CoachDQ@CareerLifeBalance.net

Career Life Balance

Career Advancement • Life Transitions • Time/Stress Management

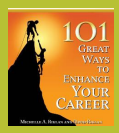
DAWN QUESNEL

Professional Achievements

Certified Coach (International Coach Federation)

2011 Career Coach of the Year (ICF-NE)

Publications and Media



101 Ways to Enhance Your Career By SelfGrowth.com

B.R.I.D.G.E program featured ABC, CBS, Fox-Channel 5, and WBZ.

Brain Talk Radio Host

Coach DQ Blog

For additional press and upcoming events, please visit : www.coachdq.com/press/

ABOUT THE SPEAKER

Dawn Quesnel (aka Coach DQ) is founder and President of Career Life Balance. As a trusted coach and consultant, she works with professionals to help advance and manage their careers, their challenges, and the successes of every day's life balancing act.

Dawn's dynamic keynotes and workshops are interactive and timely. Geared towards small business owners, associations, universities, human resource executives, and professionals, her audience members always leave with clearer focus of how deliberate choices can and will impact change in their lives.

Dawn launched her professional coaching practice, Career Life Balance in 2002. Prior to that, Dawn was an Executive Recruiter at two of Boston's premier agencies- breaking records and consistently awarded 'Top Biller'.

SPEAKING TOPICS

(All topics can be customized as a 30-45 minute talk, lunch & learn, 1hr, 2hr, 1/2 day or full day workshop.)

BRIDGE Method, proven to help you find the right clients 50% faster!
Six step B.R.I.D.G.E. Method for optimizing your time and productivity. Featured on ABC, CBS, Fox-Channel 5, and WBZ.

6 Steps to Getting Off the Revenue Roller Coaster
Learn how to gain more control of your life by streamlining your valuable time and fill your pipeline 50% faster. Leave with a game plan tied to your revenue goals.

Taming Your Whirlwind Business
Learn a formula for effective time management with an emphasis on what matters most in your lives. Understand what your values are so your management choices are aligned. Receive a free trial of Life Balance Software.

The Art of Effective Delegation
Learn how to delegate and become more effective, lighten your workload, and have more time to focus on what's really important—on the job!

Ready!Set!Action! Goal Setting to Drive Long- and Short-Term Production
Learn the 5 phases of goal setting and how to identify the importance of, and map out specific action steps for your short- and long-term goals.

19 Marshal Street, Norfolk, MA 02056 Tel 508.520.9933 Fax 508.528.4195 WWW.CAREERLIFEBALANCE.NET

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Partial List of Clients

8th Annual Southern New England Women's Expo
Acton Networkers
Arnold Communications
Bay State Financial ~ SDI
BNI
Boston University
Brandeis University
Bryant University
Business Builders Association
Career Source
C.R. Bard
Davol Inc.
Emerson College
E-WomenNetwork
Eastern Mass Assoc. of Real Estate
Healthy Living Magazine Expo & Suffolk
Jewish Vocational Center
Ladies Who Launch
PerkinElmer
Rhode Island Women's Network
Riverside Partners
Simmons University Symposium
Suffolk University
Triad Advertising
WIND South

Speaking Topics (continued)

Time Mastery: A Traditional Approach

Learn how to maximize and implement the resources that will allow you to more effectively manage your time. You will leave with a better understanding of your work style, planning, goal setting, scheduling, and managing interruptions.

The Challenge: Don't Let Others Throw You Off-Balance

Learn how to proactively incorporate more balance into your career and life by setting clear boundaries, managing your top priorities, and increase your focus to eliminate distractions.

CLIENT TESTIMONIALS

"Dawn has been a wonderful addition to the affiliated team of career and life coaches working with VocationVacations. Our clients who are looking to take the next step toward finding their dream job or are making a voluntary or involuntary career transition find Dawn's can-do attitude and REAL tips, facts and how-to's incredibly valuable.

— Brian Kurth Founder/President, VocationVacations

"Dawn Quesnel has her act together! She is an excellent instructor whose flow, instructional materials and techniques make it possible to use the new skills immediately."

— Michael McNamara, Brandeis University

"Dawn was an integral part of the success of my business. My two partners and I brought Dawn in to help us with the transition of going from employees to business owners. We purchased the company we had been working for and we needed some assistance in making that leap to the next level. Dawn provided great advice and guidance during a very stressful and hectic time."

— Joe Emerson, Triad Advertising

"As a business coach, Dawn's strategies around goal setting, setting priorities, and tackling the areas of "tolerations" has pushed me and my business to grow to where I first envisioned it could be. Result: +37% sales growth."

— Scott Martin, President, Fitness Together, Franklin, MA

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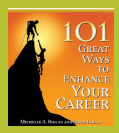

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Workplace Expectations Assessment

Uses: team building, management training, communication, diversity, change management, job coaching, volunteer management, performance reviews

Help your employees understand and manage their work expectations.

- Discover which expectations they consider most important
- Learn how to communicate, initiate action, and adjust expectations
- Assess work expectations in the following areas: Structure, Environment, Balance, Autonomy, Stability, Recognition, Teamwork, Diversity, Expression, Career Growth
- Get feedback on managing their expectations
- Improve their outlook and enhance their attitude toward work

Up to 10 Profiles $45 each (online),10-20 $40 per Profile, 20-30 $35 per Profile

Time Mastery Assessment

Team Dimension Assessment

Conflicts Dynamics Profile

DISC Classic Group Culture Report

COACHING ASSESSMENTS PROGRAMS

Have your team members (10 or less) take the Team Dimensions, Workplace Expectations, Group Culture Report, or Time Mastery in advance of team strategy day with Coach DQ. Then, All team members and DQ meet as a group for an interactive lunch & learn* or breakfast board meeting* to align team commitment , vision, values, and objectives.

The above engagement includes, all team member assessments, online set up fees, preparation, workshop materials, facilitation and local travel time. $2000

DQ debriefs with each team member privately for 30 minutes via phone/skype to assess team strengths, attributes, and style. This approach can be for preparing a launch, a new initiative, new key players, (with or without conflict) , when the business and/or department is growing and you're looking to restructure workloads.

$3500

*(DQ does not provide lunch unless requested and a chef will be provided. We do provide themed meetings and workshops. Please consult with me directly to discuss customizing your program.

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