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Tips to Land Your Next Job

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By: Elizabeth Corridan

NORFOLK, Mass (abc40) -- It seems that everyday, another company announces lay-offs. More and more Americans are out of work but the employment picture is not entirely bleak.

Professional Certified Career Life Coach Dawn Quesnel says, "Not everyone is really, really bad. There are some companies that are hiring."

Quesnel is an East Longmeadow native. She works with professionals at all stages of their careers. Coach "DQ" has developed a six-step process to faster employment. She coined the process "BRIDGE".

Quesnel says, "In using this process, I've seen it reduce almost half the amount of time in some cases."

B: Be specific and clear about what your goals and objectives are

R: Research and identify the companies that are hiring the jobs you are looking for

I: Identify your skills and strengths

D: Develop a list of contacts and start networking

G: Get a game plan and don't be afraid to follow up with contacts or potential employers

E: Execute your plan and evaluate as you go

Coach DQ says for every \$10,000 want to earn annually, expect to spend one month on the job hunt. You don't have to settle on any position just to get a paycheck. Quesnel says. "If you truly believe you can get your dream job, you can make it happen."

For more information, log onto Dawn Quesnel's website at www.careerlifebalance.net .



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