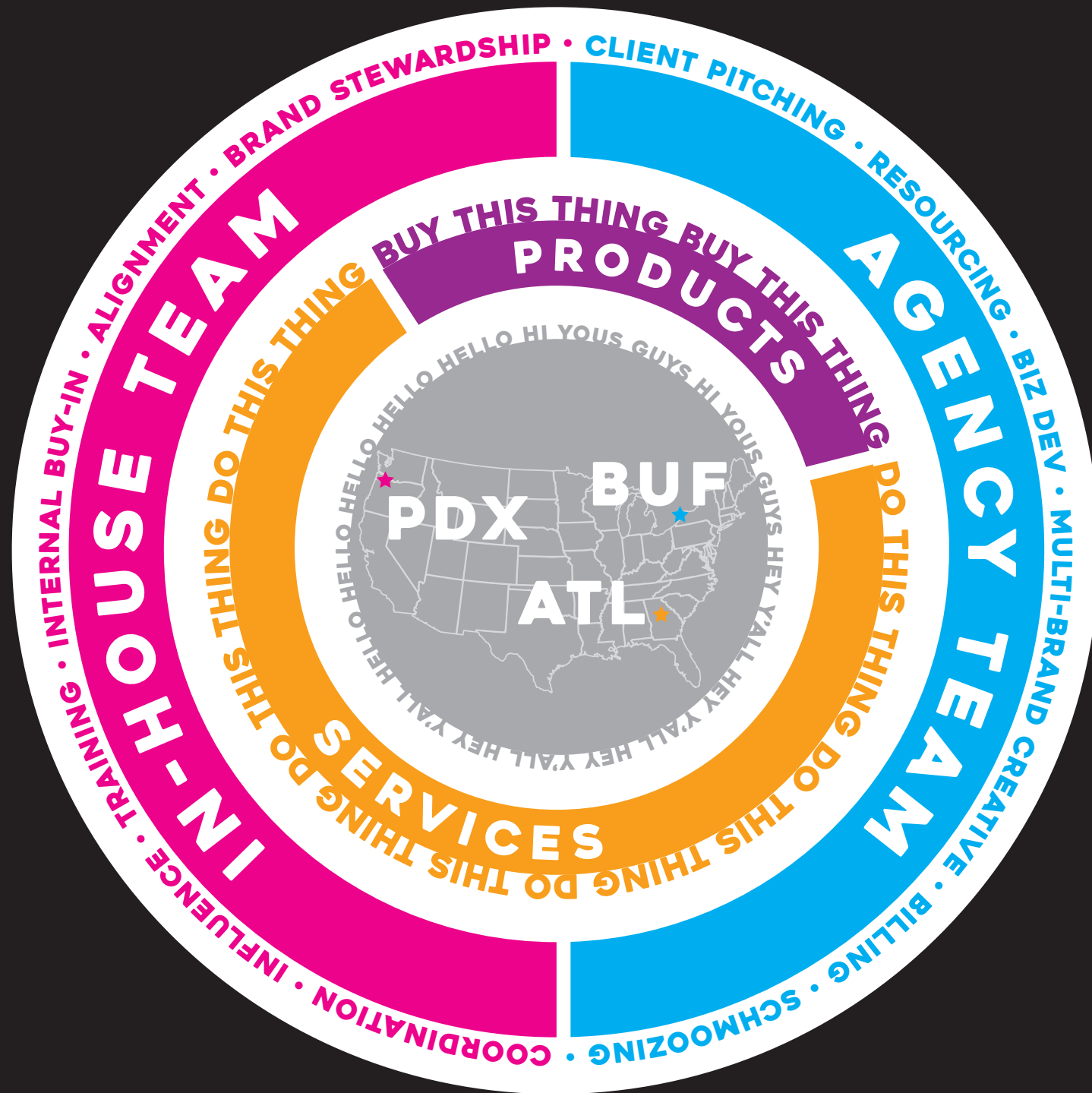


**I CAN  
HELP  
WITH  
THIS**

**WORKPLACE STRESS + ANXIETY / IDENTITY LOSS  
PROFESSIONAL GRIEF / BURNOUT / PASSION FATIGUE  
TEAM DYNAMICS / CAREER RESILIENCE + PTSD  
RE-ORGS / WORKPLACE TRAUMA / ADHD AT WORK**

**BUT  
NOT  
WITH  
THIS**

**SUBSTANCE ABUSE / DEPRESSION / ADDICTION  
TRAUMATIC PTSD / SEXUAL TRAUMA / MEDICATIONS  
SEVERE EMOTIONAL DISTRESS / DOMESTIC ISSUES  
MENTAL HEALTH DISORDERS / CHILDHOOD TRAUMA**



**GRAPHIC  
DESIGNER**

**SENIOR  
DESIGNER**

**CREATIVE  
LEAD**

**DESIGN  
MANAGER**

**ART  
DIRECTOR**

**CREATIVE  
DIRECTOR**

**SR. CREATIVE  
DIRECTOR**



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THAT  
*Creative*  
JOB™



2020 — 2021 — 2022 — 2023 — 2024

2020

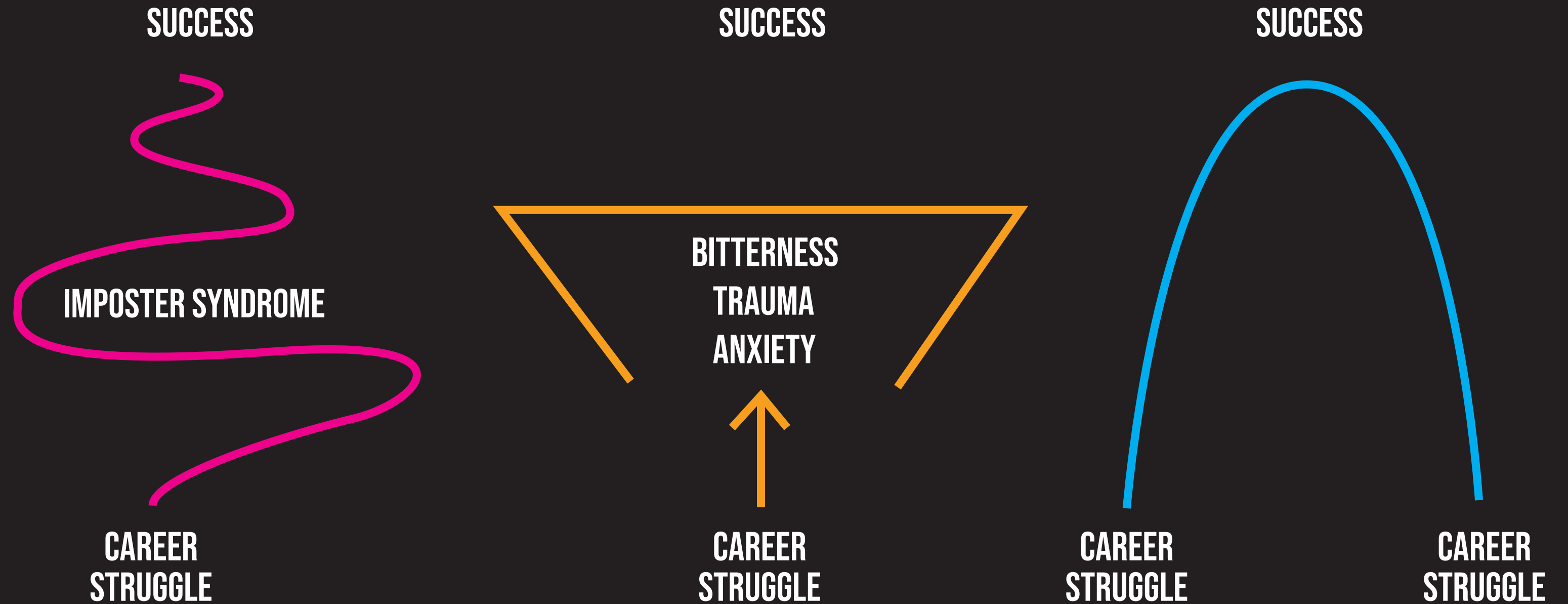


**415 CLIENTS**  
**1,500+ SESSIONS**

**36 DISCIPLINES**  
**27 COUNTRIES**

**BRAND STRATEGIST • GRAPHIC  
DESIGNER • ART DIRECTOR  
CREATIVE OPS MANAGER  
ANIMATOR • CREATIVE DIRECTOR  
MULTIMEDIA DESIGNER  
PROJECT MANAGER • MARKETING  
MANAGER • SOCIAL MEDIA  
MANAGER • DESIGN DIRECTOR  
COPYWRITER • UX RESEARCHER  
PRODUCT DESIGNER • ACCOUNT  
MANAGER • UX DESIGNER  
PRODUCTION DESIGNER  
UI DESIGNER • ILLUSTRATOR  
COPYEDITOR • STUDIO MANAGER  
INSTRUCTIONAL DESIGNER  
CREATIVE SERVICES MANAGER  
CONTENT DEVELOPER  
SCREENWRITER • TEXTILE  
DESIGNER • AGENCY MANAGER  
EXECUTIVE CREATIVE DIRECTOR  
ACCOUNT DIRECTOR**

# ROOT CAUSE PATTERN EMERGENCE





A woman with dark hair is shown from the chest up, screaming with her mouth wide open. The image is overlaid with a white grid pattern. The text is centered over the image.

**WHAT HOLDS US BACK IS **NOT**  
A MISSING TACTIC, SKILL, OR PLAN.**

**IT'S WHAT HAPPENS **IN OUR MIND.****



# WORKPLACE TRAUMA + STRESS IS CUMULATIVE.

NEGATIVE MEMORIES STACK UP.  
LAYER UPON LAYER, SLOWLY GETTING  
GLUED TOGETHER BY TIME.

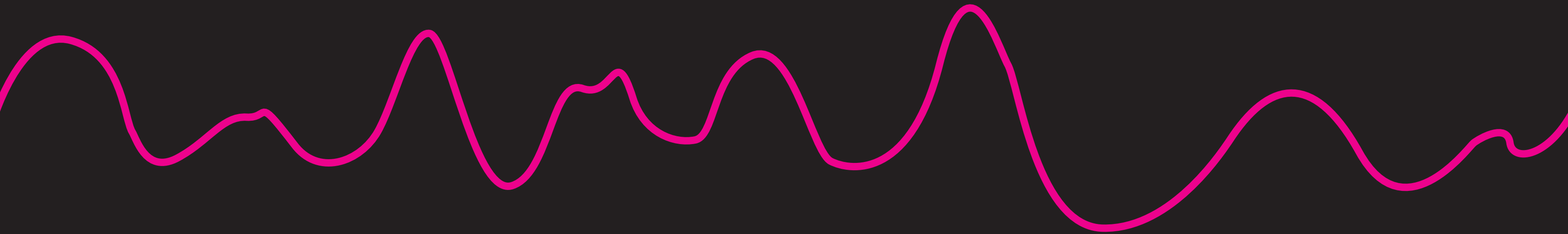


# **POSITIVE PSYCHOLOGY HAS THE POWER TO SHIFT MOODS, EMOTIONS, BEHAVIORS AND BRAIN-FUNCTIONS.**

- GIVES US CAPACITY TO APPROACH AND **TAKE IN NEW EXPERIENCES**
- HELPS US **RECOVER FROM DIFFICULT EXPERIENCES** + AVOID NEW ONES
- INCREASES OUR CURIOSITY AND **SUPPORTS CREATIVE IDEATION**
- CAN **UNDO LINGERING NEGATIVE** PHYSIOLOGICAL RESPONSES
- CREATES FLEXIBILITY WHICH **ENHANCES PROBLEM-SOLVING** TOOLS
- **BUILDS RESILIENCE** + CULTIVATES NEW RESPONSES TO DIFFICULT EVENTS



# THE BRAIN AT REST IS NEVER QUIET.



OUR NEOCORTEX IS SHAPED BY **EXPERIENCES.**  
CHANGE IS ALWAYS THE RULE, RATHER THAN THE EXCEPTION.  
IT'S SIMPLY A MATTER OF WHAT INFLUENCES WE CHOOSE.



**NEUROPLASTICITY IS NOT BUILDING  
PHYSICAL STRUCTURES IN THE BRAIN.**

**IT IS A MATTER OF CHANGING  
PATTERN RECOGNITION AS WE  
LEARN AND EXPERIENCE THINGS.**

WE ALL HAVE THE **POWER TO EMERGE** FROM DIFFICULT SITUATIONS OR EXPERIENCES WITH A BETTER UNDERSTANDING OF OURSELVES.



**LET  
THAT  
SH!T  
GO**

THE MOMENT WE STOP DRAGGING THE BAGGAGE,  
AND MAKING DECISIONS FROM OLD EMOTIONAL  
PATTERNS, **OUR EXPERIENCES IMPROVE.**

# STEP 1



CHOOSE A RECENT NEGATIVE EXPERIENCE.  
ARTICULATE WHAT HAPPENED AND  
STATE THE CONSEQUENCES.

LET  
THAT  
SH!T  
GO

## STEP 2



LIST THE COPING STRATEGIES YOU USED  
DURING THIS EXPERIENCE.  
(IT'S OK IF THEY WEREN'T EFFECTIVE)

LET  
THAT  
SH!T  
GO



## STEP 3



LIST THE RESOURCES + STRATEGIES YOU  
WOULD USE IF YOU HAD A DO-OVER.

LET  
THAT  
SH!T  
GO

## STEP 4



LIST ANY LESSONS, GROWTH, OR SILVER LINING.  
STATE ANYTHING YOU APPRECIATE AS A RESULT.

CLAIM YOUR LEARNING!

LET  
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# STORY REWIRE



PLACING A NEGATIVE EVENT INTO A **STORY  
TIMELINE** REWIRES OUR NEURAL CIRCUITRY.  
WE ARE LESS CAUGHT UP IN THE EMOTIONS  
ALLOWING US TO SEE **OUR POSITIVE GROWTH.**  
**THIS CREATES RESILIENCE.**

**LET  
THAT  
SH!T  
GO**

**PRODUCTIVITY** IS SIMPLY A  
BYPRODUCT OF INCREASING  
HAPPINESS BY BEING **MORE IN**  
**CONTROL OF THE MIND.**







THANK YOU!

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