



Newsletter 2 • invent your life

CAREER & LIFE COACHING PROGRAMS FOR PROFESSIONALS

Re-Energize Your Career

Featuring The Highlands Ability Battery

Can you have a wonderful career but still feel something is missing?

Karen graduated from college with a degree in Home Economics/Consumer Services and a desire to be of service to others. After college, she took advantage of an excellent offer at a major power company, thinking that it would be a short-term position while her husband finished school. But the opportunities for growth continued, and Karen decided to stay with the company – and stay she did for the next 18 years!

In a meteoric career, Karen moved from a position in consumer education and product development, to a supervisory position, to the job of Branch Manager. She was the first woman in the company to achieve that level. She went on to become a Vice President and, ultimately, Chief Communications Officer.

Unfortunately, each step up in Karen's career came at a cost. **With each promotion, Karen moved farther from her core values – her family, her husband, her community and her true inner self.** She had lost the balance that would lead to fulfillment and satisfaction.

She began feeling restless at work. She admitted, "Although I embraced each promotion, I realized that it took me further from the customer interaction that I really loved." At the same time, her responsibilities provided fewer opportunities to use her creative abilities and finely tuned entrepreneurial skills.



Karen learned of The Highlands Ability Battery and participated in the Highlands process to re-assess her own career development. It was an eye-opening experience. Karen commented, "**The Highlands Ability Battery** was an affirmation that I could make a dramatic career change and be successful at it. It was very helpful in pointing me in the right direction."

As a result of the program and focused internal work, Karen left her company. She redirected her life and career and is now the president of a Foundation whose mission is to help develop the next generation of leaders in her metropolitan area. This position allows Karen to incorporate many of the values and abilities that she had lost – community service, direct contact with people, and a new opportunity to be creative and instrumental in development of an organization.

Equally important, Karen was able to structure her new role to allow more time for her husband and children. She also has made time for outside activities important to her, such as becoming the President of the local Chamber of Commerce. The combination allowed her to re-establish her priorities and create more life balance.

The whole process, according to Karen, has been re-energizing. "When I realized that I could turn loose the things that I had worked so hard to achieve without looking back, I gained so much more. My personal and professional lives have become one."

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