

Transitions & Transformations: A Career Coach E-Newsletter

Issue 7 – Fall 2014

Resources for Your Journey

“Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step.” Lao Tzu

In this newsletter issue I’ve included some quick and easy career resources, articles to read, opportunities to learn more about yourself, and some fun inspirational web sites to explore. Take out your cell, laptop, I-Pad, your notebook . . . and check them out!

Predictions: Looking Ahead to 2014:

<http://www.cnbc.com/id/101299505>

Check out **New for Career Trends for 2015: 10 Workplace Trends For 2015**

Forbes, 10/29/14.

Explore “What is success to you?” by reading Richard Shell’s **Springboard: Launching Your Personal Search for Success (2013)**.

Listen to a Richard Shell interview by Jeff Brown at readtoleadpodcast.com/episode-008-richard-shell-author-of-springboard.

Learn more about Malika Chopra at <http://www.intent.com> and share your dreams and inspiration with others, receive support and turn your intent into action to achieving your desired goals – personal, social, professional, spiritual...

Create meaningfulness in your life while on your journey to career success. Take a look at The Chopra Foundation.

Take the 20-question personality quiz at topbrainbottombrain.com to see where you land on this new personality test. Want more in-depth information then read **Top Brain, Bottom Brain: Surprising Insights into How You Think** by co-authors G. Wayne Miller and Stephen Kosslyn.

Want to take a student or professional **emotional intelligence test** to help further develop, strengthen or enhance your emotional intelligence skill. Contact Dr. Candales at the email address below to inquire about taking the **Emotional Skills Assessment Process (ESAP)** or other personal or career assessments.

How important is your investment in your career? Go to Monster.com and search **10 Reasons to Invest in Your Career - Career Advice**. The time is now to make that investment and be proactive in creating the life you desire. Another great resource at Monster is **Do-It-Yourself Coaching** steps by Ellen Alcorn. See eight self-help steps from U.S. coaches to help your career move forward.

When you are ready to hire a trained and certified coach, find one at the International Coach Federation (ICF), www.coachfederation.org/ . Click on the “Need Coaching?” tab to explore the benefits of

coaching, find hiring tips and use ICF's Coach Referral Service. It is a free searchable directory of ICF members in your location.

What's Your Greatest Weakness? This is quite frequently a question posed by job interviewers. For the soon to graduate college student it's important to consider how respond. Take a look at this Harvard Business Review Blog Network article **The Right Way to Answer "What's Your Greatest Weakness?"** by David Reese, January 17, 2014. Make sure to read through the entire blog.

Google **ideas.ted.com** and/or **ted.com** to learn more about the mission of this non-profit. Explore ideas worth spread or listen to powerful short talks form science to business to global issues.

Visit **soulpancake.com**. Check out some of the many videos on a variety of topics that are designed to open your mind.

Please contact me to ask a career related questions or if you would like to have complimentary coaching session. Send your message to: bbtransformed@aol.com. I look forward to hearing from you!

Career Coach Last Note: *"Success is about dedication. You may not be where you want to be or do what you want to do when you're on your journey. But you've got to be willing to have vision and foresight that leads you to an incredible end."* Usher

Barbara A. Candales, Ph.D.

Advanced Personal and Executive Coach

ACC Member, International Coach Federation

Transitions and Transformations: The Journey is Yours!

