

AVOIDING MOUNT STUPID

Although the Dunning-Kruger effect is a common one, once we know about it, we can avoid that Mount Stupid, steer clear of that Valley of Despair, and start our climb up the Slope of Enlightenment sooner rather than later! At the end of the day, the choice of whether to climb that mountain is ours alone.

There are a few things we can do to keep off Mount Stupid and on our way to wisdom and confidence.

1

KEEP LEARNING AND PRACTICING

Never be satisfied that the information you have on a subject is all there is to know about it – after attending a course, a conference, or a lecture on a subject, immediately assume that there is more to learn, then go out and seek that information.

Ask for feedback from your clients, your referring vets and your colleagues. Allow their feedback and suggestions to guide your path to growth and improvement, instead of looking at suggestions as criticism. We all have sensitive areas – become aware of yours and allow yourself to be corrected occasionally, without taking offense!

2

ASK FOR FEEDBACK

3

QUESTION YOUR KNOWLEDGE

We should regularly be questioning our own knowledge and beliefs. Try to purposefully seek out knowledge that contradicts your own beliefs or understanding. Regularly go back to principles that form the basis of the decisions you make and seek out the newest developments in these areas.

If you are open to learning, you will find a teacher in everyone that comes your way. A client will educate you on a communication tactic in which you're still weak, a patient will teach you that your handling during therapeutic exercise could use a little clarification, a colleague will share a research finding with you, a mentor will push you in a different direction, and a student will remind you of a lesson you've forgotten. We learn something from everyone, if we're attuned to learning.

4

REALISE THAT THERE IS SOMETHING TO LEARN FROM EVERYONE

5

LEARN FROM DIFFERENT PEOPLE

We often adopt the ways and beliefs of those who mentor us – make sure that you learn from as many experts and colleagues as possible, to ensure that you are not blinkered by the opinions of a favoured few. Diversity of opinion and perspective produces a richer, more comprehensive understanding.

No one is naturally humble. Each of us have to choose to have a humble heart and mind. Each of us has to learn to recognise our own limitations while at the same time being able to recognise and affirm the successes of others.

6

PRACTICE HUMILITY

7

PRACTICE GRATITUDE

Be grateful for what you have, where you are, and the journey you are on. Remind yourself daily about specific small and big things that you are grateful for. Keep looking for and recognising the good in your patients, your clients, yourself and your life. Gratitude is at the core of contentment and happiness!

#neverstoplearning