

Work in the World: Gratitude and Personal Greatness

by **Brian Hutchison, Ph.D., CCCE, ACF21**

Ahmed Mostafa Kamal exudes gratitude so authentically that selecting him as my subject for this issue's column was one of the easiest editorial decisions I have ever made. He believes, "gratitude makes a person feel the value of what they have. When they feel this value, energy is generated to maintain the roles they play in life; this includes in career, family, and one's personal life."

Ahmed is an NCD A CDF Master Trainer, Assistant Executive Director of the Career Development Network, and the Director of the Middle East and North Africa (MENA) operations. He has won numerous awards for his work and is widely recognized as the Founder of Professional Career Development in the MENA region.

One of the ways to enhance gratitude when working with clients is to help them realize what they have and what others do not have. Ahmed points out, "providing career development services is not only limited to developing skills. CDP's should help their clients realize themselves and all of the capabilities and abilities they possess. This, and a clear vision of a career path and the skills needed, are within the domain of our profession."

The more a person realizes that their abilities and capabilities may not be possessed by others, the greater their gratitude and also their self-esteem. "Each human themselves is a copy that does not repeat, such as a fingerprint or the genetic code," says Ahmed. "Awareness of this fact and investing in it well is very important for those who are most grateful for their uniqueness. They are the ones who can realize their greatest human potential."

He believes the pandemic provided a global time for personal reflection. "All gratitude is due to everyone who has, and continues to contribute to managing this crisis and to all those who had a positive role in helping those affected." He believes that includes career practitioners who are helping people move forward through the dynamic changes this time has brought to the world of work.

"When I was introduced to the field of professional development, I did not know the importance of the role this field plays in the life of the individual. After practicing and applying it to myself, I realized the great importance of this



Ahmed Mostafa Kamal presenting on career development topics relevant to career practitioners in the MENA region.

field which may extend its impact throughout a person's life. This influence is not limited to the individual only, but extends to everything that surrounds this person and all aspects of their life."

In the spirit of gratitude, Ahmen wishes to acknowledge Career Development Network Founder, Richard "Dick" Knowdell. He explains that Dick "is one of the few people who helped me a lot in my career path. I inherited his passion for career development, and I hope I can pay him back by carrying out his great work in more places, communities, and people."

Ahmed Mostafa Kamal can be found on [LinkedIn](#), [Twitter](#), and email: ahmed.mostafa@acdmena.org

"The more a person realizes that their abilities and capabilities may not be possessed by others, the greater their gratitude and also their self-esteem."

– Brian Hutchison

Brian Hutchison, PhD, CCCE, ACF21 is a Counseling Professor who focuses on career issues. Also known as Global Career Guy he provides career coaching, counseling, speaking, and consultation focused on globalized work and mental health. Contact - email: globalcareerguy@gmail.com, Twitter and Instagram - [@globalcareerguy](#).

