



Big Dashan

Facilitating growth opportunities through learning, coaching and inspirational speaking

1745 Hunter`s Run Drive, Ottawa, Ontario, CANADA

www.bigdasha.com

613-841-1229

January 2010 Newsletter

Denis is in the Globe and Mail!!! Check this out!

<http://www.theglobeandmail.com/report-on-business/double-trouble-laid-off-once-laid-off-again/article1393660/>

Now that the holidays have come and passed, we have been faced with the reality of the new year. Some of us have actually taken new year resolutions and some of us have been able to think back about our own life and our own careers. What is working for us? What should we do better? And for those of us in career transition, how can we make our job search more efficient or even more intense? These are all great questions.

As I have been reflecting on my own situation and on my own business, I ended up setting some new targets and have looked at strategies to attain them. But that is only the start. How can you stick by these commitments and resolutions?

This is only a brief list of actions which I think are necessary to help us:

- 1) Make realistic goals. If the mountain looks way too big, you will need quite the commitment and the tools to climb it. Taking small steps will lead to a better chance of success.
- 2) Make these public!!! Nothing like imagining next year`s Christmas party having aunt Gertrude ask us how the climb in the Himalaya went! This makes you accountable.
- 3) Find a mentor/coach. Having the help of someone who has been there before is invaluable!
- 4) Make small interim goals. Milestones we call them in Project Management. Knowing that you are on track in January, February... increases the chance that you will reach that goal.
- 5) Plan a treat. Knowing that you will treat yourself and how you will do this increases the motivation.

These are only my thoughts! Now that you are about a week into the new year, are you on tract to meet your goals for 2010, or have you forgotten them?

Since I need to make my commitment public, here it is... I have decided to participate in the Toastmaster Spring Speech Contest and see how far I can make it on my first attempt. I have my



Big Dashan

Facilitating growth opportunities through learning, coaching and inspirational speaking

1745 Hunter`s Run Drive, Ottawa, Ontario, CANADA

www.bigdashan.com

613-841-1229

speech coach lined up (thank you Mr. P) and have my theme chosen. So now, you can ask me how it went, and I can imagine all these emails and phone calls to which I need to respond to!!!

Got to go and practice my speech!!!

Market Update

The market started December at 11,779 went down and gradually made it's way up to close at 11,746. Many good indicators are showing that the Christmas season has been more lucrative then last year, but signs like the unemployment rate remains uncertain. As usual, there are many opposite signs, but the market seems to be strengthening.

On the job front, there seems to be an increase in activity and offers have been made in the last few weeks!

Hiring Process

It's not what you say, it's how you say it!

<http://www.theglobeandmail.com/report-on-business/managing/its-not-just-what-you-say-its-how-you-say-it/article1385101/>

Some SEO for your Job Search!

<http://recareered.blogspot.com/2008/06/secret-of-search-efficiency.html>

How efficient are cover letters!!!

<http://recareered.blogspot.com/2009/12/is-your-cover-letter-obsolete-tradition.html>

Google's attempt to interview you.. Thinking outside the box they will say!

<http://www.abhijitkar.com/life/googles-initiatives-to-innovate-in-hiring-process.html>

5 mistakes you don't want to do on your resume...

<http://greatresumesfast.wordpress.com/2009/12/07/the-5-best-ways-to-land-your-resume-in-the-trash/>

10 top behavioral questions during an interview.

<http://www.theundercoverrecruiter.com/content/top-10-linkedin-groups-job-seekers-must-join>



Big Dashan

Facilitating growth opportunities through learning, coaching and inspirational speaking

1745 Hunter`s Run Drive, Ottawa, Ontario, CANADA

www.bigdashan.com

613-841-1229

[Interesting article on the journey of the job finder...](http://jcsicareerassist.wordpress.com/2009/12/14/the-light-at-the-end-of-your-job-search/)

<http://jcsicareerassist.wordpress.com/2009/12/14/the-light-at-the-end-of-your-job-search/>

[The difficulties faced by unemployment](http://www.msnbc.msn.com/id/34428644/ns/business-the_new_york_times/from/ET)

http://www.msnbc.msn.com/id/34428644/ns/business-the_new_york_times/from/ET

[Great animation demonstrating the evolution of unemployment](http://www.resumark.com/blog/katia/the-geography-of-a-recession-visualizing-unemployment-increase-in-the-us/)

<http://www.resumark.com/blog/katia/the-geography-of-a-recession-visualizing-unemployment-increase-in-the-us/>

[Career](#)

The 100 top CEOs of the world. Can you guess who is number one?

<http://hbr.org/web/extras/100ceos/1-jobs>

Are you in this type of job! Very secured and wondering how it could be on the other side...

<http://www.washingtonpost.com/wp-dyn/content/article/2009/12/03/AR2009120304536.html>

Workplace adaptation to medical conditions. Interesting story!

http://www.boston.com/news/education/higher/articles/2009/12/12/diabetic_to_begin_career_as_diplomat/

How to keep yourself valuable!

[http://www.humanresourcesiq.com/article.cfm?](http://www.humanresourcesiq.com/article.cfm?externalID=797&shownewswindow=1&mac=HRIQ_Ext_SMO_LI_Q409&SID=LinkedIn&utm_campaign=LinkedIn&utm_medium=SMO&utm_source=e-bim&utm_content=Dec4news&utm_term=test)

[externalID=797&shownewswindow=1&mac=HRIQ_Ext_SMO_LI_Q409&SID=LinkedIn&utm_campaign=LinkedIn&utm_medium=SMO&utm_source=e-bim&utm_content=Dec4news&utm_term=test](http://www.humanresourcesiq.com/article.cfm?externalID=797&shownewswindow=1&mac=HRIQ_Ext_SMO_LI_Q409&SID=LinkedIn&utm_campaign=LinkedIn&utm_medium=SMO&utm_source=e-bim&utm_content=Dec4news&utm_term=test)

A drastic midlife career change set for success!

<http://www.philly.com/philly/news/homepage/80189942.html>

How to evaluate career advise given to you?

<http://www.baltimoresun.com/classified/jobs/sns-200912231359tmscareersntp--h-a20091227dec27,0,4421642.story>

What is a midlife crisis and how can it impact your career?

<http://online.wsj.com/article/SB10001424052748704157304574611993001573558.html>

The 50 best employers...

<http://www.theglobeandmail.com/report-on-business/rob-magazine/50-best-employers-in-canada/article1413413/>



Big Dashan

Facilitating growth opportunities through learning, coaching and inspirational speaking

1745 Hunter`s Run Drive, Ottawa, Ontario, CANADA

www.bigdashan.com

613-841-1229

And the best Videos of the month!!!

Why we do what we do?

http://www.ted.com/talks/tony_robbins_asks_why_we_do_what_we_do.html

The Known Universe by the American Museum of Natural History

<http://www.youtube.com/watch?v=17jymDn0W6U>