

Transition and Transformations: A Career Coach E- Newsletter
January/February 2013

Beginnings: Have a Vision and a Goal for a Successful 2013

Greetings and Welcome to 2013

Midway through 2012 I reached a new professional milestone by obtaining an associate level certification status from the International Coach Federation (ICF). To maintain this certification, I must have 10 hours of mentor coaching. I decided to take advantage of the new requirement to enhance my coaching skills and competence but also to reach a new professional goal---- to build a coaching niche for first time small business owners. This is my goal for 2013. What is your personal, career or professional goal for 2013?

“Write it down, written goals have a way for transforming wishes into wants; cant’s into cans; and plans into reality. Don’t just think it – ink it!” Michael Korda

Each January people make resolutions that focus on things they want to do. On the news the other day I heard that of the 45 % of people who make New Year resolutions only 8% actually complete their resolution. In fact, by the end of January many people are off track, have lost interest or don’t even remember their resolution. You know what I mean, losing weight, going to the gym.... Resolutions are not goals!

My goal in this first E-Newsletter for 2013 is to promote successful goal setting by having you consider several questions to help you articulate your goals (ink them), clarifying your goals and to put into place a carefully thought out plan of action. Are you ready to achieve extraordinary results?

Guidelines for Goal Setting: Important Considerations

- What are 2-3 accomplishments you’ve achieved thus far in your life (this will reinforce success)?
- What are your top 3-5 goals for 2013?
- Of these, which ones are short-term goals (can be accomplished in 90 -120 days)?
- Which of these are more long-term goals?
- What 1 or 2 goals you want to focus on for 2013?
- Explore and identify options, effective strategies and maximize use of your resources.
- What motivates you to work on these goals? (What is behind the goal?)
- What are you willing to do each and every day to reach your goal?
- How will you feel if you don’t reach your goal?
- How will you feel or what pleasure will you experience when you reach your goal?

The last guideline is about accountability.

- How will you determine accountability? Is there someone of confidence you trust that you can share your written plan with and will hold you accountable?
- Make a written commitment to actions and remove obstacles.

In coaching, it is the role of the coach to help you to think through each of these questions, to gain greater insight and clarity, and to hold you accountable to the smaller action steps you take on a weekly or biweekly basis. As a client, you are in charge of the direction and the content that will help you reach your targeted goal. Our work is to elevate and maximize the successful execution of your skills, resources, experience and expertise.

Resources:

- ✓ Take a look at the [archived 2010-11 Career Coach E-Newsletters](#) on various topics of interest and the resources identified within each newsletter.
- ✓ Print and use my [Daily Goal Achievement Log](#)

Coaches Last Note:

"It's not what's happening to you now or what has happened in your past that determines who you become. Rather, it's your decisions about what to focus on, what things mean to you, and what you're going to do about them that will determine your ultimate destiny." Anthony Robbins

I look forward to hearing from you and connecting on LinkedIn. Visit my website to learn more about the coaching services offered by Transitions & Transformations.

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