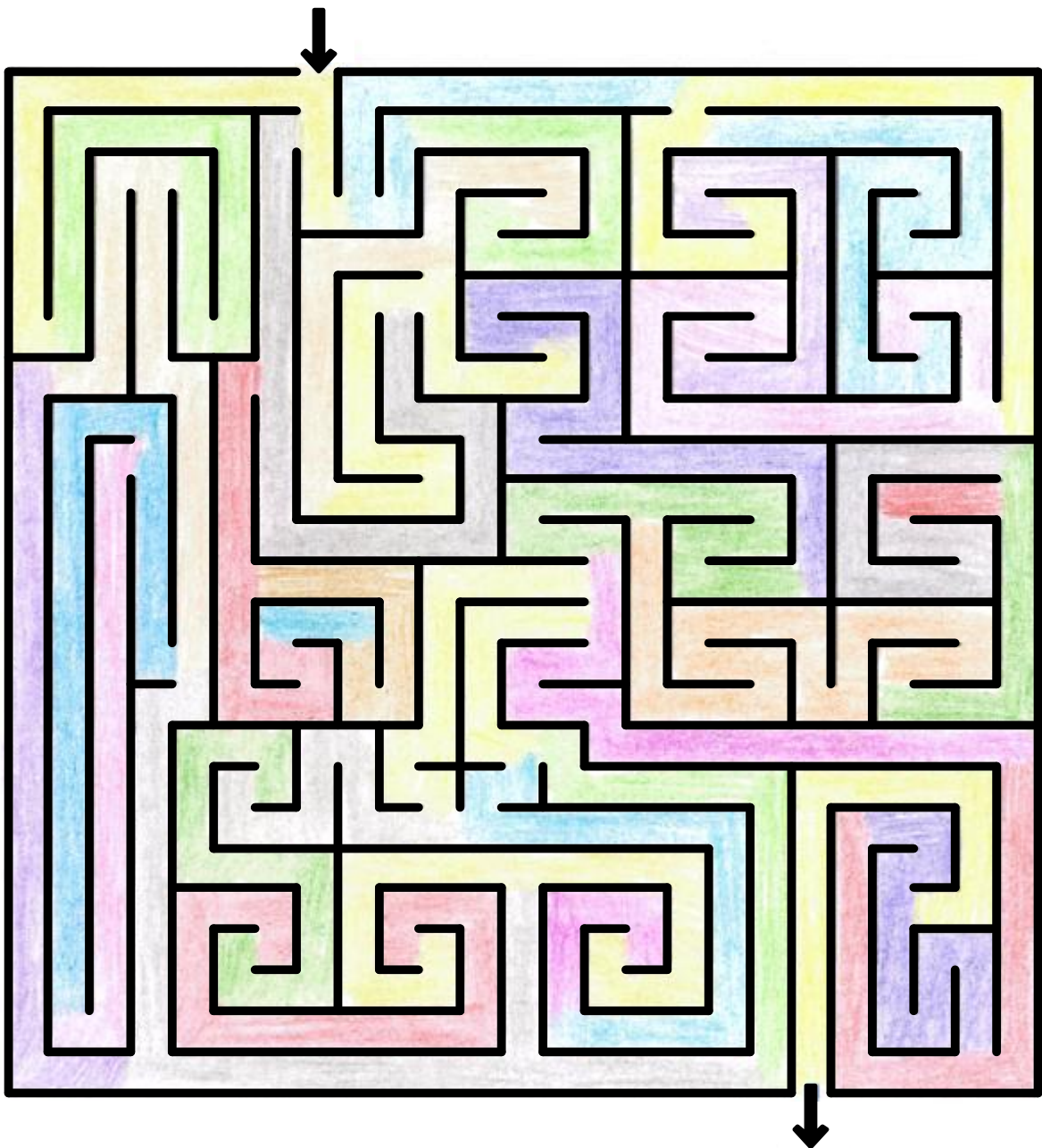


Monique Spierenburgh

Maze of work



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© Monique Spierenburgh

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Maze of work

drs. Monique Spierenburgh

MFAVE

PREFACE

The last decades one can no longer speak of a career for life. Because of situations like outplacement, redundancy, unemployment and re-entry you will have to deal with career questions.

This book can help you get things into perspective and context. It's a moment for yourself. There are deliberately no broad theoretical issues raised and it's primarily intended as a positive means for you to motivate and help yourself. To make room for something new.

I wish you good luck and reading pleasure with this book. That it may serve as an incentive if you are still in a 'maze' and experiencing setbacks. That it may guide you towards action in the right direction.

drs. Monique Spierenburgh

March 2011

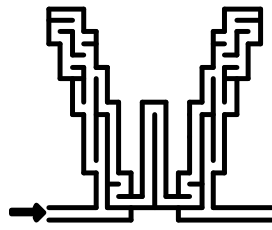
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CHAPTER 1

Determining your position



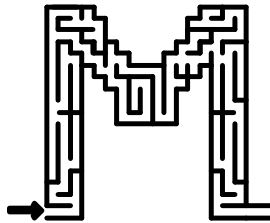
When you encounter problems, opposition, or even personal disasters in your life that demand nothing but to endure, it can be tough and difficult: you suddenly lose your job, because you are being fired, found redundant, no longer being necessary for the company or being too old or too young. In that case it's good to know that there are more people like you. And that it isn't always raining.

A setback, whatever it may be, is also an opportunity. It brings change, but also uncertainty. In times of doubt and burden it's always more pleasant to keep control and take your life into your own hands, instead of having someone else do it for you. Others can function as a guide, but they are never wiser than your own wisdom. You experience what you're experiencing, another person only can feel sympathy or pity for you. Pity doesn't serve you well, but sympathy and interest of others, or understanding, is very nice and good for you.

BOOK PREVIEW

CHAPTER 3

Mazes



aze as a playful relaxation.

Finding your way in a maze is a puzzling task. You have to concentrate. This gives a peaceful feeling and is a kind of meditation. And there isn't just one good way to do it. There are many possibilities. It's your road and you decide where it leads. How often in life aren't we afraid to make mistakes and does this make us avoid taking some roads? These dead ends you also see in a maze. Furthermore, a maze has an entrance and an exit, just as life itself. You have a past, a present and a future. The maze may symbolize your story.

Exercise 3:

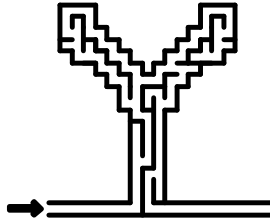
Choose a maze from chapter nine of this book and find your way through it.

Exercise 4:

You can also colour a maze, being guided by your feelings. Often, this is surprisingly relaxing and the, perhaps negative, feeling of having to 'solve another puzzle' drops.

CHAPTER 5

Aphorisms and inspiration



→ You can get inspiration from a lot of things. A nice song on the radio, a good movie, a book, a hobby. Something in the newspaper or a magazine. Stories, poems and aphorisms. And a good conversation.

I've always enjoyed creating aphorisms. These were written in times of inspiration. Times with emotion, energy or times of tranquility.

BOOK PREVIEW

Aphorisms.

There is only one road, though it may have many turns.

Your choice is your way.

If you keep silent your heart can speak.

If you're living in the past you're taking away chances from the present.

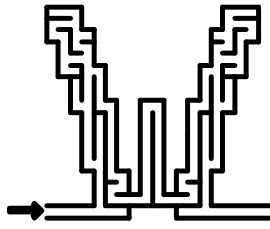
Conjoint thoughts forge a bond.

The light is only one step away from the shadow.

By choosing you define your road.

CHAPTER 6

Maze as a garden



What do you allow to flourish?

You can view a maze as a piece of you. You can decide what you sow and what you allow to flourish. For example, you sow your talents and watch them grow. What you sow is often what's valuable to you. This is determined by your values. You can discover your values with the exercises from chapter three. Finding your way through, creating and colouring mazes. Through the almost meditative effect of mazes you will get to your personal core. Your core is your deepest self and it tells you what matters to you most. It can also be manifested in dreams. Give it the time it takes. This book contains enough exercises that will give you a helping hand to discover this.

BOOK PREVIEW

Exercise 8:

Write five lines on which type of garden you want/have for yourself?

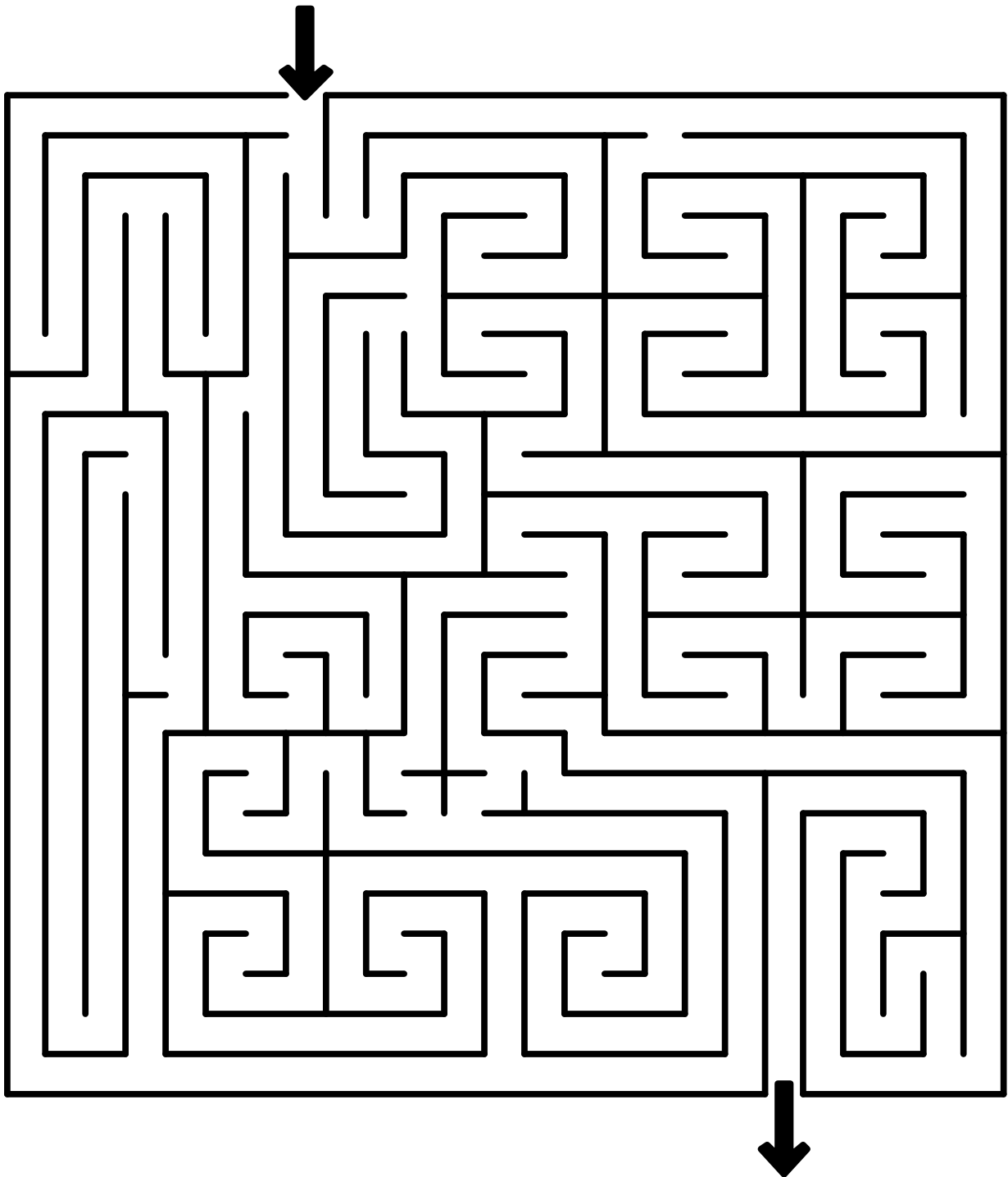
What should be in your garden?

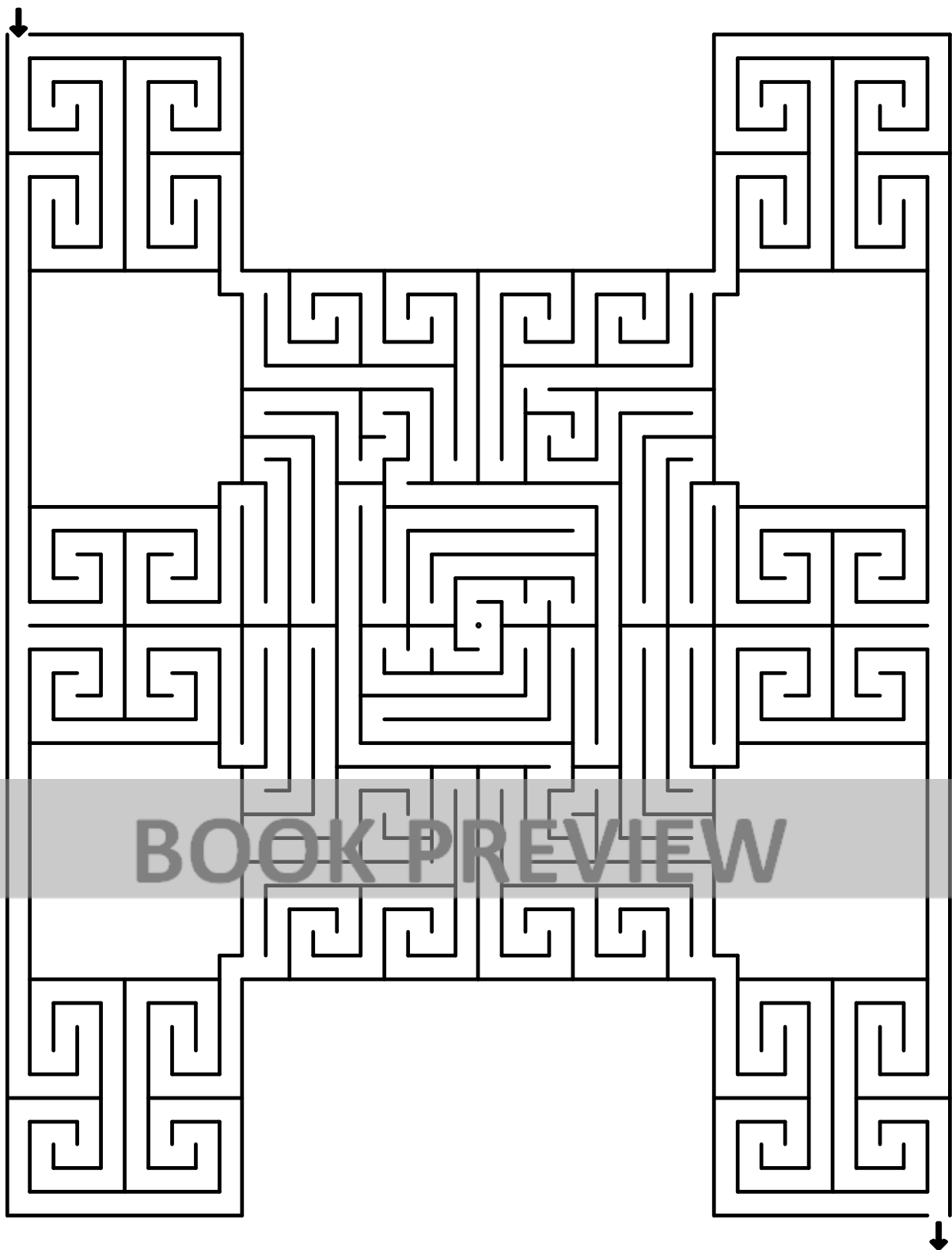
What is valuable to you?

Why?

CHAPTER 9

Mazes





BOOK PREVIEW

