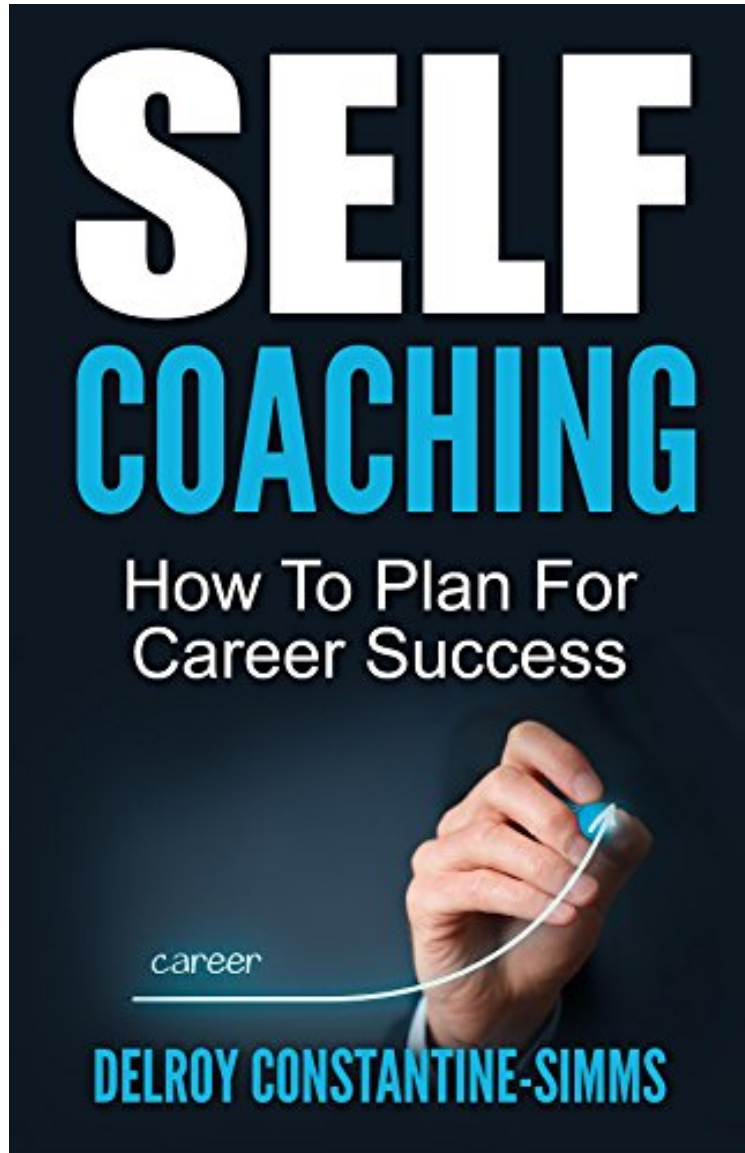


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## Self Coaching: How To Plan For Career Success

*Delroy Constantine-Simms*

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**Delroy Constantine-Simms : Self Coaching: How To Plan For Career Success** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Self Coaching: How To Plan For Career Success:

ldquo;Self Coaching: How To Plan For Career Successrdquo; is a 176 page self-coaching book which informs readers, that career planning and progression is one task that we all have to think about at some point in our lives. It may not be the first thing that we want to work on, but at some point we all have to take the necessary steps to create the perfect

career planning process in order to fulfill our needs and meet our career expectations. "Self Coaching: How To Plan For Career Success" clarifies that work place happiness is often underestimated, and so are the consequences of that unhappiness. Furthermore, the advice in this book outlines that self-assessment, of your known skills and abilities, personality, character, including values and other traits are important for establishing the type of work and personal interests that will make you happy at work, including the type of career path you need to follow in order progress at work. However, this cannot be done by simply looking in the mirror or simply using what you know about yourself as the template for career success. We all need to go through some sort of personal and professional assessment, using properly validated tools. Moreover, each type of career related assessment test you take can be used to extract valuable self-development information. If self-coaching strategies are not for you, seeking the services of a good career coach is an option that should not be ignored.