

**«ACME» AS A PEAK OF PERSONAL AND PROFESSIONAL DEVELOPMENT OF A
SELF-ACTUALIZING PERSONALITY**

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The article discusses the problem of self-actualization of a personality in its professional activity and achieving the peak of its personal development. Based on the analysis of various psychological theories and concepts it is shown that achieving of “acme” by a personality is based on the desire to grow and develop professionally or on its desire for self-actualization. Self-actualization can be better seen during the periods of professional crisis, which activate the processes of professional self-determination of a personality. One of the types of crisis is the transition from the level of normative requirements to the level of professional competence. Judging by the example of results of some investigations it is proved that there are differences in attitude to profession and desire to grow and develop professionally in people with working experience under and over 5 years, which can be conditioned by the crisis mentioned above. The applied aspect of the problem under study can be realized in counseling practices of psychological services connected with professional growth, by HR professionals, with the aim of promotion and professional growth of employees, and in development of programs for development and harmonization of internal and external conditions for self-actualization of a person.

Keywords: Self-actualization; Potential; Professional self-actualization; Acme; Professional development; Professional crisis; Achievement motivation; Career orientations.