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## Interview with Roy Cohen, Author of The Wall Street Professional's Survival Guide; Success Secrets of a Career Coach

By sue on Nov 08, 2010 with Comments 0

Book Title:

*The Wall Street Professional's Survival Guide; Success Secrets of a Career Coach*

Website URL:

[www.careercoachny.com](http://www.careercoachny.com)

Social Media Links:

Twitter: <http://twitter.com/RoyCohen>

LinkedIn: <http://www.linkedin.com/in/roylcohen>



What is your book about?

It's a career book for individuals who either work on Wall Street or want to. Wall Street is defined broadly as a global industry across the United States, Europe, Asia, Latin America, etc and representing both the sell-side and the buy-side. The book is intended to provide career support in managing transition (often involuntary) and "life" at work.

What inspired you to write your book?

For almost 14 years my largest client was Goldman Sachs. I provided outplacement and career support to individuals who were leaving the firm. I am also grateful to have a large and very active private practice as a career coach. I felt that it was the right time to share the knowledge that I have acquired over the past 20 years...especially so in this current and very challenging market.

How did you come to do what you're doing today?

I was trained in counseling psychology and then went on to business school at Columbia. I was a banker and then made the decision to pursue career and outplacement counseling.

Can you describe a typical day in your life:

See clients in person and by phone, writing my next book, and occasional media appearances. I have been a guest on numerous national and local tv news shows.

What do you most enjoy about what you do?

My work is an interesting combination of "help and commerce"...so I get to do work that I love and I'm paid well. I have wonderful longstanding client relationships, too.

Are there any people and/or books that have inspired you along your journey?

I am most inspired by my clients. They are often introduced to me at a time of crisis. I am in awe of their courage and willingness to take risk...not necessarily knowing the outcome.

Can you share some business tips for our readers:

Career management is actually quite simple. It's about having a clear target, developing a game plan and then executing that plan, and making sure you stay focused and committed. I refer to that as the "wagon"...or more aptly, falling off the wagon. Don't let that happen! Build in an early warning system. Remember: the path to hell is paved with good intentions.

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