



Treasure the Professionals

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled "All Psyched Up" for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of "Life is An Adventure...every step of the way" and "Open for Business Success" is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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I just got back from an appointment with my ophthalmologist and was once again reminded of how important the professionals in my life are to me.

So often we talk about the things that we value but how often do we think about all the people who help us to have a good day?

What would you do without a good hairdresser or mechanic or accountant? Think of all the skills that you would have to learn in order to look great, ensure that your vehicle is running efficiently and feel confident that your Income Tax was done accurately.

Many of my clients are concerned because they do not have a physician. Do you value the one who has cared for you and your family for years? And what about the knowledgeable and kind pharmacist who not only fills prescriptions but explains, in detail, how to use them?

If you don't have a lawyer, then you probably don't have an up-to-date will or even understand the importance of a Personal Directive. My beneficiaries and I rest easier knowing that I have everything legally in order and all my wishes on paper.

I'm comforted because my financial advisor and the Credit Union understand my goals and help me to achieve them.

I'm glad that I can receive letters and parcels in a matter of days because of couriers and the postal system.

It's great to know that when I want a new outfit, I have a wonderful ladies' store where the owners are honest about what suits me - and a seamstress who can do any alterations that are needed.

I'm thankful for the wonderful lady who has, for the past sixteen years, invested four hours a month cleaning my house and for the fact that I live in a condo where the grass is cut without me having to even think about it.

So many times, I have been grateful for the massage therapist who can remove that aching knot in minutes and the hygienist who gives me the bright, shiny smile.

I have the best business staff in the world and each of them does their job with efficiency and positive attitude.

Yes, today I give thanks for all the professionals in my life who make me look good, feel good and reduce the stress.

Who will you name today as a professional who you are thankful to have in your life?