

Mission: To change the way people feel about work...From just a paycheck to a fulfilling endeavor that is an extension of their purpose and passion.

## Biography

Finding the right job can be exciting... and sometimes very exasperating as well. I know, because I've "been there, done that."

I was lost after college. I jumped around from one job to another in a variety of fields, trying to find something that satisfied me. I know my parents were worried. Other people kept asking me what I wanted to do, but I couldn't answer them. I didn't know!

As I moved from job to job, I felt like all I was doing was identifying what I *didn't* want to do instead of what I *did* want. It was all very frustrating.

Somewhere along the way, it dawned on me that I probably wasn't the only one trying to find a fulfilling career. Others were undoubtedly experiencing the same thing. That's when it hit me! This is what I wanted to do! I wanted to help others avoid the struggle I was going through, especially young adults who were going through a career transition. I wanted to be a Career Coach.

It took a few years, but I finally became a Certified Co-Active Coach through the Coaches Training Institute. And I love it! I've found my passion.

My practice has grown by leaps and bounds, which validated what I knew all along – that others were seeking to find that ideal job, that perfect career, that rewarding profession.

I live in Atlanta, Georgia with my husband Frank and son Vaughn. When I'm not helping clients in their career search, I'm out horseback riding or traveling.

If you'd like to learn more about me, I invite you to visit my [blog](#) or check out my [Squidoo page](#).

### Education

- Certified Professional Co-Active Coach, Coaches Training Institute
- BS Communications, Vanderbilt University
- MA Communications, University of Illinois at Chicago
- Member, International Coach Federation
- 2007 Board Member, Georgia Coaches Association
- Trained in EFT: the Emotional Freedom Technique
- Completed The Inside Team Intensive: Coach training for advanced coaches, The Coaches Studio
- Scholarship to National Training Labs "Experiential Education" seminar

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## Reviews and Comments

“As a young entrepreneur who is still uncertain about her next step, I find the sheer concept of Flying Solo to be invigorating. The author's approach has really helped me organize my fluttering thoughts of something "more" into an actionable plan that now seems more probable rather than just possible. I've never had a problem with dreaming BIG (which the author refreshingly supports), but I have certainly had an issue with believing that my BIG dreams are possible. Flying Solo is much more than the typical how-to book. It is truly a guide and road map that encourages and supports me as I transition to my next calling.”

- Amber ONeal

“This book really helped me to move forward when I was trying to decide what to do next in my career. Everyone was telling me I was crazy for wanting to leave my job, but it just wasn't doing it for me. I was dragging myself to work every day and thought I had to stay put because I'd spent four years in college studying to do it. In Flying Solo, Hallie Crawford shared the insight, guidance and tools I needed to successfully move on to my next career challenge with the confidence to make it work.”

- Leslie Guria

“For the first time, Hallie Crawford has combined her award-winning coaching process in a handbook especially designed for Singles. A certified career coach and successful entrepreneur, Hallie has helped thousands of career-minded singles identify their ideal career paths and achieve their goals with methods that are both practical and inspiring. If you dream of making a career change, but aren't sure how you can do it as a single person-or maybe you're still on the fence about where to begin-Flying Solo: Career Transition Tips for Singles is for you. You'll find this book loaded with valuable content in a step-by-step program intended to deliver measurable results on your road to greater career fulfillment. You'll learn to rise above financial hurdles; how to use specific strategies in overcoming obstacles that often plague singles; and where to find support and encouragement every step of the way. You'll also discover empowering exercises that will have you seeing your single status differently-as your 'single' most important asset in creating a successful career transition!”

- Amazon.com editorial review

“...If I were considering a big career change right now, I think I'd appreciate the opportunity to read through a discussion of so many of the issues that come up, especially from someone [like Hallie] who has coached many other people through the process. She [Hallie] also raises the issue of friends who are not supportive of your plans to make a big career change, and suggests that you don't bring up the topic with them until you are farther along in the process. I like that a lot better than what I've seen in some other self-help books...” <http://blogs.psychologytoday.com/blog/living-single>”

- Dr. Bella DePaulo

“*Flying Solo* is not just a guide to deciding if it’s time to make a career change; it is also a plan for doing so. Written in a clear, conversational tone, many of the suggestions are built on common sense. The book’s value lies in putting order and structure to the process.”

- **Anne Brandt**

“In these tough times, we all need to feel like we have a plan. Hallie's book will be that guide for the single job seeker; with valuable tips that were appropriate in the good times and essential in the bad times. I highly recommend this read.”

- **M. McIntosh**

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## Quotations, Excerpts and Questions

### Quotations

These are a few quotes from the book.

#### **On How To Know When It's Time To Go:**

“We all have our ups and downs at work, so it’s important to define whether you really need to change jobs, or if you’re just going through a rough patch you need to work through.”

“Our parents may have just bucked up and taken the ups and down’s of their jobs without giving a through to changing careers. They stayed where they were, collected their pensions and retired. Times are different now. People want satisfying, rewarding careers. They’re no long content to just punch a time clock. They want a sense of fulfillment from their work and they expect to enjoy their lives now instead of waiting until retirement.”

#### **On Getting Your Transition Started:**

“Tap into those secret fantasies about he ideal career for you and then use those insights into yourself to create a workable plan for the future. You’ve got nothing to lose, other than a missed opportunity because you waited too long. Today you’re single, you’re free, and the future is wide open. So take off your practical hat, put on your dreaming glasses and dream BIG.”

#### **On Setting Goals And Getting Practical:**

“It’s more important to just get started than it is to wait until you’ve developed a perfectly planned course of action. If you wait for things to be perfect, you could be waiting a very long time.”

#### **On How To Get Off The Roller Coaster:**

Learn that emotions are natural and accept the feelings that come and go. The trick is to let them ebb and flow while keeping a healthy perspective and feeling good about yourself and your plan for the future. When you accept feelings as a natural flow, you can maintain perspective more easily, even in the midst of emotional turbulence.

### Book Excerpt

Use this link to download a [PDF that contains the table of contents and the first chapter.](#)

### Suggested Media Questions for Hallie Crawford

Here are a few sample interview questions based on the content of the book:

- What prompted you to write this book?

- What's the one thing that helps (or helped) keep you motivated during you career transition while "flying solo?"
- What are the top 3 reasons making a career transition as a single person is easier than a partnered person?
- What are the pros and cons to being single in career transition.
- Explain the "It's all on me syndrome" and what can be done about it?
- Explain the benefits of building your "dream team" for your career transition as a single.

# Hallie Crawford

Certified Career Coach, MA, CPCC



*Career Coach Hallie Crawford, author of Flying Solo: Career Transition Tips for Singles is passionate about helping others find their dream career*

## Invite Hallie to speak at your next event

Since 2002, Hallie Crawford, MA, CPCC, Certified Career Coach, speaker and author has delighted audiences with her uniquely motivating presentations. Her secret lies in empowering participants to change the way they feel about work by helping them to see their career as a fulfilling endeavor that is an extension of their purpose and passion, and not just a paycheck.

Why is Hallie so passionate about helping others find their dream career? Because she has traveled the same journey in search of a satisfying career. She knows, firsthand, the challenges that arise for career seekers, and she has developed practical solutions to make the process a success. Hallie is the kind of career coach that you want by your side if you are serious about making your dream career a reality.

Based in Atlanta, GA, Hallie has undergraduate and graduate degrees in Communications from Vanderbilt University and the University of Illinois at Chicago. She is a member of the International Coach Federation, Coachville, and serves on the Board of the Georgia Coach Association.



### Speaking Topics

The following is just a sample of potential speaking topics. All programs will be customized for your group.

- Six Tips for Singles in Career Transition
- Six Tips to Identifying Your Ideal Career Path
- You're Not Lost... You Just Need to Find Yourself!  
Uncovering Your Values to Define Your Dream Career
- You Had Me at Hello! Create an Unforgettable First Impression with a Can't Miss Elevator Speech
- From Fast Food to the Corner Office - Six Steps to Make the Transition to a Career You Love
- "Why am I Still Doing Your Laundry?" – Knowing when it's OK to kick your college grad to the curb to finally fend for themselves.
- "It's like talking to a brick wall" – Helping your college grad become a grown up when the last thing they want to hear is what you have to say.
- "You want me to do what?" Getting your unemployed college graduate to understand that paying your dues is part of the plan.

### Reviews

*"The evaluations were effusive - everyone loved Hallie!"*  
- Amber B. Shushan, Junior League of Atlanta

*"Hallie helped me visualize my future and what I wanted. Her approach and encouragement made all the difference at an essential time!"*  
- Linda Groetzinger, Chicago

*"I walked away from Hallie's program with an intense motivation to pursue my goals."*  
- Marisa Sanders, Chicago

### To schedule Hallie Crawford for your next event

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