

# Seo Analyzer backwest.com

Generated on April 02 2022 17:42 PM





The score is 56/100







## SEO Content

	Title	Life Back West <b>Length : 14</b> Perfect, your title contains between 10 and 70 characters.																
	Description	Thoughts on people, teams, organizations, communities, effectiveness and success <b>Length : 80</b> Great, your meta description contains between 70 and 160 characters.																
	Keywords	Coaching, executive coaching, team coaching, group facilitation, leadership, start-ups, leadership, off-site design Good, your page contains meta keywords.																
	Og Meta Properties	Good, your page take advantage of Og Properties. <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Life Back West</td></tr><tr><td>description</td><td>Thoughts on people, teams, organizations, communities, effectiveness and success</td></tr><tr><td>url</td><td>http://backwest.com/</td></tr><tr><td>site_name</td><td>Life Back West</td></tr><tr><td>image</td><td>https://s0.wp.com/i/blank.jpg</td></tr><tr><td>locale</td><td>en_US</td></tr></tbody></table>	Property	Content	type	website	title	Life Back West	description	Thoughts on people, teams, organizations, communities, effectiveness and success	url	http://backwest.com/	site_name	Life Back West	image	https://s0.wp.com/i/blank.jpg	locale	en_US
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	Headings	<table><thead><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr></thead><tbody><tr><td>1</td><td>5</td><td>7</td><td>0</td><td>0</td><td>0</td></tr></tbody></table> <ul style="list-style-type: none"><li>[H1] Life Back West</li></ul>	H1	H2	H3	H4	H5	H6	1	5	7	0	0	0				
H1	H2	H3	H4	H5	H6													
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## SEO Content

		<ul style="list-style-type: none"><li>• [H2] Posts</li><li>• [H2] Posts navigation</li><li>• [H2] Search</li><li>• [H2] Top Posts &amp; Pages</li><li>• [H2] Life Back West Tags</li><li>• [H3] [The Green Badge] Letter From The Future</li><li>• [H3] [The Exec Suite] Can You Afford to Hire the Ever Trumper?</li><li>• [H3] [You Don't Know What You Don't Know] Broad Horizons</li><li>• [H3] [Remote Work] The Horse is Out of the Barn; Will it Ever Come Back?</li><li>• [H3] [Difficult Times] Silver Linings Playbook</li><li>• [H3] [Privilege Meets Amygdala] Are (We) White People All Amy Cooper?</li><li>• [H3] J. Mike Smith</li></ul>
	Images	<p>We found 9 images on this web page.</p> <p>8 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.</p>
	Text/HTML Ratio	<p>Ratio : <b>1%</b></p> <p>This page's ratio of text to HTML code is below 15 percent, this means that your website probably needs more text content.</p>
	Flash	Perfect, no Flash content has been detected on this page.
	Iframe	Great, there are no Iframes detected on this page.

## SEO Links

	URL Rewrite	Good. Your links looks friendly!
	Underscores in the URLs	Perfect! No underscores detected in your URLs.
	In-page links	We found a total of 65 links including 0 link(s) to files
	Statistics	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 4.62%</p> <p>Internal Links 95.38%</p>

## In-page links

Anchor	Type	Juice
<a href="#">Skip to content</a>	Internal	Passing Juice
<a href="#">Life Back West</a>	Internal	Passing Juice
<a href="#">About</a>	Internal	Passing Juice
<a href="#">Ethics</a>	Internal	Passing Juice
<a href="#">What I'm Reading</a>	Internal	Passing Juice
<a href="#">[The Green Badge] Letter From The Future</a>	Internal	Passing Juice
<a href="#">[The Exec Suite] Can You Afford to Hire the Ever Trumper?</a>	Internal	Passing Juice
<a href="#">insurrectionists inspired by Donald Trump</a>	External	Passing Juice
<a href="#">[You Don't Know What You Don't Know] Broad Horizons</a>	Internal	Passing Juice
<a href="#">3.7 million high seniors figuring out what next year</a>	External	Passing Juice
<a href="#">[Remote Work] The Horse is Out of the Barn; Will it Ever Come Back?</a>	Internal	Passing Juice
<a href="#">[Difficult Times] Silver Linings Playbook</a>	Internal	Passing Juice
<a href="#">[Privilege Meets Amygdala] Are (We) White People All Amy Cooper?</a>	Internal	Passing Juice
<a href="#">Should I Use My CEO Title Behind My Name? . . . and other Questions</a>	Internal	Passing Juice
<a href="#">4 Steps to Hiring Brilliantly: Step Four - The Hiring Process Never Stops</a>	Internal	Passing Juice
<a href="#">8 Dreaded Words? "I'll follow-up and get back to you":</a>	Internal	Passing Juice
<a href="#">[Life Back West] May 2012 - "Bring Your Whole Self":</a>	Internal	Passing Juice
<a href="#">The Trusted Advisor</a>	Internal	Passing Juice
<a href="#">Your Career: When - or If - Do You Pull the Parachute Ripcord?</a>	Internal	Passing Juice
<a href="#">Angela Duckworth</a>	Internal	Passing Juice
<a href="#">Apple</a>	Internal	Passing Juice
<a href="#">Assessment</a>	Internal	Passing Juice
<a href="#">Authentic Leadership</a>	Internal	Passing Juice

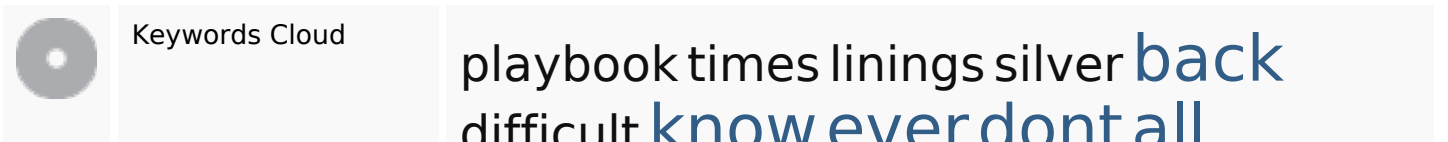
## In-page links

<a href="#">Back West</a>	Internal	Passing Juice
<a href="#">Barcalys Global Investors</a>	Internal	Passing Juice
<a href="#">Barclays</a>	Internal	Passing Juice
<a href="#">Barclays Global Investors</a>	Internal	Passing Juice
<a href="#">BGI</a>	Internal	Passing Juice
<a href="#">BlackRock</a>	Internal	Passing Juice
<a href="#">Business</a>	Internal	Passing Juice
<a href="#">Carol Dweck</a>	Internal	Passing Juice
<a href="#">Chiron Corporation</a>	Internal	Passing Juice
<a href="#">Choose Me</a>	Internal	Passing Juice
<a href="#">Coaching</a>	Internal	Passing Juice
<a href="#">corporate culture</a>	Internal	Passing Juice
<a href="#">Employment</a>	Internal	Passing Juice
<a href="#">Executive Coaching</a>	Internal	Passing Juice
<a href="#">Facebook</a>	Internal	Passing Juice
<a href="#">Genentech</a>	Internal	Passing Juice
<a href="#">Google</a>	Internal	Passing Juice
<a href="#">Hire Me</a>	Internal	Passing Juice
<a href="#">hiring process</a>	Internal	Passing Juice
<a href="#">Inc.</a>	Internal	Passing Juice
<a href="#">Informational Interviewing</a>	Internal	Passing Juice
<a href="#">interviewing</a>	Internal	Passing Juice
<a href="#">interview tips</a>	Internal	Passing Juice
<a href="#">J. Mike Smith</a>	Internal	Passing Juice
<a href="#">job hunting</a>	Internal	Passing Juice
<a href="#">LinkedIn</a>	Internal	Passing Juice
<a href="#">Management</a>	Internal	Passing Juice
<a href="#">Marin Country Day School</a>	Internal	Passing Juice

## In-page links

<a href="#">McKesson</a>	Internal	Passing Juice
<a href="#">McKesson Corporation</a>	Internal	Passing Juice
<a href="#">New York Times</a>	Internal	Passing Juice
<a href="#">Oh the Places You&amp;#039;ll Go</a>	Internal	Passing Juice
<a href="#">Organizational Development</a>	Internal	Passing Juice
<a href="#">Performance</a>	Internal	Passing Juice
<a href="#">Roche</a>	Internal	Passing Juice
<a href="#">San Francisco</a>	Internal	Passing Juice
<a href="#">Steve Jobs</a>	Internal	Passing Juice
<a href="#">Twitter</a>	Internal	Passing Juice
<a href="#">United States</a>	Internal	Passing Juice
<a href="#">Wall Street Journal</a>	Internal	Passing Juice
<a href="#">What Color is Your Parachute</a>	Internal	Passing Juice
<a href="#">Proudly powered by WordPress</a>	External	Passing Juice

## SEO Keywords








## Keywords Consistency











Keyword	Content	Title	Keywords	Description	Headings
back	2	✓	✗	✗	✓
all	2	✗	✗	✗	✓
know	2	✗	✗	✗	✓
dont	2	✗	✗	✗	✗
ever	2	✗	✗	✗	✓

# Keywords Consistency

## Usability

	Url	Domain : backwest.com Length : 12
	Favicon	Great, your website has a favicon.
	Printability	We could not find a Print-Friendly CSS.
	Language	Good. Your declared language is en.
	Dublin Core	This page does not take advantage of Dublin Core.





## Document

	Doctype	HTML 5
	Encoding	Perfect. Your declared charset is UTF-8.
	W3C Validity	Errors : 1 Warnings : 15
	Email Privacy	Great no email address has been found in plain text!
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"><li> Excellent, your website doesn't use nested tables.</li><li> Too bad, your website is using inline styles.</li><li> Too bad, your website has too many CSS files (more than 4).</li><li> Too bad, your website has too many JS files (more than 6).</li><li> Perfect, your website takes advantage of gzip.</li></ul>

## Mobile

	Mobile Optimization	<ul style="list-style-type: none"><li data-bbox="549 286 767 322"> Apple Icon</li><li data-bbox="549 349 879 385"> Meta Viewport Tag</li><li data-bbox="549 412 810 448"> Flash content</li></ul>
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## Optimization

	XML Sitemap	<p data-bbox="533 663 1098 698">Great, your website has an XML sitemap.</p> <div data-bbox="533 730 1481 913"><p data-bbox="549 741 1007 777"><a href="http://backwest.com/sitemap.xml">http://backwest.com/sitemap.xml</a></p><p data-bbox="549 804 1007 840"><a href="http://backwest.com/sitemap.xml">http://backwest.com/sitemap.xml</a></p><p data-bbox="549 866 1086 902"><a href="http://backwest.com/news-sitemap.xml">http://backwest.com/news-sitemap.xml</a></p></div>
	Robots.txt	<p data-bbox="533 943 959 978"><a href="http://backwest.com/robots.txt">http://backwest.com/robots.txt</a></p> <p data-bbox="533 1010 1086 1046">Great, your website has a robots.txt file.</p>
	Analytics	<p data-bbox="533 1077 1102 1113">Great, your website has an analytics tool.</p> <div data-bbox="533 1144 1481 1225"><p data-bbox="549 1155 863 1214"> Google Analytics</p></div>