

MEDIA ALERT

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ARTICLE IDEAS ON PERSONAL OR PROFESSIONAL PERFORMANCE FROM SUZANNE DOUGLAS HARRIS

NORWALK, CT, March 31, 2004. Suzanne Douglas Harris is in a unique position to provide firsthand insight, expertise and analysis on issues and opportunities that many businesses experience, and those which most of us encounter during our lifetime. Ms. Harris is an experienced professional who provides business- related coaching to improve organizational performance, and personal and career-related performance coaching to individuals challenged by transition or situations in their life. She helps business clients improve performance and personal clients learn from each life event and take positive action to move forward.

Suzanne Douglas Harris welcomes the opportunity to offer her expertise for future articles, or to provide a by-lined article on the following topics:

On-the-Job Performance

Succession Planning
New Manager Skills
Leadership Coaching
Skills/Competency Audit
Soft Skills for Technical Professionals
Communication Skills
Time Management
Problem Solving Skills
Working Together-Team Building

Self-Discovery/ Self-Identity:

Understanding the real you...ways to learn more about yourself and what makes you 'tick' personally and/or professionally
Discovering your personality type
Identifying your Self-Motivators
Learning from your past and applying this knowledge today and in the future
How self-knowledge can aid life satisfaction

Problem-Solving:

Naming the problem
Objectively seeking and understanding the root cause or problem source
Formulating a realistic plan
Taking action, making progress

Personal or Professional Transformation:

Turning transition and change into possibilities
“Weathering the storm” during one's life and continuing to move forward
Reclaiming one's life
Effectively dealing with changes in your life and your work
Surviving and thriving in your personal and/or professional life
Recovering and Rebuilding- "Bouncing Back"
Creating the Career you want
Finding fulfillment in your work
Opening new doors, taking action
Networking skills
Filling the spiritual void

Loss of Partner through Death or Divorce, Dating and Subsequent Marriage

Surviving your loss
“Letting go”
Starting a new life
Handling the household finances on your own
Dating again
Your children and your dating
Overcoming the nerves and anxieties of mid-life dating
Finding love once again
Overcoming the obstacles of blending families

Parenting

Developing a nurturing relationship with your child or teen
Staying connected with your young child or teen
Raising responsible and confident young adults
Teen Parenting...effective ways for guiding them during this phase in life
Helping kids understand and cope with divorce
Helping kids feel safe during your transition

Suzanne Harris, Personal and Professional Performance Coaching (www.sharriscoaching.com), specializes in providing coaching services related to Career, Health/Healing/Well-Being, Household Finance, Professional Development, Relationships, Work/Life Balance, and Personal Development/Life Skills. Personal Performance Coaching helps men and women take action to resolve or improve their personal circumstances. Professional Performance Coaching addresses the needs of business owners, executives and professionals. Suzanne Harris can be reached by phone at 203.852.6532 ext. 2803, by fax at 203.857.0822 or by email at sh@sharriscoaching.com.

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