

Becoming a counselor requires various skills to enhance the career path and ensure that a person has a long and successful career. The skills that would be helpful in counseling include effective communication, confidence, teamwork, time management, empathy and compassion, flexibility, curiosity, and commitment. I have many of these qualities with the experience of having been in leadership positions that demanded constant negotiations, providing guidance, communicating directions, and implementing decisions. Effective communication is necessary because it helps connect with patients and assure them of better times. Confidence is vital in communication because patients believe in potential results if the counselor is confident in their directions. Teamwork and time management help make the right decisions.. Empathy and compassion are crucial because they help clients to open up in their sessions. Most importantly, curiosity and commitment show genuine concern, which shows clients of the counselor's commitment to getting to know the problem.

Counseling is a sensitive career that requires self-driven people committed to protecting and ensuring that clients receive the best care. Beginning the career brings challenges like ethical dilemmas, anxiety, and insufficient knowledge of theories, skills, and techniques. Anxiety might manifest when the client is in a dangerous situation, and as a counselor, I am limited in what I can do to help. Another challenge is the failure to effectively apply the ethical codes in addressing different ethical challenges. There are several strategies that I might use to overcome these challenges. One strategy is to seek guidance from colleagues in difficult situations that appear to compromise my level of professionalism. Also, taking time to reflect on sessions and pointing out mistakes made during mediation can be helpful.