



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

FEBRUARY 2012 NEWSLETTER

Is it just me or has January whizzed by?? I meant to let you know I was going to be on the radio but I've left it too late and it's no longer on listen again, sorry!

January to March is a busy time of year for me, I do consultancy for The Cabinet Office and working on the FastStream assessment process. It's important I maintain my skills of assessing to best help my clients, but it takes up quite a bit of time.

I was a guest on Kate Clark's radio Gloucestershire show. We discussed my new book - Fat to Fantastic and topical subjects in the news and on TV. In our 50 minute session some of the items we discussed were

- My book and how changing how I ate and how I thought lead to sustained weight loss
- An article on how obsessive smart phone users hear 'phantom vibrations'
- Breast implants and the pressure to look good
- New Year resolutions
- Sherlock Holmes, on TV and the cinema

Kate has asked me to be on her show again in a few months so I'll be better organised to let you know next time.

I'm still feeling the benefit of my holiday more than a month on. Usually I do trekking holidays, I like my adventures and to explore but can often feel like I need a rest when I get back, but this time it was much more chilled and although I went to the gym and played tennis each day, a lot of time was spent resting and reading novels. I seem to have reset my body clock and I'm no longer working so long hours and I'm appreciating taking time to relax each evening.

"Just because I can do everything that's put before me, doesn't mean I should."—Latham Thomas

Almost forgot, last week I was **guest speaker for the Society of Authors**, I never used to enjoy public speaking but I have broken through my fears and got lots of positive feedback for my energetic and informative talk. I think it is partly because I'm more confident in how I look but also because the talks I am now giving are from the heart and I'm being me rather than feeling I need to give a formal power point presentation. Here's to the next one!

Until next time,

Denise xx

Hi Denise, I have been following you for a year or so now and I thought it was about time that I told you what an inspiration you are. I look forward to getting your newsletter each month and always find it thought provoking and motivating. I am very happy working at what I love and you have been an important and influential mentor for me and finding my path. I want to thank you and tell you that I think YOU are AMAZING!



I've now got 8 videos on my YouTube page, and the latest is on the Myers Briggs Type Indicator. My videos are only a few minutes long and it can be easier to listen than read. You can see the rest by going direct to my [YouTube page](#).

I'm strongly considering having a video newsletter either as well or instead of this print newsletter, I'd love to know what you think.

Personal Branding – for students and you too! Free Training 6-10 February

I am a strong advocate for personal branding, we need to know who we are and how we differentiate ourselves from others. That's why I trained to be a personal branding strategist with REACH. There's some great online training that's free and I highly recommend you to get involved. Although aimed at students, it can ... [Continue reading](#) →

A Picture is worth 1000 words

When you signed up on my website or looked at another site were you drawn to the photos, and sought out the about us page to find out what someone looks like? I read recently that in a fraction of a second we make a decision of whether, or not to trust someone.

If you are using LinkedIn people will be drawn to the photo you put up, and you want to have a warm and inviting image, like the one on the right. Not all of us are photogenic, but a professional photographer will help us to look our best.

Too many people on LinkedIn have either poor quality photos, or none at all. This means that if someone looks you up they may pass on by and connect with someone else - you may miss out on a possible job! The best photos are head and shoulders where the viewer can have a clear view of your eyes.



LinkedIn eBook



If you need help in using LinkedIn this e-book will guide you through everything you need to do, making it simple. **Purchase the LinkedIn eBook** [here](#). I update the eBook at regular intervals. I've just found out that changes have been made to privacy settings and could lead to spam. These new settings are defaulted ON and include allowing LinkedIn to use profile information, names and photos in third party advertising. Please see the links below for opting out. To reach the hard-to-reach settings options the following URL's should take you directly to them (cut and paste into your browser if they don't work as live links)

Manage social advertising: <https://www.linkedin.com/settings/?modal=nsettings-social-advertising&tab=account>

Manage enhanced advertising: <https://www.linkedin.com/settings/?modal=nsettings-enhanced-advertising&tab=account>

Data sharing with third party applications: <https://www.linkedin.com/settings/?modal=nsettings-data-sharing&tab=groups>

Professional Development

How do you plan to develop yourself for this year? I wrote a blog post on this subject -

Expanding my knowledge is really important to me and I do this through formal training courses, guided reading, talking with others and my own research. Last week I went to the [British Psychological Society Occupational Psychology conference](#). It's been many years since I went to one of these. This is quite a formal conference, with the majority of sessions papers by academics. As a psychologist it's important that I keep up with research and that I look for how I can link research to my practice. There was a room of poster presentations. an interesting one was on how Smart Phones make us stressed, if this interests you, [read more here](#). For me the formal sessions is just one reason why I'm there. I like to be inspired and I like to think about practical implications for what I hear. It's also about meeting with people and finding out more about their applied work.

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Once you decide to resign, career coach advice

OK, you have made the decision to leave. Follow these steps to ensure you leave on good terms and can always get a reference in the future. Remain pleasant. Once you have decided to move to a new company, continue to be pleasant with the people you worked with and make sure you follow procedures. ...

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Career advice on Face Book

I'm so busy! I don't always have time to create a larger article and produce a blog post. But I often notice really useful articles. I used to keep these to one side and would plan to write them into an article, but so many would never get written. So now I post them on Facebook [Continue reading >>](#)

I think FaceBook is a great way for me to offer advice to anyone who has a short query, so if you would like advice on one query, post on my FaceBook page and you will get a reply.

<http://www.facebook.com/amazingpeopleUK>



Amazing People Brochure

An update, and I hope you like it, It's a big file so best to right click and save to your desk top. You can access the brochure [here](#).

I know I have a tendency to go into a lot of detail, I think I've got the balance right on this one.

Don't forget I offer many different eBooks from my website including a detailed guide to [Create a CV](#) and the well regarded [How To Use LinkedIn to Get A New Job](#).

Plus don't forget about my print books - read more details on [Amazon](#).



FAT to Fantastic: An Inspirational Diary of Middle Aged Weight Loss (over 10 Stone!), Based on Healthy Eating, Regular Exercise and Masses of Drive and Determination

An inspirational story of achieving massive goals and massive weight loss from best selling author Denise Taylor

Now on sale, read more at <http://www.fat2fantastic.com>

Want to get this newsletter each month? Sign up from my [website](#) and also get my highly acclaimed '10 Steps to A Job you Love eProgramme at no charge!

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

Amazing People: Career Coaching, Counselling and Guidance | Assessments | Job Search Support

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