

Don't underestimate the impact of a moment

By Jeff "Chief" Urbaniak
COLUMNIST (www.AdviceChief.com)

Moments. They come and go. They are telling and revealing. They can make or break a person or situation. Action or inaction during a given moment will impact the world in one way or another.

When you encounter a moment, it can affect you or another person in various ways. Perhaps intense feelings or emotions tied to a moment can put you or someone else over the edge or in disarray, or they can drive you to act with great courage, empathy, discipline, or determination, causing the moment to be a very productive one.

When it comes to leadership, a moment can be crucial in determining how effective a person can influence the thoughts or actions of others. Moments provide opportunities for someone to make a difference in a given situation or in someone's life.

When having a moment, you typically have to decide how you will react and whether you will accommodate, deflect, or ignore the happening at hand. In almost every moment you encounter, either you will define the moment by being receptive and helpful, or the moment will define you if you turn or look away or lash out at an unsuspecting person. It is certainly better to define moments than to let moments define you.

Have you encountered any moments lately? A moment when you gave a few seconds of assistance to someone when you had no real obligation to do so. A moment when you decided to step in rather than step away? Or a moment when you helped someone on the spot with no expectation of anything in return? Or even a moment when you went out of your way to insult or belittle someone? (I hope not but it can happen sometimes.)

A moment can give strong hints about a person. Those hints may not always be one hundred percent accurate, but they will have a positive or negative impact on people and situations and can alter reputations.

I've seen an ex-First Lady of our nation curse at a military working dog handler to "keep that grungy mutt away from here" when a young, professional Airman was trying to conduct a sweep of her premises to ensure it was safe for her to occupy. On the other hand, I've witnessed another ex-First Lady go out of her way to talk to a young Airman who was standing guard outside of her distinguished visitor quarters late at night to thank him for keeping her safe while she slept. One ex-Lady had a positive outcome in the midst of her moment while the other had a negative impact. One's reputation was enhanced and the other's was diminished.

After the Summer Olympic Games in Paris, a local boy from France approached a Team USA Men's Basketball player who was wearing his Gold Medal around his neck and asked him for a selfie. Instead of taking three seconds to accommodate the boy for a picture, the basketball player cursed at him and gestured for the boy to get out of his way. This was not a fine moment for that basketball player.

Another athlete--a quarterback for the Buffalo Bills--took a moment to stop and listen to a boy's request as he was walking off the field during training camp. The boy pointed out his kid sister and asked the quarterback to give her a hug because she was a huge fan. The quarterback agreed and when he reached the girl while he was signing autographs, he asked her if he could give her a hug. The crying girl obliged and the moment was forever etched as a charming event for all who witnessed it.

Which athlete had the better moment? Which has a better reputation moving forward?

We all have moments. What we do in those moments can make or break us or the people across from us. Our impact in a moment can change someone's life forever. So make your moments count. Don't pass them up. Never underestimate the impact of a moment.

~ The End ~