

PRESS RELEASE: Lawyer provides a simple process to create a personal vision, mission and goals

VANCOUVER, BC, October 10, 2016 – Maureen F. Fitzgerald, PhD, self-named recovering lawyer releases her newest book.

Titled, *If not now, when? - Create a life and career of purpose with a powerful vision, a mission statement and measurable goals*, this book introduces a unique **five-step process** for creating a “personal strategic plan,” starting with a vision statement and ending with specific goals.

After practicing law for fifteen years Fitzgerald was burnt out and looking for a new career. She read hundreds of books on careers and philosophy of life and realized that something big was missing. No books talked about creating a mission or vision. She decided to combine her corporate and personal experience with her reading to create a highly successful workshop for consultants and entrepreneurs. This is the book that emerged from that workshop.

Written for anyone who wants to align their life and work and live a life with meaning, this book helps people:

- Find work they love
- Align their unique strengths with their work
- Feel more purpose driven
- Gain clarity and a sense of meaning
- Feel directed and focussed

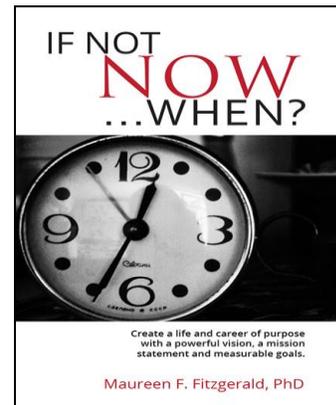
As Fitzgerald says, “People with a clear sense of purpose achieve success by knowing exactly where they are going and how to get there.” Readers learn how to:

- Create a personal vision for life and work
- Identify their particular uniqueness
- Develop a mission statement
- Select goals and strategies for fulfilling this mission
- Implement the mission and overcome obstacles

This book provides real-life examples and simple exercises to help each reader uncover his or her deeper calling and unique direction and use it immediately.

Contact: For a more information or author interview please contact the author: maurfitz1@gmail.com; 604-228-8900; www.MaureenFitzgerald.com.

Available on Amazon: <https://www.amazon.ca/Not-Now-When-Statement-Measurable-ebook/dp/B01M0U65DK/>



“Maureen has brought more than possibilities to the reader. She has brought clarity, solutions and direction! This is A MUST read.” –Ann Coombs, Futurist and author of *The Living Workplace*.

“This is a timely book for this generation. If you truly want to align yourself with your work.” – Monica Beauregard, President of Bridgepoint Human Resources Inc., Toronto, author of *Hiring, Managing and Keeping the Best*.

“Maureen Fitzgerald is a dynamic and intelligent author and presenter who has helped countless budding entrepreneurs develop powerful mission statements.” –Roxanne Davies, Masterful Consulting and ArtTales.

About the Author: Maureen F. Fitzgerald, PhD, JD, LL.M, BComm is a gender diversity advisor, a former lawyer and author of 11 books. She was a policy and labor lawyer for 20 years, taught at two universities, has a business degree, two law degrees, and a doctorate degree.

