

"BLUE MONDAY???" Learn how to transform your career with John Lees

Submitted by: Sue Blake Media

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PRESS RELEASE

BLUE MONDAY?

TRANSFORM YOUR CAREER OR TAKE A CAREER BREAK IN 2008!

21st January 2008 - With today billed officially as the most depressing day of the year in our jobs, help really is at hand to get you started on transforming your career or taking a career break. At One Life Live 2008, leading career transition coach and author of *How to Get a Job You'll Love*, John Lees, will be revealing the secrets of career transformation and how you can begin to make the change. (www.onelifelive.co.uk).

As the UK's best-selling careers author and one of the UK's most prominent career transition experts, John Lees is making two key presentations at this year's show – 'Transform Your Career in 2008' and 'How to Take A Career Break Without Wrecking Your Career.' With his mix of 'real life' advice and practical tips, John has become one of One Life's most popular speakers and has now presented at the show every year since its inception three years ago.

Transform Your Career / Main Stage Presentation

Friday 29th February 3-3.30pm - Saturday 1st March 1-1.30pm and

Sunday 2nd March - 1-1.30pm

Is your job as meaningful and stimulating as you'd like? John's 'Transform Your Career' presentation will give you the tools to explore what you'd really love to do for a living and the first steps you need to make to start making the most of your working life.

With the world of work becoming more and more pressurised – long hours, redundancy, organisations that restructure themselves every year and almost constant change - these issues make it essential that we learn to take control of our careers.

For some people, this is about finding work that matches who you really are – work that feeds the spirit in some way. We can all learn to take control – find out the kind of work which suits us best, what we have to offer, and how to plan and negotiate our own career pathways. All careers need refreshing from time to time, and in today's long hours work culture many of us will prefer not to wait until retirement to follow our dream...

John's presentation will challenge you to take a completely different approach to your career. Just as companies need to re-brand and re-invent themselves to survive, the 21st century workplace demands a new approach from those who want to begin to take control – of their careers and their work/life balance. This presentation offers better ways of understanding your motivation and career drivers to help you make the most of your working life.

How to Take A Career Break Without Wrecking Your Career - Wanderlust Theatre

Friday 29th February 4-4.45pm, Saturday 1st March - 11-11.45am, Sunday 2nd March 2-2.45pm

If you're thinking about a career break but don't know where to start, John's 'How to Take A Career Break Without Wrecking Your Career' presentation will help you explore the benefits and pitfalls of career refreshment, and show you how to take a career break without putting the rest of your career in jeopardy.

With work now characterised by long hours and constant change, taking control of your career has become a necessary step to survival. This is about finding out the kind of work which suits us, the skills we have to offer, and how to plan and negotiate career pathways to put yourself back in the driving seat of your career.

In a culture of over-work, many people now feel the need to follow their dream sooner rather than later. No wonder increasing numbers in the UK are thinking of taking career breaks earlier and earlier - to learn a skill, travel somewhere exotic, or to do something you've always promised yourself.

John's presentation challenges you to look carefully at your work/life balance, to think about the value of a career break, and explores ways of taking a career break without damaging your career. The session is full of practical tips including how to negotiate your career break, and what to do when you get back.

For advice on all aspects of careers before or during the show, or to arrange an interview with John Lees, please contact Sue Blake Media.

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John Lees is one of the UK's most prominent career transition coaches, specialising in helping career changers gain the confidence and skills to find a job they will love. He is the author of a range of well known careers books including How To Get A Job You'll Love and Take Control of Your Career (McGraw-Hill), and writes and speaks widely in the UK and internationally.

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