

Subject: The Gift of Time is Precious



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Quotable Quotes

"It's not how much we give but how much love we put into giving." ~ Mother Teresa

"When we give cheerfully and accept gratefully, everyone is blessed." ~ Maya Angelou

"All we have to decide is what to do with the time that is given us." ~ J.R.R. Tolkien, The Fellowship of the Ring

"When someone gives you their time, they are giving you a portion of their life that they will never get back. Its one of the most precious gifts you can receive."
~ Ritu Ghatourey

Dear Jean,

Our featured writer this month is Rose Noxon, CPT, PhD, PMP. Rose has more than 25 years of experience in human performance technology and is the founder and past president of the ISPI Capella University Chapter. She is the senior business process expert at CACI International, Inc., and conceived and managed CACI's award-winning corporate university. Her PhD in education has a specialization in training and performance improvement from Capella University where she is now a visiting scholar. She advises several small companies, is a dissertation completion coach, and regularly mentors graduate learners and and emerging professionals. She may be reached at rosenoxon@gmail.com.

I met Rose a couple of years ago as we were both connecting with our fellow ISPI (International Society of Performance Improvement) chapter leaders. I have observed Rose's enthusiasm and passion for leading and learning with our professional colleagues. It has been a delightful journey accompanying Rose in the mentoring of other chapter leaders and watching these leadership circles grow. It was my honor to serve under Rose's mentorship as a Chapter Ambassador this last year. At our international conference in April, she successfully connected a group of 30+ volunteers also giving of their time and expertise to fellow professionals. Throughout this past year, she tirelessly gave hours of her time to organize, energize and support one of our largest leadership workshops in the last few years. The giving of time has never been a hardship for Rose! Thank you, Rose, your passion for volunteer leadership and your gift of time continues to be an inspiration to me.

*In the spirit of sharing our gifts,
Jean*

The Gift of Time is Precious *by Rose Noxon*

We've all seen the many commercials and received the telephone calls and the piles of snail and e-mail asking for our charity. I'm sure that like me you find it overwhelming. You can't help everyone and what you can give in money seem insignificant to the major issues at hand. Add to this the fear that a charity could possibly be a scam or mismanaged and at best and we feel both numb and unable to give even when we want to.



Last year I listened to the book from Leah Anne and Sean Tuohy, the millionaire couple that adopted a homeless child in 'The Blind Side.' Their book is called, 'In a Heart Beat: Sharing the Power of Cheerful Giving.' The Tuohy's support many charities, and were always inundated with requests for money. The lesson the Tuohy's taught me was that while we can't often help everyone (even when you are a millionaire) we can help those that cross our paths. This theme has changed the way I approach all the gifts I have to give and perhaps it can help you focus who and where you will give your gifts. Since I do not believe in coincidence and my heart song tells me that our purpose here on earth is to be of service to each other, this theme was easy for me to adopt.

Charity is an act of compassion and should be rewarding to the receiver and the giver both. I love the Dalai Lama's quote, "If you want others to be happy, practice compassion. If you want to be happy, practice compassion." I have never been happier than when I am giving my gifts (mentoring, volunteering, used goods, food, and yes, also money when that's right) to someone I know needs what I have to offer. We all know that special positive energy we get when we've inspired, helped, contributed towards a needed goal and really cared enough to offer friendship and empathy.

Tools and Resources FROM THE BOOKSHELF

In a Heart Beat: Sharing the Power of Cheerful Giving by Leah Anne and Sean Tuohy

Practical Guide to Mentoring: How to Help Others Achieve Their Goals by David Kay and Roger Hinds

Mastering Mentoring and Coaching with Emotional Intelligence: Increase Your Job EQ by Patrick E. Merlevede and Denis C. Bridoux

First Things First Workbook: To Live, To Love, To Learn, To Leave a Legacy by Stephen R. Covey

THE INTERNET CONNECTIONS

Home is where the heart is. Find out who could use your time in your community at <http://www.unitedway.org/take-action/volunteer>

Find a way to share your special skills with those that need them most at <http://www.volunteermatch.org>

The benefits of volunteering and giving your time are explored with solid benefit statements at http://www.helpguide.org/life/volunteer_opportunities_benefits_volunteering.htm

Reflection

We know that money isn't always what someone crossing our path needs. I find that time spent giving of yourself and sharing your gifts is possibly more valuable. Money is money and there can be endless amounts collected and shared with those that need. Time, however, is limited. We have only these hours in this day - in this life - to make a difference in someone else's life. In giving our time we may help ease suffering, lend that needed shoulder or show a lonely soul there is still love in their world. Time is so incredibly valuable that giving any time to anyone can be considered charity. Indeed, I have given money many a time because I did not have the time to give the cause. It was easier even if very shortly satisfying. When truly giving my gifts to others, time is required.

My most rewarding time is the time I spend mentoring. Sharing and guiding an emerging professional or a doctoral candidate never feels like a waste of time. I still hear lessons from past mentors of mine from years ago. We all wish we had time from others - more time with the family - more time to travel - more time to learn and so on. How we spend our brief amount of time while we are here on earth really matters - ESPECIALLY to those who cross our paths.

Choose To

Stop to consider how you give your gifts ... Determine how you feel you use your time ... Are you helping those in need for knowledge, love and kindness? ... Stop ... connect with the next person that crosses your path ... how much of your time will you gift?



Administrivia

My Constructive Choices Audience...

- * Professionals wanting to be at choice in their career and daily work,
- * New managers (and aspiring leaders) transitioning to establish a leadership role in their communities,
- * Individuals wanting to sort through the choices, build a more fulfilling life, life their voices, and...
- * Coaches who choose to step out, show up, and say - YES, it IS all about YOU!

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