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## Self Discovery Newsletter

How to get the career you want  
May 2008

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In this issue

[How to get the career you want](#)

[Special offer - Rediscover your career e-books](#)

[Thought of the month](#)

[Forward this newsletter](#)

Hi Karen

Welcome to the May edition of the Self Discovery newsletter. Summer is now around the corner, which is a great time to take stock of your life and plan your future. You spend so much time working in your job, why don't you take time today to work on your career? In this month's newsletter, I will give you some tips to help you to get the career you want.



Thank you to all of you who completed the survey for me. It is great to receive feedback to know how I can help you - watch out for more of what you want in future newsletters.

I would like to announce that the winner of the free book "Life coach: become the person you've always wanted to be" by Pam Richardson is Genean Hawkins-Walsh. Congratulations Genean and I hope you enjoy the book as much as I do.

Finally Karen, I am looking to interview six people who have made radical changes to their career. I would like to find out more about your story and what motivated you to make the change. If you are interested in becoming involved in my project, please email me today at [karen@selfdiscoverycoaching.co.uk](mailto:karen@selfdiscoverycoaching.co.uk). I look forward to hearing from you.

Best wishes  
Karen Williams  
Life and career coach

## How to get the career you want!

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The concept of a job or career for life is almost a thing of the past. There are thousands of career options available today and people regularly change employer in their search for a more satisfying career. You spend much of your time at work, so the secret is to find one that you enjoy.

So, what do I do first?

If you are at a stage in your life when you are seeking a new career, start by focusing on you. What are your strengths and weaknesses, what skills, experience and qualifications do you have?

Think about what you enjoy, your passions and what you like about your current job.

Remember to consider the impact on other parts of your life, including your work-life balance, family and finances.

What else should I think about?

One of the biggest challenges is finding the ideal career that meets your ambitions. If you continually change direction, this will be reflected on your CV, which may make it more difficult to get the job you desire.

It is important to recognise whether a career change is the best option. You may be dissatisfied in your current job and want immediate change, but the challenge is deciding if this is the right step.

What should I not do?

Avoid leaving for the wrong reasons or making a snap decision to leave a job. Carefully plan your next step before you resign, as the grass may not be greener on the other side.

Avoid choosing a new employer whose objectives do not share your values; research will help you to choose the right company.

Avoid staying where you are. If you are unhappy, it is time to take action.

What are your top tips for me?

1. Carry out a review of your strengths and weaknesses.
2. Take into account all aspects of your life when making a change.
3. Plan your future career and ensure each step moves you closer to your goal.

When you understand what motivates you and what you have to offer, you can start to make positive changes to your career. By taking the time to plan well, you can reap the benefits of getting the career you want.

OK, what do I do next?

If you want to make a difference and work on your career, start today. What steps can you take within the next 7 days to make a difference to your career?

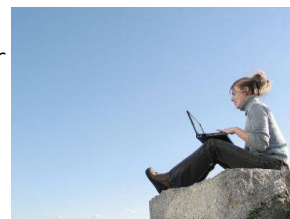
If you are committed to making significant and lasting change within the next 3 months, please email me at [karen@selfdiscoverycoaching.co.uk](mailto:karen@selfdiscoverycoaching.co.uk) for details of my

career coaching programme and how I can help you. I look forward to hearing from you.

### Special Offer - Rediscover your career e-books

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If you are frustrated in your job, at a crossroads in your career or feeling overwhelmed with your work, take a look at my career e-books. Take simple steps to enhance your career and make a change to your life.



This suite of four career e-books are available from my e-book site, [www.lifecoachingebooks.co.uk](http://www.lifecoachingebooks.co.uk) for a discounted price up until 24 May 2008. At just £7 per e-book or £27 for the set of 4 e-books, you can download them instantly in PDF format. Choose from the following:

[How to be happy at work](#) - discover what you can do to be happier at work. Identify areas of your career that are important to you, review your current job satisfaction and start to develop an action plan to take your career to the next level.

[How to plan your career](#) - take steps today to plan the career you will love. Focus on your passions, and develop your vision to fit in with the rest of your life. Take steps to review your skills and strengths and develop your weaknesses.

[How to get a job interview](#) - understand how you can market your skills. Develop a clear and focused CV, create a great covering letter, and develop a network of people who can help you in your future.

[How to get the job you want](#) - recognise how you can sell your skills and get the job you desire. Understand how to make a great first impression - develop effective body language, positive image and confident communication, and prepare for your interview.

Take the next step in your career today. Go to [www.lifecoachingebooks.co.uk](http://www.lifecoachingebooks.co.uk) to purchase or for more information.

### Thought of the month



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"All successful people men and women are big dreamers. They imagine what their future could be, ideal in every respect, and then they work every day toward their distant vision, that goal or purpose"

Brian Tracy

### Forward this newsletter to your friends

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If you enjoy the articles in the Self Discovery newsletter, please forward this email to your friends, family and colleagues.

### Quick links and useful articles

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[Self Discovery Coaching](#)  
[Self Discovery blogspot](#)  
[April newsletter - Building your network](#)

NEW - [Visualise your steps to success](#)

Contact information

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