

Career Solutions Plus

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Who are my clients?

As an independent Career Consultant, and a Job Search Instructor for Bellevue College, I have worked with clients from many industries, with varied backgrounds, from numerous countries, with diverse levels of education—some with clear job goals and those seeking new career paths. I work with employees established in employment and those starting out, parents returning to work, non-native speakers hoping for their first job in the U.S., or international clients ready to find a better job. They bring unique challenges, but all share one thing in common...



Clients have many questions!

What kind of a job should I look for? What kind of work would I enjoy doing? How can I manage family and work life? How will I find a job? How do I connect with people when I don't know anyone? How do I network when I am so shy? Who would want to talk with me? Who would want to hire me?

What about the interview? What questions should I expect? Why does the employer not call me back? Should I follow up with the employer? Who should I ask to be my reference? How can I sell myself at the interview?

Many, many questions! I have taught traditional job search methods for more than twelve years. My clients know that they need to sell their strengths, transfer their skills, and write their resumes to meet the needs of the hiring employer.

What is Dependable Strengths®?

When I studied the Dependable Strengths® process at the University of Washington, I found a new approach to teaching job search techniques. This is a unique method of helping participants to present themselves in a creative, practical way. Through exploring Good Experiences and discovering inner strengths, participants quickly grow in confidence. They see possibilities that they knew were there; they just did not know how to tap into them. Once they identify who they are, they set about connecting with others and finding new ways to attract job offers.

How has Dependable Strengths® helped my clients?

Dependable Strengths® has been very effective with my clients. One realized the value of her skills and set about utilizing them after a long break from employment. She is creating her own business as a direct result of the workshop and is responsible for the wonderful website: www.careersolutionsplus.com.

Another client came to me extremely stressed with her work situation and home life. With young children, she realized that management was not the right role for her. After attending the class, and with one-to-one discussion, she presented her Dependable Strengths® to her manager, who was very impressed with her report. Together, they created a plan for her transition to a position where she could find more balance in her life and still be a valuable asset to the organization. She feels calmer and happier today.

A friend asked me regularly, *“How do I find what I am passionate about in my career?”* I persuaded her to attend the workshop. It was an emotional experience for her. With gentle coaching, the “light bulbs” went on, and soon she saw how amazing she was, and what she had to offer employers. She found her passion: working with people. She identified the environment that might be fun to work in. Today she is still looking for the right environment, and is an effective networker, making over forty contacts in the first three weeks.

How I benefited from Dependable Strengths®

Dependable Strengths® has opened doors for me too. It confirmed my natural talents and skills. It gave me the motivation to provide the workshop and to share this with others looking for help. Delivering the curriculum takes practice. Creating the right learning environment requires planning and organization. Both feel natural to me. I feel like a pioneer as I offer this to the public. I have to create materials that are appealing to the job seeker. I repackaged the workshop as “Beyond the Resume.” I planned the workshop hours so they would suit the client I hoped to target, taking care to cover all topics in a logical manner.

I need to find low-cost channels to advertise the business and get referrals. I work with a wide group of people through school and the community. I tap into new groups, offer assistance and advice to others, and build a reputation as a professional, caring person. It is a full time job to create a small business and keep it afloat. I am challenged, but energized each day, which tells me I am touch with my Dependable Strengths®.

An important part of Dependable Strengths® is understanding and practicing the Partnership of Excellence, which teaches us that we cannot be all things in a business. I practiced this right away by hiring a website designer and an accountant. These are not my Dependable Strengths®! I hired my husband to be my technical advisor. I work hard to learn new technologies and become familiar with what I need to know. However, I am at ease with asking for help. I cannot be everything. I want to be the expert in what I do best: teaching, facilitating and connecting with people; organizing, planning and finding ways to make things succeed. Dependable Strengths® helped me to identify and understand that.

Watch www.careersolutionsplus.com as the workshops grow!