

Barriers to personal growth and development

[Business](#), [Management](#)



Procrastination is another factor that limits our personal development.

Procrastination simply refers to putting things off to another time. Instead of someone doing what they know they are able to do at the moment, they prefer to leave it for another day. This leads to slow changes in our lives hence a lack of personal development.

Poor time management is another leading factor that inhibits proper personal growth and development. A person who is unable to manage his time is also a poor planner. Both time wastage and lack of planning mean that a person has a schedule and does not know how to manage his time.

Disorganization and lack of goals also contribute to poor personal development as one has no specific goals that drive him. The lack of discipline to achieve the goals that a person has set for himself or those set at the workplace leaves a person stuck in one place hence poor personal growth.

My Professional Competencies

As a professional journalist, I have learned that it is important to conduct myself in a professional manner at all times. First, I have adapted the skill of always been up to date with the changing technology that is used to gather and disseminate information. Through this, I am sure that I will be up to date with the current events, not only in my country but also in the world. This also puts me in a better position to disseminate the information I have gathered to the people who need urgently. I have also acquired the art of confidentiality, especially when it comes to interviews. Most people do not wish to be known publicly yet they still give me very helpful information. For this reason, I have learned to maintain their anonymity at all costs.

Professionally, I am able to relate to my colleagues without getting too personal or creating unnecessary conflicts amongst us.

To improve my proficiencies, I know I can always refer to my bosses for help whenever the need arises. My colleagues are also in a position to help me in case I ask for their advice. I can also use the internet to improve my professional abilities by searching for the information that I need. If need be, I can go back to school and further my studies in journalism. It is also possible to study these courses online due to the availability of e-education.