

# Career Development Advice from a Coach

## AND ADVICE FROM ROCKY



*You're better than that!*

Yes, we get hit — in our careers and in life — but we have to get up again and keep on going. If you can just get up again, you're a winner. You don't knock out your opponent; you just have to get up and last.

Here's to you and your career. Just get up. Go one more round. Then you're a winner. ●

Kate Wendleton,

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Article submissions based on 5OCC methodology are welcome. There is no guarantee of publication. All submissions become the property of The Five O'Clock Club, Inc.

Address all comments, questions & suggestions:

**KATE WENDLETON**  
*The Five O'Clock News*  
300 East 40th Street, 6L  
New York, NY 10016

Kate Wendleton, President, Editor-in-Chief  
David Madison, Associate Editor

Call 212-286-4500 for information on becoming a member and subscribing to *The Five O'Clock News*.

E-mail: [Info@FiveOclockClub.com](mailto:Info@FiveOclockClub.com)

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**Y**ou may have noticed that many of the articles in our magazine are focused on career development, not job search. That's because our average job hunter is in the negotiating stage for a new job after regularly attending just ten small-group sessions. Yet their magazine subscriptions are for one, two or even ten years. This means that our readers are with us long after their successful job searches. What they really need for most of that time is *career development* advice: how to do *well* in their jobs.

In this issue of our magazine, Ruth Robbins, who has been a coach with The Five O'Clock Club for over a decade, tells you what to do when you feel overwhelmed at work. Richard Bayer, our Chief Operating Officer and an ethicist, tells you when and how to blow the whistle on your current employer. Another article reminds you that it is not advisable to *lie* on your resumé: You can simply emphasize those points you want the reader to notice and downplay other aspects of your background.

If you *do* want to job hunt, however, consider taking the mini-course in the "How to Find a Job" section of our website ([www.fiveoclockclub.com](http://www.fiveoclockclub.com)). It

will be a real eye opener, stepping you through our organized, methodical approach to job search. And be sure to tell your friends about it.

Finally, you know we've always been big on quotes to help you (and us) withstand setbacks and inspire you to greatness. These quotes can come from anywhere. For example, my sons loved the new Rocky movie, so I saw it because of them. Sylvester Stallone wrote the movie, and one part struck me (from his latest movie *Rocky Balboa*):

*Let me tell you something you already know. The world ain't all sunshine and rainbows. It is a very mean and nasty place and it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. **But it ain't how hard you hit; it's about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That's how winning is done. Now, if you know what you're worth, then go out and get what you're worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain't where you are because of him, or her, or anybody. Cowards do that and that ain't you.***

