



Personal & Professional Growth

Wanting to grow and develop is a natural human desire. **Growth is a crucial component of job satisfaction and overall life fulfillment.**

Having a growth mindset allows us to view ourselves as malleable, with the ability to change and grow.¹ “*Growth is a process, not a destination.*”

We should feel empowered to pursue our own learning and growth opportunities. We can sometimes limit ourselves to seeing professional growth as being tied solely to a promotion, but we should acknowledge the valuable skill-building and development opportunities that occur in between those milestones. If we open our minds to growth, embracing it as more of a gradual process than a sudden leap, there is potential for development in every season.

Another mindset barrier to growth is viewing personal and professional development as separate. Professional growth is closely tied to personal growth. There is a significant benefit to our work that “personal” development gives to professional settings and vice versa.

When considering growth opportunities or reflecting on your own growth so far, consider not just your technical skillsets but also these foundational growth areas:²



Social – Are there team-building, mentoring, volunteering, or coaching opportunities that would expand or strengthen your connections?



Personal – Have you reflected on your personal values and how they fuel your “why” or individual mission statement?³



Health – How can you build a routine that prioritizes your wellbeing?



Intellectual – Can you set a goal to read a book that would support your professional or personal growth?



Interpersonal – Are there opportunities to take coursework that will strengthen your emotional agility or communication skills?



Character – Take moments to reflect on how you can continue to act in ways that align with your morals and values.

Reflecting on these areas enables you to identify your strengths and areas for improvement. If you find yourself thinking, “How am I going to find time for all this?” Don’t feel like you have to do all of this at once. Growth can take time, and we need to set realistic goals for ourselves. Sometimes growth looks or feels different from what we envisioned, and it might even feel like a step backward before we move forward.

This material is to be used for informational purposes only and is not intended to be exhaustive, nor should any of the materials be construed as professional or medical advice.

1. Purdue Global. (2024, January 8). What is a growth mindset and how can you develop one? Purdue Global. <https://www.purdueglobal.edu/blog/careers/develop-growth-mindset/>

2. Indeed Editorial Team. (2025, April 10). Areas of personal growth: 20 examples for self-development. Indeed. <https://www.indeed.com/career-advice/career-development/areas-of-personal-growth>

3. Simon Sinek. (2024, July 2). Where’s your why? [Video]. YouTube. <https://www.youtube.com/watch?v=F6CErhagSul>