

# Ask the Career Coach: Meaning, Fulfillment and Reconnecting

How do you juggle your career life and your home life with your children?

By [Lisa Chenofsky Singer](#)

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Dear Career Coach Lisa,

I have been recently laid off and trying to figure out what to do next. I understand the need for a paycheck yet I want to feel some sense of fulfillment in my next work engagement. I have sacrificed many years of my children's childhoods. Now that they are in high school, I want to be around more and reconnect with them before they go off to college. How do I juggle meaning, career fulfillment and reconnection?

Frustrated in the midst of it all, SH

As a working mom myself, I completely relate to all that you have referenced above. Some working moms have mastered the art of juggling multiple priorities while keeping perspective of what they value. Others have struggled and some have tossed in the towel for a better balance that works for them. The balancing act is an individual one as we all have varying tolerances for how many balls we are able to maintain in the air—the juggling act.

The quest for career fulfillment or meaningful work is personal—one that is driven off the satisfaction you derive from within. Some satisfaction can be obtained from others that influence your daily interactions such as your boss, co-workers, vendors, neighbors and/or family.

Have you ever been in a position that paid well but did not satisfy your intellectual curiosity or was just busy work? There are times when this type of position may be acceptable during a phase but this position is probably not satisfying for the longer term. As a working parent, there are days when you are at work and you wish you were home and days when you are at home and you wish you are at work. These can be challenging moments when trying to find your balance.

What allows you to feel fully engage in whatever space you are in? Typically it is the satisfaction of the moment. When you are home and your child tells you something, you realize how glad you are to be there to share with them at the moment. Or when you are at work and your project is approved or delivered to the client's satisfaction.

When reviewing all of the things you set out to do when you graduated and were just beginning your career – how far off are you? Has your journey taken you in new directions? What have you learned along the way and what still pulls at you when you reflect on your contributions?

Juggling meaning, career fulfillment and reconnection with others is a tall order that takes personal reflection. Struggling with your balance in this economy is so much more difficult. Some career and life coaching may be helpful in determining your professional and personal goals. Some assessments may be helpful to determine what's next.

*"Ask the Career Coach" is a column dedicated to those who may be in transition or wrestling with a career dilemma by providing a forum for advice. We welcome your questions. Please send them to [CareerCoachLisa@gmail.com](mailto:CareerCoachLisa@gmail.com).*

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