

CAREER  
HAPPINESS



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I am grateful for so many people in my life. I am grateful for my family and friends. I am also grateful for the clients, readers & students that I encountered on my path. You make up the backbone of our community.

Thank you for being who you are.

Gwen

# BOOK COVER

It wasn't easy to find a book cover, so I did what I always do: I asked advice from my friends. They immediately told me that I needed to take a picture of a childhood's dream of mine.

When I was 6 I became fascinated with flying. During the night I often experienced dreams in which I could fly and it was the most amazing feeling ever. So I started experimenting with flying during the daytime. For several years I subjected my classmates to the weirdest experiments. We tried flying with the help of exercises and with the help of homemade kites. It did not always turn out well, but we did have a lot of fun.

For the first time in thirty years I can feel that feeling again. I now experience that amazing feeling of freedom in my own life. Every day I undertake things that give me that same exhilarating feeling on the inside. I have taken up writing, painting, .... I am reading books on magic, I travel, ..... too many things to mention. I am dedicated to fulfilling all of my childhood dreams and this bring me so much joy. I guess I have finally found my wings by overcoming my own doubts. It is a truly amazing feeling. And this is the same feeling I would like you to experience for yourself.

May this book grant you the wings that you could feel as a child. May this book lift you up from everything you do not want anymore. May this book grant you the courage to undertake the greatest journey of all: the journey to yourself.

# WHERE IT ALL STARTS

"The minute you begin to do  
what you really want to do,  
it's really a different kind of life."

~Buckminster Fuller

Ten years ago I actively started working as a career coach. In the beginning I made up with dedication what I lacked in experience. People always arrived in my office with a question revolving around 'work'. Either they wanted another job or they had issues with their boss or they did not feel appreciated,.....

Once I started digging beneath the surface, I realized there was always much more going on. Over the years I came to the understanding that **'it is never just about work'**. Job coaching, the way it was designed, is no more than **scraping the surface**. It is no more than refusing to go beyond the symptoms that plague us.

... the thing is that I really love going beneath the surface.

I started looking for ways to go beyond the 'symptoms.' I started experimenting with ways in which I could take my clients further on their path. I put a lot of dedication in creating exercises that could safely guide them to a new and more positive reality.

So this is not a book for people wanting to find a new job. This is not a book that will teach you how to write a curriculum vitae or how to ace a job interview. This book will not tell you how to get a pay raise. This book aims to go behind the curtain..... to dig deeper.



The questions we will be tackling, are the following:

"Is this job making me happy or does it simply pay the bills? Is this all I want from life? Is there more in life than paying the bills? How can I change the status quo? What are my passions? How could I lead a more fulfilling life? Can I make money out of what I really enjoy doing? How can I find more fulfillment in my career?"

This book has been specifically designed for people who would like to make more out of their careers and their lives; for people who feel they are at a crossroad in their career; who want to take a moment and reflect on the status of their work; who are on the lookout for more gratification and passion; it is a book for people willing to understand that life and work are just two sides of the same coin.

This course is a valuable tool for all those who want to get more focus and happiness in their career and in their life.





# FOUR EVENINGS TO CHANGE

Consider this an online career coaching workshop... and then consider it much more than that.

Consider this workshop as a **GIFT** you are presenting to yourself.

You are giving yourself the time and the energy to make the best out of your career.

Life is about breaking patterns. We are made up of patterns (habits) and it is our human task to challenge them. Better put: our lives often revolve around breaking bad patterns and introducing viable, new ones. This is the core of our (adult) existence. **Breaking patterns is a real challenge, because habits are not easy to break. Habits try and cling their claws into every corner of our lives. They whisper sweet nothings in order to keep us seduced. They find countless ways to keep themselves in our lives.**

The simple truth is that if we want to change anything in our lives, we need to change our habits.

Habits can be physical acts (smoking), they can also be thoughts (constantly thinking you are not good enough) or even emotions (feeling misunderstood in your relationship). Our behavior, thoughts and emotions are not only perfectly moldable and adaptable, they are what define our lives.

In 1960 Psycho-Cybernetics was published. This self-help book, written by cosmetic surgeon Maxwell Maltz stated that a habit can be broken in 21 days. The idea of 21 days has taken quite the flight in recent years. Why? Probably because 21 days seems feasible to many.

The truth of the matter is, that time does not matter all that much when it comes to breaking patterns. What does matter is that you have an alternative for your habit and you have the commitment to push it through.

This is how I came up with the idea of ‘four evenings to change’. It is a unique concept that will run as a thread through all of my coaching books.

**FOUR EVENINGS TO CHANGE** focusses specifically on trajectories lasting four weeks. For one dedicated day a week you focus on changing a habit(s). One day a week you start practicing a new way of living. This leaves you sufficient time in between workshops to start integrating what you have learned. It also gives ample opportunity to easily change your life during the course of one month.

Four Evenings to Change is an accessible, modular path that will allow you to integrate a new and better lifestyle in your own pace and time. It is a concept that suits the demands of postmodern people with often busy lifestyles.

Four Evenings to Change is a safe haven where you can find the road to a more fulfilling, happy life. It is the ending of something old and the start of something entirely new. I hope you enjoy the experience and wish you a wonderful journey.

Today,  
I have  
the POWER  
to change my  
story.



# EVENING I

The first evening is always the most lighthearted. It is a time to explore and to enjoy. It is a time to meet new people... to do new things. You will be pulled out of your comfort zone, because that is the only way you can truly learn something.

We all build boxes around us. We build boxes in order to protect ourselves. Within these boxes we seemingly feel happy. But although these boxes give us a feeling of safety, they also trap us. Therefore we must always aim at expanding our boxes. By slightly expanding the box, you will be able to enlarge your own world. Always be gentle and careful, because this process can trigger strong emotional reactions and, sometimes even repressed memories. Make sure that throughout this process you are surrounded by loving and supporting people.

Each of the books have a live workshop created alongside them. For those of you not partaking in the workshops I would recommend practicing this book with a friend or a close group of people. You will soon detect that this will add an extra dimension (and even motivation) to your praxis. Do not fear reaching out to your close ones (family, partner, friends, colleagues) to get additional support and guidance.

This first workshop is a time of detecting new horizons.... Of exploring and enjoying. We all remember what it felt like to be a child, living in a wondrous world. We are like explorers going to the center of the world... the center of our inner world. You could say that the first evening is an evening of wonder, almost of magic. We start weaving the tapestry of dreams.

# LETTER TO MYSELF

Every workshop starts with intention. Intention is setting out what you desire to achieve. Intention is key as it helps you clarify what is going on inside of you. Intention will always help you focus when your path becomes unclear. Most importantly, intention will show you how you have grown. It is always fascinating, at the end of the course, to see how your intention has grown... how you have grown.

In order to make our intention clear, we are going to write a letter to ourselves. In this letter we are going to explore a number of questions.

- What is the reason I decided to partake this course?
- What question needs an answer?
- What would I like to take home from this course?
- ....

“Dear me....”

Write a beautiful letter to your inner self in which you explore a number of important questions. Take the time to really engage with yourself, to communicate openly. Do not stop after one paragraph..... allow yourself the time to write down everything you need to say.

Even after you have concluded this exercise, take the time to remain reflective. It could well be that tomorrow, during the office hours, more questions or intentions pop into your mind. It is crucial that you take your time for this exercise.