

## Are you owning your **Personal Development?**



These Personal Development questions draw on the idea that we need not only to have new 'inputs' to our learning, mainly through content, but we also need to 'experience' or try out our learning via sharing or our 'outputs'. The Comfort zone stretch is a reminder that we learn far better when we have gone out of our traditional comfort zone, or 'stretched' it into a new learning zone. Review these questions on your own or use them to start a discussion within your teams.

### **Learning inputs**

What learning content are you consuming?

Is it part of your routine?

Is this helping you with the job you do now or preparing you for the future?

### **Learning outputs**

How are you making sense of new learning?

Are you sharing your learning?

How effective is your Personal Learning Network?

### **Comfort zone stretch**

What are you doing to try out new skills/thinking?

How do you reflect on your stretch activities?

What else could you do to stretch yourself?