

TIME - MORE PRECIOUS THAN ANYTHING WE CAN BUY

As a resource time is something we often think about when it feels in short supply. Those occasions when we are up against a deadline, trying to get too many things into a day or indeed when on a vacation and it seems like it is gone in an instant. Sometimes and sadly for some people this is also true, it can feel like an age, perhaps at a moment when you are in a role that is not enjoyable. It is not a resource we can trade for ourselves other than by outsourcing jobs that consume our time and which we don't enjoy such as painting the house. Even then it is not increasing our time, only the way we choose to spend it.

When it comes to our careers, time is probably one of the most precious resources we have and one that we can make conscious choices about. Whether we find ourselves in a position of not having chosen a career interruption such as when our employer reorganises and our role no longer exists or we take the decision to evaluate our direction of career travel, the opportunity is huge to re-assess we are and where we go next.

As career coaches and transition specialists we have a big role to play in this process. Clients show up in many different states when we meet, some fearful, others excited, some angry and confused. Beyond supporting them on understanding the core basic needs of continuing to pay bills and have their story clear to tell others on where they find themselves, then I would say the most important thing we can do next is to help the client see the value of time.

Many of us set out on career paths which were suggested by the school geography teacher who doubled up as the school careers advisor, a parent, family friend or a childhood ambition. We may be some years on that path when either our career is rudely interrupted by our role disappearing or we find ourselves wondering one morning 'if this is it, is there not more to my capabilities than what I do today'? Sometimes it's a big life event that stops us in our tracks, makes us wonder if there is something different for us to do to make our living, spend our time more profitably in financial and sheer enjoyment terms.

In our lifetime we might find ourselves working and commuting some 88,000+ hours. That is a lot of time for us to spending out of some 600,000 or so hours we might have in our lifetime. It is a lot of time if we are not enjoying ourselves whilst we are working those hours or if we are feeling that we are not making the most of our potential. Malcolm Gladwell says in his book 'Outliers' that to reach mastery we should practice our skills for some ten thousand hours. On this basis we can become masters in our chosen profession 7 or more times over during the course of our careers, how brilliant and liberating is that?

The time spent thinking about our career choices with a career coach is time well spent to direct us to something even more worthwhile and engaging than the work we might have been doing or currently do.

When next you find yourself sitting opposite a client who is facing these choices remember those 88,000+ hours available, often gone in the blink of an eye. What a fabulous opportunity they have to spend them pursuing something they will love. As their coach we are in their privileged position of being in on the ground floor of these developing plans and helping open eyes to new possibilities. I don't know about you but I wouldn't trade this job for anything.

Bev White
Managing Director Penna Career Services
President ACF Europe
President UK Chapter ACF
Chair of Board Career Star Group



Bev White

Author:
**'Time - more precious than
anything we can buy'**

The May ACF Europe Newsletter will
feature an article by
**Henry Armstrong (Director London at
CDL Consulting, UK and Board
Member of ACF Europe)**

**Join us in Paris for the
ACF Europe Conference on 15 & 16 May**

(see next page)

AGENDA

ACF Europe Conference

15 & 16 May 2014

PARIS

Thursday 15 May 2014

19:00 Dinner at Restaurant Zebra Square, 3 place Clément Ader, Paris 75016
www.zebrasquare.com

Friday 16 May 2014

08:30 Arrive and coffee at Syntec, 3 rue Léon Bonnat, Paris 75016 Tel: +33 1 44 30 49 27

09:00 Welcome and overview of the day

09:15 NEW TRENDS IN JOB SEARCH

Guest speaker: Colin Minto, Group Head Resourcing and HR Systems at G4S

10:45 Coffee

11:15 MAXIMISING THE UPTAKE OF OUTPLACEMENT - Workshop

12:45 Lunch

13:45 THE FUTURE OF CAREER MANAGEMENT

Guest speaker: Jan Brecke, European Learning & Development Head at GE

15:15 Coffee

15:45 WHAT YOU WOULD LIKE FROM THE ACF - Workshop

17:15 Wrap up of the day and close



For further information please contact us at:
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