

Career Rx

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Career Risks, Sticking Your Head Out

Most careers are developed based on choices we make in life. These choices include where we live, what we study, who we connect with, and how our experiences shape us. Our best choices are grounded in what motivates us, what sustains us, and hopefully, what energizes us. Success is personally defined by each and every one of us differently.

So what drives us to choose certain careers? How did we determine what to study in school? Which jobs do we prepare for, interview for, and finally accept? Is life a series of detours or do intentions guide our way? Do you believe in fate or do you determine your own path?

Let's consider a contractor's tool belt. If too many tools are placed in it, it becomes too heavy and weighs her down. This prevents her from being agile and limits her reach. If the belt doesn't have the right tools, it will make her job more difficult or impossible. What does it take to do a good job? For the General Contractor, planning and understanding the needs of the job is critical. For the job seeker, understanding our skills, abilities, reputation, and market demands enables us to be prepared to seize the right opportunities.

*"The secret of success in life is for a man to be ready for his opportunity when it comes."
~Benjamin Disraeli*

The Law of Attraction says that one's thoughts can dictate the reality of their life. If you really want something and truly believe it is possible, you will get it. You need to be clear on what you want and then ask for it. If you feel, behave and know it is achievable, and are open to receive it, it will come.

Over time, we begin to identify with our self characterization and public reputation. Do we fill the content of our lives based on what is expected from us or based on our long term vision? Just think how liberating life would be if we could create a new story anytime we wanted to. You can influence how you are viewed by a broader audience with the use of social media and knowing the story you want to tell. Your story is built on selective facts chosen by you and how you want to market your talent. A story may be challenged as seen in comments, editorials, and letters to the editor in newspapers, magazines and online venues.

"If you think you can.... or if you think you can't...you're right!" ~Henry Ford

After all, life is changing and hopefully, so is our ability to learn and continuously grow, regardless of age. Resilience is the ability to adjust to change. Sometimes we adjust easily and other times, we resist and struggle. The self awareness of learning and stretching is the first step in constructive prevention of career derailment. If we examine the source of our resistance, we will identify our fears. Typically, our fears are grounded in limited beliefs. These are thoughts that you believe about yourself that place limitations on your abilities. For example, "I am analytical so I can't be creative." We believe we have limitations, but it is just in our head. With determination, we can do anything.

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." ~Anais Nin

Think of a turtle. A turtle can't move forward unless it first sticks its head out. What would happen if you took some risks? Is the cost of not trying far greater than the cost of trying? We learn more about ourselves during the process, whether we fail or succeed.

"If opportunity doesn't knock, build a door." ~Milton Berle

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

Lisa Chenofsky Singer is the Managing Director of Chenofsky Singer and Associates LLC www.ChenofskySinger.com, providing Executive and Career Coaching and Human Resources Consulting.

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.