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Subject: **Your Career: By Accident or By Design? - Mar 2008 Newsletter**
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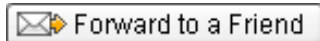


Dear Lauren,

We are turning the corner! The days are getting longer, the warm days are increasing and the miniature glacier in my backyard finally retreated! With the approach of spring, don't you feel like you have more energy to tackle projects and "clean out" the things in your life that aren't working? It's like nature's own shot of caffeine for our systems!

This month's article was inspired by a theme I've recognized running through the messages many of my clients give me. Regardless of their position level, gender, or family status, so many people seem to be thinking about how they can design their career or business with their values and vision in mind.

We all know someone who is discontent with an element of their life or career. I ask you to forward this email especially to those friends who may want to take their career to the next level or make a positive change - they'll enjoy the article, and when they join my email list via the website, they'll love the free e-book offer!



Wishing you success, balance and freedom every day!

Warmly,
Lauren Still



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Blog Log



Recent topics on my blog include:

(well, I've been writing e-books instead of my blog! More soon!)

[Read more...](#)

Your Career: By Accident or By Design?

How many times have I heard, when talking to someone about their job or career, "I just fell into it?" We all know the situation: an opportunity arises that you hadn't expected and you think, "Why not?" Suddenly the person who thought they would become a writer is performing financial analysis or someone with an economics background is doing training and development.

As the years pass, new and interesting opportunities arise, your career path may change course a few times, and you may find yourself happily employed but far from your original career goals. Is this a bad thing? Absolutely not. You've probably grown more, experienced more, and learned more about yourself than you might have if you'd traveled on your planned trajectory.

However, most of us at some point take a look at our career and think, "This is all well and good, but now it might be time to actually take charge of my career progression, instead of the other way around!" We are suddenly ready to become **proactive** about our careers instead of **reactive**.

Depending on your current state of job satisfaction, this epiphany may have several different outcomes:

- **Career progression plan** - you're relatively happy in what you're doing, but want to make sure that 10 years down the track, you've achieved what you wanted to. You want to plan out the significant steps in your career going forward and what you need to learn to progress.
- **Next level strategy** - you realize that you had expected to be a bit further along at this stage, and want to create a strategy to get you to the next level as quickly as possible.
- **Lateral move** - you like elements of what you are doing but come to the realization that you are in the wrong industry or company for you. Your highest priority is getting back into an environment that excites you.
- **Getting some give** - flexibility is now just as important as the money. Your top goal is to have a flexible work schedule, work from home, or find a part time or job share arrangement.
- **Back to the future** - you think "wow, how did I get here, and how can I go back?" Perhaps you have strayed a little too far off your intended course, and know that your true calling is something completely different from what you're doing now.

Regardless of where you fall in the spectrum, the good news is that you can absolutely take charge and make your future what you want it to be. It simply takes the motivation to make a change.

I have tools and techniques that can speed up the process and get you on track. Call to find out more! 303-668-1386

Karma Corner

Monthly featured business

Looking for a fun and sometimes irreverent card or gift for a mom in your life? This local company dishes it out.

[Motherhood with Attitude!](#)

Quick Links

[Schedule a Sample Session](#)

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Coaching Question

What is your secret wish for your career?

I'm always interested in hearing your thoughts. Please [email me](#) your comments and ideas for future articles you'd like to see.

Events

[Stay tuned for more details!](#)

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