CAREER LIFE BALANCE

Meet Coach DQ

Dawn Quesnel, CPCC, PCC

As a professional coach, Dawn Quesnel, President and Founder of Career Life Balance, helps sales, marketing, advertising, and creative professionals, as well as a variety of corporations, small business owners and individuals. She provides help in areas such as personal growth, career transition, job placement, launching new businesses, every day life challenges, goal setting...and the list goes on. She truly believes you can do anything you want to do, as long as you put your mind to it. Her mission is to help you believe it too.

Dawn graduated from Suffolk University. She received her training as a coach from the Coaches Training Institute (CTI), the first and largest (in-person) coaches training school in the world, accredited by the International Coach Federation (ICF). She is a member of the ICF and continuously trains and develops her skills as a professional coach.

Some of Dawn's accomplishments include Co-founder of the Boston Coaching Studio, Monthly column on ishopintown.com, and Host and Producer of a weekly Radio Show entitled "Career Life Balance". You can listen to her show on Wednesdays from 3 to 4 p.m. on WNRI AM 1380 or online at WNRI.com.

Dawn Quesnel is a member of the Board of Directors for the Board of Taunton Youth Court. She also volunteers for the Taunton High School Peer Mediation Program. She coaches students and teaches them proper interviewing techniques. Dawn is a member of Toastmasters; member of the eWomenNetwork; Co-Leader of the Boston Co-Active Coaching Community; and she is an active speaker and workshop leader.

Early in her career, she had the privilege of completing training programs for Walt Disney and the Hilton Corporation, where she learned several priceless lessons from these world-renowned programs. Particularly, in the areas of power of imagination, image, and client satisfaction. It was this experience that has followed her throughout her career and contributed immensely to her success.

Before becoming a Professional Coach, she was an Executive Recruiter at two of Boston's premier agencies, breaking records and consistently being awarded "Top Biller." It was once she opened up her own recruitment firm, Executive Staffing Consultants, that she realized she was doing more than just placing sales, marketing, and advertising professionals. She was coaching them on how to meet their career objectives, which in turn had a major impact in their personal lives. This realization led to the launching of her coaching practice, Career Life Balance. Through these combined efforts, her clients find within themselves the resources and the wherewithal to take their careers and personal lives to the next level. "My clients come through one of three doors. The Career Door, looking for an advance or change, the Life Door, seeking advice on how to balance recent life struggles such as divorce, with their career. Or they come through the Balance Door, hoping to find a balance between all areas of their life." Dawn says. She approaches each door by helping her clients understand what it is they want to change and target on what is blocking that change from happening. Then she can help to reach the goal in mind. "I act as a mirror and reflect what I see back to the client."

Clients she has worked with have made inspiring testimonials. Dawn has helped many clients build resumes, determine skills, strategize, network, and change jobs to better benefit their lives. She has helped Managers and their small businesses increase their revenue up to 80%.

One of her biggest personal goals was to live in a foreign country and learn another language. She accomplished this in Milan, Italy, where she learned to speak Italian and worked as a model and casting agent for clients such as Esprit, Dolce Gabanna, and Aveda. Before moving to Italy for a few years, she also lived in California for 3 years and had a background role in the popular TV Series Baywatch. She is a Certified Reiki Master, enjoys snow skiing, cooking, gardening, traveling, and her work as a coach.

Let Dawn help you. Call 508-520-9933 today. Listen to her radio show on WNRI AM 1380 on Wednesdays from 3 - 4 p.m. or listen online at www.WNRI.com. Visit Dawn's web site www.careerlifebalance.net to find out more information on how she has helped people like you succeed.

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