

New Career Handbook Reveals Secrets to Promotion

WASHINGTON DC (05.01.2010) -- With the tides turning on the greatest recession in recent US history and Americans beginning to re-enter the workplace, Carolyn Thompson, DC's leading careers expert, is cutting to the chase in her newest title, *Ten Secrets to Promotion*, and revealing the keys to getting promoted in today's economy.

"Companies are starting to hire again," says Thompson, "and now more than ever, career-minded individuals need to start focusing on how to strategically position themselves for promotion."

Thompson, who has been in the executive recruitment industry for over 20 years, has spent the past year interviewing and analyzing C-Level executives from around the country to find out just what it takes to stand out from the crowd and move up the corporate ladder.

Thompson's research identified several distinct qualities and factors that executives look for when considering candidates for promotion. "I sat down with executives and asked about how they landed promotions on the way up -- and why they give promotions now," said Thompson, "time and time again, I heard the same answers."

In similar fashion to her other titles, Thompson's *Ten Secrets to Promotion* presents her latest findings in a simple and straightforward manner, and offers readers a myriad of advice that can be put to use immediately.

The 10 secrets to positioning oneself for promotion include:

- Knowledge is power. Lay low and observe for the first few months
- Dress for the position you want. You can't play for the team without the uniform.
- Conduct yourself professionally at all times - both in and out of the office - AND online.
- Know why you want to be promoted. What is your unique value proposition?
- Align yourself with others who have been promoted and who are on track to being promoted.
- Make your plans known to your manager. Discuss your individual goals for promotion when being reviewed.
- Only work from home when it is approved and absolutely necessary.
- Never openly complain about your current position, pay, boss or company.
- Stay upbeat even if you don't get the first promotion.
- Be gracious when you do get the promotion.

This book, along with Thompson's other titles, can be found on her website, www.CarolynThompson.net and at www.Amazon.com. She can also be found lending her experience, advice and stories on her blog, www.JobSearchJungle.com.

Carolyn Thompson is available for interview.

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