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Shirzad Chamine: Five Strategies to Challenge Negative Thoughts

Stop for a moment and think about this: What do you actually think about yourself? There's a shiny, confident exterior you show the world, but at the end of the day, when you're alone with your thoughts, what so they say to you?

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Lessons from Leaders - In-depth Profiles

Hamdi Ulukaya of Chobani Talks Greek Yogurt and the American Dream

A Turkish immigrant of Kurdish descent, Mr. Ulukaya brought Greek yogurt to the mainstream. Hamdi Ulukaya arrived in the United States in 1994 with \$3,000 in his pocket and today, Mr. Ulukaya is a billionaire..

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Coaching Corner – Joel's Article of the Week

Take Credit For Your Work

Sofia was floored when during a team meeting, her coworker stood up to present a project they'd both been working on together. Using materials she'd helped to create, he described it as *his* project and announced *his* results. *What should I do?* Sofia thought frantically...

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Career Central - Tips for Career Changers

As more workers get counteroffers in hot job markets, are there risks in accepting?

Rob Popovic, a software salesman and manager, has accepted three job offers the past several years. Each time, he got a better counteroffer from his employer at the time - aimed at persuading him to stay. This happens more often than you think...

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Joel In The News - Interviewed by Top Media Outlets


Sound More Confident at Work - Use These 5 Phrases


People are drawn to confidence; people are drawn to over-confidence. The spell of over-confidence is so great that we fall under its spell. Confidence is something we admire in others and always want more of for ourselves...

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Upcoming Speaking Engagements

Strategize Difficult Conversations: How to Communicate Without Damaging Work Relationships

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Executive Presence: Convey Confidence and Command Respect as a Leader

Mount Caramel Medical Group

May 1st, 2019 - Columbus, Ohio

Current Executive Coaching Engagements







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- **Do the research:** After finding a job offer, 64% of candidates said they researched a company online and 37% said they will move on to another job offer if they can't find information on the company. (Career Builder)
- **Top information job seekers want to know:** The top 5 pieces of information job seekers are looking for are details on compensation packages, benefit packages, basic company information, things that make the company an attractive place to work, and the company mission, vision and values. (Glassdoor)

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"I know of no single formula for success. But over the years I have observed that some attributes of leadership are universal and are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together". ~Queen Elizabeth II

"At the end of the day, you are solely responsible for your success and your failure. And the sooner you realize that, you accept that, and integrate that into your work ethic, you will start being successful. As long as you blame others for the reason you aren't where you want to be, you will always be a failure". ~Erin Cummings

Books Authored by Joel A. Garfinkle

Gain the Competitive Edge In Your Career



Garfinkle Executive Coaching - The top online resource for creating fulfillment at work.

Recognized as one of the best: Acknowledged as one of the top 50 executive coaches in America. Global Gurus named Joel #15 on its list of [top 30 global coaching experts](#).

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