

The Best Practices of a Career Peak Performer

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You don't have to "live to work," make more money than your colleagues or have the status of a CEO, COO, CFO, or EVP to be a career peak performer. You don't have to own or run a company or even die with the most toys. Career peak performers are not necessarily "slash and burn" turnaround experts, "survival of the fittest" advocates, or "ladder climbing opportunists."

True career peak performers, however, do love what they do and they are good at it. They have a thirst for knowledge, strive to use best practice techniques and do their jobs successfully. They are naturally curious, read regularly and stay "on the cutting edge" in their field. They are coachable and willing to learn, believing they can glean something from anyone. Career peak performers realize there are no short cuts and they "pay their dues" like everyone who has gone before them. They give credit where credit is due by acknowledging the contributions of their colleagues. This facilitates their alignment with talented people and it helps build morale and a team spirit. They avoid unhealthy competitiveness by refusing to undermine or backstab colleagues to get ahead. They are competitive, but not conniving; determined but not divisive; and results-oriented but not at any cost. They have the respect, admiration and loyalty of their colleagues.

Career peak performers can be found at any level in every profession adding value to their customers, their colleagues and the company's bottom line by their commitment to character and excellence.

D. Charles Williams, Ph.D. is a Licensed Psychologist, Licensed Marriage & Family Therapist, AAMFT Approved Supervisor and Executive Coach based in Athens, Georgia. Dr. D. Charles Williams specializes in men's issues, premarital & marital counseling, depression, adolescents (16+), addiction & recovery, spiritual issues, management coaching for success and workplace issues. He completed his undergraduate training in psychology at Clemson University and graduated with a Ph.D. in counseling from the University of Florida. Dr Williams began his career as an Assistant Director of the North Florida Evaluation and Treatment Center, and later the Director of the Adult and Older Adult Clinics at the Central Florida Community Mental Health Center in Gainesville, Florida. He received three years of post-graduate supervision and training from the Director of Training at the Philadelphia Child Guidance Clinic in marriage and family therapy. After moving his private practice with Family Counseling Associates from Gainesville, Florida to Atlanta, Georgia, he joined the Atlanta Network for Individual and Family Therapy. He also provided business consulting for RHR International as a Consulting Psychologist in Atlanta providing coaching to executives and managers in Fortune 1000 companies. Dr. Williams is the author of *The Eight Toughest Problems Parents Face and How to Handle Them*; *Forever A Father, Always A Son: Discovering the Difference a Dad Can Make*, as well as many articles on marriage counseling. Dr. Williams' Athens Psychologist office is located at 1751 South Lumpkin Street Athens, Georgia 30606. Phone: (706) 543-5552. Fax: (706) 354-8904. Email: DrWilliamsCoach@aol.com. Or visit www.DrWilliamsCoach.com