



Cathy Alfandre's E-Letter

Create greater joy and fulfillment in your working life.

January 2007

Greetings!

Kicking off my e-letters for the new year, I thought I'd share one of my all-time favorite quotations—one that helps me immensely in times of flux, uncertainty, exploration, and change. I hope you find it helpful as you move ahead on your life and career path this year.

All my best,
Cathy

"I want to beg you, as much as I can, ... to be patient toward all that is unsolved in your heart and to try to love the *questions themselves* like locked rooms and like books that are written in a very foreign tongue. Do not seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. *Live* the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer."

- Rainer Maria Rilke (from [Letters to a Young Poet](#))

Book Review: Step-By-Step Resumes

I recently had the opportunity to review this great resume book by Evelyn U. Salvador for the upcoming edition of the Career Planning and Adult Development Journal. If you need to put together a resume from scratch, this may be just the book for you. Here's a small excerpt of my review:

"In the spirit of an 'insider's guide,' this book lays out, clearly and practically, the process that professional resume writers go through to craft winning resumes. In addition, Ms. Salvador brings her marketing and sales background to the process, approaching the resume as a high-impact sales tool that can sell the 'product' (the applicant) to the 'target audience' (the employer).

The book is organized into ten steps, guiding the reader/user from blank page to complete resume and cover letter. While somewhat overwhelming at first (the ten steps take more than 250 pages), it quickly becomes clear that each step is both manageable and necessary."

Upcoming Seminars

"Finding Fulfilling Work"

This two-session course helps you begin to discover and define what you want, deal with the barriers that constrain you, identify the specific steps you need to take to

move forward, and craft a mini-action plan to keep the momentum going. Both sessions will be highly interactive, with discussion, exercises, and input from your fellow participants.

Norwalk, CT: Thursdays, March 1 and 8, 2007, 7:00- 9:00 pm
Fairfield, CT: Tuesdays, March 13 and 20, 2007, 7:00-9:00 pm
Trumbull, CT: Thursdays, April 26 and May 3, 2007, 7:00-9:00 pm

"Acing the Interview"

This one-night course covers specific techniques you can use before, during, and after the interview to boost your confidence and your results. It includes time for participants to practice what they learn.

Norwalk, CT: Thursday, March 22, 7:00-9:00 pm
Fairfield, CT: Thursday, April 5, 7:00-9:00 pm
Trumbull, CT: Thursday, May 17, 7:00-9:00 pm

Please visit www.cathyalfandre.com/current_happenings.php for more details and information. And please tell your friends!

This bi-monthly e-letter is intended to offer ideas, tips, resources, and questions to ponder on careers, fulfilling work, and career-life decisions. I welcome your reactions and your suggestions for future topics.

To my new subscribers: Welcome! Please let me know if you would like to receive a copy of my previous e-letters.

To all readers: Please feel free to share this e-letter with anyone you think may find it helpful! (Rest assured, though, that I will not share YOUR email address with anyone!)

[Read on...](#)

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