Develop Your Personality to Enhance Your Career in Education

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Personal development today is a common word, which crosses many minds and heard from many mouths; but the question is, “What does it mean?”

Personal development is, in the literal sense, all about the process of furthering oneself; in simple words it is to invest in self-growth. We actually carry on this process all our lives without maybe thinking of it as a process. Education about oneself and for oneself is the basis for Personal development. So if we trace back time, the first day of kindergarten would be our introduction to the basics of personal development.

Personal development preaches an approach that is positive to help individuals to overcome different issues that are related to social or personal life and also more often than not, career life. The complex strategies involved are based on techniques that are self-oriented and allow any individual to reconsider one’s ability to take care of any challenge life puts upon them. Any procedure in the field of personal development has to start with a belief point that the particular individual is capable enough to achieve that particular goal.

A lot of individuals are many times overwhelmed with career failures; at such times a personal development specialist surely helps such individuals regain confidence. These specialists provide something similar to counseling that help in providing adequate ways to rediscover confidence and also control their skill set. When these strategies for development are implemented, it can usually help the personal skill set of the employee and fulfill the job requirement.

However, these sessions taken for personal development must not be mistaken for psychotherapy as the two fields have very similar approaches. The difference being that personal development will not cure the issue but help provide alternative solutions to the issues that take control of one’s career.

One must also be aware that specialists providing personal development have designed a variety of methods that an individual can apply in improving his own career via self-coaching. Meditation, relaxation and other exercises are a part of self-coaching strategies. They help to detach one’s self from the issues and let go the negatives in one’s mind and help to perform better.

References:
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