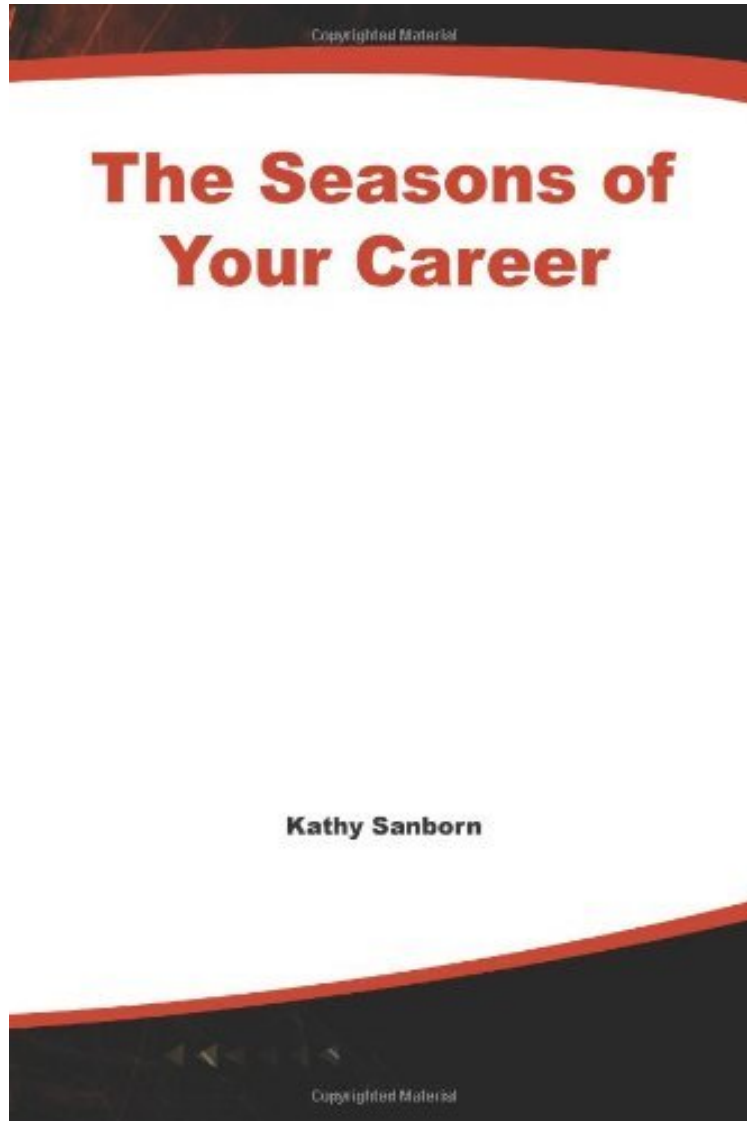


The Seasons of Your Career

Kathy Sanborn, Wayne R. Ricci

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Kathy Sanborn, Wayne R. Ricci : The Seasons of Your Career before purchasing it in order to gage whether or not it would be worth my time, and all praised The Seasons of Your Career:

1 of 3 people found the following review helpful. A Rare BeastBy Sam VakninA rare beast this - jargon-free, down-to-earth, one hundred percent useful career advice! This slender tome contains in 144 pages more than thickset predecessors did in a thousand.The author's premise is promisingly simple: careers and jobs go through seasonal changes. Spring is time for rejuvenation, energy, and initiative. Summer is the peak of one's professional achievements. Autumn is inertial and tired. Winter is both unsettling (as in being fired) and exciting (as in embarking on a new career).The authors identify the risks associated with each season as well as the opportunities it holds. Easy

to fulfill questionnaires drive this journey of self-discovery and re-emergence. The results are often surprising and thought-provoking. Highly recommended and worth every cent (or penny). Sam Vaknin, author of "Malignant Self Love - Narcissism Revisited".

In this book, expert career coaches with more than twenty years of combined experience demonstrate the best ways to harness the predictable changes of the work world and use them to the reader's advantage, no matter what the career stage. Whether the reader is twenty years old and in her first job, or fifty-five and contemplating a career change, the authors will show readers how to navigate the seasons of their careers with confidence and gain greater fulfillment from their work.

"Seasons provides a driving inspiration for anyone who's considering career changes." -- The Daily Republic
"The book explains the seasons of one's career, provides rules for staying positive, and gives expert advice." -- United Press International
"This book aims to teach readers to take charge of their vocational destiny by mastering principles of success." -- Sacramento Magazine

FROM THE JACKET: To everything--including career development--there is a season! Have you recently been blindsided by an unexpected layoff? Do you wake up every Monday morning already looking forward to quitting time on Friday? Do you hear the call of a more satisfying career but are afraid and unsure of how to make the transition to it? You don't have to be at the mercy of outside forces or your own insecurities any longer. Once you understand *The Seasons of Your Career*, you can take charge of your professional life, master the cycles of career change, and experience fulfillment through your work. In this innovative guide, career coaches Kathy Sanborn and Wayne R. Ricci illustrate the predictable, seasonal patterns that our work lives follow--from the Spring of growth and challenge through the winding down of Winter and back again to Spring's fresh opportunities. Packed with insightful exercises, helpful quizzes, and inspiring real-life stories, this upbeat text offers surefire strategies for:

- Recognizing the career season you are in and taking advantage of it
- Working through trouble spots to excel in your current job
- Placing your career in perspective to allow for strategic, long-term planning
- Setting and reaching goals that support your preferred career path
- Staying positive through potentially tough seasonal transitions
- Approaching your career as one aspect of a balanced, fulfilling life

Whether you are twenty years old and in your first job or fifty-five and contemplating a major career change, *The Seasons of Your Career* is uniquely designed to help you navigate your professional future with confidence and conviction. Kathy Sanborn and Wayne R. Ricci have more than twenty years of combined experience performing career development, vocational counseling, and personal and career coaching.

FROM THE BACK COVER: To everything--including career development--there is a season! Have you recently been blindsided by an unexpected layoff? Do you wake up every Monday morning already looking forward to quitting time on Friday? Do you hear the call of a more satisfying career but are afraid and unsure of how to make the transition to it? You don't have to be at the mercy of outside forces or your own insecurities any longer. Once you understand *The Seasons of Your Career*, you can take charge of your professional life, master the cycles of career change, and experience fulfillment through your work. In this innovative guide, career coaches Kathy Sanborn and Wayne R. Ricci illustrate the predictable, seasonal patterns that our work lives follow--from the Spring of growth and challenge through the winding down of Winter and back again to Spring's fresh opportunities. Packed with insightful exercises, helpful quizzes, and inspiring real-life stories, this upbeat text offers surefire strategies for:

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