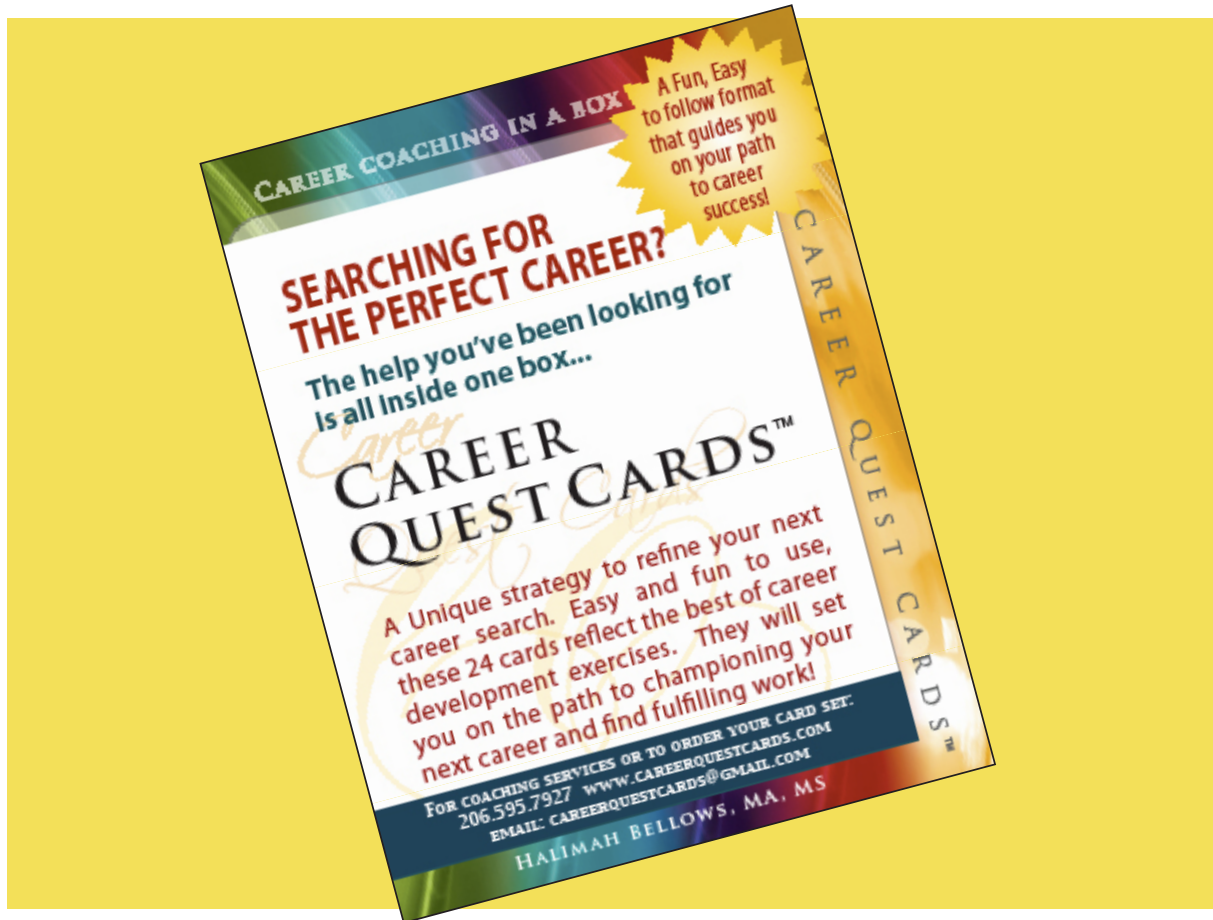


CAREER QUEST CARDS™ FACT SHEET



TITLE: CAREER QUEST CARDS™

AUTHOR: Halimah Bellows, MA, MS, CCC, CPC

WEBSITE: careerquestcards.com

PUBLICATION DATE: January 1, 2010

BINDING: 4½ x 6 Clear plastic box

PAGES: 24 individual cards

ISBN: 978-1-4276-4461-9

PRICE: \$26.00

AUDIENCES/MARKETS: Job seekers, workers in transition, students, retirees, career development professionals

MARKETING PLAN: Personal Appearances, Internet, Direct Mail, Social Media, Radio, Trade Shows/Exhibits

PUBLISHER: Halimah Bellows

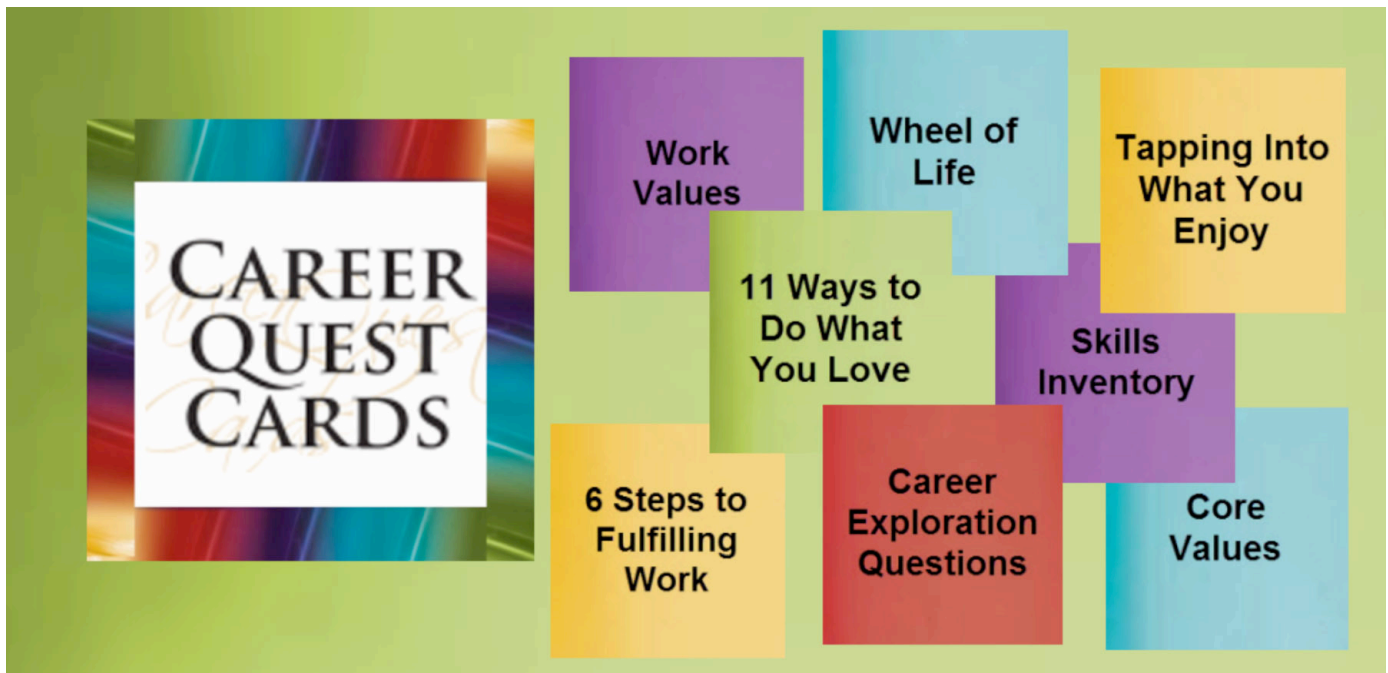
DISTRIBUTOR: Halimah Bellows, careerquestcards@gmail.com

AUTHOR CONTACT: careerquestcards@gmail.com

CAREER QUEST CARDS™ have been designed as a practical, portable tool for developing a fulfilling new career. The set of 24 cards provides a distillation of 30 key career-coaching exercises. The cards are color-coded in five categories, allowing an individual the flexibility to work with the cards randomly or use them in a sequence that suits his or her own learning style. Career coaches and counselors, career development professionals and outplacement consultants, as well as high school guidance counselors and advisors can also utilize the CAREER QUEST CARDS™ in working with their students or clients.

NEW IN 2014!

CAREER QUEST CARDS™ FOR IPHONE, KINDLE FIRE AND ANDROID DEVICES



Now you can instantly download CAREER QUEST CARDS™ in a convenient format that runs on any connected iPhone, Kindle Fire or Android device. The app provides a distillation of 30 key career-coaching exercises in a colorful, fun, easy-to-use package designed to enable busy users to take it with them on the go as they explore possible paths to career success.

Mid-life professionals making career transitions, millennials exploring their career options, recent college graduates without a clear career direction, retirees embarking on a new stage in their work lives, dissatisfied job-holders who have never before considered a real career—all can benefit from this powerful career-building tool. CAREER QUEST CARDS™ provides an affordable alternative to paying for the cost of a career coach.

The app uses color-coding to enable individuals to work in a sequence that suits their own learning styles—random, by category or fast track. CAREER QUEST CARDS™ also provides a notepad for tracking discoveries that users make about their values and preferences in the process of doing the exercises.

To download CAREER QUEST CARDS™ on your Kindle Fire or Android device, go to:
www.amazon.com/s/ref=nb_sb_ss_i_0_13?url=search-alias%3Daps&field-keywords=career+quest+cards&prefix=career+quest+%2Caps%2C409

or

<https://play.google.com/store/apps/details?id=com.careerquestcards.cqcandroid&hl=en>

To download the cards on your iPhone or iPad, go to:

<https://itunes.apple.com/us/app/career-quest/id781946447?mt=8>

PRESS RELEASE

CAREER QUEST CARDS™ © www.careerquestcards.com

Date: December 26, 2013

Contact: Halimah Bellows, hbells@careerquestcards.com

NEW APP OFFERS POWERFUL CAREER-BUILDING STRATEGY FOR 2014

SEATTLE—For job-seekers committed to reinventing themselves in the new year, career counselor/coach Halimah Bellows, MA, MS, CCC, CPC has now incorporated her innovative CAREER QUEST CARDS™© into a convenient format that can be instantly downloaded on any connected iPhone, Kindle Fire or Android device. The app provides a distillation of 30 key career-coaching exercises in a colorful, fun, easy-to-use package designed to enable busy users to take it with them on the go as they explore possible paths to career success.

Mid-life professionals making career transitions, millennials exploring their career options, recent college graduates without a clear career direction, retirees embarking on a new stage in their work lives, dissatisfied job-holders who have never before considered a real career—all can benefit from this powerful career-building tool. CAREER QUEST CARDS™© provides an affordable alternative to paying for the cost of a career coach. The app uses color-coding to enable individuals to work in a sequence that suits their own learning styles—random, by category or fast track. CAREER QUEST CARDS™© also provides a notepad for tracking discoveries that users make about their values and preferences in the process of doing the exercises.

Halimah Bellows is a seasoned career counselor/coach with more than 20 years of experience as well as an educator and educational planner for colleges and non-profits on the West Coast. She has appeared as a guest on a number of radio talk shows in the Pacific Northwest. She is available for counseling, coaching or presentations and can be reached at hbells@careerquestcards.com or careerquestcards@gmail.com, or 206-595.7927. More information about CAREER QUEST CARDS™© is available at www.careerquestcards.com.

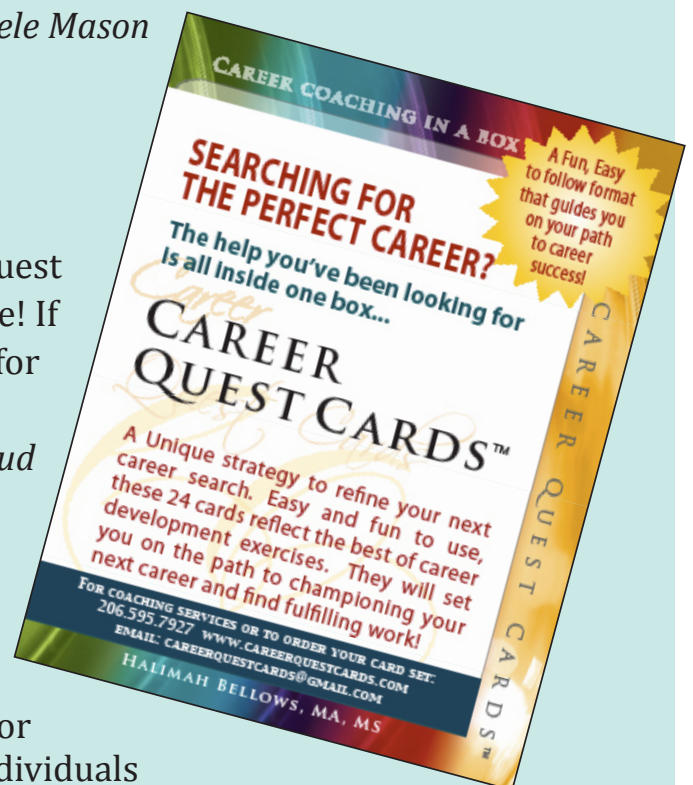
REVIEWS

“These cards were a wonderful supplement to my mid-life career change. The exercises were fun, useful and not run-of-the-mill. I really appreciated the colorful hands-on aspect, which was much more enjoyable than reading a book. They helped me clarify the direction in which I should go.”

--Michele Mason

“Halimah Bellows is showcasing her Career Quest Cards™ at this workshop. They are awesome! If you need an easy way to find the right career for yourself, I highly recommend this workshop!”

--Greater Seattle Subud



“Halimah Bellows has created a great tool for career assessment which can be used by individuals or by an instructor with a group. It comes in a box of 20+ double sided 4x6” cards. The cards are color coded and divided into five categories: Getting Started; Reflecting; Defining; Taking Action; Bonus Cards (additional exercises). They prompt the user to reflect on strengths, values, personal traits and interests. Although the principles and activities are not unlike many career assessment books, the cards are a unique way to get people thinking about career transition in a fun and non-traditional way. I especially like the Job Quest/Career Quest pyramids and the SWOT Analysis cards which take a very strategic approach to job search.”

--Terry Pile, Principal Consultant
Career Advisors

ABOUT CAREER QUEST CARDS™ ©



CAREER COACHING IN A BOX: A unique strategy for developing your career

Whether you are a mid-life professional making a career transition, a recent college graduate without a clear career direction, a retiree embarking on a new stage in your work life or a dissatisfied job-holder who has never before considered a real career, CAREER QUEST CARDS™ © can offer you a practical, portable tool for finding the work that is right for you.

This set of 24 cards provides a distillation of 30 key career-coaching exercises. The cards are color-coded in five categories, allowing the flexibility to work with the cards randomly or use them in a sequence that suits your own learning style and needs. By keeping a journal, you can track the discoveries you make about your values and preferences in the process of doing the exercises.

Career coaches and counselors, career development professionals and outplacement consultants, as well as high school guidance counselors and advisors can also utilize the CAREER QUEST CARDS™ © in working with their students or clients. The package of cards includes suggestions for using the exercises interactively with individuals or organizing workshops where people work together as partners or in small groups. Young people in particular may find the colorful cards more fun than reading a book about career development.

For more information: www.careerquestcards.com

ABOUT THE AUTHOR



About Halimah Bellows, MA, MS, CCC, CPC

At an early age Halimah Bellows became aware of her natural ability to listen to people non-judgmentally as well as her desire to be of service to others. In her life as an educator, a career counselor and a coach, she has been able to marry her fascination with people's stories with her deep interest in the world of work.

After completing her undergraduate studies in Social Science and English at New York University, Halimah went on to earn an MA in English Language Teaching at the University of Exeter in England and then taught English as a Second Language in England and Indonesia. Returning to the United States, she earned her MS in Counseling Psychology at San Francisco State University and received intensive Certified Coach Training at The Coaches Training Institute in San Rafael, California and Retirement Options in St. Louis, Missouri to become a Certified Retirement and Professional Coach. Additionally she has obtained graduate certificates in Training Systems Development and Educational Drama. She holds Washington and California Community College Teaching and Counseling Credentials and is a Certified Dependable Strengths Articulation Process Facilitator.

For more than 20 years, Halimah has been helping her clients champion their careers and find their ideal jobs. She has a special gift for gently but relentlessly sifting through the mist and fog of clients' experiences and impressions and bringing the clarity in their insights to light. She is a seasoned workshop presenter and group facilitator and has led many seminars and retreats for a variety of educational institutions, religious groups, non-profit organizations and corporations.

Halimah has appeared as a guest on a number of local radio talk shows in the Pacific Northwest. In addition to assisting people through career transitions and supporting retirees to "retire with fire," she also focuses on helping couples and business partnerships build powerful intentional relationships as well as empowering artists, entrepreneurs, and professionals to develop their businesses and achieve their dreams.

FOR COUNSELING, COACHING OR PRESENTATIONS: hbellows@careerquestcards.com or careerquestcards@gmail.com, or 206.595-7927

MEDIA Q & A

*Career Quest Cards*TM©

by Halimah Bellows, MA, MS, CCC, CPC

1. What changes in the field of career development have you observed in your twenty years as a career counselor?

The theories haven't changed. The emphasis is, as it has always been, on reflecting on who you are: your likes and dislikes, your values (in both your personal and your work life), and your skills. Career coaching has been introduced. The process of career development has become more holistic.

What has changed is the job search. It has become more impersonal. There is an emphasis on using keywords in a resume. People are asked to fill out behaviorally-based questionnaires. The search requires more patience. The tight economy eliminates a whole population from being able to seek help from a career counselor. More and more, it's not what you know but who you know, so networking is really important.

2. What inspired you to create this set of Career Quest CardsTM©?

I saw that people needed some kind of tool for applying the most up-to-date techniques and exercises that have been developed for career counseling in a self-help setting. They needed a tool that was flexible enough to allow them to use it in the ways that best suited their lifestyles.

3. Why are the Career Quest CardsTM© an appropriate tool for career seekers in our present economy and marketplace?

The cards are designed to enable people to gain many of the insights they would gain in career counseling. It's a really affordable approach to developing a workable strategy for finding the perfect career.

4. How can individuals use Career Quest CardsTM© as a self-help tool?

There are several audiences for whom the cards are really appropriate. They are primarily designed for people who don't have time to read books or are overwhelmed by too much information. They are particularly appealing to individuals who are kinesthetic and visual learners.

MEDIA Q & A (Continued)

5. How can career development professionals utilize Career Quest Cards™© in their work with their clients?

The cards can be particularly useful in a workshop setting. The professional can be available to supervise while participants work with each other in pairs or small groups. Afterwards, individuals can share their insights, enabling all participants to gain from each other's reflections.

6. What successes have you seen with individuals using Career Quest Cards™© to gain insight for developing their careers?

A number of my clients are spouses of Microsoft employees. Microsoft has a relocation package in which spouses are encouraged to network, volunteer and find work that satisfies them. Clients who have followed my suggestions have been successful.