

EVERYTHING MY DOG TAUGHT ME...



...ABOUT RESUMES, NETWORKING &
NAVIGATING CAREER CHANGE

By Dawid Więcek (& Nacho )

*To JP, who brought Nacho into my life,
and to all my family and friends who enrich it*



Why this book?

*Statistics suggest that at any given point in time more than **50% of Americans are unhappy with their job.***

*Research also suggests that **engaging with a pet** (even something as simple as petting your dog) **can decrease stress** and boost mental resilience—which can benefit miserable employees and unemployed job seekers alike.*

The book is written with this in mind: many people are at a point of transition, a crossroads, hoping for something different. Dissatisfied with their current job. Underpaid. Unemployed. Underemployed. Daydreaming about a new job.

Or if they're not actively seeking greener pastures in this particular moment, chances are they have fantasized about a better job or a different career at some point in their lives.

Spoiler alert: This book may not be for everyone.

But it can be useful for...

... anyone struggling to find a better-paying, more fulfilling job.

... anyone who dreads updating their own resume.

... anyone who is unsure about how to communicate their value to the marketplace.

... anyone who just hates interviews.

... anyone looking to make a major career change.

... anyone who is lost and unsure of how to move forward with their job search or career trajectory.

... and, last but not least... for anyone who loves dogs, as I do. Indeed, canines are magical creatures.



As you explore this book, if you think of anyone else in your life – friends, kin, or work colleagues – who might benefit from it, **feel free to let them know about it.**

If you do share this book with others, I want to thank you for the thoughtful gesture.

Whether you read the book cover to cover, or just skim through it and have some thoughts, I invite you to share your ideas or questions with me.

You can reach out at hello@thecareerfixer.com or via thecareerfixer.com

Whoever you are, wherever in the world you are right now, I want to **thank you** for reading.

A note about the canine protagonist.

You might be asking yourself: what could a dog possibly have to do with career advice? How are the two at all related?

Admittedly, you won't usually find a photo of a dog on the cover of a book about resumes, job hunts, or career growth.

Then again, **this is no ordinary book.**

And my dog, **Nacho, was no ordinary canine** (he even had a resume of his own!—but more on that later).

He was a rescue mutt. I don't know for sure, but my best guess is that he was a mix of chihuahua, Jack Russell terrier, beagle and a splash of pit bull terrier.

Even at the ripe old age of 13, he was often mistaken for a puppy (we'll touch on **job search ageism** later in the book).



Nacho is a dog many people loved – even people who don't usually like dogs (or animals) of any kind. When it comes to those skeptics, Nacho made more than a few converts over the years. And with a face like this, can you really blame him?



Words cannot fully capture how much I adored my dog. Suffice it to say that the car sticker “**Who rescued whom?**” feels accurate.

Nacho was an absolute blessing in my life and in the lives of those who knew him. He reminded me to take it a day at a time. To live in the now, to enjoy the present moment. To quickly forget the small pains, the troughs of life, if you will.

Ever since he entered my life, Nacho was a loyal companion and, yes, even a fine business partner. When I was conducting a confidential coaching session with a client, he would sometimes instinctively leave the room (I kid you not), as if to acknowledge that the client and I needed privacy.

When I had a tough day, Nacho was there to comfort and, in his own way, to listen. In fact, he was all ears. People were



obsessed with his ears. They draped down and, with their triangular shape, they truly looked like nachos.

Need proof?



I work from home, and with Nacho by my side, I had the privilege of observing his nearly every move.

This made it particularly challenging when his health suddenly turned for the worse and he quickly deteriorated, but for all the years leading up to those last few months, I was truly blessed to have such an active, loyal companion by my side.

I'm not alone: so many companies (and apparently even the US Olympics Gymnastics Committee) recognize the awesome power of emotional support dogs in the workplace.



Back in the day, earlier in my career, I used to work in offices where dogs were occasionally allowed to visit on special days. But here, in my home office, I was spoiled with Nacho's presence every single day for many years. I never took that for granted.

I am a lifelong student of psychology (it was my major at Wesleyan University – Go Wes!), and although I stopped short of becoming a psychotherapist, I have indirectly leveraged theories and insights from psychology in my day to day work, both in my former life in human resources / learning & development (L&D), and in my current profession as a coach.

As a professional career coach, confidence coach, communication coach, and resume writer, I spend my days helping people with a wide range of challenges.

I help clients move beyond personal doubts and resolve interpersonal work conflicts, overcome career headaches, become more thoughtful leaders and more confident public speakers—and for the job seeker clients, I help them find better-paying, more fulfilling jobs.

It isn't always easy, especially when there are macroeconomic forces at play beyond our control, but it is endlessly rewarding when clients become more confident communicators, more assertive leaders, or when they land interviews (and secure job offers) at coveted companies.

Given how much time I've spent exploring clients' mindsets and behaviors while observing Nacho every day, it was almost inevitable that I would, at some point or another, start drawing a few parallels between the way Nacho lived his life and best practices in job searching and career development.

From the way Nacho interacted with others (always putting his best foot forward in "networking" situations), to the way he prioritized rest (especially important if your job search has become a marathon and is draining all your energy), to the



way he was always willing to explore new paths and neighborhoods (having an open mind and expanding your network is crucial in a successful career pivot) – in short, Nacho knew what was important in his life.

In this book, I am excited to share with you some of the thoughts, observations, and insights not just about how to navigate a successful job search but also how to uplevel your career – and, where relevant, I'll do this through the lens of my dog's behavior, that is, via the lessons I picked up simply by observing Nacho.

And of course, I'll throw in a few dog puns and a handful of photos of Nacho for good measure. Can't hurt, right?

I hope you enjoy the tips and stories in this book. Again, if someone in your life might benefit from this book, feel free to share it with them.

Thank you.

Respectfully,

Dawid (With inspiration from Nacho - RIP)



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END OF PREVIEW

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