



Life Coaching for Work: The Simple Formula for Total Job Satisfaction

Eileen Mulligan

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Life Coaching for Work: The Simple Formula for Total Job Satisfaction Eileen Mulligan
How to deal with stress, handle office politics, get the promotion you deserve, and more, using life coaching techniques

The simple yet powerful formula for success presented in this book can help anyone achieve their ideal working situation. Whether starting a first job, dissatisfied with a current position, working for the wrong company, or seeking a new job, readers will find, in this manual, the steps that will bring about total job satisfaction. Showing workers how to assess their values and set their goals, evaluate their skills, and build harmonious working relationships, it goes on to describe how to find the right company culture and communicate and negotiate effectively. This guide also provides tools to enable all workers to create a perfect work/life balance so they can achieve what they want, both personally and professionally.

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