

Create Your Ideal Work

How amazing would it be to have the perfect job or business in which you work your own hours, do meaningful and enjoyable work, and choose the environment while enjoying a balanced, stable family life? Does that inspire and excite you? Well, it does not have to be a dream. Yes, I know who has time to consider reinventing a career, making a career transition or creating ideal work? I so often hear, "I am too busy to take this on". Others suggest they are not sure there is something compatible to their needs/wants or do not want to go back to school to create something new.

Beginning the search for your ideal work and taking steps in that direction now can provide you with that career path when you are ready for the transition. I offer you ways to begin your journey.

Discover what brings you meaning and is your passion. Themes within your life story can lead you to your ideal work.

Where do your talents and gifts lie in your life story?

What has brought you joy and purpose and doing it within your work would be fulfilling? What role have you played in your family, friendships, work, groups, etc.?

Do you love servicing or leading others; developing projects; creating social change or solving analytical problems; or bringing beauty, knowledge, pleasure to the world?

Identify your values and what motivates you. If your work is congruent with your values it is more satisfying and fulfilling.

Review a list of values and choose the top 5 which you want within your work. Experiencing the top 5 or more in your work is the ideal. Go to authentichappiness.com.

Choosing challenging and interesting work in which you feel you are making a contribution and using your strengths provides for lasting motivation.

Take an inventory of your skills, experience, and knowledge. You likely underestimate and overlook much of what you to offer gained through your life and work.

Create a list of skills/abilities from previous/current work.

Identify skills developed from various roles in your life. What are your Emotional Intelligence skills? (refer to my 9/05 e-newsletter)

Yes, it is possible for you to create your ideal work. Your responses to the above are some of the clues. Engaging in this discovery process and making the transition will have a high reward for you and for the other important areas of your life. Have fun with it!

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Find out about early bird discount offered AND for referral program!!

Create Your Ideal Career/Work: TELECLASS!

3 Thursdays, 12:00- 1:00pm, March 2nd- 16th, \$75

- Identify your ideal work options, including business
- Optimize your soft, hard and transferable skills
- Approach obstacles and create new opportunities
- What to expect in the career transition process and steps you can take

This course will offer you tools, resources and strategies to help you move successfully into the next stage of your work life.

Create the Family You Desire: TELECLASS!

2 Wednesdays, 10:00-11:00am, March 1st and 8th, \$25

This course will leave you with a positive direction and feeling hopeful, inspired, and empowered. You will learn how to:

- Develop parenting strategies and make choices that match your vision and values.
- Influence your child's self-esteem, behaviors and values in creative, resourceful, and proactive ways.
- Restore balance among your many demands to become a more effective parent.
- Consider how to make your family a priority while valuing yourself and your marriage.

If you would like to consider hiring a coach to help you with creating your ideal work and most important goals, aspirations and dreams you can contact me at (978)686-5693 or email me at lisa@baystatecoaching.com for a complimentary coaching consultation.

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