

Transitions & Transformations: A Career Coach E-Newsletter
Issue 3 - Summer 2013
Creating & Sustaining Positive Energy

It's early morning, it's quiet, peaceful, a cup of coffee in hand and I'm looking out across Boca Ciega Bay toward St. Petersburg Beach, Florida and I'm super relaxed and glad the long summer days are finally here and, grateful to have this time for reflection.

Can you believe it we are officially into summer! Summer brings the call to relax, to take a break from work, professional activities and educational pursuits. I'm sure you're eagerly looking forward to spending time with family and friends, maybe a long awaited vacation or to just lay back and enjoy a slower pace to life. It is a time to have a more balanced life.

But, summer can also be a time to be more reflective, to think about the future directions we want for ourselves. I offer you this **Best Experience Exercise to Creating & Sustaining Positive Energy** to get your reflective juices flowing. Use your most peaceful and relaxing moment of the day to try out this exercise.

Tell me about a peak experience, a time of positive energy that was infectious. It can be a time where you felt most alive, most committed or excited about what you were involved with.

- What made it an exciting experience?
- Who was involved?
- What feelings did you have?

Don't be humble, this is brainstorming time. No editing of your thoughts. Jot down those important or salient details.

- What did you learn from that peak experience?
- How might you use what you learned to spark your personal life, your profession/career or your education (for students) today?

As a certified coach I utilize this **Best Experience Exercise** to help clients to:

- Build from strength and core values.
- Strategize options for success.
- Face challenges and gain perspective.
- Position themselves for upward mobility.
- Transform their life and follow their dreams.

Career Coach Last Note: Powerful Questions

- What do you dream of achieving?
- Are you ready to live up to your potential?
- Do you consider empowerment the challenge to be the best you can be?

The long relaxing summer months guide us gently into the spectacular and beautiful Fall season. This period can be the opportune time to spend designing your future journey.

Contact Dr. Candales at bbtransformed@aol.com to ask questions, to share how you used this **Best Experience Exercise**, or to have complimentary coaching session. I look forward to hearing from you!

Barbara A. Candales, Ph.D.

Advanced Personal and Executive Coach

ACC Member, International Coach Federation

Transitions and Transformations: The Journey is Yours!