

## **MEDIA ALERT**

### **Contact:**

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## **ARTICLE IDEAS ON PERSONAL OR PROFESSIONAL PERFORMANCE FROM SUZANNE DOUGLAS HARRIS**

NORWALK, CT, March 31, 2004. Suzanne Douglas Harris is in a unique position to provide firsthand insight, expertise and analysis on issues and opportunities that many businesses experience, and those which most of us encounter during our lifetime. Ms. Harris is an experienced professional who provides business- related coaching to improve organizational performance, and personal and career-related performance coaching to individuals challenged by transition or situations in their life. She helps business clients improve performance and personal clients learn from each life event and take positive action to move forward.

Suzanne Douglas Harris welcomes the opportunity to offer her expertise for future articles, or to provide a by-lined article on the following topics:

### **On-the-Job Performance**

Succession Planning  
New Manager Skills  
Leadership Coaching  
Skills/Competency Audit  
Soft Skills for Technical Professionals  
Communication Skills  
Time Management  
Problem Solving Skills  
Working Together-Team Building

### **Self-Discovery/ Self-Identity:**

Understanding the real you...ways to learn more about yourself and what makes you 'tick' personally and/or professionally  
Discovering your personality type  
Identifying your Self-Motivators  
Learning from your past and applying this knowledge today and in the future  
How self-knowledge can aid life satisfaction

### **Problem-Solving:**

Naming the problem  
Objectively seeking and understanding the root cause or problem source  
Formulating a realistic plan  
Taking action, making progress

### **Personal or Professional Transformation:**

Turning transition and change into possibilities  
“Weathering the storm” during one's life and continuing to move forward  
Reclaiming one's life  
Effectively dealing with changes in your life and your work  
Surviving and thriving in your personal and/or professional life  
Recovering and Rebuilding- "Bouncing Back"  
Creating the Career you want  
Finding fulfillment in your work  
Opening new doors, taking action  
Networking skills  
Filling the spiritual void

### **Loss of Partner through Death or Divorce, Dating and Subsequent Marriage**

Surviving your loss  
“Letting go”  
Starting a new life  
Handling the household finances on your own  
Dating again  
Your children and your dating  
Overcoming the nerves and anxieties of mid-life dating  
Finding love once again  
Overcoming the obstacles of blending families

### **Parenting**

Developing a nurturing relationship with your child or teen  
Staying connected with your young child or teen  
Raising responsible and confident young adults  
Teen Parenting...effective ways for guiding them during this phase in life  
Helping kids understand and cope with divorce  
Helping kids feel safe during your transition

Suzanne Harris, Personal and Professional Performance Coaching ([www.sharriscoaching.com](http://www.sharriscoaching.com)), specializes in providing coaching services related to Career, Health/Healing/Well-Being, Household Finance, Professional Development, Relationships, Work/Life Balance, and Personal Development/Life Skills. Personal Performance Coaching helps men and women take action to resolve or improve their personal circumstances. Professional Performance Coaching addresses the needs of business owners, executives and professionals. Suzanne Harris can be reached by phone at 203.852.6532 ext. 2803, by fax at 203.857.0822 or by email at [sh@sharriscoaching.com](mailto:sh@sharriscoaching.com).

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