

Hi. My name is Kerry and I'm a career coach.

So many people are losing their jobs and feeling really overwhelmed, or they're very unhappy in their current work.

What can be done? Many things can. One starts with faith. God put us on this earth as unique individuals. The premise is that the more we identify and connect with our God-given strengths, the happier and more fulfilled we will be.

I want to give you hope. The good news is that you can start to uncover your strengths by looking at your peak experiences. These are times in your life with paid, unpaid, or volunteer work that you experienced an active and achieving role, you were so engrossed in what you were doing-it held your attention for hours, you learned new things rapidly, and you experienced a high flow of energy as you accomplished something.

If you cannot think of peak experiences, I can help you identify and connect with your peak experiences. We all have strengths, they come so easily that many times they are overlooked or suppressed. People wonder why they cannot connect with their strengths.

Let me give two examples of clients that were struggling with identifying with their strengths. A gentleman met with myself to identify his strengths. He told me that his life has not been very exciting and he doesn't have any peak experiences. I knew he did. In a short time, he learned not only his peak experiences, yet also his strengths. With tears in his eyes he said, "thank you, I didn't think I had strengths and now I know I have not lived an ordinary and mundane life."

The second example, I was helping a woman that said she just does her work and there's nothing unusual or special about it. Over time we learned she suppressed her feelings and so she was cynical about the process. Finally, we made a breakthrough. She learned what her strengths were and I helped to prepare her for a job fair. At the job fair they offered her a position. She went from walking dogs for a living, to getting her dream career as an underwriter. She was so happy and excited, it was almost like seeing a completely different person.

The blessing will be that you will become more confident, happier, fulfilled, and eager to utilize your strengths in a career path which you desire.

A person will know when they're working in their strengths when you can incorporate them into your resume, then you can relate your "authentic stories" to your achievements in an interview. Also, in an interview, you naturally speak with PASSION, about your strengths and accomplishments. These are the people that get hired, as they can authentically match their strengths to the roles and responsibilities of the career opportunity.

Know that you are not alone and people really care about you. God has great plans for you.

As I am a career coach, I would be more than happy to answer any of your questions for meet face to face to support your efforts. My phone number is 248.909.9994. My email address is klrro@yahoo.com.

I am very passionate and gifted at preparing the individual for employment, by utilizing different techniques that are tailored to the needs of each person.

Additional support services I can help you with include: resume development, job coaching, realizing and identifying your unique strengths, interview techniques, how to market yourself, negotiating employment, overcoming barriers, non traditional networking, and setting realistic goals.

Thank you for your time. Additional support is just a click away. God bless you on your journey.