

```
1 <br />
2 <b>Notice</b>: add_custom_background is <strong>deprecated</strong> since version 3.4
3 <br />
4 <b>Notice</b>: get_theme_data is <strong>deprecated</strong> since version 3.4! Use wp
5 <br />
6 <b>Notice</b>: Undefined index: sidebarCount in <b>/home/vlanec5/public_html/valiant.
7 <br />
8 <b>Notice</b>: Undefined variable: contactpage in <b>/home/vlanec5/public_html/valian
9 <!DOCTYPE html PUBLIC "-//W3C//DTD XHTML 1.0 Strict//EN" "http://www.w3.org/TR/xhtml1/1
10 <html xmlns="http://www.w3.org/1999/xhtml">
11 <head profile="http://gmpg.org/xfn/11">
12
13
14 <!-- basic meta tags -->
15 <meta http-equiv="Content-Type" content="text/html; charset=UTF-8" />
16 <meta name="robots" content="index, follow" />
17
18
19
20 <!-- title -->
21 <title>ValiantLane Blog | coaching.valiantlane.com</title>
22
23
24 <!-- feeds and pingback -->
25 <link rel="alternate" type="application/rss+xml" title="coaching.valiantlane.com RSS2 1
26 <link rel="pingback" href="http://coaching.valiantlane.com/xmlrpc.php" />
27
28
29 <!-- stylesheets -->
30 <link rel="stylesheet" href="http://coaching.valiantlane.com/wp-content/themes/avisio/
31 <link rel="stylesheet" href="http://coaching.valiantlane.com/wp-content/themes/avisio/
32
33 <link rel="stylesheet" href="http://coaching.valiantlane.com/wp-content/themes/avisio/
34
35 <!-- ##### end css ##### -->
36
37 <!-- scripts -->
38
39 <!--[if IE 6]>
40 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-content/themes/
41 <script>DD_belatedPNG.fix('.ie6fix, blockquote');</script>
42 <style>.box ul li a, li, .hr {zoom:1;}</style>
43 <![endif]-->
44 <!--[if lt IE 9]>
45 <style>.boxed {border:1px solid #fff}</style>
46 <![endif]-->
47
48 <!-- Make Slideshow variables available for Javascript-->
49 <script type='text/javascript'>
50 slideshowArray = [];
51 slideshowArray['feature_count'] = '7';
52 slideshowArray['slide_autorotate'] = '1';
53 slideshowArray['slide_duration'] = '3';
54 slideshowArray['slide_transition'] = '900';
55 slideshowArray['box_height'] = 'full';
56 slideshowArray['box_width'] = 'full';
57 slideshowArray['box_transition'] = 'fade';
58 slideshowArray['box_transition_delay'] = '90';
59 slideshowArray['hidden'] = '';
60 slideshowArray['transition_direction_0'] = 'topleft';
61 slideshowArray['transition_direction_hidden'] = '2';
62 slideshowArray['transition_direction_final'] = 'topleft';
```

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63 slideShowArray['save_my_options'] = '1';
64 slideShowArray['Submit'] = 'Save Changes';
65 slideShowArray['transition_direction_1'] = '';
66 </script>
67
68
69 <link rel="alternate" type="application/rss+xml" title="coaching.valiantlane.com &raquo
70 <link rel='stylesheet' id='admin-bar-css' href='http://coaching.valiantlane.com/wp-in
71 <link rel='stylesheet' id='iq-testimonials-css' href='http://coaching.valiantlane.com
72 <link rel='stylesheet' id='rotatingtweets-css' href='http://coaching.valiantlane.com/
73 <link rel='stylesheet' id='social-widget-css' href='http://coaching.valiantlane.com/wj
74 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-includes/js/jqu
75 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-includes/js/jqu
76 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-content/plugins
77 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-content/plugins
78 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-includes/js/com
79 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-content/themes/
80 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-content/themes/
81 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-content/themes/
82 <link rel="EditURI" type="application/rsd+xml" title="RSD" href="http://coaching.valia
83 <link rel="wlmmanifest" type="application/wlmmanifest+xml" href="http://coaching.valia
84 <link rel='prev' title='Publications & Presentations' href='http://coaching.valian
85 <link rel='next' title='Must Read List' href='http://coaching.valiantlane.com/blog/mus
86
87
88 <!-- Debugging help, do not remove -->
89 <meta name="Framework" content="Kpress" />
90 <meta name="Theme Version" content="1.2.1" />
91 <meta name="Framework Version" content="3.1" />
92 <meta name="CMS Version" content="3.6" />
93
94
95 <!-- All in one Favicon 4.3 --><link rel="icon" href="http://coaching.valiantlane.com/
96
97 <!-- All in One SEO Pack 2.0.3.1 by Michael Torbert of Semper Fi Web Design[530,544] --
98 <meta name="description" content="Read what's going on at ValiantLane Coaching and Car
99
100 <meta name="keywords" content="mantra,book,executive,coaching" />
101
102 <link rel="canonical" href="http://coaching.valiantlane.com/blog" />
103     <script type="text/javascript">
104
105         var _gaq = _gaq || [];
106         _gaq.push(['_setAccount', 'UA-18723246-3']);
107         _gaq.push(['_trackPageview']);
108         (function() {
109             var ga = document.createElement('script'); ga.type = 'text/javascript'; ga
110             ga.src = ('https:' == document.location.protocol ? 'https://ssl' : 'http://
111             var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore
112         })();
113
114     </script>
115 <!-- /all in one seo pack -->
116 <style type="text/css" media="all">
117 /*  */
118 @import url("http://coaching.valiantlane.com/wp-content/plugins/wp-table-reloaded/css/
119 @import url("http://coaching.valiantlane.com/wp-content/plugins/wp-table-reloaded/css/
120 .wp-table-reloaded-id-1 td, .wp-table-reloaded-id-1 th {
121     font-size: 12px!important;
122 }
123
124 h2.wp-table-reloaded-table-name { font-size:27px; }</pre></div><div data-bbox="0 977 53 1000" data-label="Page-Footer">2 of 12</div><div data-bbox="866 977 1000 1000" data-label="Page-Footer">9/6/2013 7:01 PM</div>
```

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125
126 .wp-table-reloaded-id-1 .column-1, .wp-table-reloaded-id-1 .column-2 {
127     width: 50%!important;
128 }
129 /* ]]> */
130 </style><style type="text/css" id="custom-background-css">
131 body.custom-background { background-color: #2a304b; }
132 </style>
133 <style type="text/css" media="print">#wpadminbar { display:none; }</style>
134 <style type="text/css" media="screen">
135     html { margin-top: 28px !important; }
136     * html body { margin-top: 28px !important; }
137 </style>
138 <br />
139 <b>Notice</b>: Undefined property: kclass_advanced_css_style::$backgroundImageFixed in
140 <br />
141 <b>Notice</b>: Undefined property: kclass_advanced_css_style::$backgroundImageTiled in
142 <br />
143 <b>Notice</b>: Undefined property: kclass_advanced_css_style::$backgroundImagePos in .
144 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-content/themes/;
145 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-content/themes/;
146
147 <script type='text/javascript'>
148
149 Cufon.replace('#top h1, #top h2, #top h3, #top h4, #top h5, #top h6, #top legend,
150
151 fontFamily: 'cufon',
152 hover:'true'
153
154 });
155
156
157 </script>
158
159
160 <!-- custom styles set at your backend-->
161 <style type='text/css'>
162 body, div .dropcap2, div .dropcap3, div .dynamicBg, body .boxed, div .button, #top div
163 div a, div a: hover{color: #2a304b; }
164 </style>
165 <!-- end custom styles-->
166
167 <!-- meta tags, needed for javascript -->
168 <meta name="temp_url" content="http://coaching.valiantlane.com/wp-content/themes/avisi
169
170
171 </head>
172
173 <br />
174 <b>Notice</b>: get_settings is <strong>deprecated</strong> since version 2.1! Use get_
175
176 <body id='top' class="page page-id-148 page-parent page-template-default logged-in adm:
177 <div id='wrap_all' class='stretched'>
178 <div class="wrapper" id='wrapper_head'>
179
180     <div class="center">
181
182         <div id="head">
183
184             <h2 class="logo logoimg"><a class='ie6fix' href="<br />
185 <b>Notice</b>: get\_settings is <strong>deprecated</strong> since version 2.1! Use get\_
186 http://coaching.valiantlane.com/<li id="menu-item-145" class="menu-item menu
190 <li id="menu-item-143" class="menu-item menu-item-type-post_type menu-item-object-page'
191 <ul class="sub-menu">
192     <li id="menu-item-494" class="menu-item menu-item-type-post_type menu-item-object-]
193     <ul class="sub-menu">
194         <li id="menu-item-902" class="menu-item menu-item-type-post_type menu-item-obje
195     </ul>
196 </li>
197     <li id="menu-item-434" class="menu-item menu-item-type-post_type menu-item-object-]
198     <li id="menu-item-396" class="menu-item menu-item-type-post_type menu-item-object-]
199     <li id="menu-item-144" class="menu-item menu-item-type-post_type menu-item-object-]
200     <ul class="sub-menu">
201         <li id="menu-item-541" class="menu-item menu-item-type-post_type menu-item-obje
202         <li id="menu-item-485" class="menu-item menu-item-type-post_type menu-item-obje
203         <li id="menu-item-468" class="menu-item menu-item-type-post_type menu-item-obje
204         <li id="menu-item-273" class="menu-item menu-item-type-post_type menu-item-obje
205         <li id="menu-item-272" class="menu-item menu-item-type-post_type menu-item-obje
206     </ul>
207 </li>
208     <li id="menu-item-1281" class="menu-item menu-item-type-post_type menu-item-object.
209 </ul>
210 </li>
211 <li id="menu-item-281" class="menu-item menu-item-type-post_type menu-item-object-page'
212 <ul class="sub-menu">
213     <li id="menu-item-1359" class="menu-item menu-item-type-post_type menu-item-object.
214     <ul class="sub-menu">
215         <li id="menu-item-1343" class="menu-item menu-item-type-post_type menu-item-ob.
216         <ul class="sub-menu">
217             <li id="menu-item-1709" class="menu-item menu-item-type-post_type menu-ite
218         </ul>
219     </li>
220     </ul>
221 </li>
222     <li id="menu-item-657" class="menu-item menu-item-type-post_type menu-item-object-]
223     <li id="menu-item-1005" class="menu-item menu-item-type-post_type menu-item-object.
224     <ul class="sub-menu">
225         <li id="menu-item-1358" class="menu-item menu-item-type-post_type menu-item-ob.
226         <ul class="sub-menu">
227             <li id="menu-item-1092" class="menu-item menu-item-type-post_type menu-ite
228         </ul>
229 </li>
230     <li id="menu-item-1361" class="menu-item menu-item-type-post_type menu-item-ob.
231     <li id="menu-item-1360" class="menu-item menu-item-type-post_type menu-item-ob.
232 </ul>
233 </li>
234 </ul>
235 </li>
236 <li id="menu-item-307" class="menu-item menu-item-type-post_type menu-item-object-page'
237 <li id="menu-item-150" class="menu-item menu-item-type-post_type menu-item-object-page
238 <ul class="sub-menu">
239     <li id="menu-item-270" class="menu-item menu-item-type-post_type menu-item-object-]
240 </ul>
241 </li>
242 <li id="menu-item-146" class="menu-item menu-item-type-post_type menu-item-object-page'
243 </ul>
244     <!--end head-->
245 </div>
246
247 <!-- end center-->
248 </div>
```

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249 <!--end wrapper-->
250 </div>
251
252 <div class="wrapper wrapper_heading ie6fix" id="wrapper_featured_area"><div class="ove:
253 <b>Notice</b>: Undefined variable: 0 in <b>/home/vlanec5/public_html/valiantlane.com/
254
255     <div class="wrapper" id='wrapper_main'>
256
257     <div class="center">
258
259         <div id="main">
260
261             <div class='content'>
262
263                 <div class="entry">
264
265                     <br />
266 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
267 <br />
268 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
269
270 <h1 class="siteheading">
271     <a href="http://coaching.valiantlane.com/valerie-a-lane-on-talk-radio-toni
272 </h1>
273
274     <div class="entry-head">
275         <span class="categories">Posted in: <a href="http://coaching.valia
276         <span class="date">Apr 01, 2013</span>
277         <span class="comments"><a href="http://coaching.valiantlane.com/va
278     </div>
279
280
281     <div class="entry-content">
282 <p>Valerie A. Lane is talking about women&#8217;s working relationships wit
283 <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p
284 </div>
285
286     <div class="hr"><a href="#top" class="scrollTop">top</a></div>
287 <br />
288 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
289 <br />
290 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
291
292 <h1 class="siteheading">
293     <a href="http://coaching.valiantlane.com/executive-womens-coaching-group" :
294 </h1>
295
296     <div class="entry-head">
297         <span class="categories">Posted in: <a href="http://coaching.valia
298         <span class="date">Aug 03, 2012</span>
299         <span class="comments"><a href="http://coaching.valiantlane.com/ex
300     </div>
301
302
303     <div class="entry-content">
304 <p>ValiantLane LLC is now forming an Executive Women's Coaching Group for i
305 <ul>
306 <li>Exploring how these identity shifts that occur as we mature manifest in our profes
307 <li>Develop and support authentic identity.</li>
308 <li>Reduce stress and anxiety.</li>
309 <li>Transform past limitations into new opportunities.</li>
310 <li>Transform anger and frustration to positive action.</li>
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311 <li>Enhance or restore self-confidence.</li>
312 <p>Please join us to transform your life and support other women in transforming their;
313 <form><input type="button" value="EWCG Brochure" onClick="window.location.href='http://
314 <p>. </p>
315     <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p
316     </div>
317
318     <div class="hr"><a href="#top" class="scrollTop">top</a></div>
319     <br />
320 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
321 <br />
322 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
323
324 <h1 class="siteheading">
325     <a href="http://coaching.valiantlane.com/the-brass-ring" rel="bookmark" ti
326     </h1>
327
328     <div class="entry-head">
329         <span class="categories">Posted in: <a href="http://coaching.valia
330         <span class="date">Apr 02, 2011</span>
331         <span class="comments"><a href="http://coaching.valiantlane.com/th
332     </div>
333
334
335     <div class="entry-content">
336     <p>Valerie was interviewed about her coaching work on radio on April 10, 21
337     <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p
338     </div>
339
340     <div class="hr"><a href="#top" class="scrollTop">top</a></div>
341     <br />
342 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
343 <br />
344 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
345
346 <h1 class="siteheading">
347     <a href="http://coaching.valiantlane.com/media-appearance-right-here-right-
348     </h1>
349
350     <div class="entry-head">
351         <span class="categories">Posted in: <a href="http://coaching.valia
352         <span class="date">Apr 02, 2011</span>
353         <span class="comments"><a href="http://coaching.valiantlane.com/mec
354     </div>
355
356
357     <div class="entry-content">
358     <p><iframe src="http://player.vimeo.com/video/22137131?portrait=0&colo:
359 <p><a href="http://vimeo.com/22137131">Right Here, Right Now with Mara Dolan Guest: Vi
360 <p>I am very excited to share some good news regarding the success of the executive co:
361 <p>We talked about coaching, what it is (and what it is not), why it is effective in er
362 <p>The initial broadcast of the show occurred on Concord-Carlisle TV (CCTV), Channel 8
363     <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p
364     </div>
365
366     <div class="hr"><a href="#top" class="scrollTop">top</a></div>
367     <br />
368 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
369 <br />
370 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
371 <span class='framed_full_size'><span><a href="http://coaching.valiantlane.com/
372 <h1 class="siteheading">
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373     <a href="http://coaching.valiantlane.com/online-safety-for-your-family" re:
374     </hl>
375
376     <div class="entry-head">
377         <span class="categories">Posted in: <a href="http://coaching.valia
378         <span class="date">Mar 15, 2011</span>
379         <span class="comments"><a href="http://coaching.valiantlane.com/on:
380     </div>
381
382
383     <div class="entry-content">
384         <p>Protect your family online using the practical and effective guidelines
385 <p>We have all heard much about cyberbullying and sexting. What we have not heard much
386 <p>Help your kids protect themselves online by refusing to give out personal info, pas:
387 <p>To know more about <a href="http://coaching.valiantlane.com/docs/cyberbullying.pdf":
388         <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p:
389     </div>
390
391     <div class="hr"><a href="#top" class="scrollTop">top</a></div>
392     <br />
393 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
394 <br />
395 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
396
397 <h1 class="siteheading">
398     <a href="http://coaching.valiantlane.com/client-structural-geologist" rel=
399     </hl>
400
401     <div class="entry-head">
402         <span class="categories">Posted in: <a href="http://coaching.valia
403         <span class="date">Jan 18, 2011</span>
404         <span class="comments"><span>Comments Off</span></span></span>
405     </div>
406
407
408     <div class="entry-content">
409     <blockquote><p>I have greatly enjoyed working with Valerie. Through our c:
410     <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p:
411     </div>
412
413     <div class="hr"><a href="#top" class="scrollTop">top</a></div>
414     <br />
415 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
416 <br />
417 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
418 <span class='framed framed_full_size'><span><a href="http://coaching.valiantlane.com/:
419 <h1 class="siteheading">
420     <a href="http://coaching.valiantlane.com/family-transitions-separation-and:
421     </hl>
422
423     <div class="entry-head">
424         <span class="categories">Posted in: <a href="http://coaching.valia
425         <span class="date">Jan 16, 2011</span>
426         <span class="comments"><a href="http://coaching.valiantlane.com/fa:
427     </div>
428
429
430     <div class="entry-content">
431         <p>Coaching is a highly effective tool to support families as they move th:
432 <p>Changes in financial circumstances often result in the need to: </p>
433 <ul>
434 <li>take on new financial responsibilities.</li>
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435 <li>rebuild your life and increase your earning capabilities. </li>
436 <li>transform your professional identity.</li>
437 <li>define new goals and the path to attaining them. </li>
438 <li>re-enter the workforce as an employee or entrepreneur. </li>
439 <li>shift your career or job into high gear. </li>
440 <li>supplement your education. </li>
441 <li>relocate locally or at a distance. </li>
442 </ul>
443 <p>The transition process is dynamic – it is energetic and evolving. Your coaching part
444 <ul>
445 <li>maintain your balance.</li>
446 <li>identify values, strengths &#038; priorities.</li>
447 <li>create effective work-life strategies.</li>
448 <li>maintain a consistent focus.</li>
449 <li>manage energy &#038; time.</li>
450 <li>separate what is really important from distractions.</li>
451 <li>establish a system of accountability to ensure progress.</li>
452 <li>attain your goals.</li>
453 <p>Working with a coach, who is a thinking partner committed to supporting the well-be
454 <h5><a href="http://www.valiantlane.com/coaching/docs/Brochure_FamilyTrans.pdf">Downlo
455 <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p
456 </div>
457
458 <div class="hr"><a href="#top" class="scrollTop">top</a></div>
459 <br />
460 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
461 <br />
462 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
463
464 <h1 class="siteheading">
465 <a href="http://coaching.valiantlane.com/client-clinical-research-scientis
466 </h1>
467
468 <div class="entry-head">
469 <span class="categories">Posted in: <a href="http://coaching.valia
470 <span class="date">Dec 07, 2010</span>
471 <span class="comments"><a href="http://coaching.valiantlane.com/cl
472 </div>
473
474
475 <div class="entry-content">
476 <blockquote><p>From the first session with Val I knew that I had found the
477 <p>Val has a positive and effective process that helped me identify and "clear the blo
478 <p>Unlike others I have looked to in the past, Val did not leave me with unattainable
479 <p>Sharing this dream building experience with Val has been an eye opening journey dot
480 <p>Thank you Val for the Intuitive Dance!!</p></blockquote>
481 <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p
482 </div>
483
484 <div class="hr"><a href="#top" class="scrollTop">top</a></div>
485 <br />
486 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
487 <br />
488 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
489
490 <h1 class="siteheading">
491 <a href="http://coaching.valiantlane.com/client-systems-aerospace-engineer
492 </h1>
493
494 <div class="entry-head">
495 <span class="categories">Posted in: <a href="http://coaching.valia
496 <span class="date">Aug 31, 2010</span>

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497         <span class="comments"><a href="http://coaching.valiantlane.com/cl:
498     </div>
499
500
501     <div class="entry-content">
502     <blockquote><p>I hadn't kept my resume up to date for nearly 10 year:
503 <p style="text-align: right;">D. H., Systems and Aerospace Engineer<br />
504 Commercial Consulting</p>
505     <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p
506 </div>
507
508     <div class="hr"><a href="#top" class="scrollTop">top</a></div>
509     <br />
510 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
511 <br />
512 <b>Notice</b>: Undefined variable: image_customfield in <b>/home/vlanec5/public_html/
513
514 <h1 class="siteheading">
515     <a href="http://coaching.valiantlane.com/kudos-from-deb" rel="bookmark" ti
516 </h1>
517
518     <div class="entry-head">
519     <span class="categories">Posted in: <a href="http://coaching.valia
520     <span class="date">Aug 31, 2010</span>
521     <span class="comments"><a href="http://coaching.valiantlane.com/ku
522 </div>
523
524
525     <div class="entry-content">
526     <blockquote><p>I must, without reservation, recommend Valerie Lane for her
527 <p>In this tough job market, preparation and positioning are critical to achieving job
528 <p style="text-align: right;">Deb Colby, Sales Executive<br />
529 Luxury Consumer Electronics Industry</p>
530     <a class="post-edit-link" href="http://coaching.valiantlane.com/wp-admin/p
531 </div>
532
533     <div class="hr"><a href="#top" class="scrollTop">top</a></div>
534     <div class='pagination'><span class='current'>1</span><a href='http://coacl
535 </div></div><div class='sidebar'><span class='sidebar_top'><!-- needed for smooth start
536 <h5>Executive Consulting and Coaching</h5>
537 <ul>
538 <li>&#8226; Entrepreneurs</li>
539 <li>&#8226; Organizations</li>
540 <li>&#8226; Individuals</li>
541 </ul></div>
542     </div><div id="social-widget-4" class="box_small box widget Social_Widget"><h3
543         alt=" Facebook"
544         title=" Facebook" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade"
545         alt=" Twitter"
546         title=" Twitter" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade"
547         alt=" LinkedIn"
548         title=" LinkedIn" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade"
549         alt=" Vimeo"
550         title=" Vimeo" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade" />
551         alt=" RSS"
552         title=" RSS" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade" /><
553         alt=" E-mail"
554         title=" E-mail" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade" ,
555 <script>!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0],p=/^http:/.test(d.lo
556 </div>
557     </div><div id="text-28" class="box_small box widget widget_text"><h3 class="wic
558     </div><div id="text-6" class="box_small box widget widget_text"><h3 class="wid

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559 <h5>Executive Consulting and Coaching</h5>
560 <ul>
561 <li>&#8226; Entrepreneurs</li>
562 <li>&#8226; Organizations</li>
563 <li>&#8226; Individuals</li>
564 </ul></div>
565     </div><div id="social-widget-3" class="box_small box widget Social_Widget"><h3
566         alt=" Twitter"
567         title=" Twitter" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade"
568         alt=" Facebook"
569         title=" Facebook" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade"
570         alt=" LinkedIn"
571         title=" LinkedIn" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade"
572         alt=" RSS"
573         title=" RSS" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade" /><
574         alt=" E-mail"
575         title=" E-mail" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade" ,
576         alt=" Vimeo"
577         title=" Vimeo" style="opacity: 0.5; -moz-opacity: 0.5;" class="fade" /:
578 </div>
579 </div></div>          <!--end main-->
580 </div>
581     <div class="clearboth"></div>
582
583     <!-- end center-->
584 </div>
585 <!--end wrapper-->
586 </div>
587
588
589 <div class="wrapper footer ie6fix" id='wrapper_footer_top'>
590 <div class='overlay_top ie6fix'></div>
591     <div class='center' id="footer_inside">
592
593         <div class="footerColumn column1 "><div id="text-3" class="box_small box widget wi
594 <li>Valerie A. Lane</li>
595 <li>ValiantLane LLC</li>
596 <li>P.O. Box 1235</li>
597 <li>Concord, MA 01742</li>
598 <li>978-254-5691</li>
599 <li>mypath@valiantlane.com</li>
600 </ul></div>
601         </div></div><div class="footerColumn column2 "><div id="text-25" class="box_sm
602 </div></div><div class="footerColumn column3 "><div id="text-23" class="box_sm
603 </div></div><div class="footerColumn column4 last"><div id="text-8" class="box_
604 <p>From: Anglo-French <em>vaillant</em> worthy, strong, courageous; Present particip
605 <p>1: possessing or acting with bravery or boldness: courageous &lt;<em>valiant</em> s
606 2: marked by, exhibiting, or carried out with courage or determination: heroic &lt;<em>
607 <p>First Known Use: 14th century</p>
608 <p>- val•iant•ly adverb<br />
609 - val•iant•ness noun</p>
610 <p style="text-align: right;"><em>Merriam-Webster Dictionary</em></p>
611 </div>
612     </div></div>
613     <!--end footer_inside-->
614 </div>
615 </div>
616
617
618
619
620 <div class="wrapper footer ie6fix" id='wrapper_footer_bottom'>

```

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621     <div id="footer_outside">
622         <span class="copyright">
623             &copy; Copyright <a href='<br />
624 <b>Notice</b>: get\_settings is deprecated since version 2.1! Use get
625 http://coaching.valiantlane.com'>coaching.valiantlane.com</a> -
626         Design by <a href="http://www.kriesi.at">Kriesi.at - Wordpress Themes</a>
627     </span>
628
629     <ul class="social_bookmarks">
630         <li class='rss'><a class='ie6fix' href="http://coaching.valiantlane.co
631         <li class='facebook'><a class='ie6fix' href='http://facebook.com/http:
632
633
634     </ul>
635
636
637     <a href="#top" class='scrollTop'>top</a>
638 <!--end footer_outside-->
639 </div>
640
641
642
643 <!--end wrapper -->
644 </div>
645 <!--end wrapp_all -->
646 </div>
647 <script type='text/javascript' src='http://coaching.valiantlane.com/wp-includes/js/adm
648     <script type="text/javascript">
649         (function() {
650             var request, b = document.body, c = 'className', cs = 'customize-support',
651
652             request = true;
653
654             b[c] = b[c].replace( rcs, ' ' );
655             b[c] += ( window.postMessage && request ? ' ' : ' no-' ) + cs;
656         }());
657 </script>
658     <div id="wpadminbar" class="nojq nojs" role="navigation">
659         <a class="screen-reader-shortcut" href="#wp-toolbar" tabindex="1">Skip to
660     <div class="quicklinks" id="wp-toolbar" role="navigation" aria-label="Top
661         <ul id="wp-admin-bar-root-default" class="ab-top-menu">
662     <li id="wp-admin-bar-wp-logo" class="menupop"><a class="ab-item" aria-haspopu
663     <li id="wp-admin-bar-about"><a class="ab-item" href="http://coaching.valiantl
664     <li id="wp-admin-bar-wporg"><a class="ab-item" href="http://wordpress.org/">W
665     <li id="wp-admin-bar-documentation"><a class="ab-item" href="http://codex.wor
666     <li id="wp-admin-bar-support-forums"><a class="ab-item" href="http://wordpres
667     <li id="wp-admin-bar-feedback"><a class="ab-item" href="http://wordpress.org/
668     <li id="wp-admin-bar-site-name" class="menupop"><a class="ab-item" aria-haspop
669     <li id="wp-admin-bar-dashboard"><a class="ab-item" href="http://coaching.vali
670     <li id="wp-admin-bar-themes"><a class="ab-item" href="http://coaching.valiant
671     <li id="wp-admin-bar-customize" class="hide-if-no-customize"><a class="ab-item
672     <li id="wp-admin-bar-widgets"><a class="ab-item" href="http://coaching.valian
673     <li id="wp-admin-bar-menus"><a class="ab-item" href="http://coaching.valiantl
674     <li id="wp-admin-bar-background"><a class="ab-item" href="http://coaching.val
675     <li id="wp-admin-bar-comments"><a class="ab-item" href="http://coaching.valia
676     <li id="wp-admin-bar-new-content" class="menupop"><a class="ab-item" aria-hasj
677     <li id="wp-admin-bar-new-post"><a class="ab-item" href="http://coaching.valia
678     <li id="wp-admin-bar-new-media"><a class="ab-item" href="http://coaching.vali
679     <li id="wp-admin-bar-new-link"><a class="ab-item" href="http://coaching.valia
680     <li id="wp-admin-bar-new-page"><a class="ab-item" href="http://coaching.valia
681     <li id="wp-admin-bar-new-slideshow"><a class="ab-item" href="http://coaching.
682     <li id="wp-admin-bar-new-portfolio"><a class="ab-item" href="http://coaching.
```

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683     <li id="wp-admin-bar-new-user"><a class="ab-item" href="http://coaching.valia
684     <li id="wp-admin-bar-edit"><a class="ab-item" href="http://coaching.valiantla
685     <li id="wp-admin-bar-all-in-one-seo-pack" class="menupop"><a class="ab-item" ;
686     <li id="wp-admin-bar-aioosp_edit_257"><a class="ab-item" href="http://coaching
687     <li id="wp-admin-bar-all-in-one-seo-pack/aioseop_performance.php"><a class="ab
688     <li id="wp-admin-bar-all-in-one-seo-pack/aioseop_feature_manager.php"><a class:
689     <li id="wp-admin-bar-aioseop-pro-upgrade"><a class="ab-item" href="http://semj
690     <li id="wp-admin-bar-search" class="admin-bar-search"><div class="ab-item ab-er
691     <li id="wp-admin-bar-my-account" class="menupop with-avatar"><a class="ab-item'
692     <li id="wp-admin-bar-user-info"><a class="ab-item" tabindex="-1" href="http://c
693     <li id="wp-admin-bar-edit-profile"><a class="ab-item" href="http://coaching.v
694     <li id="wp-admin-bar-logout"><a class="ab-item" href="http://coaching.valiant
695         <a class="screen-reader-shortcut" href="http://coaching.valian
696     </div>
697
698     <script type="text/javascript">
699
700     var _gaq = _gaq || [];
701     _gaq.push(['_setAccount', 'UA-18723246-3']);
702     _gaq.push(['_trackPageview']);
703
704     (function() {
705         var ga = document.createElement('script'); ga.type = 'text/javascript'; ga.async =
706         ga.src = ('https:' == document.location.protocol ? 'https://ssl' : 'http://www') +
707         var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(ga, ;
708     })();
709
710 </script></body>
711 </html>
712
713
```