**Personal Development Plan September 2013**

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| **IMPORTANT PERSONAL GOALS** *In the context of your whole life where are the challenges and opportunities? What are you trying to achieve? What do you really value? Your PDAP should reflect both intended (PLANNED) and unintended (NOT PLANNED) opportunities for learning and development. Update it each month*  **1**  **2**  **3**  **4**  *Add more goals if you want to* | | |
| *In respect of these personal goals,*  **WHAT aspects of yourself do you want to develop?** | *Your motivations & values*  **WHY? is this important to you?** | *With reference to your lifewide activity map*  **HOW do you intend to develop yourself ?**  What **activities** will you undertake to develop, apply and demonstrate these aspects of yourself |
| **1** |  |  |
| **2** |  |  |
| **3** |  |  |
| **4** |  |  |
| **5 AND to be responsive to new and unexpected opportunities** |  |  |
| **WHICH of these qualities, capabilities, dispositions and values will be developed through the activities involved in pursuing your personal goal?**  *These aspects are considered to be important in lifewide learning and development. In any complex activity all of these are likely to be relevant. They are intended to provide you with a set of prompts to help you think about and record your learning and personal development. Delete any that you believe are not relevant and add any additional prompts.* | | |
| Managing myself | | |
| Dealing with and creating situations to solve problems, work with challenge and take advantage of opportunities | | |
| Developing the knowledge needed to deal with new situations | | |
| Being creative, resourceful and enterprising | | |
| Being an effective communicator | | |
| Being aware of and sensitive to cultural difference | | |
| Behaving with empathy and compassion | | |
| Working collaboratively with .others | | |
| Providing leadership | | |
| Behaving ethically and with social responsibility | | |
| ***Any other aspects of personal development, new skills or capability - please add*** | | |
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**WHERE ARE YOU RECORDING YOUR EXPERIENCES, LEARNING AND DEVELOPMENT?**

personal website url - http://

blog -http://

**Your Mentor**

**Your PDP & Lifewide Activities Map should be completed as word documents and emailed to your mentor**