



## Episode # 31

### Pivot Point Story: Eddy Urias-Castro

Eddy found himself studying an MBA and working an 18 hour day was sending him into a spin this led to him starting up Munch Bakery - his passion for food steered a career pivot to what he loved cooking. Emerging from Covid Eddy is now successfully moving his business to new commercial premises and just loving the ride.

#### Top Tips

#### Simple steps to action

Let the fear go

Fear is manufactured and intangible it doesn't exist in the present. Think about what you can do to start your journey now, find that little thread that you can start pulling, or if you are lucky enough to jump in with both feet. Do it!

Find and surround yourself with the right people

Building something is all about community, don't be afraid to open yourself up and connect with others. People get excited about excited people, so get out their and start introducing yourself.

Let go of control

It takes a village, and a village is built on trust. There is too much to do, and too many skills needed to pivot a life. Listen to the guidance of others who have been there, the world is too big to take on by yourself!

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Articles <https://www.sbs.com.au/food/article/2021/05/25/feels-home-salvadoran-australian-bakers-barbacoa-pie-best-both-worlds>

<https://www.broadsheet.com.au/melbourne/food-and-drink/article/prestons-munch-bakery-delivers-barbacoa-shepherds-pie-crackling-crowned-sausage-rolls-and-humble-pie-only-once-fortnight>