

LifeMapSM



"LifeMap is a navigational tool to help you on your path towards personal and professional success. Our belief is that you can achieve a more rewarding career, a more productive organization and a more enjoyable and abundant life."

June 2011

This Month's Message:

A Super Resource - and Free Too!

Paths Forward

- Need Career Coaching?
- Tired of boring meetings??

Resources

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A Super Resource - and Free Too!

I'm hoping the nicer weather has given you the lift you need to open some new doors. There's one door in particular that I'd like to see you pass through even if you haven't done so in a good while.

The economic recovery has been surprisingly slow on the job creation front so I'm getting more calls than ever for presentations to job hunting / career networking groups. If you are actively in the job market it is critically important that you involve yourself in one or more of these groups. Some meet in church halls and many meet in public libraries. When I find myself in a new library I always try to leave a little time to look around a bit and am often surprised at what I find.

It is said that we live in the information age. Your local library system is your community's information hub. If you have not availed yourself lately of what your library (and the

other libraries that are networked with yours) offer then you are missing out on many fronts. Make some time and visit your local library and see how it has changed and developed since your last visit. Below I will quickly highlight a half dozen areas where a nearby (and free) resource can contribute to your knowledge, skills, career, family time, relaxation and enjoyment. Now *there's* a door worth opening!

Paths Forward

- **Career.** Your library is an essential resource if you are job hunting or if you are thinking about job hunting or if you are interested in starting on the road to a career change. Most libraries now have substantial business and job hunting resources both in print and online. If you are unsure about where to find them or how to use them a reference librarian can help you. And they are happy to do so because most librarians love their jobs and truly enjoy helping patrons find and utilize the resources that will help them. (It's good they love their jobs because nobody goes into the library profession to get rich!) While you are there ask about a local career / networking group.

- **Family Time.** Given the often-negative influence of today's popular culture it's always great to find a healthful, positive family time resource. Most libraries have children's sections; many have a variety of special programs for younger readers of all ages. It's a great win-win situation to spend time with your son or daughter while introducing them to the world of books and reading which will not only help them in school but is a gift that will last for their lifetime.

- **Household Chores.** Not sure of when to transplant that tree, how to stain your deck, fix that leaky toilet or change your vehicle's oil? Before lifting a shovel, dipping a paint brush, or banging your knuckles on a wrench get to the library to find out what the experts suggest. Ultimately it will save you time (doing stuff once instead of twice) and do-it-yourself projects can save you a lot of money (if they are done safely and correctly which are important caveats). Oh - and here I speak from personal experience - knowing what you are doing contributes in a major way to domestic harmony if your helper is also your partner :-)

- **Social Networking.** Long-time LifeMap readers know how strongly I recommend getting involved in one's community because such activities contribute not only to career development but also to developing friendships and preparing for an engaged retirement life. Book clubs, readers clubs, friends of the library groups, and fund raising groups are just a few of the library-specific groups centered in your local library. But many other groups such as garden clubs, photo clubs, lecture groups, and art appreciation groups can be found there along with the aforementioned job networking groups.

- **Professional Development.** Maybe it's because of the increased rate of change in our information technology but lately I've noticed a good many seminars at local libraries focusing on current, popular software programs. These are excellent resume builders and professional development opportunities. I have delivered a number of presentations at

libraries on stress management, building an engaged workforce and preparing for an enjoyable retirement. I've noted others on topics such as time management, diversity in hiring and logistics. This is just another example of libraries reaching out in new and different ways.

- Recreation and Enjoyment. Parents often tell me that one of the things they miss most when a new baby arrives is time to read. (I'll let you guess what the other two are.) I'm not suggesting that you ignore your kids or your partner or your community but time alone - to ponder, to dream, to remember, to regenerate - is important to your mental health. Time spent alone with a good book can nourish you like no other activity. And when you are nourished you are in a better place to nourish others. Time alone with a good book can transport you backward or forward in time. It can introduce you to people you never could meet. It can provide you with the wisdom of the ages. It can make you think, or laugh, or cry, or send you to places on this planet (or others) that you may never get to visit. All of this is at your beck and call in your local community. All you have to do is walk through the door.

LifeMap is about guiding you to find and utilize resources to help you create a more satisfying life.

· Need Career Coaching?

The best investment you can make is in your career, your future and yourself.

email drpaul@drpaulpowers.com

· Tired of boring meetings??

Have Dr. Paul speak at your next off-site meeting or conference. Fast-moving, practical, motivating presentations from an acknowledged leader in the field of career and personal success.

<http://www.drpaulpowers.com/speakingschedule.html>

Resources

· Are you or someone you know job hunting or thinking about it?

The best, concise, all-round job changing guide available. Revised Edition [Winning Job Interviews](#) by Dr. Paul Powers.

In this easy-to-follow, step-by-step book, Dr. Paul Powers demystifies job interviewing, explains why the process actually favors the job hunter, and shows how you can dramatically improve your interview skills. Packed with solid, practical information and laced with both humor and "kick in the pants" motivation, *Winning Job Interviews* is the book you wished you had before your last interview... and is mandatory preparation for your next one!

· Stalled at work? Still struggling to find your true vocation?

Or know someone who is? Order your copy of [Love Your Job!](#) *Loving the Job You Have, Finding A Job You Love* by Dr. Paul.

<http://www.drpaulpowers.com/booksandarticles.html>

Have an issue or question you'd like Dr. Paul to address in a future edition? Send an email to the email address list below.

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Sincerely,

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