

# LifeMap<sup>SM</sup>



"LifeMap is a navigational tool to help you on your path towards personal and professional success. Our belief is that you can achieve a more rewarding career, a more productive organization and a more enjoyable and abundant life."

February 2010

## This Month's Message:

**The Power of Community.**

**Paths Forward**

· **Need Career Coaching?**

· **Tired of boring meetings??**

**Resources**

To subscribe a friend, colleague or family member to this free newsletter - email their address to [drpaul@drpaulpowers.com](mailto:drpaul@drpaulpowers.com) with the subject line "send LifeMap"

**NEWS:** The 2010 edition of Powers & Co.'s Annual Retirement Planning / Retirement Living Survey is now available at my website ([www.drpaulpowers.com](http://www.drpaulpowers.com)). It will stay open for your responses for two months and I will publish the results in the April edition of LifeMap.

## The Power of Community.

Recently I completed writing and recording an on-line course on organizational team building. It gave me occasion to reflect on the many interesting and challenging teams I have consulted with in my career. Helping pull disparate individuals together into an effective working group, helping them to formulate common goals and learn to subordinate their individual motives for the larger good is one of the great challenges and great pleasures of my consulting work. To see what people can accomplish when they are more committed to the end result than they are to personal aggrandizement is always a gratifying experience for me and helps make me feel like I'm making a positive difference in people's lives.

## Quick Links

[LifeMap Archive](#)

## Join our list

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You would have to have been living in a cave to miss the news coverage of the last month's terrible earthquake in Haiti and its horrendous aftermath. Like millions of others I have been moved to help in my small way. But for me, the coverage of the relief efforts has also been instructive in many ways.

Groups of doctors, nurses, med techs, engineers, well drillers, search and rescue teams, adoption agencies, heavy equipment operators, military and charitable groups of all kinds have poured in from more than a dozen countries to help. Sure, there was some early confusion that was mostly due to the almost complete collapse of the local government as well as to the destruction of the main port and main airport. Some bottlenecks still exist and we should expect more as yet undiscovered and unmet needs.

But, by and large, things are going as well as could be expected in a disaster of this scale. And there is little "top-down" direction. It is mostly people of good will, of all colors, of all religions and a dozen different languages seeing what needs to be done, jumping in, and doing it. If that isn't a case study in teamwork then I don't know what is. It truly highlights the efficacy of teams, the virtue of selflessness and the power of community.

Long-time members of the LifeMap community know that getting and staying connected to others around us is one of the major values I support as an integral part of a balanced and enjoyable life. And, as I've written before, it is not simply a "do-gooder" kind of thing. Connecting with other people has positive influences on our careers, our recreational life, our physical health, our spiritual life, our social life and our retirement life. It is truly a case of doing well by doing good.

In this month's *Paths Forward* I will reference some earlier editions of LifeMap that, hopefully, will help you generate some motivation to improve your life while helping others.

### Paths Forward

**For Whom The Bell Tolls.** Modern life with its multiple and incessant demands seems to work against us connecting with each other. It is a well-known phenomenon that community groups, parent groups, sports groups, charitable groups and the like now suffer from diminishing membership. This deficit in what is called "social capital" negatively affects our schools, our places of worship, our local governments and our charitable endeavors. (For more on this go to [www.drpaulpowers.com](http://www.drpaulpowers.com), click on LifeMap Archive, open 7/11/06 *Stop Bowling Alone*.) You and I may not be able to turn back this tide by ourselves but we don't have to personally surrender to it. You are needed. Consider the powerful words of poet John Donne: "Any man's death diminishes me, because I am involved in mankind; and therefore never send to know for whom the bell tolls; it tolls for thee..." Will you heed this call to action?

**No Sackcloth and Ashes.** Giving of yourself to a community of your choice does not have to be an act of penance. It is not at all selfish to find some way to share

your skills and talents that benefits you, or your children or your elders or your town or your career - or is just plain fun. During this current recession we've seen tons of articles on the power of networking. What few of them mention is that the best time to be building your network is when you are in a position to give assistance rather than when you suddenly are asking for help. Let me reiterate - whatever your level of skill or talent you are needed. And whatever you contribute to the community of your choice will also make *you* feel better. What a bargain! (For more on this go to [www.drpaulpowers.com](http://www.drpaulpowers.com), click on LifeMap Archive, open 4/7/09 *Doing Good / Feeling Better.*)

**Who Do You Owe?** Who or what has made your level of success possible? On whose shoulders are you standing? That's one way of finding an appropriate community into which you can invest some energy. I have been blessed with many positive influences in my life including the U.S.M.C. and the University of Massachusetts at Amherst. Thus, among my volunteer efforts are the 1st Marine Division Association (vets helping vets), the UMass Alumni Association (mostly around career issues) and my local Elks Lodge helping raise scholarship funds. I have a couple of other activities too but I must share with you what every other volunteer knows - and that is the real beneficiary is me!

**Make It Fun.** Do you love sports? You could coach a kids team, officiate at elder events, help with the Special Olympics or pitch in with a local tennis or golf tournament fundraiser. Do you love books? Your local town or school library could use you. How about music? Church choirs, community orchestras, and school or community theater programs all need help. What floats your boat: animal rescue, environmental causes, veterans' issues, save the whales or save the 2nd amendment? If you've always wanted to learn more about something, if you've always wanted to be involved in something, if you've ever wanted to change something for the better there is a group looking for you right this very moment. (For more on this go to [www.drpaulpowers.com](http://www.drpaulpowers.com), click on LifeMap Archive, open 3/4/08 *Living A Connected Life.*)

**LifeMap** is about sharing truths that have been shared with us such as: it is truly better (for you!) to give than receive.

#### · Need Career Coaching?

The best investment you can make is in your career, your future and yourself.

email [drpaul@drpaulpowers.com](mailto:drpaul@drpaulpowers.com)

#### · Tired of boring meetings??

Have Dr. Paul speak at your next off-site meeting or conference. Fast-moving, practical, motivating presentations from an acknowledged leader in the field of career and personal success.

**<http://www.drpaulpowers.com/speakingschedule.html>**

#### Resources

**· Are you or someone you know job hunting or thinking about it?**

The best, concise, all-round job changing guide available.  
Revised Edition [Winning Job Interviews](#) by Dr. Paul Powers.

In this easy-to-follow, step-by-step book, Dr. Paul Powers demystifies job interviewing, explains why the process actually favors the job hunter, and shows how you can dramatically improve your interview skills. Packed with solid, practical information and laced with both humor and "kick in the pants" motivation, *Winning Job Interviews* is the book you wished you had before your last interview... and is mandatory preparation for your next one!

**· Stalled at work? Still struggling to find your true vocation?**

Or know someone who is? Order your copy of [Love Your Job!](#) *Loving the Job You Have, Finding A Job You Love* by Dr. Paul.

**<http://www.drpaulpowers.com/booksarticles.html>**

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Have an issue or question you'd like Dr. Paul to address in a future edition? Send an email to the email address list below.

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*(Our privacy policy: we do not share or sell email addresses or any info with any other parties. Ever.)*

Sincerely,

Dr. Paul

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