

What Might Surprise YOU about YOU?

I am so excited to announce I have just co-authored my first book, *Your Roadmap to Career Success: 10 Keys to a successful drive*. Once it is in print, likely in October, you will be the first to know. I was asked by Deb McLaughlin if I would like to co-author this book with her. This invitation was coming from someone who moves at 300mph speed and now has a chapter in best selling author, Steven Covey's upcoming book.

It is no surprise that I said "yes" to this opportunity to work with Deb on a project. Although I do some writing for my business and enjoy it, I really never saw myself writing a book. My talents and interests in communication have appeared more verbal and interactive. **So, why did I do this and what did I learn from the process?** I already knew I like to teach. This book is filled with information and exercises. I love to share resources, offer solutions and empower individuals toward challenging obstacles. This book navigates the reader step by step toward a successful outcome with many resources offered to advance success. A novel I could not write, a book of technical information I could not write. But, a book filled with my experience, expertise and a process to empower others toward career success...that I could do and really enjoy. Who I am, for example, ENTJ (Myers-Brigg profile) definitely comes through in this book. It is written with my personality, skills and my understanding of what individuals want from such a book. I had thought I prefer to speak and teach classes rather than what I considered to be a more isolated process, writing. However, the book was written with my ENTJ in mind so it became an experience done with ease and flow.

YOU might be surprised to discover what you are capable of and how different it might be then what you expect. **How do you discover what your strengths and skills are?** One way is through self-assessments. The Myers-Brigg Indicator (MBTI) can provide you with a personality profile that identifies your strengths and skills. The MBTI Career Report takes it a step further and will match it with occupations. The Strong Interest Inventory (Strong) identifies your interests and can also match them with occupations. Both help to maximize strengths, skills and interests to improve performance with work or other important life goals. I used this information about myself in how I approached this book and often use it when setting my business goals. I set goals that I will be motivated to do and resonates with who I am. It has also helped me to say "no"

when asked to join an activity or take on a volunteer job as I am better able to identify that which does not resonate with who I am.

It is important to know what you value in your life/work. It helps to understand the purpose of our choices. Why was I choosing to write a book other than as a business endeavor? Why a book and this one? I value sharing of information and resources which will contribute toward others' success. That has always been my life/ work purpose. This book is just another vehicle in assisting in life/work becoming easier and more fulfilling for others. Career coaching, a specialty of mine focused my expertise toward this particular book.

Whether you choose any of the self-assessments noted in Resources below or another you prefer, **once you have discovered more about you**, you are ready to use this information.

1. Write down one of your most important goals.
2. Consider how you can use your personality, strengths, talents, interests and skills to accomplish your goal. How can you approach your goal *differently* now taking in account your strengths and interests?
3. What have you been avoiding that needs to be done in order to reach your goal? Which of your top strengths can be used now to approach what you have been avoiding and make it easier to do?

Approaching my books with who I am; my strengths, interests, experience and skills in mind rather than trying to be something I am not enabled me to write this book with ease and flow.

What are you capable of when you are just being YOU?

Resources:

To identify what you most value, go to www.authentic happiness.com and take the free 20 minute VIA questionnaire.

To get information on MBTI, Strong and other assessments feel free to contact me for sample reports, fees and process for taking any.

Coaching assists clients who want to make transformational changes in their lives. If you desire to change an area or areas of your life, feel free to contact me at (978)686-5693 or lisa@baystatecoaching.com for a **FREE consult**.

I thank you in advance for forwarding this newsletter to any of your friends and family who may be interested.
