

COACH DQ - CAREER LIFE BALANCE



By: Lori Marcotte

Dawn Quesnel, CPCC, PCC, also called Coach DQ, has been the guiding light for dozens of professional clients looking to harmonize the balance between their career, life and business.

"More and more people are realizing that life fulfillment & career satisfaction doesn't always come packaged in one little bow called a job," said Quesnel. Musicians, writers, business owners, marketing and sales professionals each come to Coach DQ from either the career door, the life door, or the time-stress management door. Coach DQ explained, "I am helping them excel in their careers so they can love their life."

Whether you need help searching for a job, cleaning up your resume, asking for a raise, looking to make a career change, or even figuring out what career matches your skill set and passion, Coach DQ can help you confidently manage the process. Coach DQ will help you set attainable goals that will put you on the path to achieving your balance.

In addition to career and life coaching, Quesnel coaches clients and helps them produce their own radio shows, podcasts and audio products.

Quesnel is the Founder of the CLB Radio Network, and host of her own weekly radio show *Career Life Balance*. Every Friday morning at 9:05 a.m. EST streaming live online at www.wnri.com or on your radio dial 1380 AM. CLB Radio is a show all about coaching, educating, motivating and connecting listeners to the resources to help them live a more balanced career, life, and business. The show features authors, motivational experts and a variety of topics including career, life and balance, business, job seeker tips, a weekly health and nutrition tip and a weekly 3-5 minute business marketing segment. Quesnel is reinventing CLB Radio to be a "Playground for coaching and generating awareness."

Not only is Coach DQ producing her own radio show, but she is helping two other women

produce shows on CLB radio Network.

Tara Roth, the founder of the New England Holistic Chamber of Commerce airs a show the second Friday of the month at 9:35 a.m., after CLB Radio. Roth specializes in coaching people to around their intuition through her show *Intuitive Living with Tara Roth*. Tara Roth's website is www.tararoth.com.

Roberta Taylor's show targets the 60-70 range of people mid-life and beyond as she answers the question, "What do I want to do with the rest of my life?" Her show is called; *Mid-Life and Beyond* airs the last Friday of the month at 9:35 a.m., following Coach DQ & CLB Radio. To learn more at Roberta Taylor, visit www.pathmaking.com.

You can find the full schedule on www.CoachDQ.com. Coach DQ also offers open coaching sessions where you can make an appointment for a live coaching session. Make an appointment with Coach DQ by calling 508-520-9933.

Quesnel says producing the three shows were just, "part of the plan for my own career-life balance."

"It is time consuming, but it is a win-win and keeps my career and life in balance. It is also another revenue stream. It was a step to also preparing for motherhood or being a foster mother." Quesnel became a foster mom in June.

Clients of Coach DQ will tell you how much she has helped them. Ruthann Baler, a writer, was quoted as saying, "I've decided that you're the human equivalent of a GPS system for a car, but better." You can visit www.RuthannBaler.com to learn more about her success.

Dawn Quesnel, Coach DQ's, motto is, "You can do anything you put your mind to." And she is on a mission to help apply that to you. Get started on making your career and your life what you've always wanted it to be. Visit www.CoachDQ.com or www.CareerLifeBalance.net for more information that will help you get started today.

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