

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

Welcome to my newsletter, June 2011



Welcome. It's now summer and people are starting to have their annual holidays. It's heading to the time that people put their job search on hold till September but why? Now is very much the time to refocus on your job search and

I'm shortly to introduce an online version of my job search programme. I'm getting VERY excited about this, the previous versions have gone well but this will be SO MUCH BETTER!!!

Focus on goals

Often we get somewhere towards our goals and then get stuck. So, for example with job search people have revised their CV, registered on job sites perhaps even have applied for one or two jobs, but if you think about it, the approach hasn't had your full commitment.

Bit like me and losing weight. I have 15 pounds left to get to be 'literally' half the woman I was. But I was here back in November last year, since then my weight has fluctuated a little higher, I then get back to 12 stone 03, feel comfortable and let things go. Coming back from holiday and almost reaching 13 stone was a bit of a wake up call. I've been careful with my eating and drinking and got back to 12 stone 04.

Denise is taking MASSIVE action!

Last Wednesday I decided I would lose the final 15 pounds. I spoke with Emma, my personal trainer and I'm following her advice and adding some extra actions. For the month of June I will

- Do an hour of either a brisk walk or walking up hill on a treadmill (8% incline) on an empty stomach, just a cup of black coffee
- Eat healthy meals, and always sit down while I eat
- Drink 8 big glasses of water each day
- Do a 2nd hour of exercise, with weights
- Walk for 30 minutes each evening

This is a lot on top of working, but I think I need to shock my body by changing what I do. So now I'll carefully monitor the amount of wine I drink and cut out cakes, biscuits, cheese and bread.

from **FAT 2**
FANTASTIC

Want to keep up with my progress - I've set up a face book page -
<http://on.fb.me/fat2fantastic>

I'm also seeking sponsorship.

If you could sponsor me just 10p for each 1lb I lose that's £1.50 and you could of course sponsor more than that! Just

Giving doesn't seem to give me an option for people to pledge but then to only pay for what I achieve, so I'm looking into this and will let you know what I find out. Any suggestions please let me know. **In the meantime if you are willing to pledge something to motivate me please [email me](#), even better make your pledge on my [Fat2Fantastic facebook page](#).**

10 steps to a job you love eProgramme

3,154 people have gone through this programme, amazing! I get emails from people telling me how helpful it is. Sometimes it has been all somebody needs and that makes me happy, my mission is for everyone to find a job they love.

I'd love to get your feedback - would you 'Like' my [Facebook page](#) and make a comment on what you got out of it, would make me happy ☺

Career Master Classes

Some people want a big blast at achieving career and job search goals. Last week Roy spent a day with me, we clarified his goals, got clear on what he has to offer and made a mammoth impact into his job search plans, he knows exactly what he needs to do and we worked carefully through 2 applications. **A master class can be set up to meet your personal needs, don't hesitate to get in touch if this might be the right approach for you.**

Job Search Support Programme

Winner of a National Career Award, 2009

How is your job search going, are you stuck? I'm revising my job search programme to make it an online course, and you also get access to a forum so a group programme too. I'll be launching this in the next few weeks. Currently I'm revising EVERYTHING to make sure all materials are fully up to date. I'm also dramatically cutting down the amount of text so you get exactly what you need, no filler.

A special announcement will be out in a couple of weeks with an introductory offer for my subscribers. So look out for the email.

Katy Perry- Firework

Do you know this song? Maybe not, so I'd encourage you to [watch the video](#) and listen to the words, including these ...

**'You don't have to feel like a waste of space
You're original, cannot be replaced
If you only knew what the future holds
After a hurricane comes a rainbow**

**Maybe you're the reason why all the doors are closed
So you could open one that leads you to the perfect road'**

I Start Strong

I like the Strong Interest Inventory. It's a low cost means of helping people identify careers to explore.

It's based on the work of John Holland. His theory says that people with similar interests are often attracted to the same kind of work, feel comfortable with others who share their interests, and are likely to be successful in a work environment that reflects those interests.

The assessment involves you answering 291 questions that cover careers that may or may not interest you, your views on different subjects, levels of interest in different activities, including leisure activities and questions on the people you would like to work with and personal characteristics.

A new version of the report – the **iStart Strong Report** is interactive, and a really interesting way for you to explore different careers. This is ideal to help you put some structure to your research. You can read a sample report using [this link](#)

This is only £30, easy to follow and a very low cost way of getting career ideas.

Read more and order [here](#).

Blog

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

- [The Impact of what you wear](#)
- [Client Feedback](#)
- [Grab a purple hat](#)
- [Branch out, social networking for job seekers on Face Book](#)

I do urge you to come over and look at the articles I post on my blog, often short, often relevant to what's happening in the news. You can even subscribe and get them brought to your inbox each time.

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>

- Work With Passion: Lessons From a Successful Hollywood Screenwriter <http://t.co/fexbJqr> via @marketingprofs
- RT @ThisIsSethsBlog: If you're going to work... <http://bit.ly/kQ89zB>
- Dreams and Realities <http://t.co/r0RyO33> Stories to our younger selves, new blog post
- Six-pack abs at age 74: 'Age is nothing but a number, <http://t.co/WPUxGcj> via @washingtonpost

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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:

Helped journalists with articles for **Chemical World** and **Glamour**, will let you know once they are featured.

3 page article on Career Appraisals in **Business Spotlight**. Access it [here](#)



Career coaching with young adults

I regularly get contacted by parents of graduates, a year or so on from graduation they want to help their son or daughter, who has no idea what to do or how to get a job. I often think life would have been much simpler if we encouraged our sons and daughters to think about their future right now!



Far too many young people wait till they've gained their degree or later. Too late they find out it was the wrong degree, the wrong time for them to go to university, they didn't make the best use of their time, and they have done nothing to enhance their CV.

Is university the answer?

As costs increase, young people, and their parents need to become active in making a choice. Taking a degree should not be a passive choice, the automatic next step after A levels, but something chosen to help achieve career and personal goals.

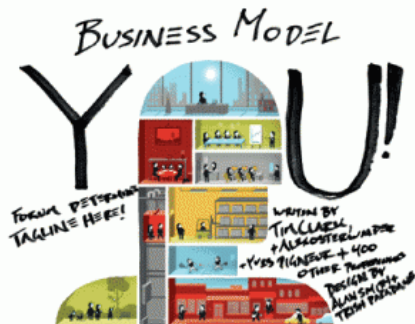
If a young person is passionate on a subject and wants to expand their knowledge then a degree is likely to meet personal goals and expectations. But it won't necessarily get them a place on a graduate training scheme, or a job. Much more is needed such as developing work relevant skills and building a CV.

Potential students should think hard and ask questions before deciding on a university career.

- What will I get from going to university?
- What transferable skills will be gained?
- How will I grow and develop as a person?
- How will this degree and university increase my chance of getting a job? [Read more](#)

What Denise did last month

- Sat my OU exam in sports and exercise psychology
- Re-formatted my PC hard drive
- 18 client sessions including 4 with young people - students and undergraduates
- Helped create a case study for Tim Clark for Business Model You



Last year one of my clients recommended the book [Business Model Generation](#). It's a very interesting book if you run a business or are focused on how businesses run as part of your job, even if not it's an interesting way of viewing a business and can help build your reputation at work!

It focuses on how we add value to our customers. The model shares some similarities with the business excellence model and you identify key partners, key activities and key resources, the values provided to customers, plus lists customers, channels of communication, customer relationships.

Tim Clark has now taken this model and is using it for a very different career book, well over 100 people have been involved in the creation of the book, including me and I've made specific contributions to a couple of sections. It's been really interesting to get involved. Of course it takes time but I like getting involved in new initiatives.

Read more about the book [here](#), and there's still time to get involved.

What do you love?

I love design, but won't make any money as an artist. However I can still use this interest in smaller ways like the layout of this newsletter. I could easily produce this an email but I want it to look nice, so you will want to keep it. This is my way of involving a passionate interest in my job. What about you?

What could you bring into your job that really interests you? I'd love to hear your thoughts.

LinkedIn

If you have bought my eBook - how to use LinkedIn to find a new job you get access to a new edition as I find out more. A new version will be out in a few weeks.

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 have introduced an 'apply with LinkedIn' option. This is a button placed alongside a job description on a company's jobs webpage.

When a user clicks on the "Apply With LinkedIn" button, a pop-up light box appears over the page with a prompt to sign into LinkedIn. The user is then given the option to edit parts of his or her LinkedIn profile and contact information and may be asked to answer additional questions.

The user finalizes the application by clicking a "Submit Application" button. Finally, the light box displays an application confirmation, and displays either additional job openings at that company or a list of the user's LinkedIn contacts who are affiliated with the company to which he or she has just applied.

The main benefit is also the main flaw, it makes it so easy to apply for jobs that you can apply without any thought and you are then back into taking a scatter gun approach to applying for jobs. Companies can be inundated with applications so how will you make your stand out?

It's also important that your LinkedIn profile is up to date and relevant for the sort of jobs you seek.

The new application isn't due to be rolled out until later this month (and of course, not every company will start using it then) so start work on building a complete profile now focused on the jobs you seek right now.

If your LinkedIn profile could do with a makeover, or you haven't got started yet, you must get my eBook. Read how you can benefit and order [here](#):

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 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 £2 x 10 links 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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