

## **Career Rx**

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### **Freedom of Choice**

Freedom of choice is a gift. We typically have control over our actions and our thinking. In our lives, we make choices. These choices may be simple or may take us in a new direction. There are transitions. The big transitions usually occur as a result of a life change such as a job offer, a layoff, and a lifestyle change such as marriage, divorce, baby, and death, to just name a few. No matter how large or small the trigger event, we experience a transition.

From a career perspective, most individuals experience a "transition" when they feel they can no longer balance all that is demanded of them at a given point. The balance between personal and professional life is a delicate one that requires awareness so one does not burn out. This has been true for both, male and female clients.

This begs the question; how good are we at transition? Do we glide through the changes in life without looking back or resist change? The most important question to ask yourself is does your transition style work for you? This is where you need to tune into what your needs are. How do we reflect on the past transitions to understand what lessons we have learned and carry them forward for future success? How can we tune into our fear or resistance and shift it into an exploration and eventually possibly an acceptance? There is a certain amount of stress related to transitioning, some stress is good while too much can be debilitating.

Many women are care givers but at the expense of themselves. So, is it resistance or lack of awareness of their needs? How one accepts change is important. Some accept change with a curiosity and a need to explore while others resist and stress over the need to change. Some stress may help you work through this transition period but too much of it can hamper it. As humans, many of us are comfortable in routine, our reactions become habitual. How we shift our reactions during the time process between event and reaction can have a huge impact on the outcome and the experience for ourselves and those impacted around us.

Being aware and making choices is the gift we have to give ourselves. Are your reactions habitual? Are you even aware of them? How can you trigger an awareness to intervene in the process between event and reaction so that we can raise awareness, change our reaction, enjoy the change and possibly set a great example for others?

Transitions can challenge us, heighten our awareness or cause some to withdraw depending on our approach. Raising awareness enables us to take notice of the change, acknowledge choices, react differently and make a choice that is good for you and the environment around you. It is important to know when to say yes and when to say no.

Think through how these changes impact your goals? Does the change fall within your goals? Does the change help you make money? Is the change fun? Is the change useful or helpful? If the change doesn't fit in any of these categories or another category you may choose to add, don't do it!

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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*

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