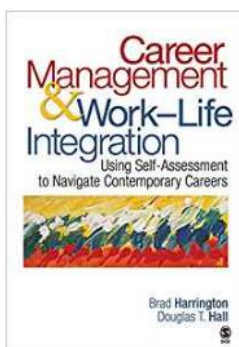


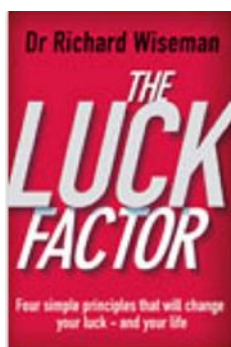


Career Coaching Reading List

Books



- Harrington, B., & Hall, D. T. (2007). *Career management & work-life integration: Using self-assessment to navigate contemporary careers*. Sage.
 - Excellent book on managing career transitions. Very detailed and thorough. Good workbook on career transitions to suit whole life rather than just prepping people for the next job



- Wiseman, R. (2004). *The luck factor*. Random House.
 - Good read on changing mindset on how to be more positive on your outlook and to create opportunities for your life



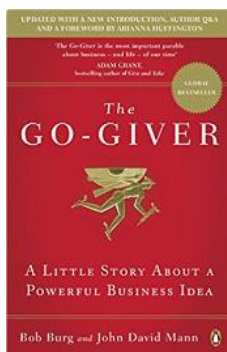
- Ferrazzi, K., & Raz, T. (2014). *Never eat alone: And other secrets to success, one relationship at a time*. Currency.
 - This book is one of the best books I have read on networking. The author does take his networking to high levels, so don't have to necessarily take all his advice but there is a lot of good advice to improve attitudes to networking



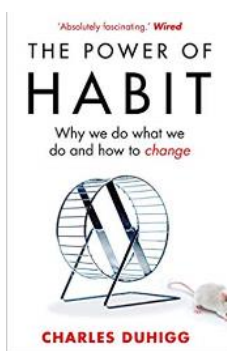
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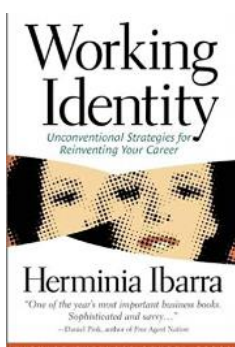
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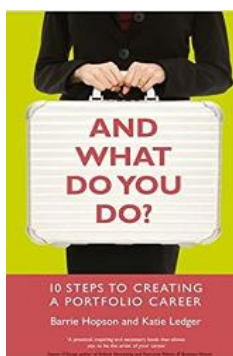
- Burg, B., & Mann, J. D. (2007). *The Go-Giver*. New York: Portfolio.
 - Positive and very short book on the power of effective relationship building



- Duhigg, C. (2012). *The power of habit: Why we do what we do in life and business*. Random House.
 - Good read and covers very well the power of habits and how to be more conscious of own habits. Important step to consider before moving on to goal setting



- Ibarra, H. (2004). *Working identity: Unconventional strategies for reinventing your career*. Harvard Business Press.
 - Explains why thinking about identity at work is so important



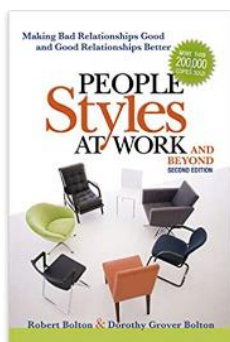
- Hopson, B., & Ledger, K. (2010). *And what Do You Do?: 10 Steps to Creating a Portfolio Career*. A&C Black.
 - Practical book on preparing for setting up a portfolio career



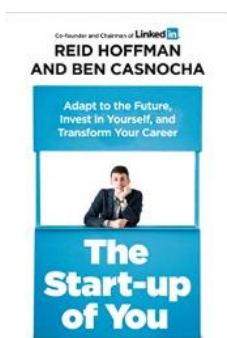
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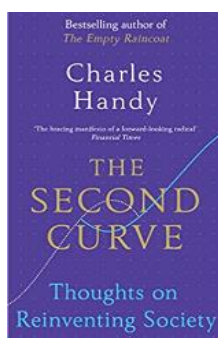
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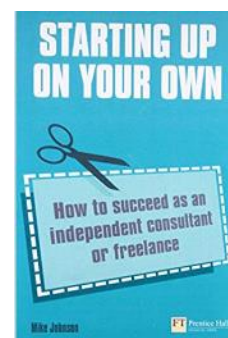
- Bolton, R., & Bolton, D. G. (2009). *People Styles at Work--and Beyond: Making Bad Relationships Good and Good Relationships Better*. Amacom Books.
 - Useful theory to help understand how to read other people's social styles and your own. Can be used to assist with networking and building relationships



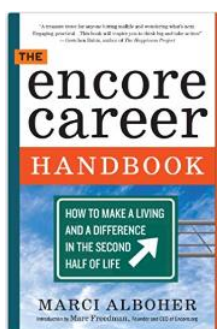
Casnocha, B., & Hoffman, R. (2012). *The start-up of you: Adapt to the future, invest in yourself, and transform your career*. Random House.



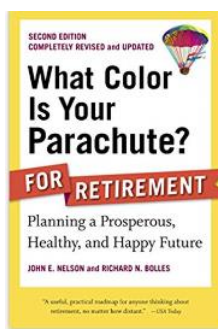
Handy, C. (2016). *The second curve: Thoughts on reinventing society*. Random House.



Johnson, M. (2009). *Starting up on your own: How to succeed as an independent consultant or freelance*. Pearson Education.



Alboher, M. (2012). *The encore career handbook: How to make a living and a difference in the second half of life*. Workman Publishing.



Nelson, J. E., & Bolles, R. N. (2011). *What Color is Your Parachute? for Retirement: Planning a Prosperous, Healthy, and Happy Future*. Ten Speed Press.



Vanderkam, L. (2010). *168 hours: You have more time than you think*. Penguin.

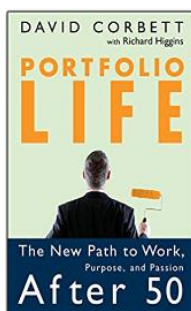
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Rowan, S. (2012). *Brilliant Career Coach: How to find and follow your dream career*. Pearson UK.



Corbett, D. D., & Higgins, R. (2006). *Portfolio life: The new path to work, purpose, and passion after 50*. John Wiley & Sons.

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