

# Take the first step.

A Career and Life in Balance designed and controlled by **you**.

The door of opportunity won't open by itself. So what are you waiting for?

Others who have taken the first step with Coach DQ include:

Actor	Model
Account Director	Painting Contractor
Account Manager	Photographer
Advertising Agency	Producer
Copywriter	Production Manager
Creative Director	Real Estate Sales
Graphic Designer	Recruitment Sales
Gym Owner	Retail Sales
Internet Marketing Strategist	Web Designer
Writer	
Massage Therapist	

Take the first step. Call Coach DQ!

## 508-520-9933

Ask for a complimentary coaching session.

Coach Dawn Quesnel  
www.careerlifebalance.net  
Phone: (508) 520-9933  
E-mail: CoachDQ@CareerLifeBalance.net

www.CareerLifeBalance.net



### About Coach DQ

As a professional coach I help sales, marketing, advertising, and creative professionals, as well as small business owners and individuals, in areas such as personal growth, career transition,

job placement, launching new businesses, every day life challenges, goal setting...and the list goes on. I truly believe you can do anything you want to do as long as you put your mind to it. My mission is to make you believe it, too.

I received my coaches training from the Coaches Training Institute (CTI), accredited by the International Coach Federation (ICF). I am a member of the ICF and I continuously train and develop my skills as a professional coach.

Before becoming a Professional Coach, I was an Executive Recruiter at two of Boston's premier agencies - breaking records and consistently awarded "Top Biller". My employment agency, Executive Staffing Consultants, specializes in the placement of sales, marketing, advertising and creative professionals. Through my experience as a recruiter, I have found that career and life are closely connected. I have combined recruiting and coaching in a practice called Career Life Balance to help clients and their companies find the resources and talent they need to get to the next level. I look forward to helping you.

### Affiliations

Coaches Training Institute (CTI)  
International Coach Federation (ICF)  
Business Network International (BNI)  
Toastmasters  
International Association of Reiki Professionals

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➤ Take the first step.



## Career Life Balance

*Because your Career  
affects your Life,*

*and your Life affects  
your Career,*

*finding a Balance  
isn't always easy.*

**Career Life Balance coaching can help!**

*Call Coach DQ today!*



Dawn Quesnel

*Dedicated*

*Educated*

*Motivated*

Realize your potential! Take the first step toward offering yourself more choices, doors of opportunities and balance.

You spend the majority of your waking hours working. Your career should be more than just how you put clothes on your back and keep a roof over your head. It can be a source of pride and self-fulfillment.

*Are you ready to create the best part of your career?*

*Want to have less stress in your life, enjoy terrific relationships, experience increased happiness and reduced stress through a balanced life?*

## WHAT IS COACHING?

A Confidential, professional partnership focused on creating and enhancing your career and life development. Coaching is distinct from other specialties and is not therapy or giving advice. Coaching utilizes a unique process of advanced communication and goal setting strategies that enables the person being coached to fulfill their own potential in both their professional and personal lives.

Career Life Balance coaching provides the space to understand and align your beliefs, values and life vision with how you live each day. Together we will turn dreams into goals and vision into action to give you the life you want.

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*Think of it this way...you're an athlete.*

*Your sport? Life.*

*What if you had the right coach?*

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My approach is simple:

- Identify your personal dreams and business goals, strengths and weaknesses that could hinder or help you attain these goals
- Develop a plan to achieve these goals built on a strong foundation of systematic proven practices, principles and values.

With this foundation, we will design goals aligned with what's important to you and achievable. We will also create the structures to keep you going forward.

As your Career Life Balance coach, I will take you from "dreaming your dreams" to "living your dreams."

## TESTIMONIALS

"Dawn has helped me a lot with understanding how to be more positive toward my job search in a trying economy. She's been able to show me how to step back & see the big picture, and see the positive when I couldn't. This has helped not just in my career, but with my personal life as well."  
- Robert Druyff, *Online Strategy & Creative, NYC*

"After a few conversations my motivation increased and the progress is happening. I feel great!"  
- Kelly, MA

Coaching gives you the space to design the life you want - at work, at play, at home and with friends. Creating and maintaining balance is required to reach higher goals.

Career Life Balance offers coaching in the following areas:

### Career

- Taking your business or company to the next level
- Managing your time
- Selling with enthusiasm
- Knowing your numbers
- Setting your goals
- Making it work
- Interview coaching
- Career search strategies & contacts
- Salary negotiation
- Yearly review preparation
- Career transition
- Career planning and advancement
- Goal setting

### Life

- Examining tolerations
- Creating boundaries
- Setting goals
- Rejuvenating your life

### Balance

- Stress reduction
- Vision and clarity
- Health and wellness

Career Life Balance