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Don't miss your chance for a brand new start

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METRO CANADA
Published: February 07, 2011 8:00 a.m.
Last modified: February 06, 2011 4:28 p.m.

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Never sit in the rocking chair of life and say, "I wish I would have."

That's the motto I live by and right or wrong, I have allowed the saying to guide my life. I changed the direction of my career when I left TSN as an anchor and reporter and went back into news, acting, singing and production. People thought I was nuts. But I had a plan and right now I get up every day excited about what the new day will bring.

Don't get me wrong. Change is hard and there have been tons of frustrating moments during my career transition but let me tell you, the rewards have been plenty. Are you ready to take a deep breath, make a plan and go for what you have always wanted?

We are launching "The New You Makeover Contest" for all Metro News readers. Go online to ClubMetro.com and tell us in 150 words or less why you need a career and life makeover. You could win a prize package worth \$10,000! You'll get expert career coaching from NexCareer and access to work space facilities while you get your new career underway.

ebranders, a division of Howe Brand Communications will provide branding, social media and website coaching and WIND Mobile has donated a fabulous Blackberry Bold 9700 with one year of unlimited talk and text so you'll be able to network. You'll be sporting a new Notebook computer courtesy of TechDirect and a leather brief case from Danier. They want you to look good, too, so you'll be given a \$500 gift card to go shopping at Danier. Donato Hair and Spa will give you the look you need to succeed in business and you'll receive leadership and career inspiration from a "Learn on the Go Pack" from world famous author Robin Sharma.

If you have been downsized or are in a job that's going nowhere, now's your chance to make a change. Write to me at ClubMetro.com and tell me why you need a makeover. You could be 150 words away from a major turning point in your life. (and some really nice prizes).






More about Teresa Kruze

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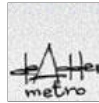
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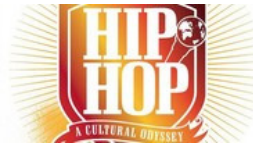
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