

How to Re-design Your Career & Lifestyle to Increase Your Happiness

How to Re-design Your Career & Lifestyle to Increase Your Happiness



During the webinar you will get great tools & information to start making changes in your Career & Lifestyle straight away.

You also receive the 'Personal Awareness & Worklife Reflection' & 'Career Exploration & Analysis' guides at no cost, which are invaluable resources.

Don't miss out on your place, register for the webinar & start re-designing your career & lifestyle today

[Home](#) | [Contact](#) | [About Me](#)

Contemplating A Career

Change? Need Help?

Get Started With 'The DIY Career Change Program'

"It is never too late to be what you might have been." George Elliot



The DIY Career Change Program is a series of 5 comprehensive 40 page plus workbooks that will take you from reflecting on who you are, and what you are great at, right through to identifying career paths and how to market yourself and secure the roles that you want.

The workbooks are full of amazing content and activities that you will find make a huge impact on how you see yourself and in helping you to move towards roles that will make you happier.

The series of 5 workbooks have been designed for you to print out as I have found people achieve better outcomes if they carry them about with them to capture thoughts, ideas, strategies, names and so on. They will help you build the foundation and provide the road map towards your next great role.

Get 'The DIY Career Change Program' today

Purchase all 5 guides & receive the 39 page guide *'Your Personal Brand – Defining, Development & Marketing Brand You!'*

1. **Personal Awareness & Worklife Reflection**
2. **Worklife Analysis & Career Exploration**
3. **Research & Job Search Strategies**
4. **Resume Writing, Marketing Yourself & Personal Branding**
5. **Interview Preparation & Salary Negotiation**

Total program cost – only AU\$9.99 [Click to purchase from my store on Selz.](#)

If you are not sure, **you can download the first two guides for free** and if you find them helpful you can purchase the program at a later stage.

[Get started today with my two free guides from ‘The DIY Career Change Program’](#)

These workbooks have helped hundreds of people to make career changes. *“The workbooks have been a fantastic resource. They have been invaluable”* Kerry, General Manager

Please [contact me](#) if you have any queries about [The DIY Career Change Program.](#)

Other **Career Services** include:

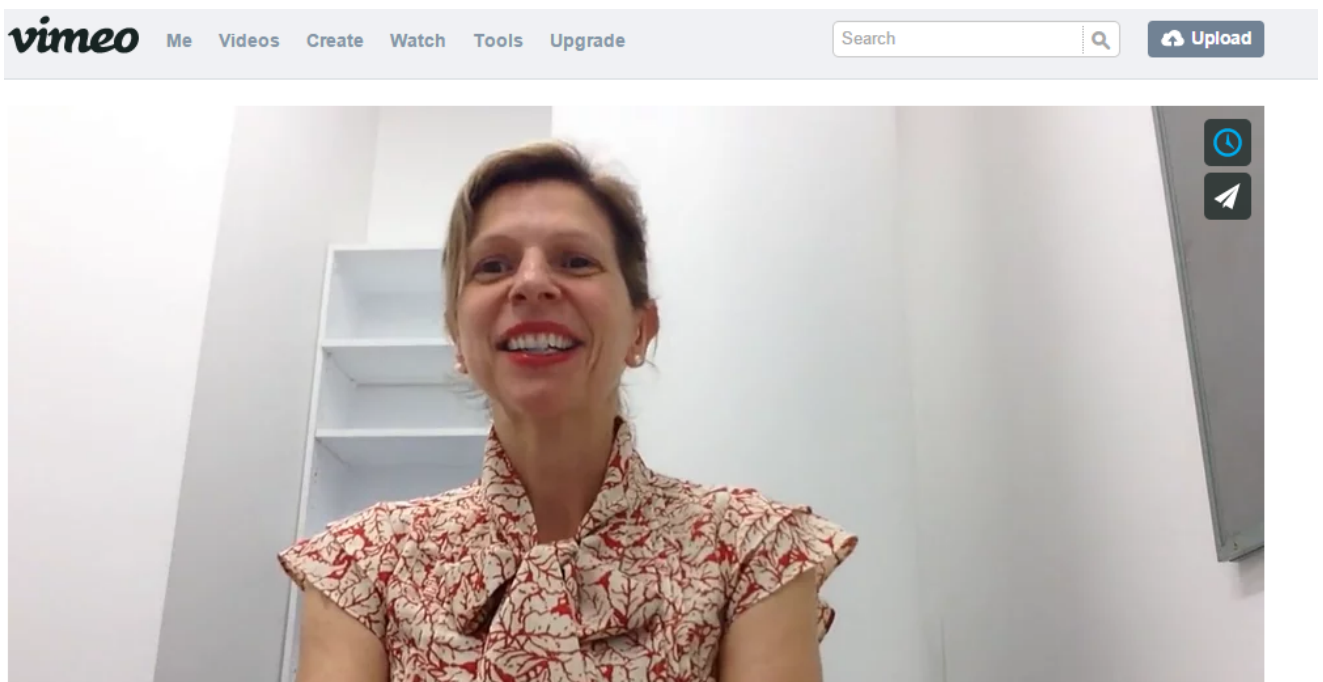
- [One-On-One Coaching](#)
- [The Next Step Career Change Program](#)

Name(required)

Email(required)

Comment(required)

The Power of Career Visioning: A How To Video & Steps



Is your career lacking direction? Do you have some ideas about potential careers however feel there may be other paths you just don't know about? Or perhaps you know that what you are doing is not right, however you are not sure what other career paths to follow.

If you are up for spending a small amount of time reflecting and doing a [visioning exercise](#) you may just find some new and exciting career paths begin to form.

Before undertaking the visioning exercise below, you may like

to spend a few minutes viewing my [video on vimeo](#) about visioning and how to get started.

How to do a visioning exercise?

- Find somewhere quiet where you will not be distracted for the next 10 minutes.
- Close your eyes and take a 5 short breaths. Let go of everything else that is going on in and around you.

Picture yourself in future – this could be 5 or 10 years from now.

Focus on what you want in relation to your worklife. Think big, dream. See the success of your dream in full. Do not include practicalities around the visioning – it is dreaming only.

Move all those self-limiting thoughts to the side. Simply visualise what you want for your worklife in the future. See it in your mind. Feel it. Resist focusing on the solution about how you will achieve it. Focus only on the desired outcome of your dream. Allow the details to take care of themselves.

Visualize what it is like to experience the success of your dream. Use all of your five senses to imagine yourself x years from now or when your dream has become a reality.

Draw upon all of your senses to visualize your new worklife.

- What do you see?
- What do you smell?
- What sounds do you notice?
- What tastes are you experiencing?
- What sensations are you experiencing?

Pay attention to how it feels to achieve your worklife dream. Have all the parts of your past come together to bring you this success. What does it feel like?

Open your eyes and come back with 5 short breaths.

Journaling: Find a quiet place and take 15 minutes to write in your journal what you saw in your vision. Describe what it felt like, sounded like and tasted like. Write down all the details as you saw them.

Video: click to watch my how to [career visioning video on vimeo](#)

Reference:

http://leadershiplearning.org/system/files/VisioningTemplate_DonellaMeadows.pdf