

JULIE CAMPISTRON

CEO AT STOP, BREATHE & THINK

INTRODUCTION

- My name is Julie Campistron and I am 41
 - I work for Stop, Breathe & Think
- We are a 5 star rated, award winning, emotions based meditation/wellness app
 - I am the co-founder and CEO and my main focus are hiring/managing the team, fund raising and setting the strategy and priorities

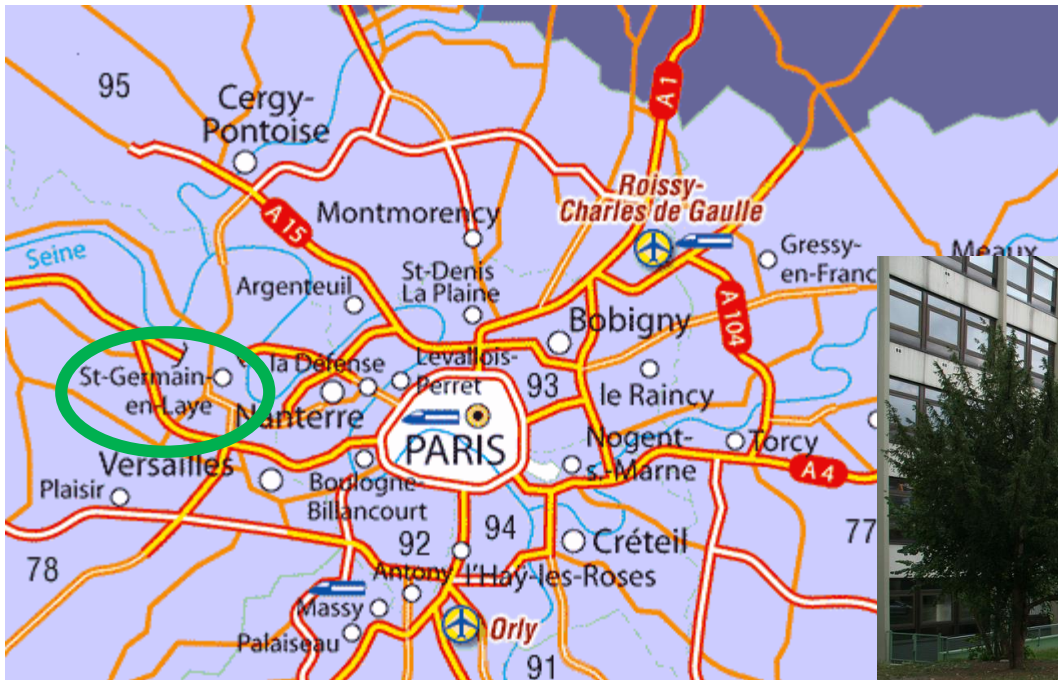
My childhood

- I was born in France and raised...a little bit everywhere....
- My dad was an engineer and my mom an artist
- I have a brother, 7 years younger



MY HIGH SCHOOL

- I attended Marcel Roby, a High School with an American Section, located in St Germain en Laye, near Paris



High School

As a HS student I was:

- Tiny
- Nerdy
- Mostly awkward until 12th grade

High School

Things that I really liked:

- Learning
- Friends

Things that felt difficult or challenging:

- Being “popular”

High School

Jobs I did while I was in High School:

- Baby sitting
- Tutoring in Russian

Getting in to College

- Worked my &%\$ off
- Was impatient to leave the house

College

- I attended business school in Toulouse, France



College

Things I enjoyed

- Independence
- Friends
- Internships

Things I didn't enjoy

- Accounting
- Legal

College Jobs

- **Supermarket demos** (paid) – learned to overcome my shyness
- **Intern PR at L'Oreal** – learned I loved consumer goods!
- **Intern admin at Adecco** (temp agency) – learned I didn't want to do that
- **Intern for an HR project at Air Liquid in Singapore/China** – learned to adapt

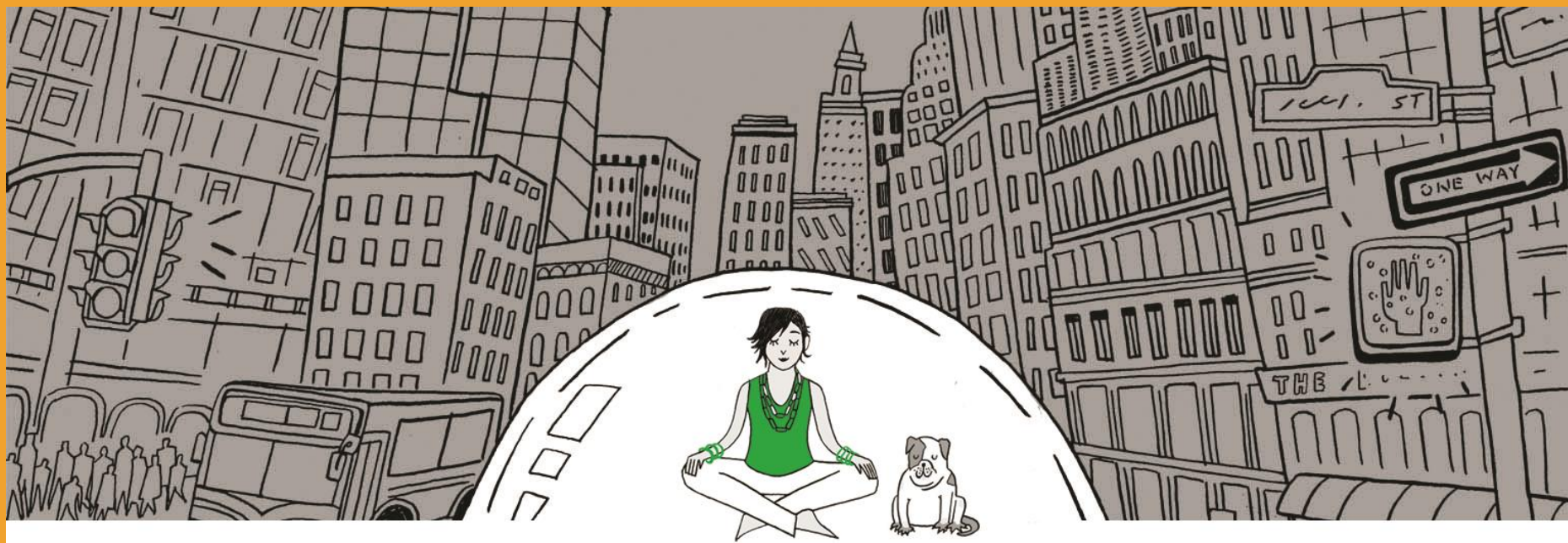
College Jobs

LESSON:

There is **NOTHING** like hands on experience. Start building your network early & gain experience

Getting a job after College

- Internships were the key. That's how you get there. Otherwise no one knows you



STOP, BREATHE & THINK

- We believe that when more people regularly find peace of mind, it makes the world a better place.
- With Stop, Breathe & Think, you can check-in to how you are feeling and we give you the personalized content, program and encouragement to get them to where they want to be

My Career Path



My Career



My first job after college was

- Press Relations Associate at L'Oreal



The worst job I have ever had

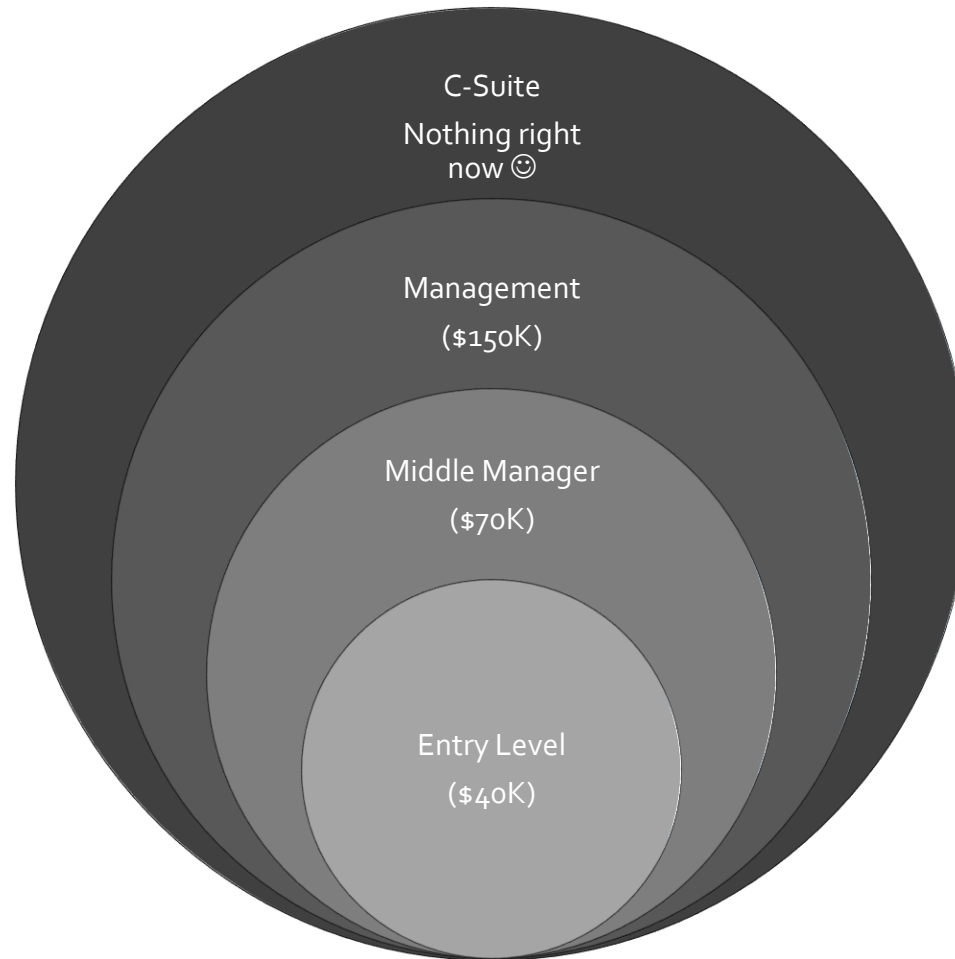
- Marketing Manager at McDonalds

My Career

Challenges I have had to overcome:

- Learning diplomacy (sell it, don't tell it)
- Being a woman, especially in tech
- Learning to rely on others
- Learning to sell & network

Compensation at my company



More than just work

When I am not at work I like to:

- Be with my family
- Read
- Hike
- Cook
- Talk to my friends in France

Do it all over again?

If I could talk to my HS self, what would I say?

- Don't be cocky and stubborn – you will need others
- Don't sweat the small stuff – it all turns out ok at the end
- Street smart vs book smart

