



Big Dashan

Facilitating growth opportunities through learning, coaching and inspirational speaking

1745 Hunter's Run Drive, Ottawa, Ontario, CANADA

www.bigdashan.com

613-841-1229

July & August 2010 Newsletter

Recharging Yourself with Vacation Time

Summer is in full swing as the streets, parks and beaches buzz with activity. If you haven't taken vacation time recently... get to it! Now is the time to make plans to unplug yourself from the office and recharge your personal batteries.

Yet for many, taking a week off—or even a day—seems out of the question: too much lost productivity or missed opportunity. But it's really important that we all escape the office... and we mean really “leave” the office: no emails, texts or phone calls. In fact, we've listed a number of reasons why taking a break can more than make up for the time you spent away from your desk.

1. Re-energize Yourself. So many of us are always connected to the office via our phones and laptops. Going on vacation truly means turning off your work phone, unplugging your laptop and relaxing. Catching up on your sleep is probably the fastest way to get those creative juices back and running at full tilt.

2. Re-Balance Your World. Life is all about the ying and the yang. By taking some time off and away from your business, you'd be surprised as to how much more energy, fire and inspiration you possess upon your return. Yes, it is hard to let go of your work-related responsibilities, but a little downtime clears your mind and helps you realize there is more *a lot* to life than work. Having a healthy work-life balance does wonders for your welfare.

3. De-Stress Your World. Being constantly connected to work can be very stressful. And as your stress levels rise, so do the chances of work-related burnout. Health problems and getting sick and tired of your business (even if you are passionate about it) both increase with stress. Depending on your personality, rising stress can cause behavioral changes such as becoming more domineering, distracted, indecisive, impatient, unsupportive, inflexible, confrontational, or passive. So before these traits take their toll, lower your stress by getting away from it all. Even it means just spending a day or two reading a book in your backyard.

4. Carpe Diem. Work is important, but so is enjoying life. So take the time to smell the roses! Even though we all think we are indispensable at work, the reality is 99% of businesses can and will continue with or without you. So take a break, enjoy the moment and have some fun.



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Big Dashan Updates!

Market

The TSX opened the month of July at 11,196, dipped down to 11,092 and steadily climbed back up to 11,761. Much uncertainty on the sustainability to sustain growth had made the news in the last month. Will we go into a double recession? Let's hope not!

Unemployment rates went up in May. Is the economy going down? <http://bit.ly/cI2oH7>

Canada is leapfrogging the world with a 7.9% unemployment rate. <http://bit.ly/bb38Iy>

Employment ads are on the rise. This means more jobs for all! <http://bit.ly/9kwpPM>

The top place to live in Canada. Is your city on the list? Mine is! <http://bit.ly/d2zvJs>

Entrepreneurship

An entrepreneur who quite her job and took a chance ... <http://nyti.ms/ce9WMG>

How Steve Jobs learned from his mistakes and how you can be more like him. <http://tcn.ch/do58uR>

12 ways to raise capital... <http://bit.ly/bNjVxQ>

4 lessons on becoming a billionaire. Back to basics... <http://yhoo.it/ci579U>

3 mistakes to avoid when creating your first web site... <http://bit.ly/ctrdoj>

The world's richest self-made women! <http://bit.ly/aqUD5g>

Another great success story <http://bit.ly/9tDdm0>

What makes a good entrepreneur?
<http://bit.ly/dp0ABW>
<http://bit.ly/aRTMeQ>
<http://bit.ly/ctd7fu>
<http://bit.ly/d2zvJs>

Tales of an IT entrepreneur! Good read!
<http://bit.ly/bW1PNA>

Angel investors, do you always have to pay to pitch?
Interesting free services... <http://bit.ly/d2zvJs>

Capital challenges of businesses...
<http://bit.ly/bW1PNA>

Career

Life-work balance. Making hard decisions for your future... <http://bit.ly/9414wx>

5 lessons to best manage your career!
<http://bit.ly/9ky5VS>

How to ask for a raise. <http://bit.ly/9AGbjs>

Interesting stats on mid-career challenges. <http://bit.ly/9wvIUQ>

How should women might for a raise.
<http://nyti.ms/9vwA31>



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Great advice for the job seekers...

<http://bit.ly/9kwpPM>

Ambush marketing at FIFA. Are employees liable or employers? <http://bit.ly/9kwpPM>

Hiring Process

How to use LinkedIn when employed and looking for work... <http://bit.ly/9KFwWu>

7 secrets you have to know when working with a recruiter... <http://bit.ly/cJX1TT>

How to prevent hiring disasters? <http://bit.ly/aktlWm>

Why employers avoid the unemployed...

<http://bit.ly/9kwpPM>

Common job-hunting mistakes. <http://bit.ly/9YjCKp>

How to handle odd or tough job interview questions.

<http://nyti.ms/93krIC>

<http://bit.ly/93Rwyr>

[33% of resumes are found to stretch the truth...](http://bit.ly/9atW9f)

<http://bit.ly/9atW9f>

And the best Video of the month!!!

Coach John Wooden on the definition of success and some great life lessons!

http://www.ted.com/talks/john_wooden_on_the_difference_between_winning_and_success.html

Got some feedback on the newsletter? Or maybe there's a topic you'd like to see covered? We'd love to hear from you. Email us at denis@bigdashan.com.

For more information about Big Dashan and its executive coaching and training services, call 613-841-1229 or visit www.bigdashan.com.



Denis Levesque, owner of Big Dashan, a high performance executive coaching and training organization, helps business executives and managers build the clarity, confidence and passion they require to get to where they need to go.