



Coaching Works  
To achieve your success!



## Coaching Works Monthly

New Shoes

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### Did You Know?

*Statistics indicate that the average person will have between 3 and 5 career changes, and 10-12 jobs as an adult.*

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### Food for Thought

*Pain is mandatory, suffering is optional. When your shoes become too tight, let your pain set you free.*

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### ***If the shoe no longer fits, who's to blame...the foot, or the shoe?***

A friend of mine posed this question to me last week. After having struggled the better part of two years, he'd been unable to maintain a comfortable fit between himself and his job. In fact, the harder he tried, the worse it became. Once he realized what was happening, he found his answer. It wasn't anyone's fault; he'd outgrown his work. It was time to look for a new "shoe".



Have you ever been in a similar situation? A job, work environment, or career path that had turned into a mismatch, no matter how hard you'd tried to maintain a fit? Whether you'd put a lid on your creativity, reeled in your passion, or just gone through the motions, you'd held yourself back, in order to maintain the status quo. Some folks end up wasting tremendous amounts of time, energy, talent, and money, working in a job, work environment, or career that had become a few sizes too small for themselves.

Ever wonder why people do this? For most folks, it's as simple as not having recognized having outgrown the current situation. Of course, since most of this growth occurs beneath the surface, it's easy to miss. Here are some of the signs to mindful of:

- Persistent lack of passion, energy, and enthusiasm for the job/career

- Feelings of dread before going in to work
- Feeling bored, stifled, or unmotivated while being there
- Feeling drained, depleted, disempowered, and discouraged when done for the day
- Loss of focus, clarity, and vision about your work/career, and the direction it's going
- Increasing feelings of resentment, frustration, and/or anger directed towards your work, work environment, customers, co-workers, supervisors, and/or supervisees

Chances are, if you're blaming the shoe for the bad fit, it's likely an opportunity to move on. Having said that, you know that it's easier said than done. Perhaps the biggest challenge is the fact that a well worn shoe rings familiar, even if it's hurting your foot. Fear of the unknown provides a compelling argument against change, even when the change would be for the better.

So what can you do, when your shoe has become too tight, and you're afraid to step out of it? Fortunately, there are plenty of options. The following suggestions should be of help, when you're ready find a more satisfying fit between you and your work life.

- Identify and acknowledge your feelings about work; once you do this, you'll gain clarity, vision, and focus as to the direction you really want to go
- Acknowledge your fears, and they'll shrink in size (often, it's the fear that binds you to the shoe)
- Identify your strengths, talents, dreams, desires, passions, and goals, map out a plan, set your sights on it, and take action
- Start shopping around for a better fit, even if you're not quite ready to make the change (once you see what's out there, you might be surprised!)
- Accept the fact that you'll be vulnerable in the transition (there's no way around it). Even a lobster has to shed its shell to grow to a larger size.
- Hire a coach, and customize your perfect fit!

If you've been dissatisfied with the current fit with your

work, there's no time like the present to take action. Rather than blaming your foot, or your shoe, just do it!

*Here's to your success!*

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