

The

**ENGINEERING CAREER COACH**

HELPING ENGINEERS SUCCEED  
IN WORK AND LIFE

## The ENGINEERING CAREER COACH PODCAST SESSION #56 My Five Biggest Career Challenges

Show notes at: [engineeringcareercoach.com/mychallenges](http://engineeringcareercoach.com/mychallenges)

**Anthony:** In this episode, I am going to talk to you about some of the challenges that I will be facing in the next three to six months in my career in hopes that you can gain some inspiration for yours. Let's do it!

**Episode Intro:** Welcome to *The Engineering Career Coach Podcast*, where it's all about helping real engineers to overcome real challenges and get real results. And now for your host, who is on a mission to inspire as many engineers as possible, professional engineer and certified career coach, Anthony Fasano.

This is the show for engineers who want to succeed in both work and life. Please check out our website at [engineeringcareercoach.com](http://engineeringcareercoach.com). We have got a ton of free and affordable resources for you from the blog to the podcasts to long engineering career guides and actually, I am excited to announce that on April 26, we are on schedule to re-launch **The Engineering Career Coach** website. My new partner Chris Knutson, you have heard before here on the show, he is going to be come up here as a co-host here on the show. We are bringing in his blog. We are redesigning this whole site and we are also going to be launching a three-part video series which will be there, free and available for you. So I am excited for that. Again that will be at [engineeringcareercoach.com](http://engineeringcareercoach.com) very soon.

So in today's episode, this is going to be an interesting episode for me. I kind of just wanted to discuss some of the challenges that are becoming for me for the next three to six months in my career. This whole bringing Chris on board, kind of joining up with him, is a big move for me along with other things I have going on. Just trying to take a real good approach in meeting to help engineers succeed in both work and life. And I thought by going through maybe some of the challenges that I am facing you can, not just appreciate them, but also maybe apply some of this information or some of this thought, prophecies and patterns that I am using to try to overcome any challenges that you are taking on in your career. I haven't really done an episode like this before but I wanted to do one and I'd love to get your feedback on it. Just feel free to email me at [afasano@engineeringcareercoach.com](mailto:afasano@engineeringcareercoach.com) and let me know what you think.

With that, I am going to jump right in to the show here. I do want to start off with a quote. I am actually going to give you two quotes that are important to me in this episode. One I am going to give you now and then one I am going to give you in the Take Action Today segment at the show. This first one is more of an excerpt rather than a quote from a great book called *A Manuscript from Accra*, which is

from Paulo Coelho who is one of my favourite authors. He also authored a book called *The Alchemist*, which I read at least once a year.

So, the first excerpt goes as follows: “He who focuses not just on the goal to be reached, but on everything happening around him. He often has to stop because his strength fails him. At such moments, love appears and says: you think you’re heading toward a special point, but the whole justification for the goals existence lies in your love for it. Rest a little. But as soon as you can, get up and carry on. Because ever since your goal found out that you were traveling toward it, it has been running to meet you.”

### Coaching Segment:

**Anthony:** So now it’s time for the main segment of the show and the show notes for today’s episode will be at [engineeringcareercoach.com/mychallenges](http://engineeringcareercoach.com/mychallenges). Again, the show notes contains a summary of some of the points that I will discuss in the episode as well as links to any of the resources, websites, or books that I might mention. And that will be at [engineeringcareercoach.com/mychallenges](http://engineeringcareercoach.com/mychallenges).

So, there are five kind of challenges, fears that I have over the next three to six months. I will share with you and maybe a little bit of how I am dealing with them. And again, we would love to hear feedback. You can comment on the show notes or you can email me. So the first challenge will be letting go of it. I mean obviously, I built the **Engineering Career Coach** which started as [powerfulpurpose.com](http://powerfulpurpose.com), evolved into [engineeringcareerdevelopment.com](http://engineeringcareerdevelopment.com) to the [engineeringcareercoach.com](http://engineeringcareercoach.com) and built up this podcast. I have done a lot of it on my own with my great team which is led by Betty. Irena who is out there, hopefully listening and she does a great job with everything. And I decided that I want to kind of partner up with Chris Knutson, who had a great career in the military as an engineer for 20 years. I am thrilled to work with him.

But of course, any time that you do something like this, you are used to doing everything on your own and for me, that’s one of the reasons that I decided to make this move. I think if I want to get this, not just the site, but if I want to achieve my goal which is helping as many engineers as I can, I mean, millions of engineers to be successful in work and life, I needed to find someone else to do that and there couldn’t have been a better person than Chris because he shares similar goals as me. But he also brings some different perspectives. So I think we, kind of, match up really well together.

So, what I have done to help with this challenge, for me is just to understand that number one: I have already found that it’s a lot more fun when you work with more people than just working alone. And again, that depends on who you are and what you do. But for me, having Chris there as a sounding board and giving ideas off of him and back and forth has been really helpful. I also understand that at all times that if I want to reach the audience that I want to reach, I have to find someone that wants to do the same thing. And that’s what I reached out to Chris for and I think it’s been great so far.

And I think of the other things that I found to be really helpful is that, this is something that you can hopefully take away, is it's always good to find someone who has different skill sets than you. Chris has probably done more with finances and strategy stuff than I have and that's going to bring a whole other dimension to what we are going to be able to do for engineers. So that's the first one, letting go.

The second one is uncertainty. I don't know what is going to happen. We are merging together. We have plans for a lot of things. The civil engineering podcast is launching very soon. The **Engineering Career Success Summit** is coming. We are going to rebuild the whole Institute for Engineering Career Development. So there is things we want to do but its uncertainty. But of course I had uncertainty on my own but now it's just a different feeling, you know. Now it's something different. And so the way that I have kind of coped with that is just to be able to understand that life is uncertain.

You know, I had a family member who recently had a heart attack and thankfully, she is still with us and she made it through and it looks like she is going to recover. But you never know what's going to happen at any day. So, the point is that there is always going to be some uncertainty but if you kind of follow your passion and you do it with the right people, I think you can find happiness in it. Regardless of how "successful" you are. And that's something that kind of the mind frame and the approach that I have taken. So that is the second challenge, uncertainty.

The third challenge is accountability. I think it's important to be really accountable in everything you do and I kind of preach that to engineers. But I don't feel that I have done that enough with the **Engineering Career Coach** and everything underneath that umbrella. And so, that's one of the things that Chris and I have made a commitment to each other to do is to be more accountable to you, as the audience on what we want to do and how we plan to get it accomplished.

In fact, we are going to write something called an Accountability post that we are going to post quarterly on the blog where we are going to explain what we have done and what we are working on and when we are going to get it done for you, just to hold ourselves accountable. We don't want to sit here and preach that, you need to have coaching in your career for accountability and mentors and then not do it ourselves.

We are actually in the process of joining up into a new mastermind group which I am very excited about, that we are both going to be a part of, to help us grow this brand and everything underneath it. And also like I said, we are going to be more accountable with you and let you know what we are up to and when we are going to be accomplishing these things for you. So that is the third one, accountability.

The fourth one is, really helping engineers live better. I mean, that's a big challenge that I think, I face it. Now, Chris and I face together is you can go to [engineeringcareercoach.com](http://engineeringcareercoach.com) and you can find

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pretty much anything on how to become a very successful engineer. If you want to get better at networking, communicating, speaking, goal-setting; we have all that stuff. But there is a couple of challenges around that.

One, is that if you do all these things and become super successful, what kind of life are you going to have? Is there going to be any balance? And that's something that is important to both me and Chris. And that's why our vision together is to be kind of just go to resource to help engineers succeed in work and life. There is a lot of places that you can go out there for training as engineers and get credits and do all this stuff. But is there a place where you can do it with the idea of the whole life in mind?

And so, that is a big challenge for us because we need to figure out, number one, how, I mean I think we are capable of doing it but, how can we get engineers to actually apply it so that you can have a real happy personal life and professional life. I'm not saying that you, listening to this show right now, don't because you very well might. But from my experience, a lot of engineers are overwhelmed and work a lot and they don't get to fully enjoy the rest of their lives. So that's a big one. That is the fourth one, really helping engineers live better.

Ant the fifth one is maintaining balance in my own life. Of course. I have a lot of things going on. I have a great position with the NYSSPE in the non-profit world where I get to help engineers. I run the **Engineering Career Coach** website and all of the things underneath it, which is the **Institute for Engineering Career Development, the Engineering Career Success Summit** and we are having another podcast. So there is a lot of things going on. And I also, I have three kids. I want to maintain balance.

And so what I try to do is try to have pretty strict schedule. I try to be extremely productive and I have a good team around me and I try to delegate and use tools to do so. And some things has to give basically. I mean, you can't continue to do so much and if you do, kind of what is the point of it if you just, getting into what I call a hamster wheel. That is the conversation that I had with Chris which was, we don't want to be in a hamster wheel. We were just putting out content, putting out content, putting out content; not necessarily helping anybody. So we are going to be really intentional about that and that's how it's going to show up.

And we are also going to make sure that we kind of maintain that balance in our own lives. To, kind of, be that example for you and that you can be really successful, do a lot of different things potentially and still have time for yourself, for your family, for your other needs. So those are kind of my five challenges; letting go, uncertainty, accountability, really helping engineers live better, and maintaining balance in my life.

So, I do want to thank you for your support. I get emails from engineers all the time and LinkedIn messages basically saying that they listen to the show and it changes their lives. And that's great!

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And I want to continue to make it better and I want to continue to improve it. And I am going to get Chris involved in some more of these episodes and continue to get you great guests and great topics to help you move forward. So, what I am going to do now is that I am going to jump in to the Take Action Today segment of the show and read you a quote that means an awful lot to me, also from Paulo Coelho and then close this episode out.

### Take Action Today Segment:

**Anthony:** So, this is the Take Action Today segment of the show and again, this gets back to this idea of you taking action. So I try to give a piece of advice or something to inspire action for you in this segment of the show. What I am going to do is I am going to read another very short excerpt from the book, *Manuscript from Accra* by Paulo Coelho, and it goes as follows: “And to those who believe that adventures are dangerous, I say, try routine; that kills you far more quickly.” Again, “And to those who believe that adventures are dangerous, I say, try routine; that kills you far more quickly.” So my idea there is, I want to leave you with this idea that, you can go through your engineering career. You can be the best engineer in the world. You can work eighty hours a week. You can make a lot of money. You could build a lot of really cool projects and so on and so forth. And some of you may do that and you may really enjoy doing that. But for those of you that say, “Listen, I do want to be a great engineer but I also want to do other things in my life. I want to travel. I want to meet people. I want to do unconventional things.” We also want to help you do that. I believe in that and I believe that anybody can essentially do anything they want to at this point of life, between the internet, the information out there, the skill-building information; you have that ability to do that. And we are going to cover all those topics in this show moving forward that will help you succeed in your career and in your life. So, I hope you enjoyed this episode today. And one thing that I will mention is that Chris and I are going to build out this private community that I started a few years ago called the **Institute for Engineering Career Development**. It’s a special community where we help engineers to grow personally and professionally by offering monthly calls on the phone, we do special topic or we just have an open conversation. We have a private forum where you can put things and talk about things like your salary and transitions and issues with supervisors that you wouldn’t necessarily broadcast on LinkedIn. And we also have live events. We do many group masterminds across the country. We also have the **Engineering Career Success Summit** as kind of our annual get together. So, we are going to make major improvements to the IECD as well when Chris is officially on board here in the next few weeks. However, you can still get in at the pricing for today at [engineeringcareerdevelopment.com](http://engineeringcareerdevelopment.com) and lock in that pricing for a long term because that pricing is most likely going to go up with some of the improvements we are making. So please come and join us. It is going to be a wonderful journey. The network is really strong. It’s kind of like a family. Right now, we have a little bit over 100 members but we anticipate a rapid growth with some of the new benefits that we are going to be implementing. So, I am glad that you have listened to the show and I hope you are going to take away some inspiration from this show. You definitely inspired me to keep this podcast going and keep everything going under the **Engineering Career Coach** brand. And until

next time, I hope that you continue to engineer your own success.

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*You can also follow Anthony Fasano on Twitter @anthonyjfasano or Facebook at [facebook.com/engineeryourownsuccess](https://facebook.com/engineeryourownsuccess). Until the next time, thanks for listening!*