



## Cathy Alfandre's E-Letter

*Create greater joy and fulfillment in your working life.*

July 2007

### **Greetings!**

"Never discourage anyone...who continually makes progress, no matter how slow."

--Plato

### ***Keeping Things Moving***

Every once in a while, people ask me about the meaning of my business logo. In a nutshell, the logo is two symbols that I put together--the one in the center representing "movement", surrounded by another representing "light." Movement in light. And in a way, this is a particularly relevant message at this time of year.

Summer can be challenging, especially for those of you in the midst of or contemplating career change. It's hard to stay motivated and focused on a job search, hard to keep momentum going with kids home and vacations planned, hard to reach people, and so on. Progress can stall, and focus on goals can suddenly get very fuzzy. The temptation is to put it all on hold until September.

In my view, summer is a time to slow down but not to stop. It's a time to take advantage of the perhaps slower, more relaxed (or at least different) pace of life and use it to reflect and gather energy. It's also a time to see beyond the wonderfully scattered comings and goings, and steer the overall movement of your life and career in a more purposeful direction.

Some thoughts and questions that can help keep things moving:

- Give yourself a target--something to accomplish by the end of the summer. Make it something meaningful but not onerous. In other words, make it something that's important to you AND something you will have fun doing. It doesn't have to be BIG.
- If you are finding yourself burning out on your career or job search, ask yourself: What would allow me to re-engage and feel good again? Getting the answer to this question may be your goal for the end of the summer....
- Find a way to give yourself some momentum. Perhaps it's just a few minutes a day of thinking and journaling. Whatever actions you're taking, do them regularly to sustain your efforts and energy. Working in fits and starts can be very draining.
- If imagery is something that helps you, visualize yourself making progress, being productive, reaching your goals, and/or working in light (and in a light mood).
- Ask yourself this pragmatic question: Realistically, what specific time can you set aside each week to work toward your goal(s)? Think of this as your "moving forward time." Schedule it into your calendar, so that you're not tempted to fill it up with another summer activity.
- Carry a little notebook (to work, on vacation, to the beach, wherever). As you have thoughts about your career (whether things you want or things

you need to do), jot them down. You can ponder them further or work on them during your "moving forward time," or maybe you'll do them later after you complete your summer goal.

If you have other ideas or questions about keeping things moving this summer, I'd love to hear from you. All my best,

Cathy

### ***Interested in Exploring Your Interests?***

One of the secrets to career fulfillment is understanding yourself--your needs, motivations, values, personality, talents, interests, and more. If you've worked with me, you know that I use a variety of tools and exercises to help you discover, clarify, and gain greater self-understanding. I have now added an invaluable assessment to my toolbox to help with exploring and understanding your interests. After completing a rigorous training course, I became qualified in July, 2007 to administer and interpret the *Strong Interest Inventory*. The most thoroughly researched and widely used interest inventory in the world, the *Strong* assessment (named for the man who introduced it in 1927) is a comprehensive, practical tool to help you discover and understand your interests and how they can be applied in your career and life. From a career standpoint, taking the *Strong* can be useful if you are:

- Contemplating a career transition or mid-career change
- Making a new career move after leaving or being laid off from a job
- Determining the next best career step in your current organization
- Wanting to focus your career research
- Considering what to do in retirement
- Trying to determine what college major would be best for you
- Choosing among two or more possible career directions

Through my interpretation of your assessment results, you can gain further clarity into your interests and potential career directions. Please contact me anytime if you (or someone you know) would like to learn more about the *Strong Interest Inventory*.

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! If you would like to see copies of my previous e-letters, please go to my website later this summer. They will be posted in the "Contact" section within the next few weeks.

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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