

10

Self-care tips to boost your mental health



Get enough sleep



Take up a hobby



Take time to relax



Focus on the positives



Eat healthy foods



Create a routine



Exercise regularly



Say "No"
when needed



Spend time
outdoors



Connect
with others

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Smart Women and Small Business Ginny Wilmerding,2007-06-30 Are you one of the many women out there who needs a brand new model for your business career Are you looking for entrepreneurial alternatives to the world of big business but aren t sure where to start A transition into small business is a natural progression for countless women who have invested the first phase of their careers in large companies Many mid career women dream of starting their own businesses but until now there hasn t been a book that gives them the sense of multiple choice that helps them find the right entrepreneurial fit options that go beyond starting a venture to include buying an independent business or a franchise joining or consulting for small businesses or working with partners There s a confusing array of how to books out there with general advice about starting a business conducting a job search or balancing work and family But what entrepreneurial women really need are the strategic tools for choosing and growing a business that will not only make them money but make them happy as well Women need direct gender specific advice about succeeding financially in their businesses they also crave the feeling that their work matters and they want flexibility and control over their professional lives in order to achieve a healthy work life balance This book offers them the womenfriendly business advice they need and numerous true life role models to identify with and emulate Author Ginny Wilmerding opens women s eyes to the advantages of buying joining or consulting for existing small businesses fully explaining the alternatives to starting from scratch If you lack an original business idea this book will give you the confidence you need to get excited about pursuing a business idea other than your own But if you do want to start a company from the ground up there s plenty of food for thought for you here too Wilmerding not only shares her own stories and outside experts advice but also includes insightful vignettes from women who have found their niches and are succeeding financially If you re wondering how to finance your small business Wilmerding steers you toward success in obtaining SBA loans and other financing Finally if you re considering partnering with others to share the risk and the fun she prepares you for partnership success and explains the importance of good advisers and mentors The goal of this book is to get you started on the path to a successful career in the small business world a world that needs experienced smart versatile women like you to join its ranks Smart Women and Small Business is the ultimate professional guide for mid career business minded women who want to achieve the same independence and success as their entrepreneurial male peers but in their own way

Overcoming Employment Barriers Ronald L. Krannich,2016-01-10 Millions of job seekers face employment barriers While some barriers may be caused by other people discrimination or

circumstances beyond one's control chronic health issues or natural disasters most barriers represent self-inflicted red flags created by poor choices questionable skills sketchy experience difficult personalities and mediocre efforts Few job seekers are victims of a lousy job market bad employers or dumb luck It's a candidate's own cumulative red flags or potholes in life job hopping incarceration termination time gaps negative attitudes and limited education skills and experience that make employers suspicious hesitant reluctant and then resistant to interview and hire such risky people Similar to addictions old habits are difficult to break and denial prevents many people from changing their red flag behaviors But few employment barriers are ever insurmountable Most self-inflicted barriers pose challenges that require changes in attitudes and mindsets renewed understanding purpose determination and the drive to succeed This user-friendly guide overlaid with a strong cognitive therapy theme initially profiles each barrier as a series of introspective questions and then provides descriptions and analyses followed by sound advice on how to best overcome the particular barrier Organized by different types of barriers and related red flags the book includes 12 barriers related to skills and work history 27 barriers associated with attitudes and behaviors 8 barriers focused on health wellness and disabilities 80 barriers centered on job search knowledge and skills How do successful job seekers approach their job search communicate with potential employers complete applications market resumes and letters and get job interviews and offers How do they handle rejections and bounce back The 127 barriers outlined in this book go a long way to answering these important questions

Commerce Business Daily, 2001 **Congressional Record** United States. Congress, 2011 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

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