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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

### Greetings!

**ATTENTION:** *Career Life Balance recently moved to a different e-mail server. If you have not received a response to your e-mail, I apologize as it may have been temporarily undeliverable. Kindly re-send. Additionally, the Career Life Balance web site is fully operational, and is continually being improved and updated.*

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

A developing community of resources for the Sales, Marketing, Advertising and Creative professionals.

Supporting companies and individuals with coaching strategies for **Career** development, advancement, transition, and performance.

Skill building for everyday **Life's** challenges.

**Balance** techniques for time/stress management!

### In this Issue

- What's My Attitude?
- Looking for a new job? See Listings below.

#### What's My Attitude?

In a previous issue I briefly discussed attitude: What's your attitude about an individual task? The example I talked about was the trash; why we decide to take it out. Because it stinks, we need to get rid of it— metaphorically and literally, and we want to live in a clean, pleasant smelling environment and how that belief translates into action. I also said that before we choose to do something



### 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 she 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

(within the context of Time/Choice Management) we make our choices based upon our attitudes, a process that is often done by rote.

If the process of our decisions is indeed made without examining our attitudes, then do we make choices that are always in our best interest if we're unaware of our attitude about the choices?

For example, realizing that gas prices will probably go over the \$3.00 per gallon mark again before the end of the year, my husband and I have seriously considered dumping the gas-guzzler. As we looked at more economical cars, we found ourselves discounting various models based on our attitudes about a host of perceptions: this manufacturer has a lousy reputation, I once had a Ford that I really had to Fix-Or-Repair-Daily, and this model Chevy is just plain ugly. It dawned on me (literally) that we were making important decisions based on attitudes that really need examining in light of our goal—a much more fuel-efficient vehicle. (But, I still think ugly cars should not be bought by anyone!)

We made a list to examine our attitudes on each of the most fuel-efficient vehicles regardless of manufacturer. We took the yellow pad and drew a line down each page for each model, labeling the columns, Pros and Cons of our attitudes. It was really enlightening. We discovered that our attitudes about each model varied so widely and in some cases were so bazaar that we had to laugh. Admittedly, the process was time consuming—our choice—but important for the seriousness of the decision.

I realize that this process won't happen for every decision you make, nor should it. But try this exercise: For the next week, before you make decisions involving even mundane choices do a mental check-in with your attitude. Do you know why you possess the attitude about the type of peanut butter you buy, the responses you give your children, or reasons you work at the job you'd really rather change?

The point of the exercise is to provide a process that is no longer routine, that provides you with a tool to use in making those choices that are in your best interest, your family's, even your future. After all, everything you do is really a choice.

### Looking for a new job? See Listings below.

The listings below are 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

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

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[www.CareerLifeBalance.net](http://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](mailto:CoachDQ@careerlifebalance.net)*

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

all fees are paid by the employer.

**Senior Organizational Development Consultant, National, \$80-100K base, bonus to \$150K.** A fast growing HR Consulting firm is looking for senior level OD consultants. Minimum 10 years of business experience, including at least 3 years in the Human Capital Management or Talent Management industries. Delivery expertise with Talent Management, OD, assessment & selection, leadership development, and succession planning processes. Proven track record of establishing trusted business relationships with CXOs. Bachelor's degree and M.B.A. required.  
[elizabeth@careerlifebalance.net](mailto:elizabeth@careerlifebalance.net).

**On Line Marketing Promotions Manager to \$60K Boston.** This major retailer seeks marketing promotions expert to create, maintain and improve on-line and off line customer loyalty programs, manage search engine marketing strategy, work with vendors and in house team to achieve marketing objectives and increase customer acquisition/retention. 6 to 8 years retail B- to-C e-commerce marketing and strong analytical skills needed. Boston (South). Send resume and salary requirements to [dawn@careerlifebalance.net](mailto:dawn@careerlifebalance.net).

**Account Services Manager to \$65K Boston.** Major consumer brand seeks advertising consultant to manage key internal client accounts and the execution of all Advertising programs. Facilitate the execution of advertising projects on time and on budget from inception to delivery. Reporting directly to the Director, Account Services, this position will also have dotted line accountability to their supported clients. (Boston -Metro West). Send resume and salary requirements to [dawn@careerlifebalance.net](mailto:dawn@careerlifebalance.net).

**Relationship Marketing Manager to \$90K plus bonus Boston-South.** You are enthusiastic, creative and usually the liaison between many departments. In this position you would be responsible for managing all direct-to-consumer communications, as well as all vendor-sponsored promotional/analytical activities. Secure funding from suppliers to offset cost of promotional programs, support and fulfill requests of vendor partners and other departments. Facilitate the creative and production processes for company and vendor direct to consumer mailings. Manage selection/delivery of targeted coupon offers. 1-3 years related exp, advanced Excel, PowerPoint and Access skills, must have strong analytical, written, and interpersonal skills. Will relocate the right candidate. Send resume and salary history to [david@careerlifebalance.net](mailto:david@careerlifebalance.net).

**Senior Designer – Signing to \$70K plus bonus - Boston–South.** Design of highly effective in-store signing

## 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!](#)

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and communications packages for brand standards, promotional events, product launches and seasonal promotions. Responsible for leading creative development process to accomplish project goals. Partner with Creative Managers, Creative Directors, Production and Account Services to satisfy business goals on key objectives. Coordinate plotting for sign approvals and partner with production team to ensure all final mechanical files meet expectations. 5- 7 years exp creative exp within Advertising/Marketing, min 2 years at a sr. design level. Must have exp in retail arena working with POS and packaging, Illustrator, PhotoShop and InDesign, capable of working in a fast paced environment and juggle multiples projects. **2 positions open; will relocate the right candidate.** Send resume to [dawn@careerlifebalance.net](mailto:dawn@careerlifebalance.net).

**VP CONSULTING SERVICES/OD \$175-200K base, \$225K++ NY/NJ.** Develop and scale an Organizational Development (OD) consulting division within a prestigious performance management solutions company. Proven ability to build, and manage consulting practices, develop delivery, leadership and sales capabilities of project teams. Assist in the development of OD methodologies. 5+ years of F1000 Management Consulting experience with an OD focus -Bachelor's degree (MBA or PhD preferred). Ideal background would include experience within OD practices of Management Consulting and/or Big 4 firms (leadership development, talent management, strategy). Team is comprised of extremely insightful and motivated professionals! Will Relocate. Email your resume to [elizabeth@careerlifebalance.net](mailto:elizabeth@careerlifebalance.net).

**Creative Services Interactive to \$100K.** Ad Agency seeks Creative Services person with on-line creative project management and consulting experience at all levels. Candidates must have strong creative trafficking management experience and a complete understanding of on-line marketing, measurement and branding. Must have 10+ years of creative services, a design background and 5 years on-line experience. Relocation package offered to North Carolina. Send salary history and resume to [david@careerlifebalance.net](mailto:david@careerlifebalance.net).

**Account Executive –NY/NJ, New England, Midwest.** HR Consulting firm is seeking an Account Executive to expand Fortune 500 client base by closing consulting engagements. Identify and close new business within Fortune 500 and expand opportunities within assigned customer base. Must have proven track record of successful sales within a strategic, consultative sales environment, Fortune 500 relationships and executive presence. \$100K base, \$200K+ at plan. [elizabeth@careerlifebalance.net](mailto:elizabeth@careerlifebalance.net).

**Copywriter to \$70K - Boston.** Ad Agency seeks

conceptual copywriter to work within a fast paced team responsible for partnering with Art Director to concept, Information Architects for UI, ability to juggle several campaigns at once. 5 years writing exp for digital media required; Illustrator, Photoshop, InDesign, GoLive and Flash a big plus. Previous Agency Experience required. Send resume and 3 online sample links or portfolio to [dawn@careerlifebalance.net](mailto:dawn@careerlifebalance.net).

**Major Account Managers, NY (Westchester, NYC, Long Island), NJ, CT.** Leader in business management solutions (managed services, hardware, software). Must have 5-10 years solution sales experience, ability and track record calling on executive level. \$75K base, \$130K at plan, excellent accelerators and benefits, growth potential, sales oriented organization with comprehensive training and resources. [elizabeth@careerlifebalance.net](mailto:elizabeth@careerlifebalance.net).

**Relationship Marketing Director to \$110K plus bonus Boston –South.** Responsible for leading and supporting special program team, corporate marketing efforts and enhancing understanding of business through customer level information. Manage overall planning activities including strategic, operating, budget planning, and program initiatives. Develop internal relationships with IS, Store Operations, Merchandising, Advertising, customer service and Health Care Services/Marketing. Enhance corporate analytic efforts through our customer levels purchase metrics. MBA preferred, 8-10 years related work exp with loyalty programs and direct marketing, strong analysis, testing and financial skills. Will relocate the right candidate Send resume to [david@careerlifebalance.net](mailto:david@careerlifebalance.net).

e-mail: [coachdq@careerlifebalance.net](mailto:coachdq@careerlifebalance.net)

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