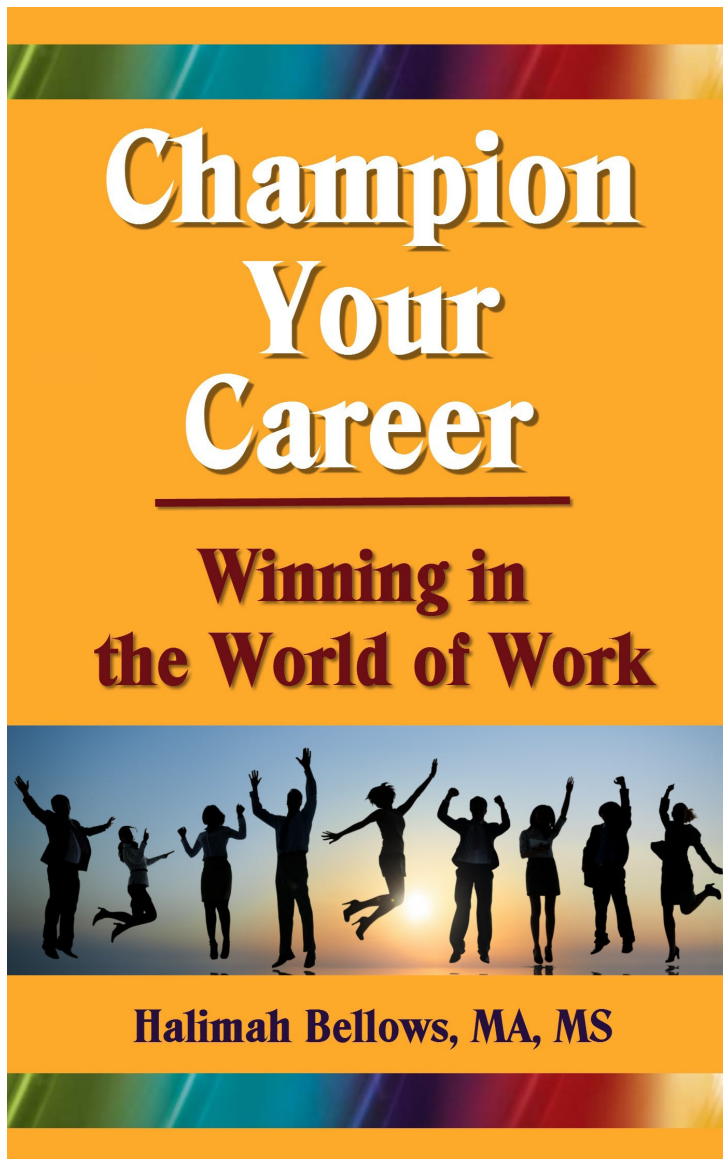


# Self-assessment tools and career advice to guide you on the path to finding fulfilling work

Anyone who has faced the challenge embarking on a new career knows how important is to have someone cheering you on and guiding you in developing effective strategies. In her new book *Champion Your Career: Winning in the World of Work*, Halimah Bellows, MA, MS, CCC, CPC draws on more than twenty years of experience as a career counselor/coach to bring readers the tools for championing their own careers.



With empathy and enthusiasm, Halimah encourages readers to delve deeply and honestly into their experiences to determine an appropriate career path. She provides a wide range of self-assessment tools to enable individuals to explore their personal passions and values and recognize the strengths and skills they can bring to the workplace. Then she offers sound strategies for decision-making, goal setting and networking to move forward on the chosen career path. Special advice is provided for college students, retirees and those changing careers in mid-life.

After developing a clear idea of their career goals, readers are ready to examine the existing job market. Halimah provides both time-tested and up-to-the-minute suggestions for identifying and researching potential employers. The book includes solid advice on resume writing, interviewing skills and utilizing internet-based tools. The book's Appendix offers a wealth of additional resources.

The path to a fulfilling new career is a journey of many steps. *Champion Your Career* has been written to serve as a helpful guide and companion on every step of that journey.

Available on Kindle, ibooks, Barnes & Nobel, Kobo, and Baker & Taylor

For more information, contact Halimah Bellows at:  
[championyourcareer@gmail.com](mailto:championyourcareer@gmail.com) or [hbells@careerquestcards.com](mailto:hbells@careerquestcards.com).  
[www.championyourcareer.com](http://www.championyourcareer.com) - [www.careerquestcards.com](http://www.careerquestcards.com)

# CHAMPION YOUR CAREER/CAREER QUEST CARDS

[www.championyourcareer.com](http://www.championyourcareer.com) - [www.careerquestcards.com](http://www.careerquestcards.com)

Date: April 27, 2015

Contact: Halimah Bellows, [careerquestcards@gmail.com](mailto:careerquestcards@gmail.com) or 206.595-7927

## **POWERFUL NEW CAREER-BUILDING GUIDE NOW AVAILABLE AS AN EBOOK**

SEATTLE—Drawing on her more than twenty years of experience as a career counselor/coach, Halimah Bellows, MA, MS, CCC, CPC announces the publication of her new self-coaching guide *Champion Your Career: Winning in the World of Work* as an ebook. The perspective she brings to her book strongly encourages readers to seek careers that offer genuine fulfillment and align with their personal interests, values, strengths and skills. To support this effort, she provides a powerful assortment self-assessment tools to enable individuals to explore the personal qualities they bring to the workplace. She then offers sound strategies for decision-making, goal-setting and networking to move forward on the chosen career path. Special advice is provided for college students, retirees and those changing careers in mid-life.

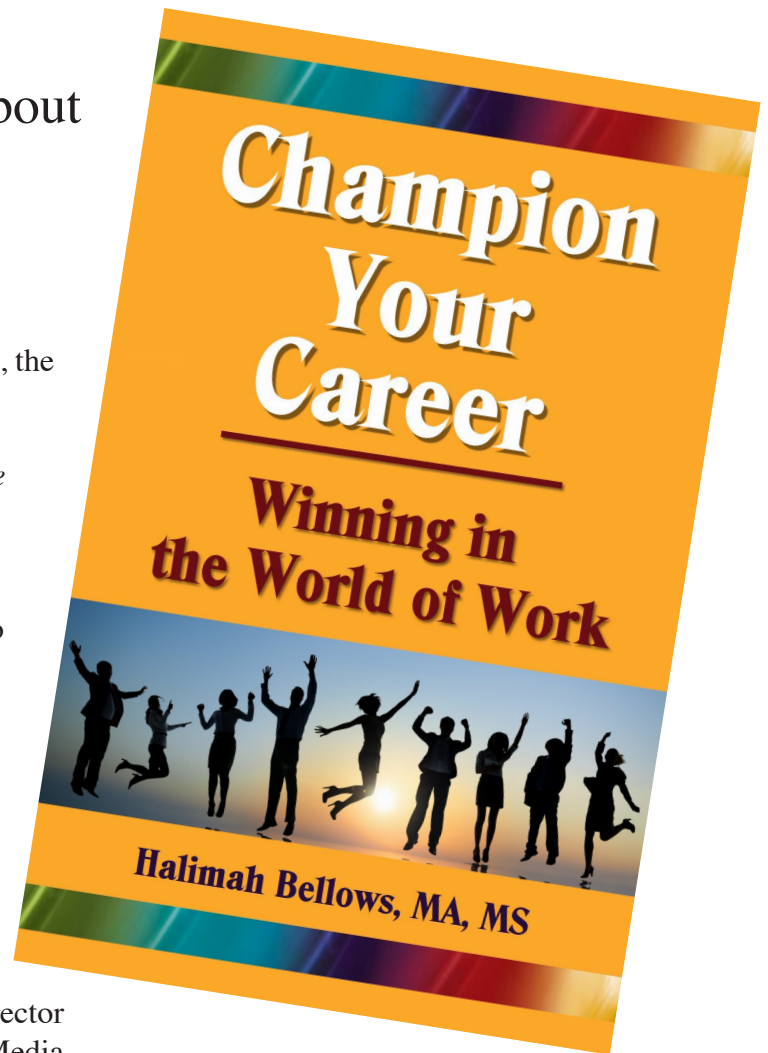
After developing a clear idea of their career goals, readers are ready to examine the existing job market. *Champion Your Career* provides both time-tested and up-to-the-minute suggestions for identifying and researching potential employers. The book includes solid advice on resume writing, interviewing skills and utilizing internet-based tools. The book's Appendix offers a wealth of additional resources. *Champion Your Career* is available at [www.amazon.com](http://www.amazon.com), [www.kobobooks.com](http://www.kobobooks.com), [www.ibookstore.com](http://www.ibookstore.com) and [www.barnesandnoble.com](http://www.barnesandnoble.com).

Halimah Bellows is also the creator of the unique portable self-coaching tool CAREER QUEST CARDS™ as well as an educator and educational planner for colleges and non-profits on the West Coast. She is available for counseling, coaching or presentations and can be reached at [hbellovs@careerquestcards.com](mailto:hbellovs@careerquestcards.com), [championyourcareer@gmail.com](mailto:championyourcareer@gmail.com), or [careerquestcards@gmail.com](mailto:careerquestcards@gmail.com) or 206-595.7927. More information about CAREER QUEST CARDS™ is available at [www.careerquestcards.com](http://www.careerquestcards.com).

Here's what people are saying about  
*Champion Your Career:  
Winning in the World of Work*

“In today’s bewildering and ever-changing job market, the importance of finding a career that brings genuine fulfillment has never been more vital. The new self-coaching book *Champion Your Career: Winning in the World of Work* by Halimah Bellows appropriately stresses the need for individuals to become their own best guides in making career choices that align with their personal interests, values, strengths and skills. To support this effort, the book offers a wealth of timely self-assessment tools as well as effective strategies for decision-making, goal setting, networking, researching employers, resume-writing and interviewing. I would recommend this valuable career-building resource to anyone—my young friends who are still college students as well as midlife and retired friends seeking to expand their horizons.”

–J. W. Fretzin, Creative Director  
LifeJourney Media



“The company where I’ve been working for the last fifteen years is downsizing, so I know I need to make a career change soon. Fortunately, I started reading *Champion Your Career* by Halimah Bellows, and I’m finding out how I can transfer lot of the skills that I have to a work environment that will be a better fit for me. The book is full of good advice about networking, researching employers and getting up to speed with doing interviews. So when I’m ready to make my move, I’ll have a head start.”

–E. Wilder, customer service representative

“Reading *Champion Your Career* and using the self-assessment tools in it has definitely changed my perspective about how to think about my career. Before I read it, I was just thinking about what jobs were out there that offered the highest pay and opportunities for advancement. In college, I took a lot of classes in subjects that really didn’t interest me because I thought that was what I needed to do to get ahead in life. Now I realize how important it is for me to focus on thinking about careers that really go along with my own interests and values. I don’t have to waste time and effort exploring careers that don’t fit with the things that are most important to me in my life. I feel a lot more confident about my future because I know what my real strengths are.”

–R. Stein, recent college graduate

# MEDIA Q & A

## *Champion Your Career: Winning in the World of Work* by Halimah Bellows, MA, MS, CCC, CPC

### **1. What motivated you to write and publish *Champion Your Career: Winning in the World of Work*?**

I felt that a comprehensive career development book for the 21st century was needed to address the critical concerns of our time—the workers who are victims of downsizing and outsourcing, the “boomers” who are at retirement age but cannot afford to retire and the recent college graduates who are faced an avalanche of confusing information and are clueless about how to pursue an appropriate career path.

*Champion Your Career: Winning in the World of Work* uniquely incorporates the methodologies and plans of action that are applicable now for a new generation of career seekers in a new economy and a quickly changing marketplace. The resource listings are current and include many websites, blogs, and forums that keep the reader updated on the latest career trends in a given geographic or demographic area.

### **2. What is unique about the perspective offered by *Champion Your Career*?**

*Champion Your Career* is unusual in that it combines career counseling with career coaching. By asking the appropriate questions, *Champion Your Career* gives the reader not only the theory behind choosing a career that’s right for an individual, but offers practical exercises, resources, and powerful questions so that the reader can then become his or her own career champion.

The books that are in the market now offer career choice theory with self-assessment exercises, but without the coaching structure and support that moves readers to active decision-making within the process of becoming their own career champion.

### **3. What changes in the field of career development have you observed in your twenty years as a career counselor?**

The theories haven’t changed. The emphasis is, as it has always been, on reflecting on who you are: your likes and dislikes, your values (in both your personal and your work life), and your skills. Career coaching has been introduced. The process of career development has become more holistic.

What has changed is the job search. It has become more impersonal. There is an emphasis on using keywords in a resume. People are asked to fill out behaviorally based questionnaires. The search requires more patience. The tight economy eliminates a whole population from being able to seek help from a career counselor. More and more, it’s not what you know but who you know, so networking is really important.

#### **4. In what context do you see *Champion Your Career* being used?**

The book is designed so that it could be adapted to be used in multiple settings. It can be an accompanying text to a college career and life-planning course. It can be used in mid-career for those who wish to change careers but don't know what direction to take. At the same time, retirees seeking post retirement careers will find this book useful along with financial and other post retirement planning. Career development is a process. Once the readers learn this, they can strategically apply the process at different points in their working life.

The book acts as a work manual with each chapter focusing on specific work related issues, solutions and resources. By working with the questionnaires and exercises, readers discover their own specific pathways to making the best-informed decision in their career choice process.

#### **5. How has your direct experience in working with your clients influenced your approach to writing?**

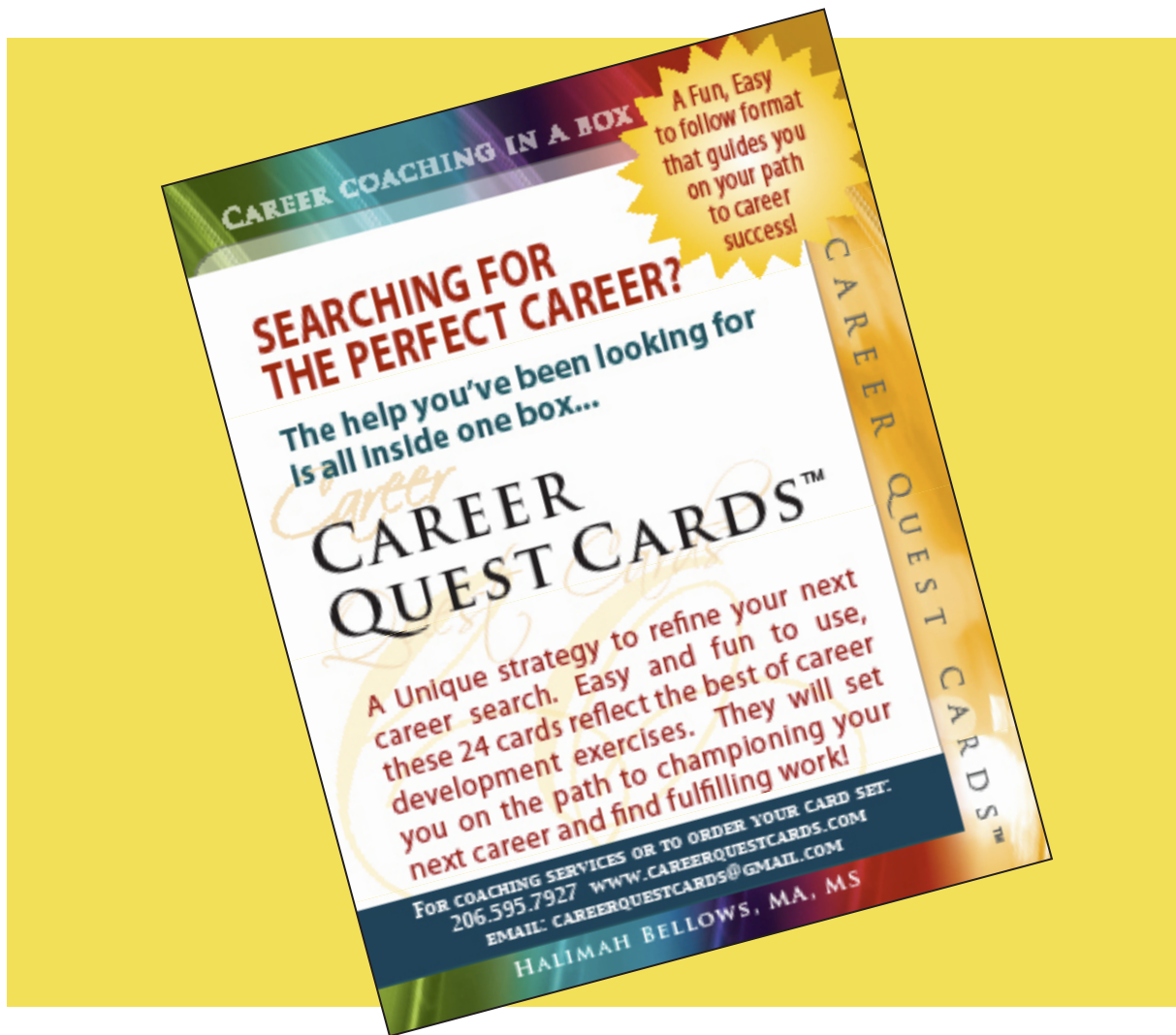
I know that the key to quickly gaining insight and taking action toward right livelihood has to do with the art of asking the right questions and providing guidance about how to uncover what is important and true for each reader's personal career quest. I wanted to present the material in a personal, easy-to-read style with humor to make it accessible to anyone pursuing a new career path. I have designed *Champion Your Career* as self-paced career development workshop in book format. I offer specific concrete action steps illustrated by the career success stories that are sprinkled throughout the book.

#### **6. How has your personal philosophy about career development inspired your writing?**

I am passionate in my belief that fulfillment from making the right career choice is imperative to achieving a life well-lived. Most working adults spend one third of their days in the workplace. Being in a rewarding career and a healthy work environment has a ripple affect throughout their personal and interpersonal lives.



# CAREER QUEST CARDS™© FACT SHEET



TITLE: CAREER QUEST CARDS™©

AUTHOR: Halimah Bellows, MA, MS, CCC, CPC

WEBSITE: [careerquestcards.com](http://careerquestcards.com)

PUBLICATION DATE: January 1, 2010

BINDING: 4½ x 6 Clear plastic box

PAGES: 24 individual cards

ISBN: 978-1-4276-4461-9

PRICE: \$19.99

AUDIENCES/MARKETS: Job seekers, workers in transition, students, retirees, career development professionals

MARKETING PLAN: Personal Appearances, Internet, Direct Mail, Social Media, Radio, Trade Shows/Exhibits

PUBLISHER: Halimah Bellows

DISTRIBUTOR: Halimah Bellows, [careerquestcards@gmail.com](mailto:careerquestcards@gmail.com)

AUTHOR CONTACT: [careerquestcards@gmail.com](mailto:careerquestcards@gmail.com)

CAREER QUEST CARDS™© have been designed as a practical, portable tool for developing a fulfilling new career. The set of 24 cards provides a distillation of 30 key career-coaching exercises. The cards are color-coded in five categories, allowing an individual the flexibility to work with the cards randomly or use them in a sequence that suits his or her own learning style. Career coaches and counselors, career development professionals and outplacement consultants, as well as high school guidance counselors and advisors can also utilize the CAREER QUEST CARDS™© in working with their students or clients.

## ABOUT CAREER QUEST CARDS™©



### **CAREER COACHING IN A BOX: A unique strategy for developing your career**

Whether you are a mid-life professional making a career transition, a recent college graduate without a clear career direction, a retiree embarking on a new stage in your work life or a dissatisfied job-holder who has never before considered a real career, CAREER QUEST CARDS™© can offer you a practical, portable tool for finding the work that is right for you.

This set of 24 cards provides a distillation of 30 key career-coaching exercises. The cards are color-coded in five categories, allowing the flexibility to work with the cards randomly or use them in a sequence that suits your own learning style and needs. By keeping a journal, you can track the discoveries you make about your values and preferences in the process of doing the exercises.

Career coaches and counselors, career development professionals and outplacement consultants, as well as high school guidance counselors and advisors can also utilize the CAREER QUEST CARDS™© in working with their students or clients. The package of cards includes suggestions for using the exercises interactively with individuals or organizing workshops where people work together as partners or in small groups. Young people in particular may find the colorful cards more fun than reading a book about career development.

For more information: [www.careerquestcards.com](http://www.careerquestcards.com)

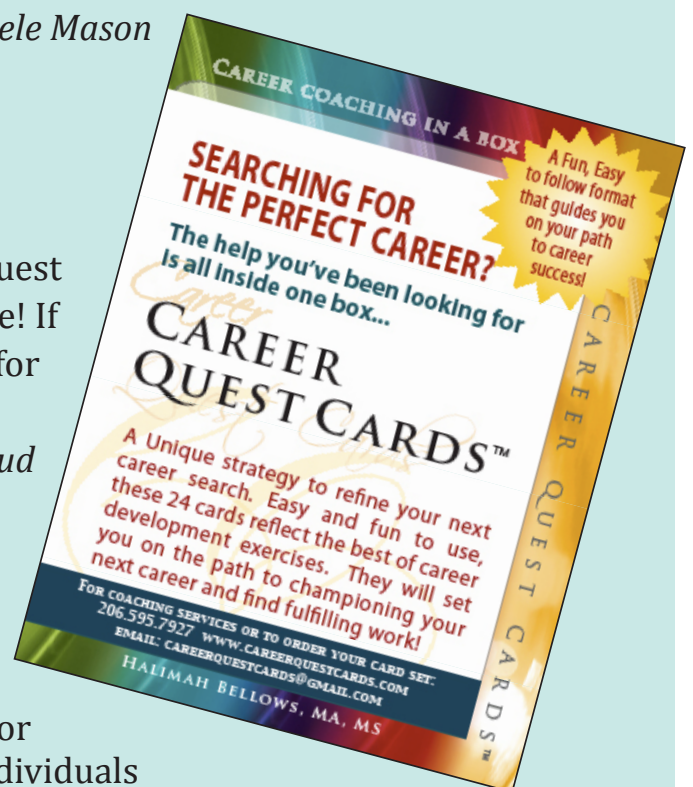
## REVIEWS FOR CAREER QUEST CARDS

“These cards were a wonderful supplement to my mid-life career change. The exercises were fun, useful and not run-of-the-mill. I really appreciated the colorful hands-on aspect, which was much more enjoyable than reading a book. They helped me clarify the direction in which I should go.”

--Michele Mason

“Halimah Bellows is showcasing her Career Quest Cards™ at this workshop. They are awesome! If you need an easy way to find the right career for yourself, I highly recommend this workshop!”

--Greater Seattle Subud



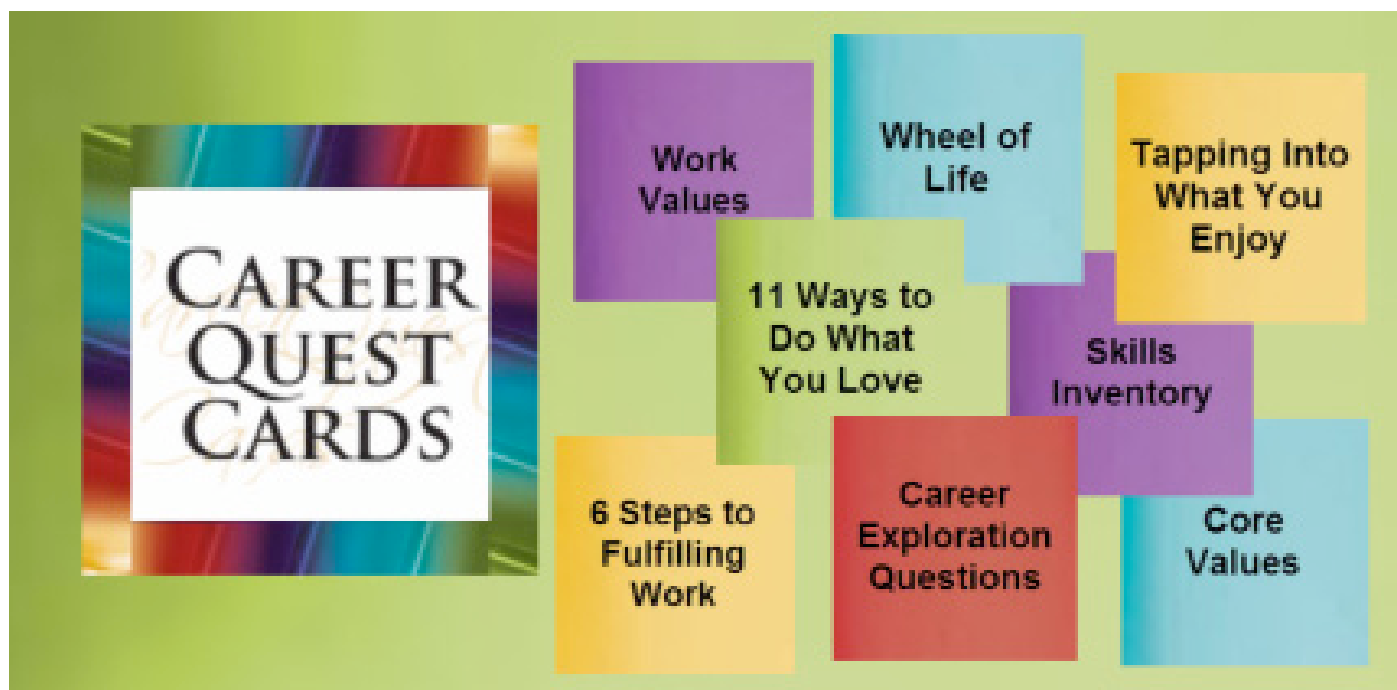
“Halimah Bellows has created a great tool for career assessment which can be used by individuals or by an instructor with a group. It comes in a box of 20+ double sided 4x6” cards. The cards are color coded and divided into five categories: Getting Started; Reflecting; Defining; Taking Action; Bonus Cards (additional exercises). They prompt the user to reflect on strengths, values, personal traits and interests. Although the principles and activities are not unlike many career assessment books, the cards are a unique way to get people thinking about career transition in a fun and non-traditional way. I especially like the Job Quest/Career Quest pyramids and the SWOT Analysis cards which take a very strategic approach to job search.”

--Terry Pile, Principal Consultant  
Career Advisors



# NOW AVAILABLE!

## CAREER QUEST CARDS™ FOR IPHONE, KINDLE FIRE AND ANDROID DEVICES



Now you can instantly download CAREER QUEST CARDS™ in a convenient format that runs on any connected iPhone, Kindle Fire or Android device. The app provides a distillation of 30 key career-coaching exercises in a colorful, fun, easy-to-use package designed to enable busy users to take it with them on the go as they explore possible paths to career success.

Mid-life professionals making career transitions, millennials exploring their career options, recent college graduates without a clear career direction, retirees embarking on a new stage in their work lives, dissatisfied job-holders who have never before considered a real career—all can benefit from this powerful career-building tool. CAREER QUEST CARDS™ provides an affordable alternative to paying for the cost of a career coach.

The app uses color-coding to enable individuals to work in a sequence that suits their own learning styles—random, by category or fast track. CAREER QUEST CARDS™ also provides a notepad for tracking discoveries that users make about their values and preferences in the process of doing the exercises.

To download CAREER QUEST CARDS™ on your Kindle Fire or Android device, go to:  
[www.amazon.com/s/ref=nb\\_sb\\_ss\\_i\\_0\\_13?url=search-alias%3Daps&field-keywords=career+quest+cards&prefix=career+quest+%2Caps%2C409](http://www.amazon.com/s/ref=nb_sb_ss_i_0_13?url=search-alias%3Daps&field-keywords=career+quest+cards&prefix=career+quest+%2Caps%2C409)

or

<https://play.google.com/store/apps/details?id=com.careerquestcards.cqandroid&hl=en>

To download the cards on your iPhone or iPad, go to:

<https://itunes.apple.com/us/app/career-quest/id781946447?mt=8>

# DIYAppReviews

Date: April 5, 2014

## **Career Quest**

By Peter Yun

We're continuing our series of useful phone apps – the ones that help your life and make it easier, rather than allowing you to be lazy and waste some time. This time, we're looking at an app on the Amazon App Store, an app called Career Quest.

In school, from the moment we start our education we are only taught things that we can use in our careers. Lessons upon lessons of what we should be able to do in the future, but there's little to no knowledge about how you can actually go about putting that knowledge into practice. Career advice is, in my opinion, one of the most underrated services out there right now, and it's exactly what Career Quest does great.

Career coaching sessions are usually very expensive. Naturally, they work better than this app, but they are, for the most part, done by professionals with years, even decades of experience in the field, with psychology degrees and tons of other credentials. If you feel like you are on the verge of making your decision, but you need just that little push to help you consider, then Career Quest is really an option worth taking into account. With a complete set of unique strategies that are designed to help you in your career transition.

The app is available on the App Store for \$6.19 right now, doesn't require a ton of permissions, and everybody who has tried it out so far speaks highly of it. Try Career Quests yourself!

Source: DIYappreview <http://www.diyappreview.com/career-quest/>

# **MEDIA Q & A**

## ***Career Quest Cards*™©**

**by Halimah Bellows, MA, MS, CCC, CPC**

### **1. What inspired you to create Career Quest Cards™©?**

I saw that people needed some easily accessible means of applying the most up-to-date techniques and exercises that have been developed for career counseling in a self-help setting. They needed a tool that was flexible enough to allow them to use it in the ways that best suited their lifestyles.

### **2. Why are the Career Quest Cards™© an appropriate tool for career seekers in our present economy and marketplace?**

The cards are designed to enable people to gain many of the insights they would gain in career counseling. It's a really affordable approach to developing a workable strategy for finding the perfect career.

### **3. How can individuals use Career Quest Cards™© as a self-help tool?**

There are several audiences for whom the cards are really appropriate. They are primarily designed for people who don't have time to read books or are overwhelmed by too much information. They are particularly appealing to individuals who are kinesthetic and visual learners.

### **4. How can career development professionals utilize Career Quest Cards™© in their work with their clients?**

The cards can be particularly useful in a workshop setting. The professional can be available to supervise while participants work with each other in pairs or small groups. Afterwards, individuals can share their insights, enabling all participants to gain from each other's reflections.

### **5. What successes have you seen with individuals using Career Quest Cards™© to gain insight for developing their careers?**

A number of my clients who have used the cards are spouses of Microsoft employees. Microsoft has a relocation package in which spouses are encouraged to network, volunteer and find work that satisfies them. Clients who have followed my suggestions have been successful.

### **6. Why did you decide to make Career Quest Cards™© available as an app?**

Once the cards were designed, it seemed a natural development to adapt them as an app that could be immediately available to anyone who carries their smart phone or tablet wherever they go. Millennials, who have grown up in the tech world, are particularly excited about the app. It's a format they're used to using.

## ABOUT THE AUTHOR



### **About Halimah Bellows, MA, MS, CCC, CPC**

At an early age Halimah Bellows became aware of her natural ability to listen to people non-judgmentally as well as her desire to be of service to others. In her life as an educator, a career counselor and a coach, she has been able to marry her fascination with people's stories with her deep interest in the world of work.

After completing her undergraduate studies in Social Science and English at New York University, Halimah went on to earn an MA in English Language Teaching at the University of Exeter in England and then taught English as a Second Language in England and Indonesia. Returning to the United States, she earned her MS in Counseling Psychology at San Francisco State University and received intensive Certified Coach Training at The Coaches Training Institute in San Rafael, California and Retirement Options in St. Louis, Missouri to become a Certified Retirement and Professional Coach. Additionally she has obtained graduate certificates in Training Systems Development and Educational Drama. She holds Washington and California Community College Teaching and Counseling Credentials and is a Certified Dependable Strengths Articulation Process Facilitator.

For more than 20 years, Halimah has been helping her clients champion their careers and find their ideal jobs. She has a special gift for gently but relentlessly sifting through the mist and fog of clients' experiences and impressions and bringing the clarity of their insights to light. Halimah is the author of the self-coaching guide *Champion Your Career: Winning in the World of Work*. She is a seasoned workshop presenter and group facilitator and has led many seminars and retreats for a variety of educational institutions, religious groups, nonprofit organizations and corporations. She is also the creator of CAREER QUEST CARDS<sup>®</sup>, a practical, portable career-building tool providing a distillation of 30 key career-coaching exercises (now available as an app for android, iPhone, iPad or Kindle Fire).

Halimah has appeared as a guest on a number of local radio talk shows in the Pacific Northwest. In addition to assisting people through career transitions and supporting retirees to "retire with fire," she also focuses on helping couples and business partnerships build powerful intentional relationships as well as empowering artists, entrepreneurs, and professionals to develop their businesses and achieve their dreams.

FOR COUNSELING, COACHING OR PRESENTATIONS: [hbellows@careerquestcards.com](mailto:hbellows@careerquestcards.com)  
[championyourcareer@gmail.com](mailto:championyourcareer@gmail.com) or [careerquestcards@gmail.com](mailto:careerquestcards@gmail.com) or 206.595-7927