

# Love Your Job - Helping you to love your job or to find a job you do love

## Welcome to my newsletter, April 2011

Have you been enjoying the sunshine? I've been away for a month, and returned to the UK to beautiful weather so rather than do my usual rush back into working I've taken my time and am slowly transitioning back.



We've been travelling in central America, starting off in Guatemala and then 3 weeks in Belize. My grandmother was born in Belize and lived there till she was 21, we visited a lot of the country, and spent 4 nights in the town where she lived.

Previously I've always dealt with business emails whilst away but that can often mean me spending a couple of hours a day getting frustrated with slow internet connections. This time I arranged for Dawn to look after all client enquiries, so if you have been in touch, Dawn will have replied. It's worked well, and meant I got a proper break from work.

We've been trekking through the jungle, canoeing, bird watching, visiting villages and climbing the steps at lots of Mayan temples including [Tikal](#), [Caracol](#) and [Lamanai](#). My favourite bit of the holiday was the most challenging, we went to the [ATM cave](#). This involved a 45 minute trek through the jungle, crossing a river 3 times with water up to my thighs, then swimming into a cave, clambering over rocks, squeezing through quite tight passages and more swimming. All was well and being fit meant I really enjoyed this and the rest of my holiday.

I now have lots of new ideas for my business too, and I'll be letting you have more details over the next few months. For now I need to concentrate on getting straight on emails, talking with clients and enquirers and doing my revision. My Open University exam is on 3<sup>rd</sup> May.

In this issue I've included a number of smaller articles and interesting web links which I hope will capture your attention, plus 2 articles - my follow up to the TV programme, [Finished at 50](#) plus [Dreams and Realities](#).

Wishing you all the very best for the month ahead, and as always please don't hesitate to get in touch if I can be of help.

Best wishes, Denise x

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## Dreams and Realities

On holiday, amidst listening to the crashing waves while at the beach and trekking through the jungle to Mayan ruins I read [One Day by David Nicholls](#). A story about Emma and Dexter over 20 years. It really is a very good read, well written and makes you think.

It got me thinking about the dreams we have when we are young and how our lives turn out. Sometimes we don't know what it is we want to do and it can take time to find this out. Other times we know what we want but how do we get there?

As young people reach graduation they can feel like they should have their lives sorted and some will, they will have had a plan and be working towards it, but not all, and that's ok. Our early twenties can be a time for exploration and trying things out, for travel and finding ourselves, for making mistakes and taking wrong turns.

Looking back on the past 30 years I started different things and am really pleased I didn't pursue some of them, a career in accountancy was not for me, but if I had stayed in hotels I may be managing a hotel in the Caribbean and I know I would have excelled. Instead I developed a career with the Post Office, climbing the ladder and learning and developing along the way. If I hadn't done these various jobs and qualified as a psychologist, a counsellor and worked in business excellence and organisational change I doubt I would be where I am today, working for myself living in the country and planning to develop new business themes.

Looking back what would I have said to the younger me? To spend more time thinking about whom you are, to think about what gives you pleasure and to look if you can create a life and career doing this, and now ... that's what I love to do with my clients.

## Pod Casts

I've listened to a lot of pod casts whilst away, it saved taking lots of books and was a good way of passing the time as we travelled. I learnt a lot, both gaining knowledge and also how different podcasts are put together. I'll be launching a career podcast in a few weeks.

One really interesting project I found out about has been going since 2005 and will end this year. The National Geographic Genographic project uses DNA to understand our deep ancestry and helps us to understand our genetic background. We've sent off for our kit. If this interests you, find out more [here](#).

## Managing email

Do you manage your email, or does your email manage you. It can be so easy to be sucked into spending so much of the day in response mode, and by the end of the day you haven't made the progress you wanted.

Time to take charge, not to be like a puppet on a string bouncing along to the pings of emails.

Perhaps it would be best to just check 2 or 3 times a day, 10.00, lunch time and maybe 4pm. That means that when you start in a morning you can be focused on the task you have to do.

## Are You Wasting Your Precious Life?

I came back to just over 4,000 emails, that's 1000 a week, it includes spam and a lot of emails I get for info and just scan. The good thing about having so many was I deleted huge numbers without even skimming them in the preview window. It was timely to receive [Steve Pavlina's](#) development insights newsletter.

Spending just 10 minutes a day on a task equals 7.6 days a year!, 30 minutes a day on emails is the equivalent to 4.6 weeks if you worked 40 hours per week. Steve says this means that you're investing more than one full working month out of each year, just processing email.

It made me think! I have all non client mail routed to a reading folder which I have been reviewing each evening, my new goal is to go through this folder at the end of each week, I'll be much quicker if I give myself a set period of time. To read [more](#)

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## Finished at 50? These tips will help improve your chances of getting a job in a recession.

I answered my phone on 3 April (Sunday) whilst away and spoke to a researcher for breakfast TV, alas I was unavailable for being on the show as I was thousands of miles away. On my return I'd also had 3 phone calls from radio shows on the Monday. These were all related to the [BBC Panorama programme, Finished at 50](#). The programme featured 4 professionals who were struggling to get a job commensurate with their career background. Digby-Jones was the expert but didn't help much, suggesting that people should emigrate or start their own business.

With limited jobs on offer and a high number of people seeking these jobs (not just at over 50, but at all ages) you need to do something that makes you stand out from the rest and increases your chance of getting the offer.

- 1: Have a clear goal - be clear on what you want and focus on that, your CV, LinkedIn profile etc should make it clear on how you match up to the job requirements.
- 2: Create a CV that stands out, you don't want it to look almost the same as any other - use testimonials, colour, judicious use of bold text to draw the eye to what's key.
- 3: Have a plan and follow it, you have to make good use of your time, not aimlessly surfing but working on a job search plan to cover the unadvertised jobs, you do this through direct approaches to people.
- 4: Use creative techniques, don't just email your CV but if it's a job you want send it by courier and follow up with a phone call; get talking with people who work in the company who can personally put your CV on the relevant persons desk etc.
- 5: Keep your spirits up and don't allow negativity to take over. If your thoughts are about failure your more likely to fail. When you get to interview think of yourself as a solution to their problem.

## LinkedIn

LinkedIn should be an essential part of your job search strategy. I've a second version aimed at small business owners too.



'Denise has made this guide very accessible and seems to have pinpointed all of the key areas. My LinkedIn profile has certainly been boosted by following her steps.' **Charles,**

LinkedIn is such an important part of a career management and job search strategy, read how you can benefit and order [here](#):

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## Blog

You can subscribe to my blog using this link: <http://feeds.feedburner.com/AmazingPeopleBlog>. Articles in March include:

- [Think! You know what to do ...](#)
- [The Highlands Ability Battery](#)
- [How to improve your vocabulary](#)
- [5 Ways to Add Value, For the Sheer Joy of It](#)
- [Making choices at 16+](#)
- [I'm being made redundant, can you help me?](#)
- [Managing oneself by Peter Drucker](#)
- [Strong Interest Inventory and MBTI Career Report](#)
- [Steve Jobs' Stanford University Commencement Address](#)

## Twitter

Here are a few of my recent tweets - why not 'follow me' on twitter or book mark this link so you can keep up to date with interesting short links. <http://twitter.com/amazingpeople>

- RT @TheIndyNews Lack of sleep can make you overly optimistic: study - <http://ind.pn/i9gb11>
- Read recently that if you earn £35k pa it equates to £9 ph net. So how long to work for that pair of shoes??
- Sigh of relief, just submitted final essay for E233 OU course.
- I've been tweeting for 1 year, 10 months, 9 days. How about you? [#TweetingSince](#)
- Exploitation of interns, let's say no! <http://bit.ly/fy1DTQ>
- Ron Sixsmith - Love Shines on BBC4 last night, lovely music, great documentary

**Want to get this newsletter each month? Sign up from my website and you can also get my highly acclaimed '10 Steps to A Job you Love eProgramme at no charge!** <http://www.amazingpeople.co.uk>

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