

REALITY CHECK COACHING EXPANDS TO INCLUDE CAREER COACHING

Career Coaching helps clients promote their skills and abilities to find new jobs

Portland, OR June 5, 2009 - Reality Check Coaching welcomes Lori Rush as the Director of Career Services to oversee the new career coaching and consulting division. Career coaching will allow Reality Check to work with clients who are actively and passively looking for new jobs, provide tools for resume writing, identify ways to build a personal network of contacts, improve interview skills, and receive continued support and motivation during the job search process.

Rush has more than 20 years of corporate experience as a human resources manager, hiring manager, corporate recruiter, agency recruiter and development trainer. This experience has helped Rush identify critical steps in the job process that enables clients to find their ultimate job. She teaches clients how to use traditional resources in today's environment, such as resume writing, cover letters and networking. Rush also teaches the importance of utilizing online social networking resources such as Facebook, LinkedIn and Twitter.

Lori Rush identifies with people looking for work in a slow economic growth period – in August, 2001, she was laid off from an upper management position at a national retail chain due to company restructuring. She utilized the knowledge and skills from her previous role to begin a job as an agency recruiter. Since then, she has helped hundreds of people identify and find new jobs that are inline with their passions and life goals.

When asked what Rush's favorite part of assisting new clients attain their goals, Rush said, "My passion involves helping people identify and pursue new careers that align with their values and beliefs." Rush recommends the first action step a client should take is make a list of friends, family, acquaintances, and reaching out by simply mentioning what services can be offered.

Rush holds a bachelor's degree in Business Administration from Oregon State University.

Reality Check is now accepting clients for coaching, and can provide services in person or by phone. Reality Check Coaching has a variety of service packages offered for Career Coaching, including resume writing, networking, and interview techniques.

About Reality Check Coaching LLC

Reality Check Coaching, a leadership training and life coaching organization, was founded in 2008 by Jennifer Davidson. Her goal is to assist people by defining their goals and dreams in life, and help turn them into reality. Davidson has a Master's degree in business administration from Marylhurst University, and is Certified Professional Coach. After a career that included corporate training at General Electric, she became a professional coach to help a broader range of people. For more information, please visit www.realitycheck-coaching.com or call (503) 206-7001.

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