

Program offers tips for less stress, more productivity



(L-R) TampaBay-Job-Links volunteers Andi Jacobs, board president; Dr. Sabina Kunis and Carol Lieber, LCSW, at a special seminar led by a productivity coach.

TampaBay-Job-Links (TBJL), whose mission is to help people find employment, hosted a special program May 5 for its donors, volunteers, and job candidates, featuring nationally recognized motivational speaker Diana Bloom.

Bloom, who resides in Tampa, is an accountability coach for Mike Scott and Associates. She has traveled around the country presenting seminars on accountability and productivity.

During the summer, she is head counselor at the Reform movement's Camp Coleman in Cleveland, GA. According to Bloom, her experience at Camp Coleman inspired her speaking abilities.

At the TBJL event, held in donated space at the Memorial Hospital in South Tampa, Bloom shared a variety of practical and implementable tips designed to increase daily productivity and to reduce day-to-day stress.

"Dramatic change can come from the smallest tweaks," Bloom said. "Having a system to be accountable to yourself and others will raise the level of your professional and personal relationships."



Diana Bloom

"This special event featuring Diana is our way of giving back to the community and helping people better themselves and their lives," said Andrew Hirsch, TBJL treasurer.

TBJL has been providing professionals in the Tampa Bay area with career and job-search coaching services and has been opening doors to employment and network opportunities since 2010. TBJL is a member of the International Association of Jewish Vocational Services. To date, TBJL has helped professionals land 188 jobs.

"Every day at TampaBay-Job- Links, we transform people's lives," said Sheila Solomon Rudd, TBJL executive director. "And how fitting it was to have Diana, who has assisted thousands of people achieve dramatic change in their lives, be the speaker at this outstanding event."

For more information about TampaBay-Job-Links and its services, visit www.tbjl.org or call (813) 344-0200.