

# CRYPTONEWS.US Ebook and Manual Reference

## JUST FIVE RULES EBOOKS 2019



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This book is for Information Technology (IT) professionals who are thinking about changing careers and want to apply self-coaching skills to the process. Readers planning a career transition within the world of IT may also find the self-coaching model of some benefit.

A successful IT career change can be a planned process with some predictable outcomes along the way. However, for many people it often turns out to be a very stressful journey into an uncertain and bewildering future. This is especially so when the career change is involuntary, there is pressure to find a new role fast, and beliefs about what may be possible are too limiting.

It doesn't have to be that way.

I've been through two major career changes - one into the IT world in 1986 and another out of it in 2007 - and also coached a handful of IT people around various career obstacles. In my experience, self-coaching is a vital skill set in helping to navigate the uncertainties of an IT career path.

This book describes that skill set and how to use it, in the form of a simple self-coaching model called "just five rules."

Effective self-coaching is not an isolated approach and the book also recognizes the contributions that mentoring and career counseling services can give to IT professionals on a career transition path.

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