

Time Is Precious

When I was a young teenager I could not wait to become an adult. The plan was to finish college, and find that all important, and very exciting job. I ended up landing an important job as a computer programmer, only to find that it was not nearly as exciting as I had imagined. I quickly became bored with programming, but did not know why. At that time I never considered the possibility that maybe this was not the right job for me. I continued trying to make it work. You know the routine, where you literally feel like you are a big square being forced into a small round hole.

After 15 years of being frustrated and unfilled in a variety of information technology positions, I began allowing myself to explore the skills that I genuinely enjoyed using. Those things that I could willingly do even without pay. Fortunately, I found my true passions. Yes, I found that I have several, and not one of them is computer programming. This discovery catapulted my career in the training and coaching about 15 years ago.

I learned years ago that although I had the aptitude to do programming, and as well as other IT jobs, I really came alive and excelled tremendously in the training and coaching arenas. I love working with people to find strategic solutions for challenging situations. I also enjoy providing training to adults, which allows me to give needed information regarding important procedures, processes, techniques, strategies, and applications.

So often many people end up doing a job that if they are honest, it's something that they have the ability to do, but because it is not their passion, they find the work tedious, unrewarding, unfulfilling, and boring. Unfortunately, job dissatisfaction often times creates a great deal of stress and frustration. Many times this causes a lot of procrastination, putting off uninteresting tasks and assignments at work as long as possible. This of course eventually creates even more stress.

A large portion of our lives are spent at work and performing our jobs. Life is so short, and before you know it you're approaching the mid life and then senior years. Hopefully, joy, happiness and contentment can be found in the work that you do, so that your latter years are not filled with regrets about what you "should" have done. Finding your passion is so rewarding allowing you to be the best person that you can possibly be, in your work and personal lives.

By Pamela Bradford
Within Your Reach Consulting, LLC
www.wyrconsulting.com

"Your dreams, goals and visions are truly Within Your Reach"