

Workshop

**Making career decisions under uncertainty:
from overthinking → action**

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PhD

BCF Career Event 2026

Who Am I?

Background

BSc + MSc Biomedical Sciences, University of Amsterdam

PhD - laser therapy in psoriasis, AMC

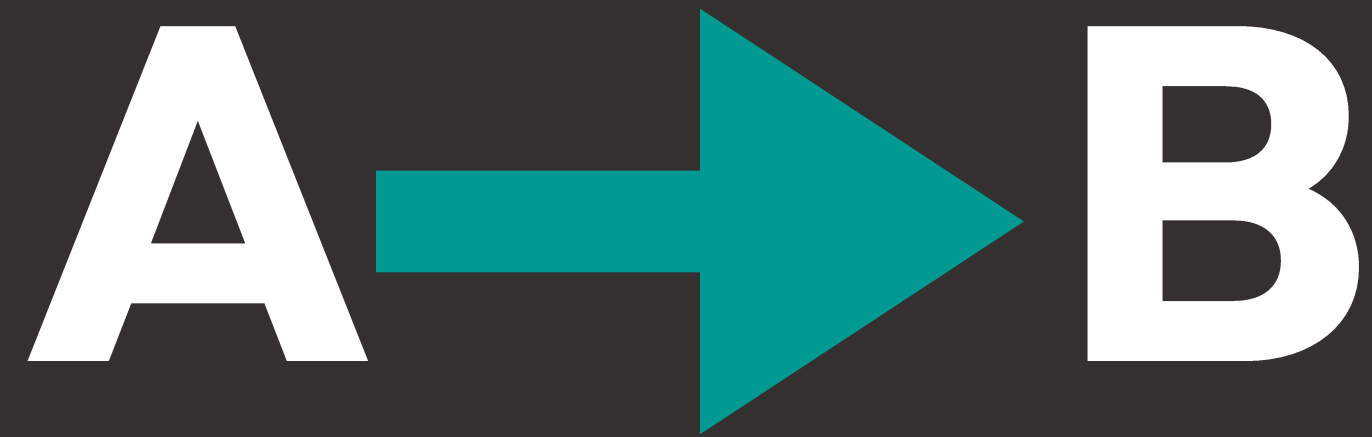
NOBCO Coach - practitioner degree

Current

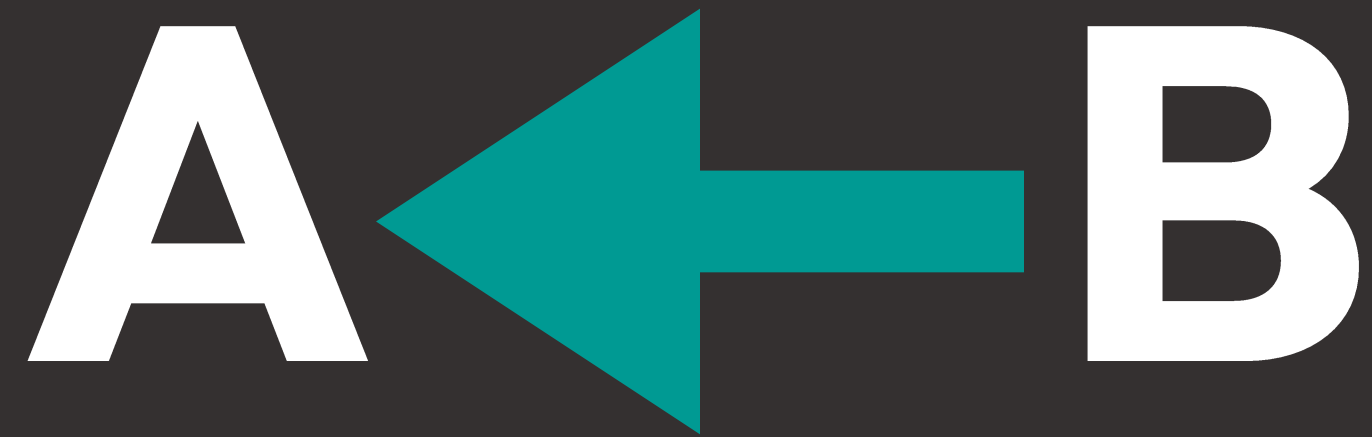
Researcher in a dermatology clinic (4 days/ week)

Coaching & Workshops for my own business (1 day /
week)

Classic career path questions



Today's
Workshop



Start
with:

the B est version

Your Best self:

Draw the person you want to be in 10 years from
now

Your Best

self:

What does their life look like?

How do they feel?

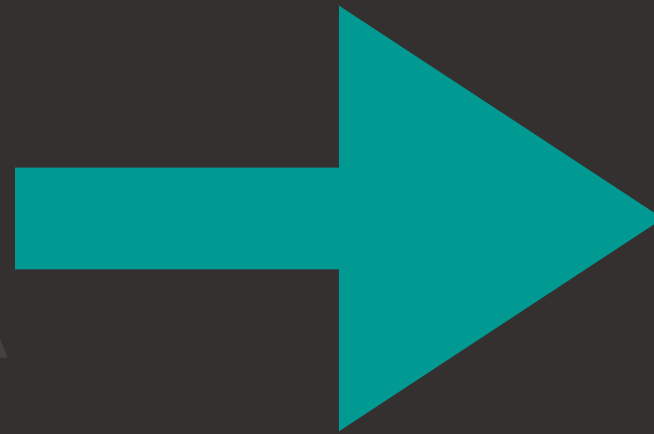
What does their day to day look
like?

Where/how do they live life?

How do they interact with others?

'The
Bridge'

A



B

Current

Succes

**'Struggle
phase'**

s

The Bridge

How do they make career decisions in their life?

How do they handle uncertainty?

How do they handle difficulty / difficult times?

Who supports him/her?

How do they handle conflict?

How do they come up for themselves?

Unhelpful thoughts I

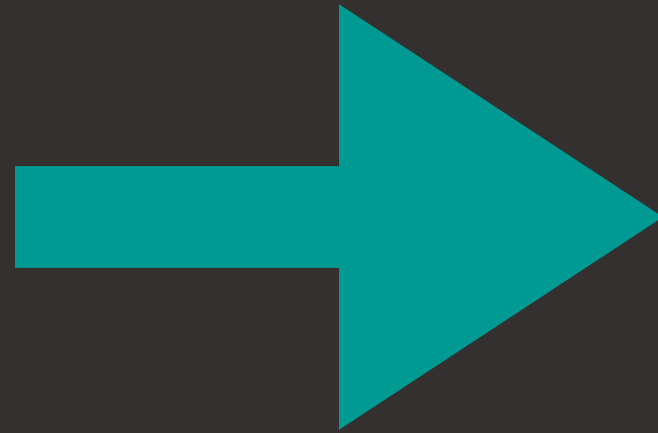
had:

What if I make the wrong decision?

**What if I move to industry and can't go back to
academia?**

What if they think I'm too young?

Studying 'The bridge'



What thoughts are holding you back from being this person?

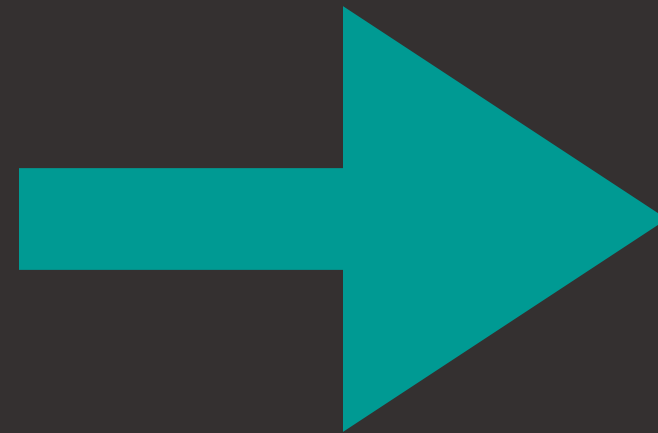




You need to move forward before
you can make a turn



Studying your limiting beliefs



Are these thoughts factually true?

How would you feel if you wouldn't have these thoughts?

Who would you be if you didn't have these thoughts?

Friend's Advice

If your friend told you these thoughts about themselves, what would your advice be?

Future You Advice

If you could give yourself advice, as your future you, about something that is holding you back right now, what would it be?

**On A Scale of 0 -
10**



Where are you now?

**On A Scale of 0 -
10**



**Why is it already a
'x'**

**On A Scale of 0 -
10**



**What would +0.5 on the scale look
like?**

**On A Scale of 0 -
10**



**What is a first small step you can
take?**

When? What? How? Be specific.

**Thank
you!**

Want to learn more?

Check out:

- Mel Robbins on visualizing the bridge
- Sergio van der Pluijm
- 'The work' by Byron Katie



1-on-1 / group coaching?
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or DM me on LinkedIn