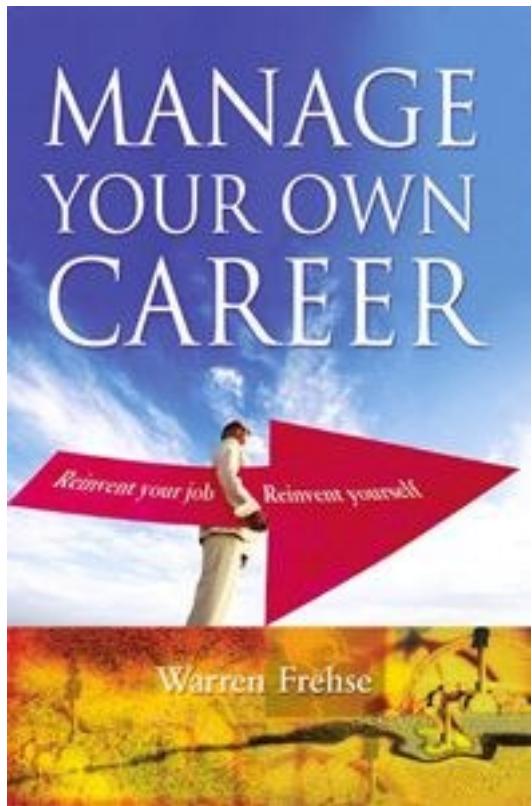


MANAGE YOUR OWN CAREER



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Manage Your Own Career will help you on a journey to find satisfaction and fulfilment in your job. Many people do not realize that a thorough career 'check-up' can go some, if not all, of the way to bringing excitement, energy, renewal and a sense of purpose back into their working life.

This book is about managing your own career destiny, by taking into account where you are now, where you are heading, how to get there and, when you get there, how

you can make it work better, and know when and how to move on.

The seven key practical and inspirational steps and real life case studies will show you how to:

- # Recognize the work that is natural for you to do
- # Get out of your rut, and discover your untapped or hidden talents
- # Use "opportunity thinking" to widen your options
- # Thrive, and not just survive, in either a new career direction or your current job
- # Turn "mid career" doldrums into satisfying solutions
- # Create a worthwhile life, and not simply just earn a living

作者介绍:

Warren Frehse is an organisational psychologist who has a solid background and reputation of more than 17 years in the Human Resources field in Australia. He is a chartered member of the Australian Human Resources Institute, a professional Member of the Australian Psychological Society and a member of the Australian Association of Career Counsellors.

Having a working background in diverse industries including banking and finance, transport and media, Warren has successfully designed a satisfying career path. He spends a great deal of time helping employees find career roles that utilise their full potential within organisations.

He has designed and delivered management development programs, run job search workshops, and worked with both blue collar and professional employees at all levels, in both the public and private sectors. He is an accredited user of the Myers-Briggs Type Indicator and the Holland Self-Directed Search, both widely used in career guidance.

Warren has published articles and columns on career issues, and has appeared as a guest on radio segments on career topics, as well as having presented and produced his own radio program called 'Making a Difference'.

Warren has a unique ability to relate to people from all walks of life, and is passionate about helping people find meaning and satisfaction in their career life. He has pioneered the proven practical principles outlined in this book.

Warren lives in Melbourne.

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