

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Let the Pros Handle It**

**By Myrtis Smith**

**Let the Pros Handle It by Myrtis Smith**

When it comes to looking for a job, most people take the Lone Ranger approach. They rely on themselves to figure out what they want to do, write their resume, prepare for interviews, and create a job search strategy. And while in the Information Age, it is possible to do all these things on your own; the real question is "is it smart?"

There are many career specialists available to assist you with the various aspect of the job-hunting process. Below, we highlight career coaches, resume writers, and headhunters.

Career Coach

-----

What do they do? A career coach can be your partner in the job search process. They can help you decide what it is you want to do, work with you to create an action plan, and assist you with practice interviews. Career Coaches are great accountability partners if you are struggling to set and maintain goals. In addition, a career coach can stay with you find a job to create a plan for success in your new role.

Should you hire one? If you're asking yourself "What's next in my career?" and you don't have an answer, a career coach may be a good resource for you. If you are able to create an action plan but have trouble following through, a career coach can create accountability and examine

potential reasons why you aren't achieving your goals.

What to look for? There are lots of people calling themselves coaches. When looking for a coach, find someone associated with a professional organization or training institute for coaching (Coach U is one of the more popular ones). Also, only work with a coach who will give you at least 1 complimentary session; this will give you an opportunity to see if your personalities "click."

#### Professional Resume Writer

---

What do they do? A professional resume writer will take information you provide about yourself and your previous work experience to create a top-notch resume. They have excellent writing skills and are familiar with what key words recruiters look for when reviewing a resume.

Should you hire one? Simply put, if you're sending out a large number of resumes but not getting any interviews it is time to hire a professional resume writer.

What to look for? Find someone who will spend time interviewing you and helping you decide what to include on your resume. If they simply ask you to fill out a form without a live conversation, find someone else. Also ask about fees up front and be sure you understand what is included.

#### Headhunter

---

What do they do? Headhunters (sometimes called Recruiters) match employment opportunities to available candidates. Headhunters generally have a good knowledge of the companies they represent and can pre-screen potential candidates, saving both the employer and the job hunter time.

Should you hire one? Using a headhunter is a good idea if you have a very specific skill set that companies may not advertise. Headhunters are also very useful if you are conducting a passive job search and just want to stay aware

of openings in your field.

What to look for? The key thing to remember about headhunters is they work for the person who pays them (sounds obvious doesn't it?). If a headhunter is being paid by the hiring company (and they often are) keep that in mind as you listen to their advice. If you are paying a headhunter, know what you're paying for. Do they charge a flat fee or a percentage of your first year's salary? If you find a job without their help, do you still have to pay the fee?

Myrtis Smith is the founder of Premeditated Life. At Premeditated Life we have one focus – Your Career. As a career coach I offer a variety of services designed to improve your professional skills, support you in your career goals and transitions, and empower your job search. For a FREE Career

Assessment contact us at [coaching@premeditatedlife.com](mailto:coaching@premeditatedlife.com)

## **Should Outside Cats Use A Collar**

**By John Marcus**

Most cat owners find themselves in a quandary over whether or not to use a cat collar on their outdoor cats. The debate still reigns over the pros and cons of outfitting an outside cat with a collar, but many veterinarians and cat experts agree that collars are the best way to go. However, before you decide, take a look at these pros and cons:

Pros:

- Cat collars can hold identification and registration tags. This is critical in case your outdoor cat becomes lost or is picked up by a concerned individual. Also, collars can hold bells or other noise generating items to scare away potential prey.
- Many cat collars are equipped with reflective material. Whether the collar is made completely out of reflective material or only contains a small strip, this will help your cat to become more visible in the dark. Cats, especially those of dark color, can become invisible at night, which is a potentially dangerous situation.

Cons:

- Cat collars can easily snag and cause your cat to become hung or stuck on branches, fences, or anything else in the great outdoors. Some cats have actually been strangled when their collar has gotten caught and cut off the animal's air supply.

## Let the Pros Handle It

- Your cat may not be comfortable wearing a collar or the collar may be too heavy for the animal.

Given these pros and cons, consider choosing a collar that will maximize the positives and minimize the negatives. For example, there are many collars on the market that are specially designed to break away or unclasp when the cat is hung. These collars are considered strangle-proof and release when approximately seven pounds of pressure is applied. This way, the cat can break him—or her—self free from any snare.

Furthermore, there are many different types of collars on the market. Bring your feline friend with you to the local pet-friendly pet store and try on several different types of collars until you find one that best fits. Avoid choosing a harness for outdoor cats unless you plan on walking the cat on a leash. If this is the case, only allow your cat to wear a harness while supervised, as most are not snare-proof.

On a whole, collars are encouraged on cats that spend their time outside and inside. In addition to providing visibility to your animal, the collar will hold valuable identification information that will protect your cat and assist you in finding your pet.

John Marcus Specializes in Cat Collars



**This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).**

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**