

CORPORATED MANAGEMENT / HUMAN RESOURCES

PAPER: NEW STRAITS TIMES (1KLASSIFIEDS)

DATE: 27 NOVEMBER 2012

PAGE:1

COACHING FOR LIFE-WORK BALANCE

CORPORATE COACH



Q&A

By Dr Michael Heah
ICF Professional Certified Coach
<http://mikeheah.blogspot.com>

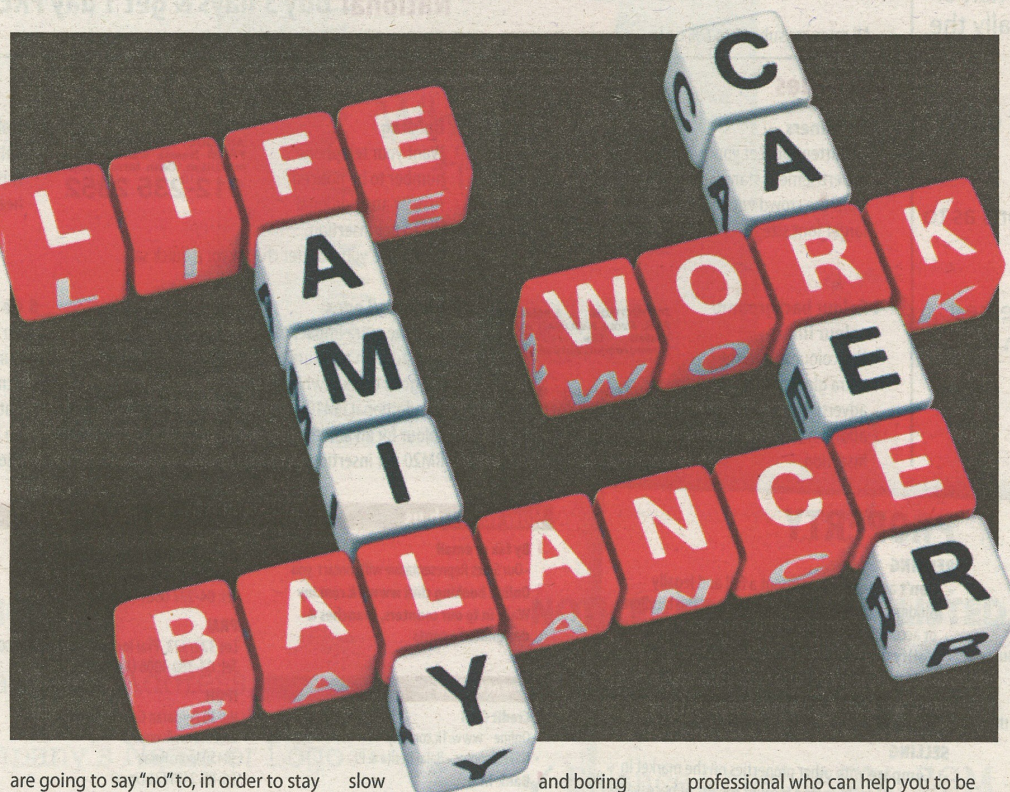
All questions and coaching enquiries can be emailed to: mikeheah@corporate-coach.com or call 03-6205 4488.

■ GETTING BACK INTO A PURPOSEFUL LIFE

Q: For two years now, I am so buried in my work that I cannot tell the difference between night and day. This has been going on for sometime and I simply do not know how to get out of the situation. As the days go by, I feel there is less meaning in what I am doing. Is getting a pay check at the end of the month the only reason I have to put up with all the pressure of work, the meetings, the people, and the problems, etc.? I really don't think so. I know my life needs a revamp but I do not know where to start and what to do. Please help me. - *Lost Horizon*

A: From what you described, you are lacking both clarity and focus in your life now. These two are very important ingredients to a fuller and more purposeful life. Without them, you will lose your self understanding as to what represents the vision of your life purpose, both in the personal and professional areas. Lacking this means you do not know what actions are leading you closer, or taking you further away from your goals. So you get mixed up, as there is no clarity on what works and what doesn't. Due to this, it is impossible to stay focus because there is no baseline to evaluate how effective your actions are. In due course, all these will take a big toll on your emotions and health as well.

The Bottom Line: Take a total review of your life. Go back to the drawing board to reflect seriously what you really want out of your life. Identify the midpoint goals along the way, so you have checkpoints to know how you are doing. See how you can narrow the focus of your current job to know what needs your attention, and what must be passed on to others whom you will identify. Also, decide on the things you



are going to say "no" to, in order to stay focus on your priorities that matter most. Then live out what you say you will do from now onwards.

Powerful Questions: What is the life you really want? What are the "major gaps" in your current life compared to the one you want? What are the causes for this to happen? What needs to happen so that you stay clear and focused to get the life you want?

■ ATTRACTING LUCK IN YOUR LIFE

Q: I often wonder whether luck and timing plays a big part in people's success. Somehow some people get a lot of them, from having a good family, a happy life, to a successful career. Not only these, their lives seem to be getting better every now and then with good things keep piling on them. It is like one day I hear of them being promoted, and another day, they have helped the company clinched a big contract that the entire management went wild over it, etc.

Honestly, I am very jealous of them and angry with myself for they are getting all the good things in life but for me, everything is going on in a

slow pace and boring with nothing to shout about in my family, my career, and my life. Why is this so?

- *Doomed*

A: Yes, they are lucky and everything seems to fall well in place for them. But luck or timing happen for a good reason, and it is because they want to be successful and happy in the first place. Somehow when people have this desire, their mindset and behaviours go in sync with it. They probably will smile more, care more, work harder, think harder, make more friends, and so on. Compare this to someone who is just the opposite, who feels hopeless about themselves as trying to get a good life is always an uphill task. They probably sulk more, get grumpy, make more negative comments, and so on. So how on earth can these two types of people get the same luck and in timing?

The Bottom Line: It is time to assess yourself and put your life on a drawing board for otherwise your unhappiness will grow even more. It is best you work with a trusted friend, or even a

professional who can help you to be objective and truthful when an audit is done on your current life, and also to chart out how you want the next phase of your life to be. Not only this, you need to commit to your work-life plan fervently, and not allow for any slip back. This is crucial if you are currently having a hardened outlook of your life as the needed change may be discouraging and painfully slow, which may not be up to your expectation. After a while, when you begin to accept your new self, you can go about without any "supervision" anymore.

Powerful Questions: Who do you say you are? How do you view the world, and the people in it? If you ask your close friends, what will they say about you? What ways of thinking reflect your positivity and the life you want?

* Public, in-house, and online ICF-accredited coaching programmes are available monthly. For details call 03-6205 4488, or log in www.corporate-coachacademy.com. Get the latest book "Dialogue with the Life Coach" and read the blog "Stories that Coach" at <http://mikeheah.blogspot.com>.