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**FOR IMMEDIATE RELEASE**

**How a COVID-19 Job Loss Can Lead to a QUEST for Meaningful Work**

**Career Development Expert Offers Hope and Help for Job Seekers**

**RALEIGH, NC, May 2020** — As North Carolina’s jobless claims reach historic levels, career development expert Kerry Ahrend’s new book, *Project Career Quest: Navigating the Journey to New Opportunities Waiting*, offers tips and tools to help people navigate the job search process with confidence.

“No matter what stage of your career, being laid off rattles your confidence,” says Ahrend. “The added stress and uncertainty of searching for a job in the midst of the COVID-19 pandemic can feel hopeless. Taking time to map out a career strategy and develop a plan of action provides job seekers with a measure of control.”

Inside *Project Career Quest,* job seekers will find more than 50 tools and templates to help navigate challenges, gain clarity, build confidence, communicate effectively, and connect with influencers and hiring managers.

“Job seekers often underestimate their strengths,” says Ahrend. “That’s why I created a series of exercises to help people explore their values, passions, and transferable skills so they can pursue meaningful career opportunities.”

With 10+ years of experience helping job seekers, Ahrend designed *Project Career Quest* like a roadmap that guides the reader step-by-step through the process of finding a job or new career using a disciplined, structured approach to plan, organize, and execute career transitions. *Project Career Quest* includes sample marketing tools, resume formats, networking and interviewing tips, and guidelines for negotiating the deal.

“Not only does *Project Career Quest* break down the logistical steps of the job search process,” says Duke University’s Dr. Li-Chen Chin, “it also addresses the emotional ups and downs that many job seekers will experience. This book is relevant for both entry-level and seasoned professionals. It will motivate and empower job seekers.”

Kerry Ahrend is an author, speaker, trainer, career development expert, and founder of Ahrend Coaching & Training. Kerry combines her 20+ years as a project manager and project management instructor, and her 10+ years as a job search strategist and career consultant, to mentor, coach, and guide the reader on their Career Quest journey. To connect with Kerry go to [KerryAhrend.com](http://kerryahrend.com) or email her at kerry@kerryahrend.com. *Project Career Quest* is available at Amazon.com and BarnesandNoble.com.

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