

Your Career Coach: Secrets to Getting Your Next Great Job



Ready for a new job?

Just been laid off?

Wondering how to begin a job search?

Hearing about job layoffs and a little scared of the market?

What are your strengths and challenges?

What results do you have in your resume?

Are you young without much experience?

Are you older with lots of experience?

Are you lacking confidence?

Feel like you might have too much education?

Not sure how to present yourself?

What are the coach secrets to getting your next great job?

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Your Coach

A great career coach is amazing and is able to:

- help you focus and work on your career
- ask thought provoking questions
- encourage you to explore
- support you to use your network
- offer you assessments
- write your resume and cover letter
- help you respond to job opportunities
- encourage you to know and use your strengths
- expand your thinking
- open your mind to new ideas
- clarify your skills
- target your job search
- help you let go of the old situation
- understand your transferable skills
- support you in the emotional roller coaster
- ease you through the transition
- celebrate your wins and successes

So what are the secrets? Who is your coach? How can you find this amazing person?

Read on to discover this.

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Who Knows?

Often you hear someone is fired, laid off, quits or loses a job for some reason. When they finally land somewhere they are often renewed, transformed, excited, rejuvenated, happier, more challenged, and have better relationships. Everyone, including the person, believes that it is the new situation that is better, that has made the difference.

In fact, more often than not, it is the transitional journey or career exploration process they go through that changes them and prepares them for a new place, a new attitude and new confidence.

Read this question quietly to yourself.

“What kind of employee/manager/leader do I want to be in my next great job?”

Now read it out loud. Now shout it out.

Write down quickly 10 things you want to be.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

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Results

Sometimes we know ourselves really well. Other times we think we do and we surprise ourselves with new information. Sometimes we struggle to get results and other times it flows easily.

What happened for you in the previous exercise?

Did you get a list of 10 quickly?

Did it flow?

Was it a struggle?

Do you like your list?

Is it what you want to be?

If you can be that person is it the result you want?

Go back and read the list again.

What is right?

What needs to change?

What is the result you really seek?

Hey, it is only written on paper, not stone and so far no one else has seen it. Play!

This list is your secret result. You can keep the secret or share it.

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Let's Pretend

I love pretend. Pretending lets us put on fun disguises, lets us be someone else, lets us imagine new places and people, and simply lets us play around with some thoughts and ideas.

Suppose you possess all the characteristics on your secret result list. Just suppose. You have them embedded in your behaviour, your beliefs, your work, and your life. Read them and pretend.

While you are pretending write out answers to the following questions- don't stop pretending, keep reading the list over before you answer each question.

What is going on inside you?

What are the people around you saying and doing?

What is the work you are doing?

What surprises you?

What gives you hope?

What makes you want to keep pretending?

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Of the ten items on the list, which ones are the biggest pretenders? Which ones the smallest?

Have you shared all the secrets with yourself?

What Can You Do?

Return to the first page and the list of things an amazing coach can do to help you.

See if you can change each statement in the list to a question that starts with WHAT. You might have to shuffle a few words around to make it work for you. Play with the list and try and come up with good questions.

For example.

“What can you do to help you focus and work on your career”

Or

“What will it take to write your resume and cover letter?”



Now comes the little twist, a secret.

Change all of the “you” type words to “I” and “me” words.

“What can I do to help me focus and work on my career?”

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What will it take to write my resume and cover letter?"

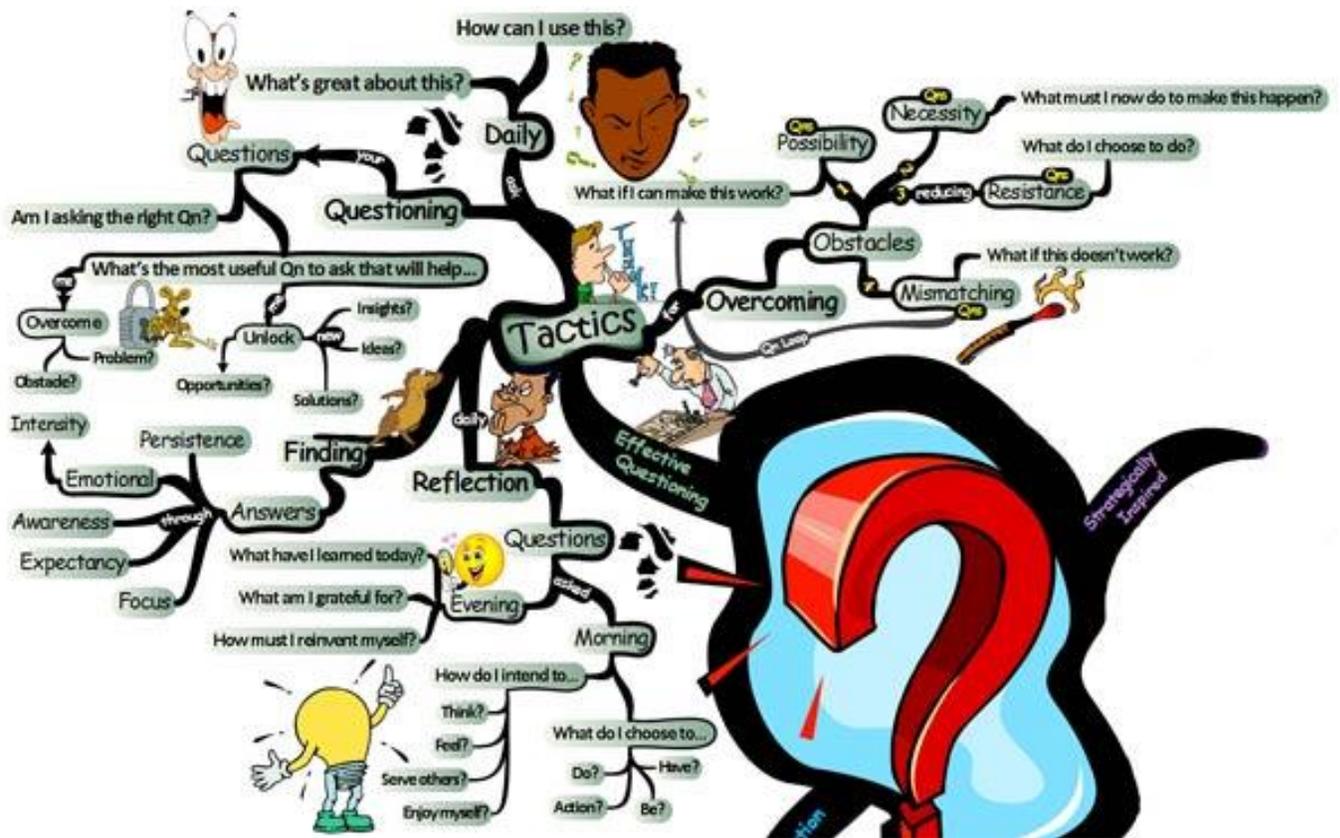
Make all the changes so you have a question for each statement. Now you have your secret coaching questions.

Pulling Yourself Together

You now have a secret results list and secret coaching questions. You also know how to pretend.

Answer the questions honestly, pretend if you have to, and use the characteristics on your results list. Be brutally frank with yourself. Write it down.

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Now you have a secret action plan.

Keep your plan secret or share it. Your choice.

I assume by now you have figured out who your amazing coach is. Within ourselves we have so much to draw on, to play with, to pretend, to explore, to question, to take action. We can keep ourselves secret from ourselves and others if we want to. We can share if we want to. We can take action if we want to.

Amazing coaches hold focus; help people take action and accountability. They challenge and question deeply, respectfully and listen with focused attention.

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Be an amazing coach for yourself.

You have the secret tools of the most amazing coach.

Go get your next great job!

If you have found **Your Career Coach: Secrets to Getting Your Next Great Job** of value you may like to consider purchasing Debbie's book **Tri-namics Power of 1,2,3**, co-authored with Erna Hagge, to be released in early 2009 used for self-development, mentoring, and peer coaching. This book is based on the success of her first book Tri-namics Coaching Triangle System. See www.deberna.com to order and have your hard copy book mailed to you directly, only \$49.00 plus shipping and handling.

If you still want to talk to a real coach feel free to contact me, our initial coaching session by phone is complimentary. Standard coaching rates are \$225 per hour. Rate is discounted to \$175.00 per hour for anyone who has purchased this mini e-book.

Debbie Payne, MA 604.209.2069

debbiepayne@gmail.com

www.dpleadership.com

Debbie Payne is a leadership and organizational learning consultant, the Senior Principal Associate of DP Leadership Associates, and co-founder and partner of Deberna International. With over 25 years experience as an adult educator, consultant, facilitator, coach, and strategist Debbie creates powerful and unique learning experience environments.