

FOR IMMEDIATE RELEASE

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Palmiere Career Services Debuts

New York, NY, February 25, 2009. Catherine Palmiere is a teacher, author, and popular guest speaker at seminars and on TV. The President of her own staffing firm, Adam Personnel in New York City, Ms. Palmiere is now sharing the secrets of her success in a new career as a skills counselor and career coach.

Palmiere Career Services is the name of Catherine Palmiere's new career coaching and skills counseling business. It's the logical next step for Ms. Palmiere, whose meteoric rise to the top of Gotham's staffing and employment services industry, exemplifies the know-how she imparts to her clients.

Catherine, who counts among her honors and awards, certificates as a Personal Consultant (CPC), Professional Behavioral Analyst (CPBA), and Professional Career Coach (CPCC), offers guidance, assessment, and coaching both for individuals and for employers seeking enhanced personal growth and achievement.

Ms. Palmiere, who says "It's time to start giving back by sharing my methods and skills," proudly displays a file full of testimonials like this one from M.B. of Brooklyn: "Thank you for coaching me through those interview questions. I nailed the interview and landed the job of my dreams."

Ms. Palmiere, who took her B.S. and M.B.A. in Management at Manhattan College, teaches at New York's prestigious Grace Institute and is the author, with Patrick O'Halloran of the New York City College of Technology, of *Unlocking the Door to Your Career: Guidelines to Finding the Perfect Job and Taking Charge of Your Life*, due out in April.

When she's not at the helm of Adam Personnel, one of the few woman-owned staffing and employment agencies in the country, you'll find her conducting workshops and interviews, most recently on news channel NY1, where Tara Lynn Wagner featured Catherine in "Resumes Help Applicants Stand Out In Flooded Job Market."

For more information about career coaching and skills counseling, please visit the Palmiere Career Services website at <http://www.palmierecareerservices.com> , or call Ms. Palmiere at (212) 557-9162.