

Career Rx

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*As appeared in TheAlternativePress.com on October 30th, 2009
(www.TheAlternativePress.com)*

Career Planning - Changes

Autumn brings many changes. Just look around you and see all of the brilliant leaf colors and the beauty of nature, to the fun and spookiness of Halloween. It's time to get out and rake the leaves, clean the gutters, and prepare for winter. The weather signals us that the season is changing.

Changes in seasons, in life and in relationships are continuous. Being in the moment and being present or fully focused allows you to enjoy life's offerings. While you enjoy the moment, you also need to prepare for changes. Planning enables you to balance your career and life goals. Your career will be most satisfying if you can match your skills with your desires. When you are in the moment, typically all of your focus energizes you towards your goal. Finding the right mix between enjoying the moment and planning for your future is a delicate balance. Some of us have stayed in our comfort zone, only to see our job eliminated. This is when the need to plan for changes becomes reactive and critical. Planning requires you to be aware of what is happening in your profession, in your industry and understand the impact of your environments, such as the economy, global markets, compliance and regulatory concerns, just to name some, to understand how work is changing.

Others are courageous enough to stretch beyond their comfort zone and keep a vigil watch on the changes affecting them. These individuals manage their own career development plan, always working on learning the next technology or the next skill needed to advance their position. They are aware of what is happening and may even predict some future events. They are networking, both online and in person, to ensure others know them when an opportunity becomes available. This is how the hidden job market is discovered - through your "cultivated network"™.

How can you achieve being in the moment while planning for the future?

If you are in a sea of change, you are better off focusing on your goals versus being reactive to each and every change. Focus on developing the tools that will allow you to achieve your long term goals. Goals based on your core values will guide you through changing environments. One way to live life to its fullest is to maintain your curiosity and keep learning. Explore and learn all you can about what you do, what others are doing in the field, what research is being conducted, and what additional education and certifications are available. Visualize what life would be like in 5 years, 10 years, and 20 years out. Plan for the long term and understand that there will be some adjustments to your plan. So enjoy the brilliant autumn colors while planning for winter.

This column provides thought provoking strategies for getting unstuck along your career journey. A certified Executive and Career Coach can be instrumental in guiding you in your efforts to gain a new perspective. I invite you to contact me @ Lisa@ChenofskySinger.com

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Lisa's extensive human resources and coaching experience with Fortune 500 companies, small enterprises, medium-sized firms, and non-profit organizations gives her the unique ability to bring together wide-ranging perspectives on career transitions, executive and leadership development. She has consulted with a wide variety of sectors — consumer goods, financial services, healthcare, media and entertainment, pharmaceutical and life sciences, publishing, professional services, technology, and non-profit. Lisa has a passion for motivational speaking, conducts career forums, and provides executive and career coaching.

Lisa's greatest strength is that she enables individuals and organizations to see themselves in new ways, freeing them to achieve their goals. Lisa can be reached at Lisa@ChenofskySinger.com.