

Evaluating Continuing Education

Chapter 7: Education

Whenever a new (and exciting) continuing education opportunity comes up, it's tempting to enroll right away. However, it's important to evaluate each one thoroughly to make sure it maps to what you most need to build your skills and grow your career.

Next time you're wondering whether you should sign up for a specific course (or not), ask yourself the following questions:

Will it provide me with specific information I wouldn't otherwise have?

Will it provide info I can immediately apply in my interaction with clients and staff?

Is it delivered by one of the best? Can they speak from an experienced, in-the-trenches perspective? Or are they academics who haven't worked with clients in years?

I'd add one additional question that I think is important:

Is it part of a comprehensive long-term personal development plan designed to help me achieve a deep mastery of my craft and lead to my ultimate career goals?

These activities and worksheets are taken from the book **Change Maker**: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book