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

**773**  
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**And hey, does anyone here like shoes?!**

**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

**Y**ou 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](http://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](http://GLAMOUR.com) for 40 fashion finds that will revamp your work wardrobe }