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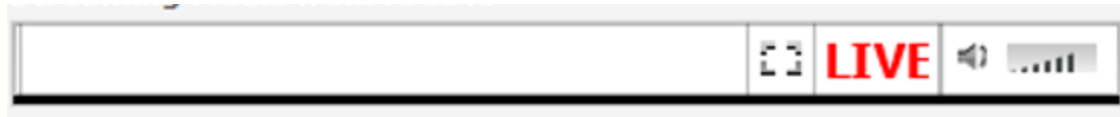
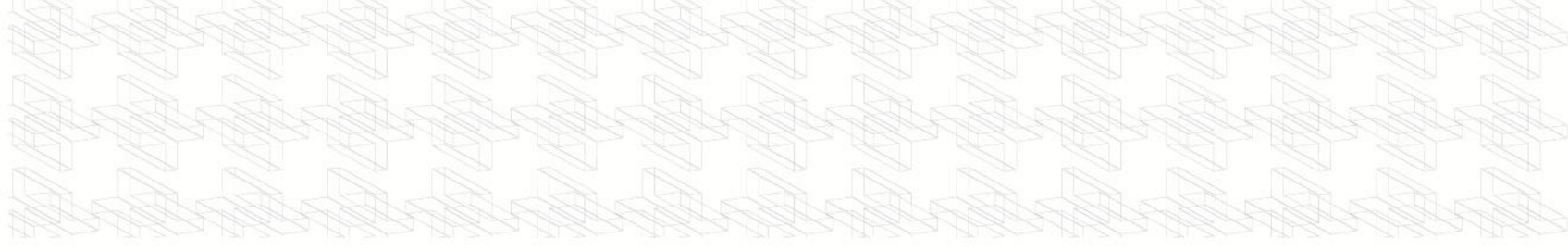
**HQ**

*jobs* +

by ★ asae®

# Five Powerful Practices to Create Career Opportunities Anytime You Want

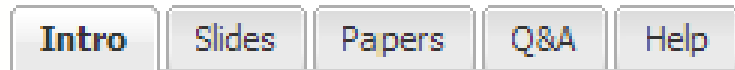
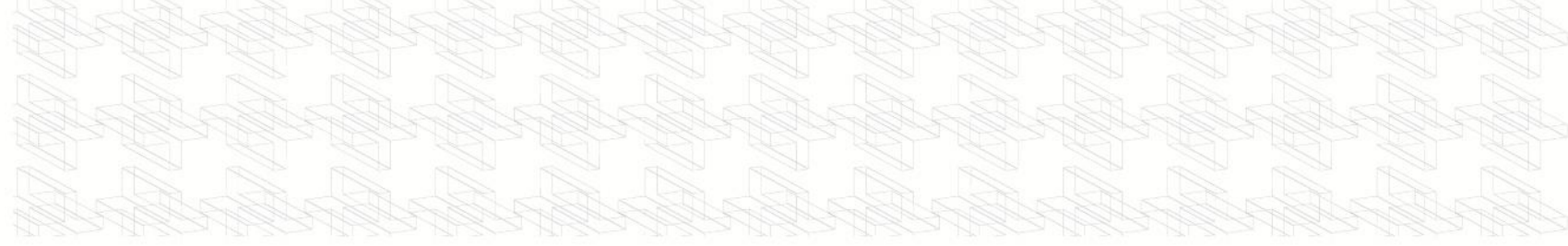
Alison Cardy  
Career Clarity Specialist  
[www.cardycareercoaching.com](http://www.cardycareercoaching.com)



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## Audience Question and Answer

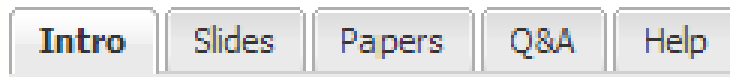
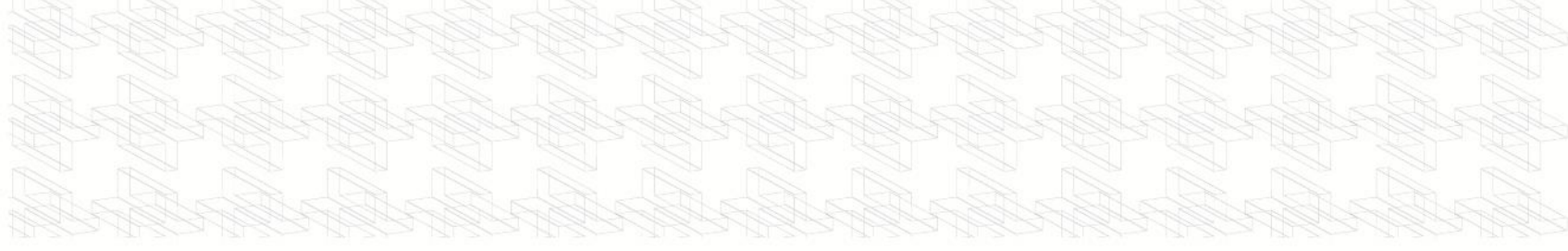
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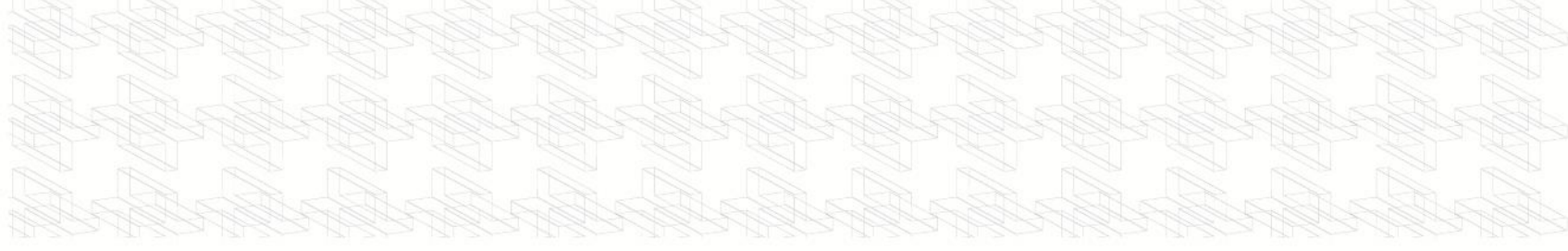
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# Ready To Get Started?



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What are the impacts of an **ill-fitting** job?



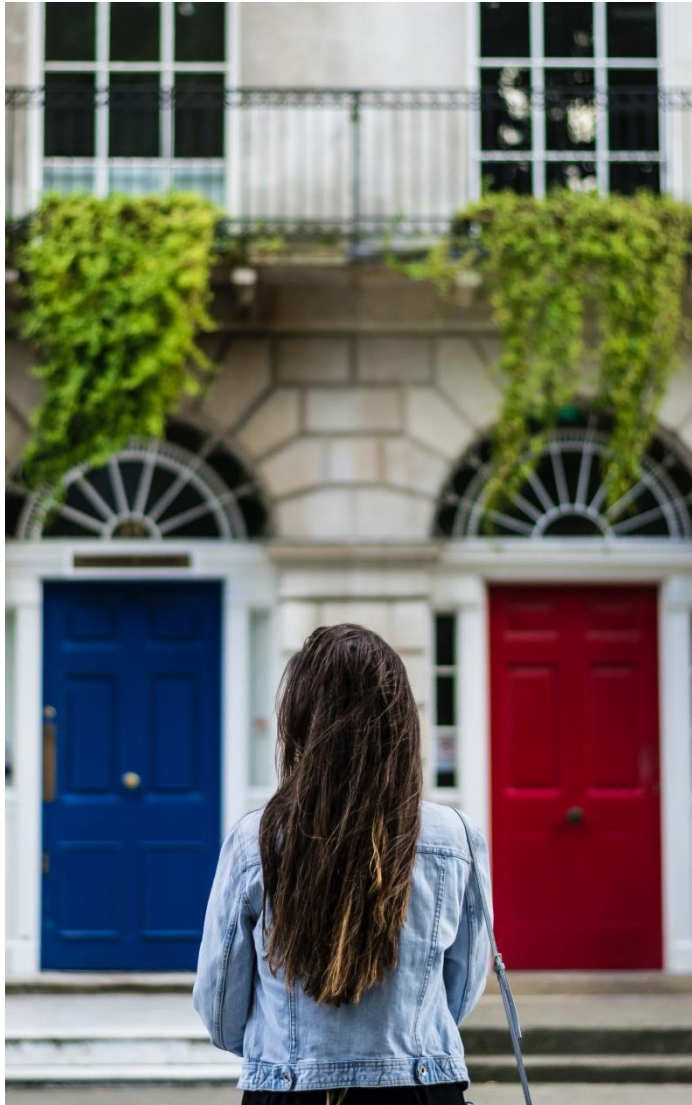
What are the impacts of a **great** job?







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# Why Listen to Me?





# Why Listen to Me?



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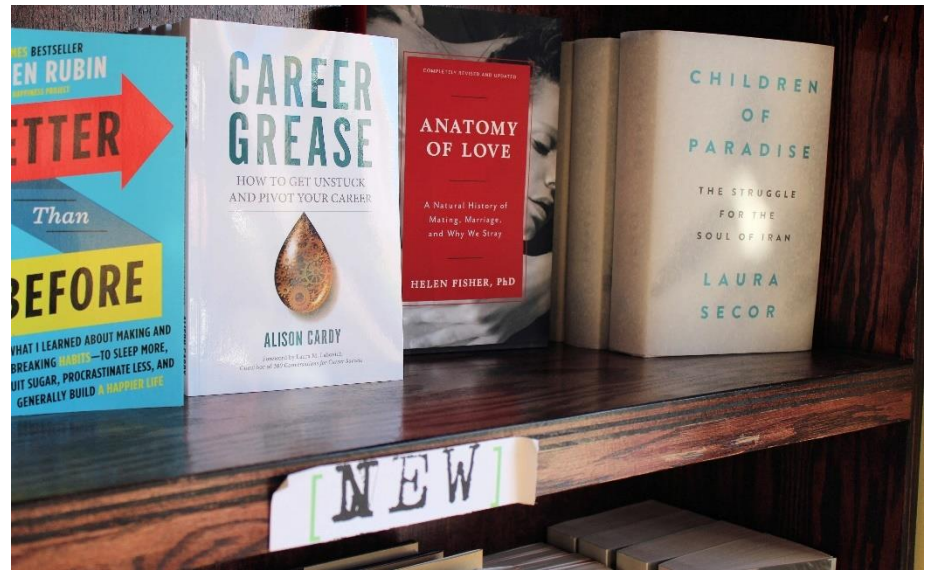
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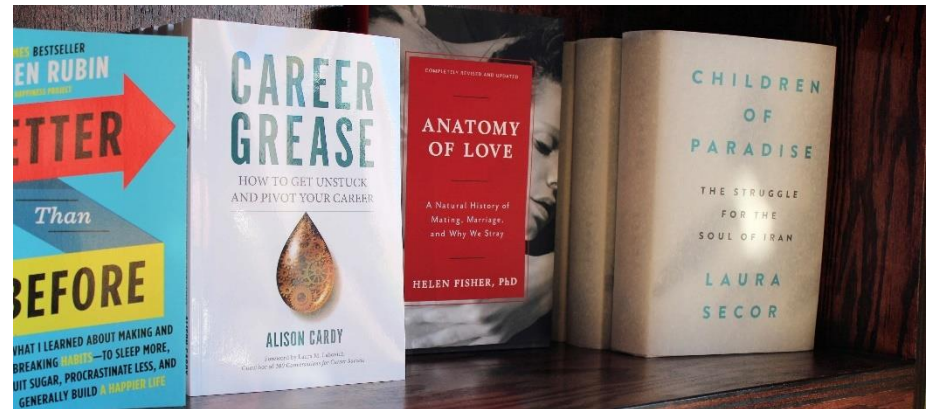
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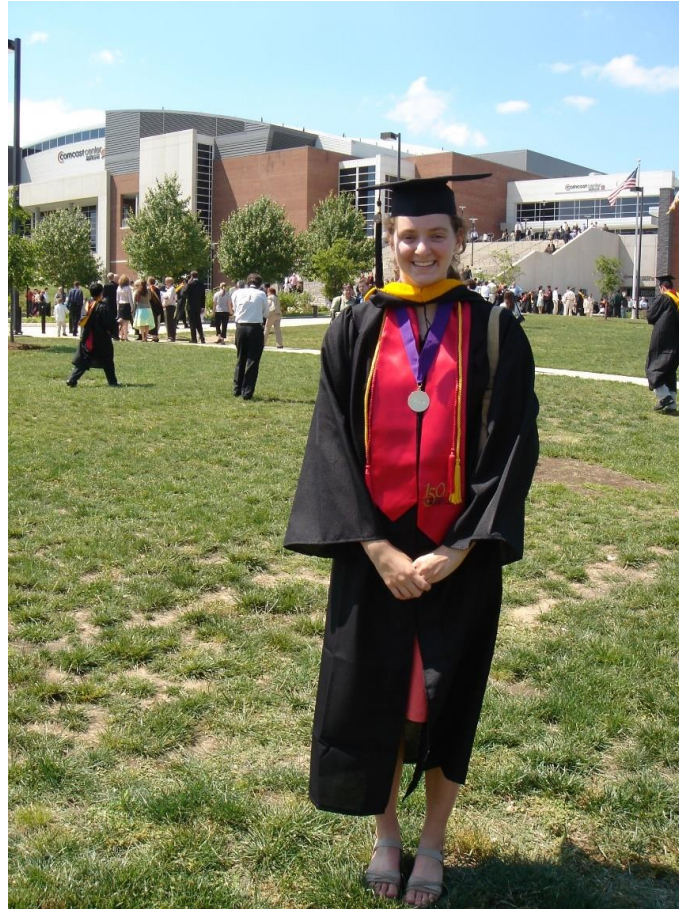
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# Why Listen to Me?





# Still With Me?



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# Here's the Problem



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# 5 Powerful Practices



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# 5 Powerful Practices

- Know who you are and what you want



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# 5 Powerful Practices

- Know who you are and what you want
- Accept who you are and what you want



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# 5 Powerful Practices

- **Know who you are and what you want**



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# Polly's Story



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# Polly's Story



- Accidentally landed in profession



# Polly's Story



- Accidentally landed in profession
- Felt stagnated, bored, and unsatisfied





# Polly's Story



- Accidentally landed in profession
- Felt stagnated, bored, and unsatisfied
- Affecting personal life



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# Polly's Story



- Accidentally landed in profession
- Felt stagnated, bored, and unsatisfied
- Affecting personal life
- No one to bounce career ideas off of
- Didn't want to waste years of life in the wrong job
- Worried she'd stay stuck



# Polly's Story



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# Polly's Story



- Coaching helped make sense of her life and its narrative



# Polly's Story



- Coaching helped make sense of her life and its narrative
- Saw patterns that she'd previously missed



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- Coaching helped make sense of her life and its narrative
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- Needed an unbiased and objective viewpoint



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# Polly's Story



- Coaching helped make sense of her life and its narrative
- Saw patterns that she'd previously missed
- Needed an unbiased and objective viewpoint
- Successfully moved across country and changed jobs
- Happily employed with same org for four years
- Role totally a good fit





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# 5 Powerful Practices

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# Suriya's Story



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# Suriya's Story



- Felt like a cog in a machine; work didn't matter





# Suriya's Story



- Felt like a cog in a machine; work didn't matter
- 7 years in job, didn't want to go another 7 in same job



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- 7 years in job, didn't want to go another 7 in same job
- Tried googling answer; didn't work
- Thought hitting financial goal would mean happiness; hit it, but still felt horrible
- Dragged feet going to work
- Couldn't decide what to do; lacked support from family





# Suriya's Story



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# Suriya's Story



- Looked through work history and connected with what she loved



# Suriya's Story



- Looked through work history and connected with what she loved
- Living dreams right now



# Suriya's Story



- Looked through work history and connected with what she loved
- Living dreams right now
- Achieving what felt impossible not too long ago



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- Worst day in current field is better than best day in old job



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- That's how big the difference is





# Suriya's Story



- Looked through work history and connected with what she loved
- Living dreams right now
- Achieving what felt impossible not too long ago
- Worst day in current field is better than best day in old job
- That's how big the difference is
- Feel awesome and very lucky





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# 5 Powerful Practices

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- **Believe you can get what you want**



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# Emily's Story



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# Emily's Story



- Job was awful and felt miserable



# Emily's Story



- Job was awful and felt miserable
- Was so far in the hole, didn't know where to start





# Emily's Story



- Job was awful and felt miserable
- Was so far in the hole, didn't know where to start
- Hated going to work every day



# Emily's Story



- Job was awful and felt miserable
- Was so far in the hole, didn't know where to start
- Hated going to work every day
- Tired from long hours



# Emily's Story



- Job was awful and felt miserable
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- Stayed up until 2 am on Monster, would email herself 20 positions, but I couldn't write 20 cover letters



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- Felt so hopeless



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- Hated going to work every day
- Tired from long hours
- Stayed up until 2 am on Monster, would email herself 20 positions, but I couldn't write 20 cover letters
- Felt so hopeless
- Was concerned about wasting time and money



# Emily's Story



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# Emily's Story



- Realized needed more than a new resume



# Emily's Story



- Realized needed more than a new resume
- Connected to strengths, interests, passions, and dreams



# Emily's Story



- Realized needed more than a new resume
- Connected to strengths, interests, passions, and dreams
- Broke down what felt like a really big problem



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- Lasting impact; have the tools to handle things



# Emily's Story



- Realized needed more than a new resume
- Connected to strengths, interests, passions, and dreams
- Broke down what felt like a really big problem
- Landed and prepared for a new job
- Lasting impact; have the tools to handle things
- Coaching made me better







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# Tom's Story



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# Tom's Story



- Felt directionless



# Tom's Story



- Felt directionless
- Dissatisfied with career for over 3 years



# Tom's Story



- Felt directionless
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- “Being happy at work felt beyond my capacity”





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- Felt directionless
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- Most frustrated by feeling like he was wasting time (that could be spent with family) firing things off into the void



# Tom's Story



- Felt directionless
- Dissatisfied with career for over 3 years
- “Being happy at work felt beyond my capacity”
- Most frustrated by feeling like he was wasting time (that could be spent with family) firing things off into the void
- Tried networking and headhunting agency; considered new professional licensure



# Tom's Story



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# Tom's Story



- Identified what he liked and didn't like



# Tom's Story



- Identified what he liked and didn't like
- Narrowed down on industry



# Tom's Story



- Identified what he liked and didn't like
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- “Three months into my new job, and I love it”





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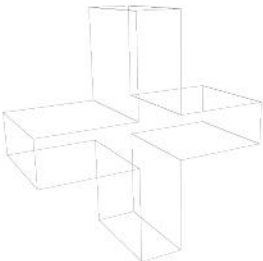


# Tom's Story



- Identified what he liked and didn't like
- Narrowed down on industry
- "Three months into my new job, and I love it"
- Made a huge difference in every aspect of his life
- Much more pleasant to be around for family
- Very pleased with results



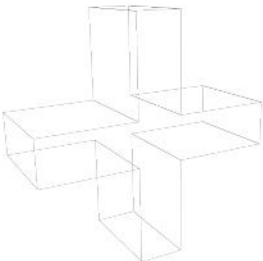


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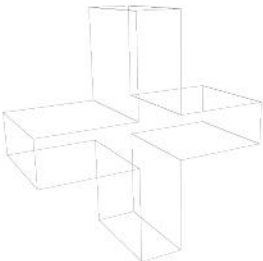
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**Thank you!**  
**Any questions?**

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[www.cardycareercoaching.com](http://www.cardycareercoaching.com)

