



## Cathy Alfandre's E-Letter

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

September 2006

### **Greetings!**

"Do you see difficulty behind every opportunity, or opportunity behind every difficulty?"

### ***Pondering the Fortune Cookie's Question***

Can you believe I recently found this question in a fortune cookie?!? What a delightfully unexpected question to ponder at the end of a take-out meal! What I especially love about it is an underlying simple message: Sometimes what we need to make progress toward our dreams is a slight change in perspective. Don't get me wrong. I don't believe in just "having a positive attitude" or glossing over concerns that crop up. But I do believe in breaking free of the mental barriers we erect – the rigid stories we tell ourselves (the ones that seem like *fact* over time), the "reasons" why things won't work out, and the running internal commentary about what we can and cannot do. Often, the first step toward a new freedom of thinking is just a *willingness* to consider that there might be another way to look at the situation at hand. Then it's possible to ask questions like:

What if I saw...

...the lack of time I seem to have not as an insurmountable hurdle but as a choice I've made, one that I can change?

...the nervousness I have about changing careers not as a feeling to avoid but as a hint of the new sensations I'll feel when I'm more engaged at work and more fully *alive*?

...the request for yet another round of interviews not as another chance to get screened out but as an invitation to meet more people and really evaluate whether the organization will be good for me?

...the enormous task ahead not as something to put off but as chance to delegate or get others to help me?

...this next step I'm about to take not as a chance to fail but as an opportunity to grow, regardless of the outcome?

Is there a "difficult" area in your life where you're willing to shift your perspective, even for a moment? If you consider that alternate point of view, what opportunity do you see?

All my best,

Cathy

## ***A Powerful New Interviewing Resource***

I've just had the opportunity to watch a new DVD called "Ten Steps to Interviewing with Confidence" and I'm so glad I can use this e-letter to let you know about it! Developed by an expert career coach and colleague of mine, Jeanne Knight, this 60-minute DVD and the 65-page companion study guide show you step-by-step how to prepare for interviews and build your skills so you can confidently present yourself to prospective employers.

Drawing on her 20+ years in human resources and career coaching, during which time she has conducted hundreds of interviews, Jeanne captures the most common interview challenges and then provides the key strategies, tips, examples, and guidance you need to overcome them. Jeanne literally coaches you on how to "sell" yourself in an interview, answer tricky interview questions, tackle the salary question, and more.... In short, this DVD and study guide can be your practical at-home resource to help you ace your interviews and get the job you deserve.

If you have (or may have) interviews coming up, I encourage you to go to Jeanne's website -- <http://www.careerdesigns.biz/dvd.htm> -- to learn more and to order "10 Steps to Interviewing with Confidence."

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.

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email: [cathy@cathyalfandre.com](mailto:cathy@cathyalfandre.com)

phone: 203-445-7906

web: <http://www.cathyalfandre.com>