A lot of times when we are looking for personal development and leadership growth, we focus on learning from someone or finding a mentor, which is extremely important. However, what often gets overlooked in the importance of mentoring others. Mentoring not only helps others with their growth and development, but it also helps the mentor. Yogi Bhajan once said, "If you want to learn something, read about it. If you want to understand something, write about it. If you want to master something, teach it."

I have tried to implement this into every facet of my life. You cannot really understand something unless you do it, but more importantly, you will study differently if you know you have to teach it.


Learn by Teaching Others

Recently, I have started preaching as a lay minister at my church. For those of you not accustomed to my denominations terms, essentially I am a substitute Pastor for Sunday sermons. I originally was willing to serve in this capacity to help others and fill a need in my church. However, in the process, I have learned that I was called to do this, not only to help others deepen their understanding of the Holy Scriptures, but my own. My faith, understanding, and knowledge have grown by leaps and bounds as I have prepared my sermons. As a result of preaching, I now study harder than I ever would have if I did not feel the immense weight of getting this right for others. I find myself studying the Greek and Hebrew texts, cross referencing several commentaries, and reading several translations of individual verses. I would have never have gone that deep before. I would argue that I get more out of preparing for my sermons than the people listening do. Having to teach what I have learned has forced me to grow more than I can put into words.

At my previous job, when a new system would come out to make our organization more effective, I would lead training seminars for colleagues on the new system. My colleagues appreciated this and constantly thanked me for taking the time to help them to master the new system quicker, however, the truth is that I learned more by teaching them than I could have ever learned on my own.

If you really want to get good at something, then you need to learn it to the point where you can teach it to others. If you want to grow deeper in your faith, lead a Bible study. If you want to learn your company's systems better, teach a colleague. If you want to drive better, teach a younger person to drive. If you want to be a better golfer, teach another person to golf. If you read a great book, teach what you learned from it to someone else. Whatever you want to be good at, teach it. Breathe into another leader's life and mentor them! Grow by growing others! Learn by teaching!