



Cathy Alfandre's E-Letter

Create greater joy and fulfillment in your working life.

September 2009

Greetings!

"Behold the turtle. He makes progress only when he sticks his neck out."

-- Anonymous

Sticking Our Necks Out

Stick our necks out? Now?

I admit - the news out there is decidedly mixed. On the plus side: The pace of layoffs is slowing. There seems to be some consensus that the economy is starting to rebound; as of this writing, the Dow Jones Industrial Average is re-approaching 10,000, and leading economic indicators have been trending upward for several months. Anecdotally, a few of my clients are landing jobs. On the flip side: Employers in general are not exactly picking up their pace of hiring. The job market is incredibly tight, with last Sunday's *New York Times* reporting that there are 6 unemployed people for every job opening. Some economists are saying that it could be a sluggish, shaky recovery, with fits and starts.

Given the uncertain outlook, what to do? My view: it's time to step out more in pursuit of progress. Simple things like:

- Get out from behind that computer. Meet folks face to face. Reach out by phone instead of email.
- Attend the networking or professional meeting that you've missed for months. Make new contacts.
- Make those calls you've been thinking of making, but have been hesitating....
- Speak up. Ask for something you want. State your opinion. Disagree (politely).
- Express yourself more fully, more confidently. Find (or re-find) your voice. Let other people see/hear the unique value you have to offer.
- Sign up for a project out of your comfort zone. Offer to help someone out, even if you don't know what you're doing. Push the boundaries on your personal and professional development.

It seems to me that there are two big benefits if we stick ourselves out there a bit more right now. On a personal level, we can rekindle our old confident spirits (remember those?), create some new momentum, and - especially - be better poised for the economic upswing.

Just as importantly, I think our collective economic progress depends on our individual/personal progress. If we *each* stick our necks out, we just may *all* move forward.

Let me know what you think.

All the best --

Cathy

New Websites to Check Out

Here's a new blog and resource site I just learned about: Interns Over 40 - <http://internsover40.blogspot.com/>. There are loads of helpful tips, videos, and resources targeted to mid-career folks who are interested in transitioning to a new field.

Here's a site to help you find top "niche" job boards -- ones that are specific to your function and/or industry: www.internetinc.com. This is not a comprehensive listing (you have to purchase [Weddle's](#) guides to get the most exhaustive lists), but it looks like some pretty good criteria were used to create this shorter list (and it's free!).

Upcoming Seminars in CT

"Writing a Great Resume": A one-night course that covers 5 key strategies for writing or revising your resume, provides loads of tips, and includes individualized feedback on each participant's resume.

- Tuesday, October 3, 7:00-9:00 PM, Fairfield Continuing Education
- Tuesday, October 20, 7:00-9:00 PM, Norwalk Continuing Education
- Tuesday, November 10, 7:00-9:00 PM, Trumbull Continuing Education

"Acing the Interview": A one-night course covering specific techniques you can use before, during, and after the interview to boost your confidence and significantly improve your results. The session includes time for participants to practice what they learn. Please bring a current resume (rough draft OK).

- Tuesday, October 13, 6:30-9:00 PM, Fairfield Continuing Education
- Tuesday, October 27, 7:00-9:00 PM, Norwalk Continuing Education
- Tuesday, November 17, 7:00-9:00 PM, Trumbull Continuing Education

Please visit [Current Happenings](#) for information on how to register. Please also feel free to mention these seminars to your friends.

On a related note: Let me know if you'd like me to offer a course or teleseminar on any career-related topic. I'm all ears!

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 where they are posted in the "Contact" section.

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!)

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