

Career Rx

By [Lisa Chenofsky Singer](#)

As appeared in TheAlternativePress.com on January 21st, 2010 (www.TheAlternativePress.com)

Understanding Your Presence

How has this New Year been for you? Are you ready to embrace life and live it to its fullest? Life is full of opportunities - if you are open to them. As you encounter each day, do you think how can I make a difference today? What can I learn today?

Even the smallest gestures can make the biggest difference. I recall holding the door at the Post Office for an elderly man with a walker walking very slowly up the ramp the day after my job was eliminated. As I stood holding the door, the man said that I did not have to wait for him as he understands that I am probably in a rush. I responded that I was happy to wait and help him, understanding how challenging it can be to navigate opening a non automatic door with a walker. As he approached closer, he asked if I worked. When I told him I was recently laid off, he responded with "if you were working you probably wouldn't have been so patient" and then proceeded to thank me. I thought for a moment and told him that he was probably right and how glad I was to have the privilege of helping him today. This situation struck me then and has stayed strongly planted in mind making me reflect on how I was handling my interactions in life. I reflected on how I could change my focus, my agenda, myself and remember the world around me.

As a certified Executive and Life Coach, you are taught to "be present" or fully engaged with the client. This means no distractions, no multi tasking, only focusing on your client. It took several attempts to be present the way it is expected in Coaching. Only after many hours of training, was I able to be present and feel the impact of this. That day at the Post Office, when I held the door for the elderly gentleman, it was a slice in time of being present. I was completely focused on my exchange with him and not my own agenda. I listened to him, took in his message and was ready to receive it.

These three phases of change, listening, taking in the message and being ready to receive it are crucial to making changes in one's life. If you are in transition, about to enter the workforce or re-enter after a break, changing careers, or trying for a promotion within your present company, it is critical to be able to actively listen, absorb what is said, and be ready to accept the feedback for success.

Think of your typical day. As a working mom, I am typically multitasking throughout my day. I have learned to step back from work and apply some of my professional training to my personal life. The periods of being present with my family have totally changed the dynamics at home. There is a true connection rather than just an exchange of information. There is the full emotion of connectivity and bonding that doesn't occur when talking while multitasking. As a mom, I am not able to make it through my day without multitasking, so some days, I have to think about what I can let slide. Typically, when I begin to make dinner, I will do my prep work at my table with my daughter, teaching her how to prepare certain favorite foods. It has become our bonding moments as she has been very interested in learning how to cook.

Try to be more present in 2010. Take a few moments each day to be present – whether it is at work, at home or while doing errands. See how your relationships change when you give more of yourself. As you give more, you will also receive more.

Think of a time when a friend, colleague or boss gives you feedback, do you discount it immediately if you do not like the comment, or do you think about it and reflect on it? Are you are prepared to receive the feedback? Think of your reaction to a compliment – do you say thank you or discount it? Try to be more aware of your presence and of those around you. The smallest tweaks will yield results – see for yourself!

Lisa Chenofsky Singer is the Managing Director of [Chenofsky Singer and Associates LLC](http://ChenofskySinger.com) 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.