

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

Welcome to my newsletter, February 2011

I've been so busy ... and was tempted to skip my newsletter for the month, it's sometimes easier to not do something, but is that demonstrating commitment and determination. Am I letting people down? Just like when my clients are job searching, it is so easy just to think that tasks can be done next week, or the week after ... and 3 months go by and nothing is further forward.



The early part of a year is always busy for me as this is the main time for the **Civil Service Fast Stream assessment centres** and I'm one of the assessors. This period has been even busier as I work with my web designer. My **website will be completely relaunched shortly**, I know it's a large site and sometimes it's hard to find what you want, the new site should be much easier.

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

Job Search Support Programme

Winner of a National Career Award, 2009

My Job Search Programme comprises 9 modules and phone seminars where you call into a number and learn from the comfort of your home. **The programme started in January, all calls are being recorded, if you want to join us sign up at:**

<http://www.jobsearchsupport.com/jobsearch.html>

Buy the programme individually and it is £272, save £65 - **Excellent value at £207**

It's getting great feedback, if you want a cost effective way to get support this is for you.

Urban Myth

Yet again someone says 'Communication is 55% body language, voice 38%, words 7%. No it's not! This is an urban myth, a misinterpretation of Dr Albert Mehrabian's work and really needs to be laid to rest. There's an interesting video that makes it clear why it has to be nonsense, while being entertaining, at <http://www.presentationmagazine.com/the-mehrabian-myth-898.htm>

To read more about how the myth grew you can read at <http://tinyurl.com/28lfjsz>

Procrastination

I was going to write an article, but as I was looking through my on file of interesting links I came across this short video - makes the point much more effectively than a 300 word article.

<http://www.youtube.com/watch?v=4P785j15Tzk>

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## AAADD- KNOW THE SYMPTOMS.....

*Thank goodness there's a name for this disorder. Somehow I feel better, even though I have it!!*

Recently, I was diagnosed with A.A.A.D.D. - Age Activated Attention Deficit Disorder. This is how it manifests itself:

- I decided to water my garden
- As I turn on the hose in the driveway, I look over at my car and decide it needs washing.
- As I head towards the garage, I notice post on the porch table that I picked up from the postman earlier.
- I decide to go through it before I wash the car.
- I put my car keys on the table, put the junk mail in the recycling box under the table, and notice that the recycling box is full.
- So, I decide to put the bills back on the table and take out the recycling first.
- But then I think, since I'm going to be near the postbox when I take out the recycling paper anyway, I may as well pay the bills first.
- I take my cheque book off the table and notice that there is only one cheque left.  
My extra cheques are in the desk in my study, so I go into the house to my desk where I find the cup of coffee I'd been drinking.
- I'm going to look for my cheques but first I need to push the coffee aside so that I don't accidentally knock it over.
- The coffee is getting cold, and I decide to make another cup.
- As I head toward the kitchen with the cold coffee, a vase of flowers on the worktop catches my eye - the flowers need water.
- I put the coffee on the worktop and discover my reading glasses that I've been searching for all morning.
- I decide I better put them back on my desk, but first I'm going to water the flowers.
- I put the glasses back down on the worktop, fill a container with water and suddenly spot the TV remote control. Someone left it on the kitchen table.
- I realise that tonight when we go to watch TV, I'll be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back where it belongs, but first I'll water the flowers.

- I pour some water in the flowers, but quite a bit of it spills on the floor.
- So, I put the remote back on the table, get some towels and wipe up the spill.
- Then, I head down the hall trying to remember what I was planning to do.
- At the end of the day:
  - The car isn't washed
  - The bills aren't paid
  - There is a cold cup of coffee sitting on the kitchen work-surface
  - The flowers don't have enough water
  - There is still only 1 cheque in my cheque book,
  - I can't find the remote
  - I can't find my glasses
  - And I don't remember what I did with the car keys
- Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all bloody day and I'm really tired.

I realise this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail ...

Do me a favour. Forward this message to everyone you know, Because I can't remember who the hell I've sent it to.

Don't laugh - if this isn't you yet, your day is coming!!  
*David Adams, Accountant, Poet, Coach*

[www.unlocking-creativity.com](http://www.unlocking-creativity.com) and [www.vistage.co.uk](http://www.vistage.co.uk)

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## Blog

I've written 12 blog posts in January, Here's a link to a selection, visit the blog for many more

- [Career coaching tips for students - Google as your gatekeeper](#)
- [The career coach answers graduate questions](#)
- [Am I too old for LinkedIn? Advice from the career coach](#)
- [Only 6% of people are happy at work](#)

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

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## 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>

- All that really belongs to us is time; even he who has nothing else has that. Baltasar Gracian
- Got a phonecall from the BBC, we want to interview you, can we send a film crew .... then I said I lived in Gloucestershire, silence. 'Oh...
- Happiness - the BBC challenge <http://bit.ly/eADMwT>
- Take a look at this video -- Special Preview: "Umalali: Songs of Garifuna Women" <http://t.co/ZtzPfl7> via @youtube
- Interesting document on stress at work - <http://lnkd.in/dAGA3W>

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## How's your CV?

For £10 you get a 69 page e-Book to guide you step by step through creating your CV, how to submit and how to follow up. **Completely revised you now have all the exercises in an accompanying 26 page word book making it much easier to build your CV.** [Read more here.](#)

### Denise in the media: [The Guardian Career Forum](#)

- Wednesday 5th January - Sticking to your new year's careers resolutions
- Thursday 13<sup>th</sup> January - Using social media in your job hunt
- Wednesday 3 February - career questions

Plus helped a journalist with an article on effective meetings and discussed possible input to a forthcoming TV show

## What Denise did last month

- Continued with my Open University course in sports and exercise psychology and wrote 2nd essay
- Continued training to be a Reach Personal Branding Strategist
- 4 days assessing for the Civil Service Fast Stream
- Online job search group sessions, all recorded
- Group job search day with a company
- 22 client sessions
- And I've stayed steady with my weight - it's so much harder to lose these last 14lbs!

### Ask Denise a Question

Sometimes you need some advice, but you don't need to book a full session so why not take advantage of the new Ask a question by email service. **Pay £20, send Denise a question of up to 100 words and get a reply within 24 hours Monday to Friday.** You can use the £20 link at the bottom of the [payment page](#).

**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>

**Get in touch:** For a confidential chat about how we could work together [email](#) or call me on 01684 772 888

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I only send e-mail to those who are interested in hearing from me. If you would prefer not to receive e-mail from me in the future, please use the link in the email that came with this newsletter to unsubscribe.