

24-7 Press Release

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New Year, New Career: Want a New Job in 2015? Do These 3 Things

“ As job-related resolutions top the most popular New Year resolution lists, author offers tips for reaching resolution success.

SEATTLE, WA, December 31, 2014 /24-7PressRelease/ -- Health, money and career-related resolutions will continue to top resolution lists in 2015 and one author is sharing her tips for achieving workplace resolutions - whether it's finally getting that job you've wanted, getting promoted or breaking free from a bad boss.

Lisa Quast - career coach, expert and author of the newly released book [Secrets of a Hiring Manager Turned Career Coach](#), is sharing these three surefire tips for not having to re-resolve in 2016.

1. Ask yourself one tough question, such as "Why do I want to change my job?", "What are the three words my manager would use to describe my work ethic?", "What's (insert name) doing differently/better than me in the position that I seek to get promoted to?"
2. Establish a plan - yes a plan, written down or typed out that has answers to these three questions: WHAT, HOW and BY WHEN. Then tell 10 people you know about your plan. They will hold you accountable.
3. Be grounded in your approach. That is as opposed to lofty or too complex or too outlandish. What you're trying to accomplish has been accomplished before, by someone else, who was much less creative. Think about the tried and true method that was used and start there.

Quast has seen and heard it all. As a longtime career mentor and coach, the award-winning author of two career books, and a contributing writer to numerous career and job sites and sections, she has a keen sense of what works and what doesn't. Her new book emphasizes this no-nonsense approach when trying to get a desired job or achieve a workplace goal. Moreover, her coaching clients have experienced an unprecedented 100% success rate when following her guidance.

Job seekers, career-driven women, college graduates, newly working moms, baby boomers returning to the workforce are all positioned to benefit from Quast's knowledge.

Share these tips with your readers, consider interviewing Quast for a career feature, include her insight in related articles or share an exclusive contributed article.

For interviews and further information, please contact:

Revolution PR for Lisa Quast & Career Woman Inc.
Shauna Nuckles, shauna@revolutionpr.com, 208-819-2859
Jennifer Ritchie, jennifer@revolutionpr.com, 206- 354-8049

About Lisa Quast

Lisa Quast is a former Fortune 500 executive and hiring manager and is now a career coach and certified executive coach. Lisa shares her expertise in all areas of job searching, hiring and navigating the workplace in regular columns for [Forbes.com](#) and [The Seattle Times](#), and she is a frequent contributor to nationally published articles. Lisa is also an award-winning author. Her female-focused career blog won the 2012 and 2010 Stevie Award for "Blog of the Year," and her first book *Your Career, Your Way!* has received several accolades. She is the founder of Career Woman, Inc., an international consulting company dedicated to the growth and development of women. She regularly works with women who are striving to achieve career success and with companies who are interested in better utilizing and growing the potential of its female workforce. For more information about Quast or Career Woman, Inc., please visit www.careerwomaninc.com.

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