



January, 2013 Volume 4: Issue 1

Number 32

Click to jump to: [Feature](#) [Offers](#) [Resources](#) [Tip](#) [WhereInTheWorld](#)

a MESSAGE from SYLVIA

Planning a Platinum Level Career for 2013

A New Year always brings new opportunity. That's the great thing about a fresh start. If you want to, you can view your life and your situation this month from a realistic, unfiltered perspective. You can decide that 2013 is NOT going to be a repeat of 2012 in certain ways. You can choose to take the necessary steps toward meaningful change. January is an ideal time to make assessments, draw conclusions, and commence shifts in your beliefs, thoughts, behaviors, and actions.

For example, consider your career. Are you satisfied with your current job and workplace culture? Are you growing and using your skill set where you are? Do you know for sure that people value your professional contributions? Or, do you feel stagnant? Do you sense that you may be ready for more responsibility, ready to play a much bigger game, ready to build new relationships? Do you feel an itch to jump ship that doesn't seem to go away?



As I've served scores of clients over the last five years, I've noticed that most have harbored either major or simmering dissatisfaction with their work lives for various reasons. They've wanted to develop their careers in one way or another: by upgrading job performance, seeking a promotion, or planning/navigating a transition. As YOU reflect on your own career, where do you see yourself? And what do you want to do about it?

Sylvia

[Back to Top](#)

FEATURE ARTICLE

Clearing the Path for a Platinum Level Career: 7 Essential Steps

You dream about a more satisfying, more fulfilling career? Achieving this dream starts with gaining clarity in seven key areas. You can't jump over any one of these. You need to face them and explore them. Take a look:

Get clear about your current job situation.

This exercise requires a speckless lens, an analytical mind, and an open heart. Take out a sheet of paper and draw five columns. Label them as "positives/wins", "frustrations/disappointments", "opportunities", "welcome

challenges”, and “impossible circumstances”. Assess every aspect of your job situation and place it in one of these categories. When finished, this will provide you with a helicopter view of your present reality.

Get clear about what you really need and want.

It’s amazing how many people are clueless about their true needs and desires. They usually know what they don’t need and want, but they have great difficulty articulating what they do need and want. Invest some time into connecting with your emotional, social, financial, and practical needs as they relate to employment, then figure out exactly what you want in an ideal work experience. Write these things down, and keep both lists handy.

Get clear about how you see yourself.

Recently a woman confided that she desperately desires another job with another organization because she’s bored with her current duties and no opportunity for promotion exists. When I asked her to describe her skill set, she quickly jumped in with “it is limited, so I doubt that there are many options available to me”. Perceiving herself as someone with little to offer, she’s put herself into a very tiny box. With this self view she may never land another job. How you see yourself determines how others see you.

Get clear about how you stand in your own way.

People often sabotage their success and fulfillment by making excuses for not taking action, overloading their already busy calendars, ignoring or minimizing their pain, holding on to long term resentments, and blaming others for failing them. Where do you see yourself in this collection of reasons? It’s time to get out of your own way to make room for what is meant to come next.

Get clear about your overall health status.

You don’t need perfect health to enjoy a platinum career. But you do need the best health that is possible for you. Write down three things you can do—and are willing to do--in the New Year to enhance your personal physical and mental health. Consider nutrition, sleep habits, exercise routine, delayed doctor appointments, relaxation strategies, quality of relationships, and stress relief.

Get clear about present and potential external blocks.

What does this mean? It means you must be aware of your environment:

the immediate physical realm, the people in it, local community concerns, and larger societal factors and forces. It means you need to examine how each of these impacts the others—and ultimately how all of them together could influence and impact you and your career going forward.

Get clear about your attitude and approach to change.

On a regular basis I hear people say they desire a career transition but fear taking the leap. Their biggest worry is that the “new opportunity” won’t work out the way they hoped. I’ve heard folks lament that, while they are miserable in the job they have now, at least they’re receiving a paycheck. What this tells me is that so many people don’t trust their ability to make a change, adjust to it, and turn it into an experience that can serve them well. How do YOU feel about change? When confronting change, do you approach it from a place of fear or curiosity? Dread or anticipation? Remember: it’s up to you.

There are no guarantees in life except the reality of change. Obviously, you’ll run into some changes you don’t want or didn’t plan. But you can choose certain other changes, like doing what it takes to upgrade your technical and behavioral skills, going after a job promotion, or pursuing a career transition you know is right for you. How to prepare? Work through the above seven steps and get the clarity you need and deserve.

[Back to Top](#)

What Clients Say

As a result of working with Sylvia, I upgraded my skills as a manager. I now have the tools I need to be more effective as I supervise staff, collaborate with colleagues, and establish some necessary boundaries. I particularly appreciated Sylvia’s honest, unfiltered feedback and keen insights about myself both as a human being and as a professional. It’s a wonderful feeling to know that I really do have what it takes to be competent in my position. Over the past few months I’ve been receiving more respect from others in my work environment, and you can’t put a price tag on that!

Cheryl Sola, R.N.

Offers and Opportunities

GROUP COACHING PROGRAM: From Loss to Light



For 12 weeks beginning on January 29, 2013 Sylvia will facilitate a group coaching program entitled: “From Loss to Light: A Blueprint for Rebuilding a Life That Works”. Specially created for professionals whose job and life is negatively being impacted by recent or past loss(es), this program includes six group phone sessions, various exercises, activities, resources, and one private coaching call with Sylvia. For more information and registration details [click here](#).

RESOURCES

Feeling like you need a career makeover but don't know how to approach it? Grab a copy of Nicholas Lore's paperback book entitled, *The Pathfinder: How to Choose or Change Your Career for a Lifetime of Satisfaction and Success*. This 1998 (2011 revised) Simon & Schuster publication can get you unstuck quickly and lead you down

the path towards more of what you say you want at work. Affordable and easy to read, whatever guidance you think you need to design a more meaningful career is in there. (\$12 on Amazon)

[Back to Top](#)

TIP

Identify the #1 factor that is holding you back from creating the career of your dreams. While there may be several factors, I urge you to shine a light on the most significant one. Then state it aloud. When you hear yourself say this, how do you feel? Assign a specific word to your primary emotion. How does that word impact you? Now ask your intuition for guidance and direction. Yes. Directly and consciously make the request. Keep track of the ideas and nudges that come to you over the next seven days. Pay attention to them and see where they lead you.

[Back to Top](#)

Where in the World is SYLVIA?

On January 9, 2013 Sylvia rolled out her BRAND NEW group coaching program entitled: “From Loss to Light: A Blueprint for Rebuilding a Life That Works” by offering a one hour promo teleseminar. Scores of curious people registered for this no cost event that provided rich content as well as described program logistics. Sylvia designed this program in response to five years of observations amongst her clients that all types of loss often negatively impact clients’ job performance and life. Read more in the “[Offers and Opportunities](#)” section of this ezine.

On February 6, 2013 Sylvia is scheduled to sponsor the monthly membership meeting for CPAFE (Central PA Association for Female Executives) to be held at GIANT Food Store, Camp Hill, PA.



Join Sylvia on these social networks!

[Back to Top](#)

About This Ezine

This Ezine is 1) to provide readers with valuable FREE content which contributes to both personal and professional growth and 2) to invite them to take next steps toward working directly with Sylvia through a coaching engagement or benefitting from her downloadable and tangible products.

Back issues are [available here](#). Send email by [clicking here](#) to manage your free subscription. Sharing content with attribution is encouraged

Launching Lives Ezine is dedicated to “building people ... building businesses.” ©2010, 2011, 2012, 2013

About SYLVIA

Sylvia Hepler, Owner and President of Launching Lives, LLC, specializes in career development for both corporate and nonprofit executives and managers. Based in South Central PA, she specifically supports clients as they upgrade their current job performance, seek a promotion, or plan/navigate a career transition. What makes her services unique is that Sylvia helps people to cope with change, loss, and grief while they work on developing their careers. Her professional background includes: nonprofit executive management/leadership, nonprofit community health program start-up, program evaluation, public speaking, business and freelance writing, teaching, and retail sales.

A certified executive coach through The Rescue Institute in Colorado and a participant in extensive continuing education opportunities with several executive coaches of national notoriety, Sylvia offers individual and group coaching, assessments, teleseminars, workshops, keynote speeches, and retreats. She has also created products that augment her coaching services.

For more information contact:

[Launching Lives Website](#)

[Click to contact Sylvia by Email](#)

Reach Sylvia by phone at 717-761-5457

[Back to Top](#)

Launching Lives SERVICES

Launching Lives, LLC is a full service career development company for executives located in South Central PA. Utilizing a holistic approach to service provision, Launching Lives focuses on supporting clients as they create the platinum level career they desire by upgrading their job performance, seeking a promotion, or planning/navigating a career transition

© Launching Lives Executive Coaching 2013. Forwarding and sharing content is permitted with attribution. Be sure to include LaunchingLives.biz in your list of safe senders to be certain that you receive each issue of this monthly ezine.

[Click here to Unsubscribe](#)