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Business coach, author, consultant

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Scott Charlton releases “Your Professional Head Space” 1 August 2011

Your Professional Head Space is a welcome addition to the personal library of busy professional practitioners.

According to Scott - author, accountant and business coach - *Your Professional Head Space* fills a gap in the resources of busy professionals. “Most business books cover professional OR personal development. My intention is to aid professional performance so that the positive effects spill over to enhance personal lives and vice versa,” Scott said.

With chapters that span “Are You Having Fun Yet?”, “Professional Ethics” and “The Professional Wilderness” to “Partnerships”, “Reinvention” and the all too often NOT discussed “Marital Bliss and The Big D”, Scott challenges the thinking of jaded professionals who he says leave their souls at the office entrance each day. His message is that with confidence and courage professionals can pursue happier and more fulfilled lives.

“Filled with practical information, this book will resonate with professionals at all levels. It recognises that the person and their business are intertwined and that external influences - children, financial commitments, aging parents or death of a loved one - can consume a professional’s ‘head space’,” he said.

For a business to prosper Scott says the professional needs to be flourishing personally. Success starts with a self- awareness process he calls “Project Me”.

Your Professional Head Space is not a resource to be read once and then discarded. “Practitioners may wish to earmark pages, then jump ahead to chapters which are relevant to specific events or unfolding business and personal situations” he said.

Scott forewarns the book can be confronting as true case studies describe successes and some tragic failures. However, there are numerous tips and checklists throughout which will make life easier for the reader.

So what qualifies Scott Charlton to give such commentary? The answer is simple - Scott is a fellow professional. He has truly walked in the shoes of professional practitioners over the course of 30 years of diverse experiences.

Scott’s work as a business coach has helped hundreds of fellow professionals. It is the sum of such experience which underpins this book, providing a deeply insightful guide that Scott hopes will help others on their professional journey.

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