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eCareerChat - November 2005

“Take rest. A field that has rested gives a beautiful crop” – Ovid

Laryngitis, flu & email glitches delayed me getting this out...The sickness gave me a better perspective on taking time for ourselves. In this season of holiday shopping and the stress of these times, makes it even more important to practice some de-stress exercises. It is proven that less stress results in lower heart attack risk & better quality of life. It can be as simple as a few deep breathing moments or a walk or a bubble bath! Feeling as if you're doing something positive for your well-being simply results in feeling lighter & more in control. This could spur you on to tackle any issues you may have-problems in your life...

Tired of being sick and tired? Do you find your job boring or unfulfilling? I offer a FREE 30 minute coaching consultation to see how coaching with me can benefit you! Who can use a coach? Everyone. For career coaching, life transitions, planning for future or retirement, and hone those necessary communications skills to succeed in whatever you choose to do.

Personalized Gift Certificates Available for Your Shopping Needs! Sometimes it takes someone else to give the gift of resume help, assistance with transitions and career/life coaching...

I'm also a Certified teleleader and give teleclasses on Career Development & other related topics. Click on <http://www.teleclassinternational.com>. Search on **Marcia, Merrill.**

November is a time for giving thanks. Thank you so much for the honor of working with you and sharing your journeys with me. I so appreciate your understanding, friendship, kindness and support.

May you have a Healthy, Happy Thanksgiving!

Alafia!

If you'd prefer not to receive this-just hit Reply and I'll take you off the list!

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