

# Career Contentment Learning Resources

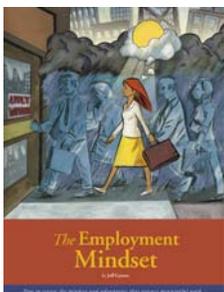
## “Employment and career explained like never before!”

Stop waiting on employers to make you satisfied and learn how to recognize your own career contentment, and leverage it to have and enjoy the career you desire with or without job satisfaction.

These one-of-a-kind learning materials are based on the revolutionary new book, **Career Contentment: Don't Settle For Anything Less**, published by the American Society for Training and Development (ASTD). They were designed to help you, your employees or coaching clients to connect with your callings and recognize your career contentment. From developing the employment mindset and demonstrating staffing etiquette, to managing career flow and recognizing contentment, you'll learn how to have and enjoy a more fulfilling life and career despite the frustrations associated with finding a job or the dissatisfactions which are inevitable to every job, career and employer.



### The Employment Mindset Guidebook



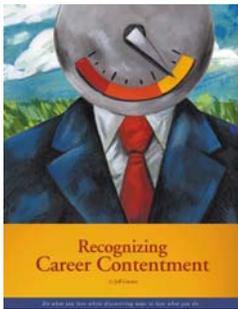
Incorporating the use of engaging stories and insightful learning exercises crafted by ASTD curriculum designers, this 140 page resource intentionally avoids discussing how to write resumes or cover letters and focuses instead on developing the contented mindset that brings these tools to life, and creates for the reader the advantages and serendipity that enables them to connect with their callings throughout their entire career. Rather than needing, wanting or worrying about finding a job, the reader learns how to purposefully think to inspire their contented emotions and use them to create the best impressions, connect with the jobs and careers they desire, avoid procrastination, prolonged searches, and the wrong jobs or careers. This resource takes the worry and misery out of looking for work or changing jobs and careers.

The learning exercises in this guidebook will teach you how to:

- Clarify and fulfill your career intentions and purposes
- Identify work most meaningful to you

- Overcome anxiety and inertia due to procrastination, uncertainty or fear
- Achieve higher levels of self-confidence and persuasion
- View challenges non-negatively and opportunistically
- Gain the acceptance and support of others throughout the employment process
- Demonstrate the unspoken and unwritten etiquette that creates for you the right “chemistry and fit” with your future employer
- Enjoy the certainty that the job you’ve accepted helps to fulfill your calling and purpose.

## Recognizing Career Contentment Guidebook

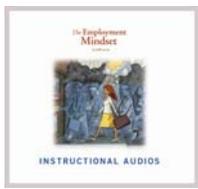


This 135 page resource is an eye opener filled with one-of-a-kind learning exercises crafted by ASTD curriculum designers. It encourages the reader beyond a dependence on mere job satisfaction and teaches them how to recognize and benefit from their own contentment derived from meaningful work. The author introduces the reader to the three reliable forces and three career flow phases that influence and help predict their stability and career progression, but also the career assets and sovereign powers that enable them to manage their career flow rather than go along with the wrong job or career, and ultimately to recognize their career contentment despite the inevitable job dissatisfactions.

The learning exercises in this guidebook will teach you how to:

- Recognize and leverage your career contentment
- Move beyond the inherent limitations of job satisfaction
- Manage the flow and direction of your career to connect with your callings
- Empower your beliefs to support your career intentions despite the inevitable job dissatisfactions
- Master your career senses and intuition to make confident choices
- Anticipate when it’s time to move or progress, and in which direction
- Learn techniques for getting along with difficult people
- Leverage your career assets and sovereign powers to endure

Each guidebook within the Career Contentment system is accompanied by five **instructional audios** in which all the principle topics are thoroughly explored in conversations with the author. Also included with each guidebook are two **career self-hypnosis or relaxation audios** that enable the user to empower their mind to endure the inevitable challenges and dissatisfactions. Self-hypnosis audios such as these are growing in popularity, and **these are the first and only related to your career contentment.**



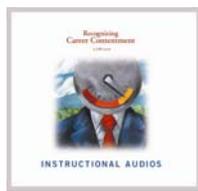
## The Employment Mindset Audio Series

1. **Understanding Career Contentment** – Distinguishes job satisfaction from career contentment and provides insight into the power of a contented mind to attract what you desire and create the best impressions.

2. **Mindset For Career Advantages** – Provides insight on developing and maintaining the employment mindset and how to use it to increase your effectiveness while conducting a highly effective job search.
3. **Unspoken Employment Etiquette Revealed** – Provides details on the unspoken and unwritten rules of etiquette used by employers that if you're unaware of or fail to demonstrate, will result in your not being made an offer.
4. **How The Job Finds You** – Discusses how to attract meaningful work and also how to develop the talent of serendipity that leads you to the job that's right now looking for you.
5. **When You Pray For A Job** – Provides insight on the power of your spiritual beliefs and emotions to create the results you want. It inspires you to "Take the leap and have a little faith" and I predict, you'll be glad you did.

### [Career Self-Hypnosis / Relaxation Audios](#)

1. **Attract Work Now** – Energize the emotions that get you up and keep you moving to connect you with your true calling. Relax and learn how to avoid procrastination, overcome fears and hesitation, and to attract meaningful work.
2. **Job Search Endurance** – Develop the power and effectiveness of your contented mind to endure and overcome all the frustrations and delays associated with looking for work or changing jobs and careers.



### [Recognizing Career Contentment Audio Series](#)

1. **Career Flow And What To Expect** – Understand the ebb and flow of your career through three distinct phases, and how to anticipate when it's time to make a move, and what to expect each time you do.
2. **Natural Resources For Career Endurance** – Leverage your paradoxical qualities and resiliency strengths derived from contentment to successfully endure career related challenges.
3. **Beyond Doing What You Love** – Confirms the importance of "do what you love," and the greater importance of finding ways to love what you do for a more fulfilling life and career.
4. **Seeds Of Career Discontentment** – Insight into how discontentment easily creeps into your life and what you can do to prevent it in order to maintain your advantages throughout your life and career.
5. **Sovereign Career Powers** – How to take charge of your career to get what you desire, and stay your course despite the challenges along the way.

### [Career Self-Hypnosis / Relaxation Audios](#)

1. **Contentment Now And Forever** – Recognize and leverage the benefits of your contentment on the job to have and enjoy a more fulfilling career, even if that means taking your contentment elsewhere.
2. **Overcoming Career Challenges** – Leverage the power of your contented mind to increase your optimism and effectiveness to overcome any challenges, adversity, job dissatisfactions, or when things don't go your way.

These resources are available for sale by authorized affiliates. The use of these resources to facilitate coaching requires training certification through Career Contentment, Inc. For information, contact: [sales@careercontentment.com](mailto:sales@careercontentment.com)