



How to Get the Job Promotion You Want

Interview with Therapist
Crystal Anzalone, MS, PLMHP, NCC

By [Jaleh](#), Yahoo! Contributor Network
Used with permission from

http://www.associatedcontent.com/article/7907245/how_to_get_the_job_promotion_you_want.html?cat=72

Would you like to get a job promotion but are unsure on how to go about in getting it? To help understand common mistakes people make when trying to get a job promotion and tips for getting the job promotion you want, I have interviewed therapist Crystal Anzalone, MS, PLMHP, NCC.

What are common mistakes people make when trying to get a job promotion?

"Thinking that they deserve it. With that particular mentality of entitlement, it stops the self-examination process and irresponsibly places the power into someone else's hands."

What are some tips you can give readers to help them get the job promotion they want?

"Humility and communication. Humility is important because it approaches what we desire with a compelling spirit. There are so many individuals whom I have counseled that have the inability to see themselves as they are. Either they have an inflated view of themselves or they catapult to the other extreme and have no sense of their value and wish that others would see in them what they cannot see in themselves. Having a balance and communicating your desire and skills with humility is paramount to being heard and understood and possibly leading to the promotion that they so desire."

What type of professional help is available for someone who is having a hard time getting a job promotion?

"A personal career coach or counselor who understands the workplace/space dynamic would be beneficial. These types of professionals can assist in identifying skill set and drawing out unconscious motivation, expectation and roadblocks that have been keeping the individual from maximizing his or her potential."

What last advice would you like to leave for someone that wants to get a job promotion?

"Do not limit yourself or those around you by past experiences. We 'think' a certain way and that can be limiting. I love the analogy, 'Imagine that thoughts are like a pair of sunglasses you forgot you were wearing. They color your view of the world, and you are unaware it is being colored. The trouble with this is that thoughts are then free to present you with a world structured through thought' "a world seen through this color.' (Hayes & Smith, 2005)."

Bibliography

Hayes, S., & Smith, S. (2005). Get out of your mind and into your life: the new acceptance and commitment therapy. Oakland, CA: New Harbinger Publications Inc.

About Therapist Crystal Anzalone:

The journey I have taken has not been a traditional or linear path. Rather because of unforeseen detours in my life, I have discovered that it is never too late to reauthor yourself and to rewrite the life-scripts and discover new opportunities. As a mental health professional, my vocational work in is with women's issues, couples therapy, career transitions, and spiritual woundedness. After stepping down from ministry position in the church after serving for fourteen years then going into a corporate role and experiencing success in retrospect I can see how God has been reauthoring my life multi-dimensionally in ways that I never thought possible. My life story hinges on believing and applying a principal taken from Genesis 50:20, "Even though (the enemy) planned evil against me, God planned good to come out of it. This was to keep many people alive, as he is doing now."

These past 21 years since my days of church ministry has been a rebuilding and restoration and teaching others how - life is a process, not an end product, where we can come to full healing as our life script and story is reauthored.

If candidates who are seeking a new role in life can tap into inner resources without fear of facing themselves ***the possibility exists to transform yourself while riding the tides of change.***

For more information regarding career coaching please contact: Crystal Anzalone MS, PLMHP, NCC 402.598.8511 or email Crystal@crystalandAssociates.com

Professional caring counseling and consulting offering one-on-one confidential counseling for you and your family members for:

- Stress Solutions
- Marriage Resolution
- Marriage and Family
- Grief and Loss
- Career Coaching