

[« Back](#) [Print](#)

You are receiving this email from Dawn Quesnel (aka Coach DQ), Founder of Career Life Balance. You're a valuable contact and I would love to keep you informed. If you haven't done so already, click to [confirm](#) your interest in receiving email campaigns from us. To no longer receive our emails, click to [unsubscribe](#).



Career Life Balance

Happy Holidays!

Welcome to [Career Life Balance!!!](#)

A growing community of resources for Sales, Marketing, Advertising and Creative professionals supporting your career life balance.

Offering companies and individuals coaching strategies for **Career** advancement, development, transition, maximizing performance and skill building for **Life's** everyday challenges.



In this Issue

- Creating Career Life Balance When Your Company Won't Let You? - PART 2
- Looking for a new job? See current openings.
- Tune-in to my new RADIO SHOW!!!

Creating Career Life Balance When Your Company Won't Let You? - PART 2

Last month we discussed Balance in the context of the reality of our careers, specifically, that by looking at our careers as a means to an end, we look at our personal lives as the result of the career, and make decisions that support our choice in balancing career with our lives.

That was the short answer. The longer answer is Expectations: a positive attitude, a bullishness, an enthusiasm, an optimism, about what your career and personal life should look like.

Why it's a longer answer: Most people tend to be on the fence when it comes to a positive attitude. Sure, you might be positive about the majority of your daily activities, but

About Coach DQ, CPCC

Dawn Quesnel, CPCC (Certified Professional Co-Active Coach), received her coaches training from the Coaches Training Institute (CTI), an ICF (International Coach Federation) accredited and world renowned program. She is a member of the ICF and continuously trains to develop her skills as a professional coach. Before becoming a Professional Coach, Dawn was an Executive Recruiter at two of Boston's premier agencies. She eventually opened her own recruitment firm, Executive Staffing Consultants. Her vast experiences in recruitment led to the knowledge that most

how often do you rush into negative mode when first faced with a new challenge? Do you automatically call it a "problem" or do you usually tell yourself it's an "opportunity?" If you automatically jump to the negative side of the fence when faced with new challenges, then you're in a crowded pasture. It takes time and considerable attitude re-adjustment to jump the fence. Most people need some type of help in turning their attitudes around. After all, it's the single most controllable and influential aspect of their lives.

It is, perhaps, the number one reason why more people turn to personal coaches as a means to become more optimistic, more bullish, and more aware of how their negative expectations cause such an imbalance in their Career and Personal Life.

Let's be real: most attitude re-adjustments have some sort of "pain" associated with it. Those of us who have been guiding our clients through that pain minefield for a number of years understand the fears in facing the process of changing attitudes. Professional coaches know that creating the reality you want requires trust in the process, expectations of a positive outcome through a trusting relationship—of yourself and your coach, and maintaining a resonance level in your daily life that supports your new belief system.

Hey, no one said changes were easy, just that the change process is a heck of a lot easier than the ramifications of not living your life in the reality that you really desire and deserve. Have a conversation with a personal coach. Most top executives and increasingly, more mid-level managers, have relied on coaches. It's a free call, and there's no obligation - except to be real.

Looking for a new job? See current openings.

[Click here to see a listing of current openings](#), brought to you by a trusted network of Executive Recruiters I've personally worked with over the past several years. Please send a copy of your resume with salary history and a brief description of your search criteria. The appropriate recruiter will contact you. No resume is presented without the candidate's approval, and all fees are paid by the employer.

Tune-in to my new RADIO SHOW!!!

Announcing Career Life Balance, a radio show about Coaching. Hosted by Coach DQ, every Tuesday starting November 29, 2005 at 11:AM on WPEP 1570AM Talk Radio, Taunton, MA.

people need help clarifying their career and their personal goals. Thus the launching of her successful coaching practice, Career Life Balance.

Dawn Quesnel 508-520-9933
CoachDQ@careerlifebalance.net
www.CareerLifeBalance.net

*This newsletter is brought to you by Coach DQ - Dawn Quesnel, CPCC (Certified Professional Co-Active Coach), specializing in career advancement, career and life transitions, and time/stress management. My clients are professionals, small business owners, and individuals seeking more choices and more balance between their career and their life. They have found that their career affects their life, and their life affects their career: finding a balance isn't always easy. It's a choice. They choose coaching to help them live with more balance-- as they define it. Balance doesn't mean the same for everyone. Balance for you could be taking your company to the next level, spending more time with your family, or taking the first step in pursuit of a more fulfilling life. Coaching can help you to clarify your goals and move through the obstacles that get in the way of living the life you truly wish for. **My promise is to bring an explosive energy that ignites that fire within you to help you kindle your ultimate brilliance.** Call me today for a personal, complimentary coaching consultation at 508-520-9933 or email me at CoachDQ@careerlifebalance.net*

[More about Coach DQ...](#)

Quick Links...

[FAQ's](#)

[I am interested in a complimentary coaching session.](#)

[Feel free to take a look at my past monthly columns.](#)

[Coaches Training Institute \(CTI\)](#)

[International Coach Federation \(ICF\)](#)

[Tired of not getting called back for the interview? Gearing up for the annual review? Need help figuring out your next career move? If you or someone you know can relate to any of these situations contact Coach DQ to schedule a complimentary coaching session today.](#)

[CareerLifeBalance.net coaches Sales, Advertising, Marketing and Creative Professionals with career advancement, life transitions and time/stress management. Dedicated to providing more resources to help you obtain a better balance!](#)

Join our mailing list!

Join

e-mail: coachdq@careerlifebalance.net

phone: 508-520-9933

web: <http://www.careerlifebalance.net>

[Forward this e-mail](#)

 **SafeUnsubscribe™**

This email was sent to coachdq@careerlifebalance.net, by coachdq@careerlifebalance.net
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Powered by



Career Life Balance | | Norfolk | MA | 02056