

**Amaze Yourself Career Notes**  
**by Keri Coffman-Thiede, CPCC, Career Coach**

*Information and inspiration to support you in finding and following your Passion!*

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**Theme and Quote for the Month:**

***“Create a work life that inspires your whole life!” ~ Keri (me!)***

With the intention to have a childlike playful summer (like I suggested for all of us in my June newsletter) I’ve scheduled frequent family outings and adventures! Counter to logic that may suggest that if you take a lot of time to play, other things in your life must have had to be put on hold, I experienced growth and change in three major areas of my life...career, finances and health.

Fun and play often get a bad rap and are seen as things that come with a price tag and will cost you time or money. However, I invite you to look again and consider the quality of energy they bring to your life. On a scale ranging from constricted and tense to expansive and flowing, fun and play definitely have energy that is expansive and flowing. And my experience was that they brought an inspired energy and quality that expanded into my whole life! My desire to have fun with my family spilled over into having fun with my business. I was inspired to create a new teleclass that is a blast for me to teach and according to the clients, supportive and producing rewarding results for them. During a time that typically is slow of the industry of coaching, I have set new records in my business! Fun and play infused into my finances and inspired me to track and manage my money in new ways that I actually enjoy and feel empowered by. My relationship with money is definitely improving! Also, in the area of health, I came up with an exercise routine I love and therefore do it consistently. I feel healthier and more vitalized than ever!

I share this experience because “creating a work life that inspires your whole life” is not only about changing the situation – the job, the pay, the hours, etc – but more importantly is about deciding to have fun and enjoy yourself and your life more. When you commit to having fun, be ready for its expansive energy to flow into all areas of life igniting changes that uplift and inspire your whole life!

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**Career Tip: Writing a cover letter that gets you an interview!**

I recently wrote an article called “Career Transition Step 1!” about taking a job that supports your transition. A transition job is important because it gets you in the habit of having your job/ career support your passion, fun and inspiration in your life. It gives you time, money and energy that liberates you from pressure so you can more easily be aware of what inspires you and act on it. Taking a transition job is especially helpful when 1) you want to find your passion but your current job leaves you with no energy at

the end of the day to explore this, or 2) you want to start a business and need more time, money and energy to devote to it than your current job allows. (To read this article and get suggestions for where to find good transition jobs, go to my website [www.amazeyourself.net](http://www.amazeyourself.net).)

So, once you've found a job you think will be a good fit for you right now, the cover letter you write becomes your first impression. When we think "first impression" our tendency is to write and say what we think THEY want to hear. A word of caution: Remember, you are seeking a job that will be a good fit, meaning what you have to offer and desire to contribute is what the job allows you to do. How will a good fit be determined if you don't convey this information honestly? Starting with the cover letter, set yourself up to speak with integrity about your experience and interests related to the opportunity and trust that in doing so you will attract the job that fits you best right now.

To learn specific tips and see an example of a cover letter that got an employer calling the applicant the next day for an interview, go to my website, [www.amazeyourself.net](http://www.amazeyourself.net).

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**Recommended Class:**

## **Finding and Following your Passion**

Are you are feeling lost not knowing what you want next in your career? Are you wondering what your passion is or if you have one? Join this class and have the support of career coach, Keri Coffman-Thiede, to help you find and follow your passion. This course provides you with Law of Attraction exercises, visualizations and a variety of other tools to support you in discovering your passion and purpose, overcoming fears that hold you back from claiming the life you really want, and engaging in activities that allow you to experience the fun and fulfillment of living true to your passion.

**There are two ways to take this class:**

**UW Mini Course:** I will be teaching this class in person for three, 2 hour sections. Classes will be held on the UW campus Tuesday, Oct 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> from 6pm to 8pm. Register at <http://www.union.wisc.edu/minicourses>. Go to the on-line catalog and search for course number 3700.201.

**By phone:** I will also be teaching this class over the phone. Just like a teleconference, you just dial into a conference line and you are able to hear and talk to all participants. This will be a 3 month class that meets weekly and includes an individual coaching session with me. To register, go to my website, [www.amazeyourself.net](http://www.amazeyourself.net).

**Have an Amazing month!**

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