

How Do You Raise the Bar?

The question above is a very important one. Where do we start the process of separating ourselves from the crowd? Where do I, as a therapist, need to work to raise the bar?

One of the more important aspects of development is to know what areas of our professional life need work. With this in mind, one of the key skills to personal and professional development is awareness. One aspect of awareness is where we are on the skill spectrum. What skills do we need to work on?

Another aspect of awareness is what is working and what is not. If your request rate has improved by 10 points over the last three months, it would be very important to know what you were doing that made the difference. This way, you can continue to do those things. If you lack awareness, you will be severely limited in your progress. Awareness is simply paying attention. Notice things. Don't just go about your day oblivious to the subtle changes in your clients' responses.

Another topic that could be discussed under awareness is coaching. One of the main reasons to get coaching is that coaches can point out areas that need improvement, areas that you may never have considered. They can point out things that were totally outside of your awareness. Sometimes we are too close to the issue to objectively know what is needed.