



Careers Newsletter

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First Quarter

Three months gone already. How are your career plans? Several clients recently have been seeking for more meaningful careers, or employers who develop them better. Also for the first time a company has instructed us on outplacement following redundancy.

GDPR

If you are on our mailing list, we will email you over the next few weeks to ask you if you want to resubscribe. This will keep us compliant with the new Data Protection Regulations, and ensure that we do not send newsletters to those who no longer wish to receive them.

Quotable Quotes

“Live out of your imagination, not your history”.

Stephen Covey

Overloaded? Try an Information Fast



Imagine the sweet freak abstaining from sugar, prohibited from even eating fruit until balance is restored in the body. Imagine the initial cravings, the edginess, withdrawal symptoms.

It could be just as difficult at first to take a break from ingesting information. As a culture, we've grown accustomed to

consuming vast quantities of facts, figures and current events. And some of it is contradictory, which makes understanding it stressful.

Just think of the sources of information we mainline every day: newspapers, magazines, radio, TV, books, blogs, websites, email, social media sites, podcasts, RSS feeds,



discussion lists, reports, white papers, webinars, conferences, workshops, presentations. The list goes exhaustingly on.

We are stuffing our minds and, like the sugar addict, we think we like it. They're interesting, all these things we learn, the world events we follow.

But what do we miss when there is almost no time that we are quiet with our own thoughts and self-generated activities? How much better could we focus on our tasks at hand, working faster and more productively, and how would that add to our lives? What might we discover that is more important than the mountain of information we take in every day?

The steps below can help you create more balance around information. Begin with a full fast, and then add things back in a strategic way, taking care to add only what truly serves you. For example, Tim Ferriss, author of *The 4-Hour Work Week*, now spends only two hours a week on email!

Make a list. Write down every source of information that comes to you automatically or that you voluntarily tune into. Refer to the partial list of info sources above to jog your awareness, and don't forget the cute email "forwards" that family members send you.

Turn it off. Turn off the morning talk show as you dress for work and the BBC while you commute. Take a pass on the evening news or your favourite interview show. Switch the podcast from productivity programs to your favourite music.

Unsubscribe. Be ruthless. If after a week or month you still miss emails from a particular person or organization, you can always re-subscribe. Get on no-call and no-direct-mail lists.

Make another list. This time, list all the things you love to do, especially those you say you never have time for. Keep this list visible. When you free up time and mental space, you'll be more able to pursue your interests and hobbies.

A complete information fast need only last a week or two, but the balance it restores will last a lot longer. To get through the initial "withdrawal" just keep focusing on what you want in the bigger picture of your life.

Shall we dance?

Want more information?

Call us now on 0121 429 8583 for more details, or email enquiries@redspotcoach.com.

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