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Career Life Balance

Happy New Year!

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.



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"Staying Motivated"

Someone asked me recently, "How do I stay motivated after I set my goals and planned out my action steps?" In some form, I probably get that question more than any other, especially around the new year. What motivates you to buy anything? Is it the price, the size, the color, the knowledge of how the purchase would make your life easier? Is it logic, or emotion that wins out?

Have you ever really purchased anything for yourself that you disliked, but you just knew was somehow good for you? Once we've satisfied our basic needs— food, clothing, and shelter—there's six secondary needs basic to our psyche: Certainty, Uncertainty/Surprise, Significance, Contribution, Love/Acceptance, and Personal Growth.

You are motivated to buy because you want it, you know it

About Coach DQ, CPCC

Dawn Quesnel, CPCC, PCC (Certified Professional Co-Active Coach), (Professionally Certified 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

will be good for you, and you'll justify the cost. (Ladies: how about a pair of Joan & David shoes! Which of the above Six do they cover?) You buy it because you've bought into it--what it represents for your life. It's part of your overall "plan," however clear or foggy that plan is.

By writing your goals down, you see the plan come together. If it doesn't look like it will work, you won't be able to buy into it, and you should think about writing one that will. A plan that you can buy into, one that is good for you and for your loved ones, is one that you can truly own.

Conversely, you can't own goals that are not yours if they don't conform to one of the Six Human Needs. You'll be unable to find the emotional attachment or handle that will carry you through to completion. Pass those non-conforming goals off to someone who cares about them.

Try this: identify the emotional handle for each of your goals. Write that emotion down; is it significant enough for you to truly want to accomplish it? If the answer is a resounding "Yes!" then your ownership will provide the motivation, and your emotional ability to reach the goal is assured.

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.

Your Community Work in sales, advertising, marketing and the creative industries is fast-paced and exciting, but it also can be stressful. Being creative on a tight schedule can be emotionally draining. Some workers, such as creative directors, copy writers, and account services, frequently must meet deadlines and consequently may work long hours at times. Services are billed hourly, and often you are under pressure to manage their time carefully.

In addition, frequent meetings with clients and media representatives may involve substantial travel. Most firms encourage employees to attend employer-paid time-management classes, which help reduce the stress sometimes associated with working under strict time constraints. Also, with today's hectic lifestyle, many firms in this industry offer professional development reimbursement and have a budget to help employees maintain good health.

experiences in recruitment led to the knowledge that most 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

This year make the resolution to ask for help with maintaining your Career Life Balance through Coaching. Call **508-520-9933** for a free consultation and check with your Human Resources Department regarding discounted programs.

Tune-in to my new RADIO SHOW!!!

Announcing Career Life Balance, a radio show about Coaching! The call in show, hosted by Coach DQ, features different guests and airs every Tuesday at 11AM on WPEP 1570AM NewsTalk Radio, Taunton, MA. Tune in to February's shows featuring Relationship Coaches. To ask a question on air, call Coach DQ at 508-822-1500!

[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.](#)

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[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!](#)

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phone: 508-520-9933
web: <http://www.CareerLifeBalance.net>

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