



## Greetings!

Welcome to Summertime!

Live your best life this summer. Whether trying to create a more abundant life or trying to find that new career opportunity, know that you have the power to create everything you want, and that you hold the keys to your success.

Enjoy your June Newsletter and make this summer your best season of the year.



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Energy Leadership™  
Coaching



## What Makes Work/Life Balance Work?



Your best work - life balance will vary over time, often on a daily basis. The right balance for you today will probably be different for you tomorrow. The right balance for you when you are single, will be different if you marry or have children; when you start a new career,

Take the Energy Leadership™ Index Assessment and change your life

Call for details on how to sign up for the on line assessment and for your debrief/coaching session.

Energy Leadership™ Index Assessment and One 45 - minute Coaching session: \$215 for the month of June

[Find out more about Energy Leadership™ here](#)

Career Corner:  
Tweet Your Way to a Job

versus when you are nearing retirement.

There is no perfect, one-size fits all, balance you should be striving to achieve. The best work-life balance is different for each of us, because we all have different priorities and different lives. However, at the core of an effective work-life balance definition are two key everyday concepts that are relevant to each of us. They are daily Achievement and Enjoyment.

Focusing on Achievement and Enjoyment every day in life helps you avoid the "As Soon As Trap" -- the life-dulling habit of planning on getting around to the joys of life and accomplishment "as soon as...."

Life will deliver the value and balance we desire ...when we are achieving and enjoying something every single day...in all the important areas of our lives.

### **Are you ready for a Coach? Take this quiz and find out**

- I am ready to create more balance in my life.
- I am ready to improve my personal or business relationships.
- I am ready to make real and positive changes in my life.
- I am ready to overcome self-limiting beliefs and behaviors.
- I am ready to create a plan and take action to achieve my goals.
- I am ready to achieve a sense of fulfillment at work and in my life.
- I am ready for more fun and enjoyment in my life.
- I'd like to work less and make more money.
- I can benefit from someone who will help me to stay on track.

If you answered yes to any of the above questions, then you are ready for a coach.

Make this summer sizzle by calling Deborah Sakelaris at 312-798-7404 and start living your life in abundance!

### **Book of the Month**

**[How To Earn What You're Worth: Leveraging Your Goals and Talents to Land Your Dream Job](#)**

by Sunny Bates



Personal Branding is more important than ever in today's job market. Getting noticed is a key element in landing your next career. Be aware that putting too much of yourself out there can compromise you and your professional reputation, however, knowing the right balance of what to put out, and where to put it will enhance your job opportunities. Below are Tweeting Tips to assist you in your job search:

- Keep it professional
- Tweet at a reasonable rate - 1-2 times a day
- Know whom to follow - follow 20-30 people in your desired industry
- Don't follow everyone
- Be yourself and find a way to get people's attention
- Tweet consistently each week

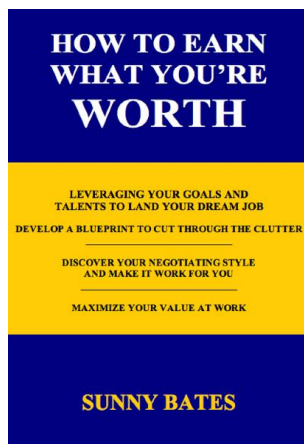
### **Links**

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June Special

Complimentary Resume Review

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Offer Expires: June 30th, 2011

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