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## 5 Telltale Signs you're Burnt Out at Work (and What to Do About Them)

Trudging to my desk each morning felt like a feat of superhuman strength. Once I actually made it there, I'd stare at my laptop screen for minutes on end, just willing myself to get something accomplished. I felt hopeless-like I was stuck on this hamster wheel I'd never hop off of...

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Lessons from Leaders - In-depth Profiles

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## How to Turn Your Idea Into Reality-The Richard Branson Interview

Richard Branson is one of the greatest entrepreneurs of our time. He's a personal hero of mine, and I'm sure many other entrepreneurs, mavericks and rock stars. In this exclusive Richard Branson interview he shares with us everything on building an empire..

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Coaching Corner – Joel's Article of the Week

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## Business Coaching for Women Gets Results-Find Out How!

Lindsey is frustrated. She's been with her company for several years now and she feels stuck. She's considering looking for another position, but the job market is a scary place right now, Is there a way she can turn the job she has into the job she wants?

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Career Central - Tips for Career Changers

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## What to Expect in a Second Interview

Raise your hand if you remember Shalamar's '70's hit "The Second Time Around." According to the lyrics, when it comes to romantic love, "the second time is so much better, baby." The same can be said of job interviews, too...

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Joel In The News - Interviewed by Top Media Outlets

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## New at Making Presentations? Check out these Tips from the Pros

The ability to speak persuasively in front of a group of co-workers is a valuable skill. Making a presentation also gives you visibility. It is important because the people who make decisions about your career need to be aware of your value...

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### Upcoming Speaking Engagements

**Power of Prioritization:** How to Protect Your Time and Get More Done

August 15<sup>th</sup>, 2019 - Webinar 1:30pm EST

[View Detail](#)

**Executive Presence:** Convey Confidence and Command Respect as a Leader

August 20<sup>th</sup>, 2019 - Chicago

[View Detail](#)

### Current Executive Coaching Engagements



Learn more about hiring Joel for your [Executive Coaching](#) or [Corporate Speaking and Training](#) needs.



- **Making friends at work:** 58% of full-time employees said they typically befriend a co-worker within a few days or weeks, with those in the marketing, insurance, retail, restaurant and real estate industries making friends the fastest and those in HR, engineering, finance, healthcare and government taking longer to form friendships. (Olivet College)
- **Business expenses:** 20% of employees said they would stop going on business trips and 51% said they would stop meeting with current or prospective clients and end marketing activities if they have to wait a long time to get reimbursed (Conferma)

### 300+ Articles For Your Development Written by Joel

(Leadership, Management, Work Issues, Productivity and Career Advancement)

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*"There are two kinds of people, those who do the work and those who take the credit. try to be in the first group; there is less competition there". ~Indira Ghandi, former Prime Minister of india*

*"To me success means effectiveness in the world, that I am able to carry my ideas and values into the world - that I am able to change it in positive ways." ~Maxine Hong Kingston*

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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