

Insight on Coaching – Guest Bio

Arlene S. Hirsch, M.A., LCPC
Career Coach, Counselor and Psychotherapist

Introduction

Arlene Hirsch is a career coach, counselor and psychotherapist based in Chicago. She provides executive coaching and outplacement counseling to many organizations including the American Bar Association, AT&T, Citibank and others. For the last 25 years, she has provided career advice and counseling to individuals with work-related concerns. Arlene is also the author of several best-selling career books including: *How To Be Happy at Work*, *The Wall Street Journal Premier Guide to Interviewing and Job Search* and *Career Checklists*.

Experience

As a recognized career coach and expert in the field of career psychology, Arlene has been helping individuals and organizations realize their full potential. She founded Arlene S. Hirsch & Associates, a Chicago-based career and psychological counseling firm in 1983 and is affiliated with Wolf Management Consultants, one of the premier consulting, coaching and training firms in the country.

She has customized programs, developed workshops for corporations and universities including DePaul University, Northwestern University and the University of Chicago. Arlene's corporate clients include Ameritech, AT&T, Baxter Healthcare, First National Bank, State Farm, and Travelers Insurance. Arlene has delivered presentations to the American Bar Association, American Medical Association, CABLE, International Association of Career Management Professionals, Society of Women Engineers, Women in Communications, and many more organizations.

Education

She received her master's degree in counseling psychology from Northwestern University and her bachelor's degree in English and secondary education from the University of Iowa. She also is a Licensed Clinical Professional Counselor.

Professional Affiliations, Publications and Recognition

Arlene is the author of three best-selling career books, *How to be Happy at Work*, *Love Your Work and Success Will Follow*, and *The Wall Street Journal Premier Guide to Interviewing*. Her workbook, VGM's *Careers Checklists*, was rated "highly recommended" by the National Vocational Guidance Association. She is also a regular contributor to *CareerJournal* for *The Wall Street Journal* online. Arlene has made numerous television and radio appearances as an expert on career and workplace issues, including ABC, CNBC, WBEZ, WGN, and Lifetime Medical Television.

Arlene also has taught career counseling to graduate students at Northwestern University and management courses in the executive MBA program at Lake Forest Graduate School of Management.