

FOR IMMEDIATE RELEASE
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Total Career Success with Ken & Sheryl Dawson —
VOICEAMERICA INTERNET RADIO SHOW

March 9, 2009 Show Features
Dr. Mark Goulston – Author & Executive Coach
“Don’t Sabotage Your Career!”

Houston, TX – Mark Goulston, consultant, executive coach and author of *Get Out of Your Own Way at Work*, will be featured on Total Career Success, an Internet show on VoiceAmerica Talk Radio Network, at 11 a.m. Central on Monday, March 9. The show is designed to inform listeners and encourage them to achieve their career goals by featuring experts and business leaders to provide advice on job search and career advancement. A clinical psychiatrist, Mark Goulston heads executive coaching and leadership development at an international strategic and development firm, and is *Leading Edge* columnist for *Fast Company* magazine. He will share his insights that have helped Fortune 500 executives, managers and line workers achieve success. Learn techniques to conquer self-defeating behavior on the job and in job transition such as:

- Expecting your boss to appreciate you
- Letting fear of failure paralyze you
- Procrastinating and wasting time
- Making excuses and getting defensive
- Staying too long in a job you should leave
- Thinking you are indispensable
- Setting your expectations too low

“Mark Goulston is recognized for his common sense approach to avoiding common place foibles that undermine relationships and performance,” Sheryl Dawson, co-host shared. “Knowing you *can* alter your behavior from self-defeating to career-enhancing is empowering.”

Ken Dawson, a show host added, “Mark effectively helps you recognize and overcome your obstacles and become better at whatever you do and more successful. As Mark puts it, ‘potential is a terrible thing to waste’ so don’t miss his formula for ensuring you are always one step ahead -- by taking two steps forward even when you find yourself inadvertently taking one step back!”

To listen to the broadcast, please visit www.voiceamerica.com and click on the Total Career Success icon. The show will air live at 11 – 12 noon Central on March 9 and will then be available as an archive on the web site or to be downloaded to MP3 players and cell phones.

Mark Goulston, MD

Mark Goulston is a business advisor, consultant, trainer and coach trained as a clinical psychiatrist who honed his skills as an FBI/police hostage negotiation trainer who increases people's ability to get through to anyone. Dr. Goulston's development of those skills started with his education: a B.A. from UC Berkeley, an M.D. from Boston University, post graduate residency in psychiatry at UCLA. He went on to be a professor at UCLA's internationally renowned Neuropsychiatric Institute for more than twenty years, become a Fellow of the American Psychiatric Association (the highest award that organization offers) and was named one of America's Top Psychiatrists for 2004-2005. Dr. Goulston heads executive coaching and leadership development at FerrazziGreenlight, an international strategic development firm. He is a member of the Worldwide Association of Business Coaches and is the bestselling author of four books, including *Get Out of Your Own Way at Work* and is a contributor to Harvard Business, the Tribune media syndicated column on leadership, *Solve Anything with Dr. Mark*, for *Fast Company* and *Director's Monthly*. He is frequently called upon to share his expertise with regard to contemporary business, national and world news by television, radio and print media including: *Wall Street Journal*, *Harvard Business Review*, *Fortune*, *Newsweek*, *Time*, *Los Angeles Times*, and the major network news organizations and nationally broadcast shows.

For more information visit <http://www.markgoulston.com>

About Total Career Success

Total Career Success, broadcast on VoiceAmerica, the world leader in Internet Talk Radio and syndicated on World Talk Radio, aims to engage listeners in new ways of thinking about their potential, their goals, and their future. The show hosts are Ken and Sheryl Dawson, principals of Total Career Success, Inc. and authors of *Job Search: The Total System*, 3rd edition. They have served corporations in outplacement and career development as well as talent management for 30 years in their consulting firm Dawson Consulting Group. The show presents guests who are experts in their fields to share the lessons they have learned in succeeding in their various areas of excellence and to discuss tips about a broad range of career issues, from specific career opportunities, to industries and workplace changes, to financial and advancement considerations.

For more information, visit <http://www.tcsworldwide.com/mediahome.shtml> and <http://www.dawsonconsultinggroup.com> .



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