

GLAMOUR

ONLY £2

www.glamour.com

SEPTEMBER 2011

What sex feels like...

- * With a **movie star**
 - * In a **threesome**
 - * When he's a **virgin**
- (You know you're curious!)

MILA KUNIS

Gives up the dirt on Justin Timberlake

WIN £15,000

OF DESIGNER HOMEWARE

(Dream house alert, people!)

10 YEARS ON What happened to the September 11 survivors?

HAVE A GREAT HAIR DAY

Page 171

MONTH!

773

WIN! Be a GLAMOUR Fashion Editor in Milan for a day!

NEW LOOKS THAT WORK ON EVERYONE

And hey, does anyone here like shoes?!

20% off at JAEGER for every reader



YouYouYou ●

Life & Happiness



Have a heart-to-heart

"The best way to feel fulfilled again? Speak openly to your boss," says Taylor. "Schedule in a face-to-face meeting and don't come armed with negatives like, 'I'm miserable' or 'I hate...'. Instead, spin the issue to a positive. Think of one or two extra tasks you'd love to take on and discuss them. If it makes your boss's life easier, they may well be open to it."

See other people

"Meeting new staff members can make your job feel fresh again," says John Lees, career strategist and author of *How To Get A Job You'll Love*. "Volunteer to represent your department in a company-wide meeting or be the liaison for a big team project. Both will refresh your interest in your role and get you noticed by superiors."

Try a mini-break

"Still love your company, but find yourself dreaming about a colleague's role? Then investigate a sideways move to a different section," suggests Taylor. "OK, it's not always going to be feasible, but it's worth raising the idea with your boss."

Remember how you used to feel

"If you've forgotten how purposeful you once felt, list three of your strengths – eg, I'm a spreadsheets expert, I'm really thorough," says Sarah Berry, author of *How To Love The Job You Do*. Then, next time a colleague has a problem, say, "Can I help? Figures I can do!" You'll feel like you have a role again.

Bored with your 9-5? Before you quit, try these career-saving tactics

You used to love your job. But you've seen what it looks like on a Monday morning once too often, and it isn't doing it for you any more. "Like a boyfriend, what once attracted you can start to grate," says careers psychologist Denise Taylor (amazingpeople.com). But the grass

is rarely greener: the number of women claiming unemployment benefit is at its highest since 1996* and new figures from the Association of Graduate Recruiters show the largest employers receive an average of 83 CVs for each vacancy. So before you do anything drastic, read this.

HOW WE REIGNITED OUR WORK PASSION



Laura, 23, pro snowboarder, Milton Keynes
My job was playing sport professionally and I was fed up. So I took a course on how to teach beginners. I realised I still loved the sport; I was just bored by how I was doing it.



Jane, 33, PR consultant, St Agnes
I hated the stress of my job, so I decided to go freelance. It involves all the same contacts, but now I can work anywhere. These days, I love working as I get to look out over the beach in Cornwall.



Melanie, 25, manager, Wales
I initiated a pilot scheme in my workplace where all employees swap their most effective work practices at monthly meetings. Productivity went up, and I felt busy and driven again – plus it scored me a promotion.

{ See GLAMOUR.com for 40 fashion finds that will revamp your work wardrobe }