

Book Launch; Get Confident and Accelerate Your Career

Well known Bristol-based coach Caroline Arnold is delighted to announce the publication of her book "Get Confident and Accelerate Your Career".

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Well known Bristol-based coach Caroline Arnold is delighted to announce the publication of her book "Get Confident and Accelerate Your Career".

Caroline's previous career in HR for large corporations led her to start her own coaching company so that she could help more individuals and businesses.

Caroline explains "Work is an inevitable part of life. However, we have a choice: do we passively allow our careers to consume us, or do we take responsibility for our own happiness by investing in a more meaningful, satisfying work life?"

I believe that we should all be striving for something greater than a monthly payslip and a pension plan. By expressing ourselves more confidently, overcoming work-related fears and striving towards practical goals, we can all gain lasting fulfilment from our careers."

Extract:

This book is for all women who are working or wish to return to work and who want to become more confident and accelerate their career. Whether that's to become the best marketing manager for a small local charity or to secure their first board appointment.

If any of these statements resonate then this book is for you.

1. Your school teachers told you that you wouldn't amount to anything so there was no point in going to university.
2. You're a female graduate just embarking on your career.
3. You're returning to work after a career break and feel worried about how on earth you'll manage everything.
4. You want to be more confident in your personal and professional life.



5. You feel you've lost your sparkle, you have Sunday blues and dread Monday morning coming around again.
6. You're new to management and want to be an inspiring leader to the rest of your team.
7. You enjoy self-development books with practical tips that you can put into practice straight away.
8. You're in a HR team that wants to promote a culture of diversity.
9. You're a female director who wants to inspire the next generation.

This book is also for men with daughters and partners or who manage a team of females so that you have a better understanding of how you can best support the women around you.

More information about Caroline can be found at: <http://carolinearnoldcoaching.co.uk/>

Link to book on Amazon:

https://www.amazon.co.uk/dp/0993536654/ref=sr_1_1?ie=UTF8&qid=1499774428&sr=8-1&keywords=caroline+arnold

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