



Personal Development Workbook

Welcome to your Personal Development Workbook

'The modern, self-directed learner is

purposeful
curious
confident
social
connected
and adaptable

and able to take ownership of their
learning and development'

This workbook is to help you prepare for your Personal development session, and to help you kick-start your thinking!

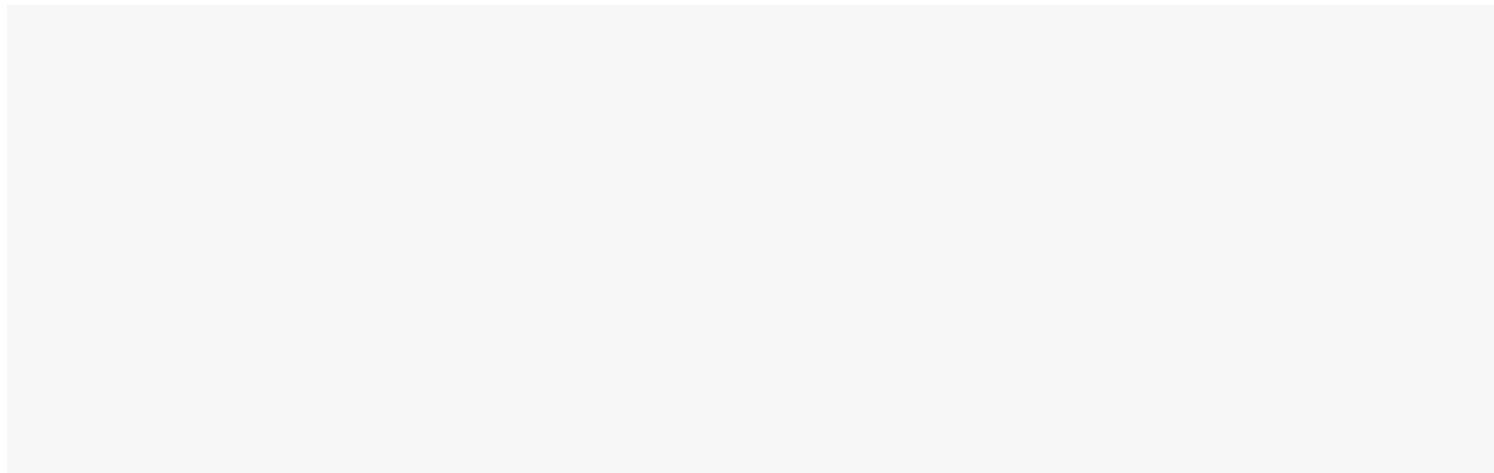
Take some time to read through the sections and make some notes. This workbook is for you and you alone so record as much or as little as you need to help with your thinking.

We will use this workbook as a starting point for our conversation - as this is your session you can determine what direction we go in.

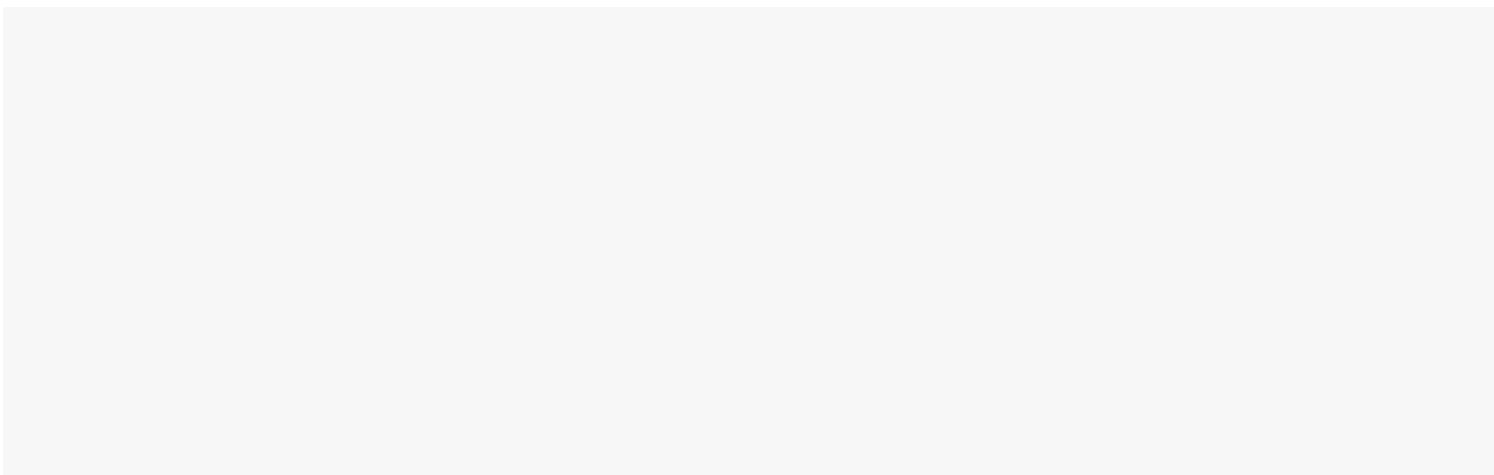
Looking back...

In relation to your past learning goals, reflect on the following:

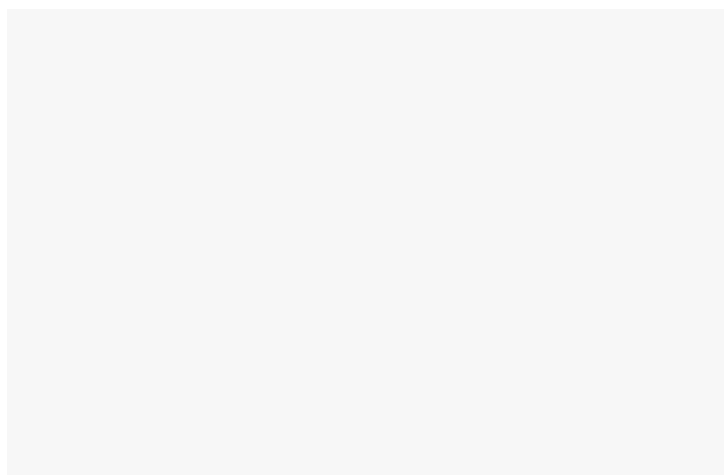
What did you learn/achieve last year?

A large, empty rectangular box with a light gray background, intended for the user to write their reflection on what they learned or achieved last year.

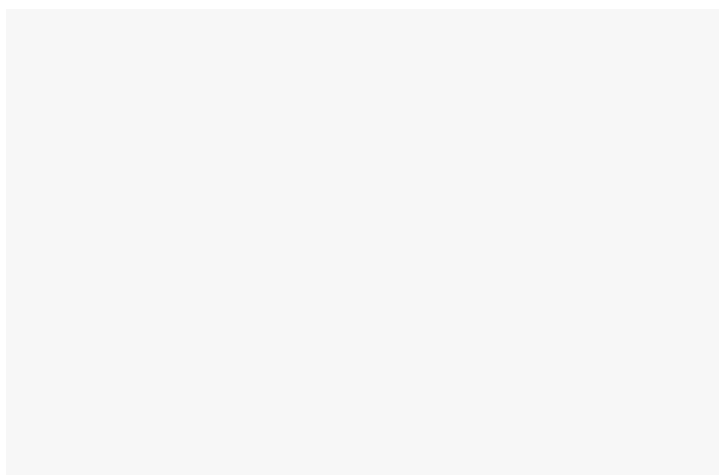
How did this compare to what you wanted to achieve?

A large, empty rectangular box with a light gray background, intended for the user to write their reflection on how their achievements compared to their goals.

What worked well for you?

A rectangular box with a light gray background, intended for the user to write about what worked well for them.

What didn't work so well?

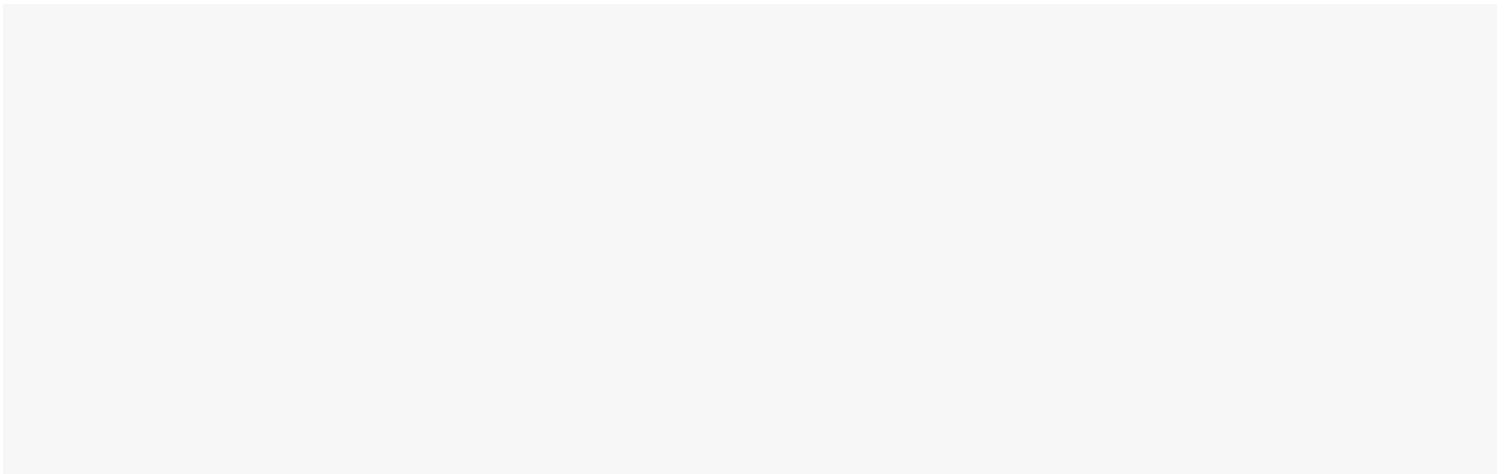
A rectangular box with a light gray background, intended for the user to write about what didn't work so well for them.

Looking forward...

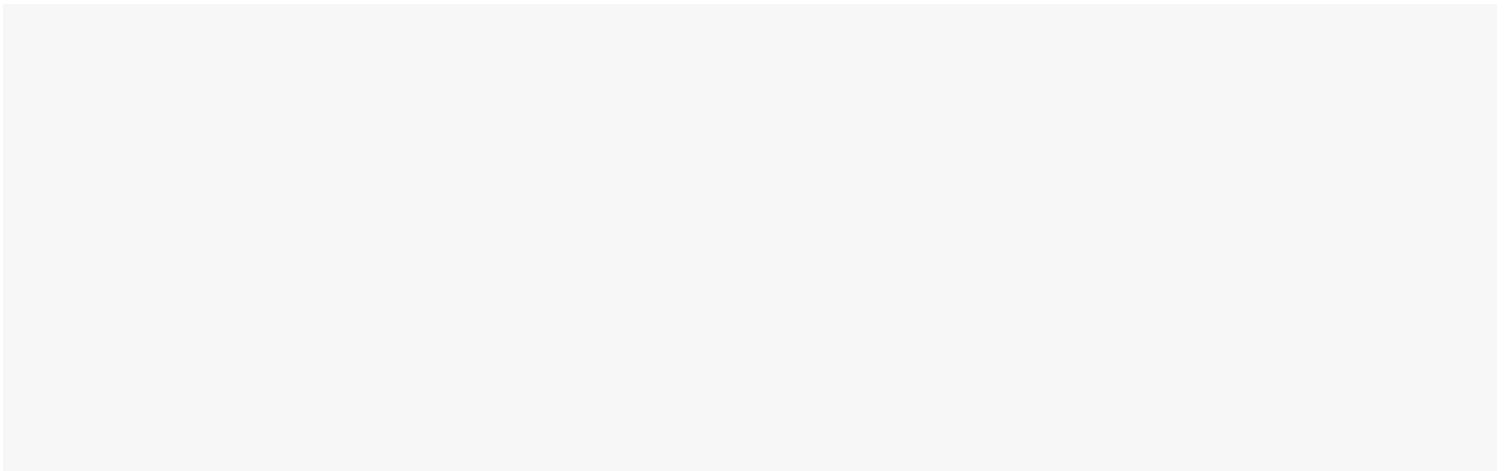
How do you want the next year to be for you?



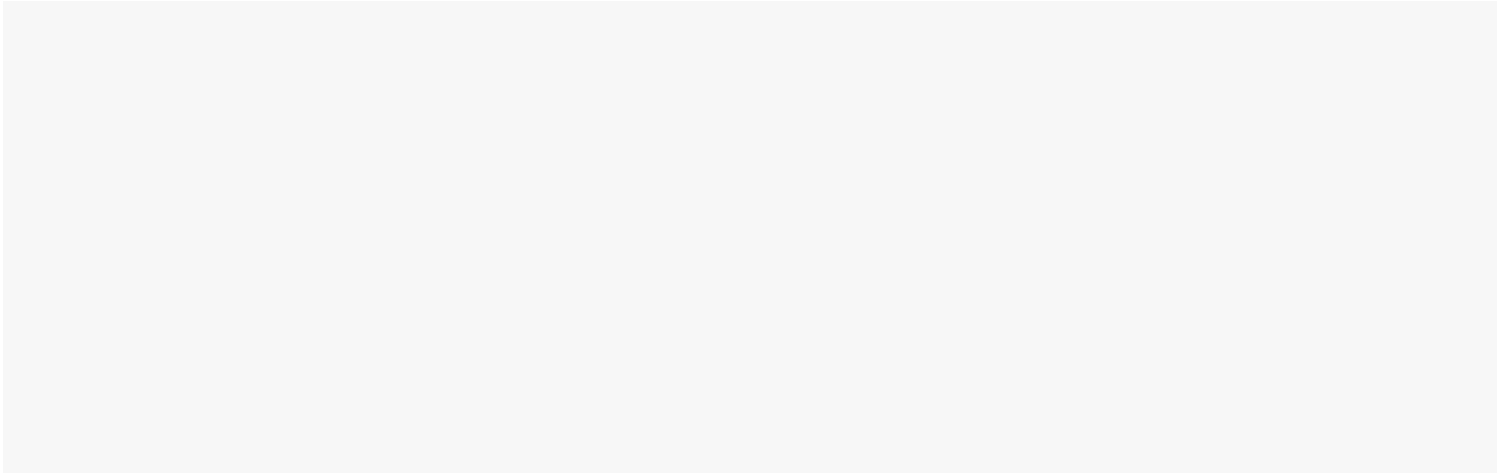
What goals or projects do you have coming up that will stretch you?



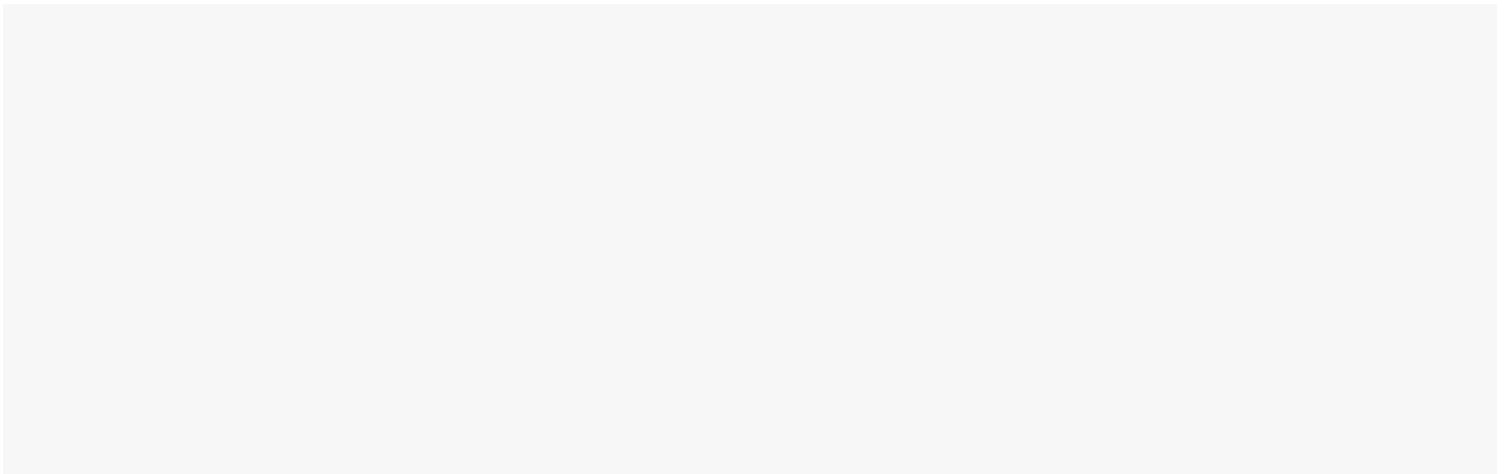
What skills will these projects build?



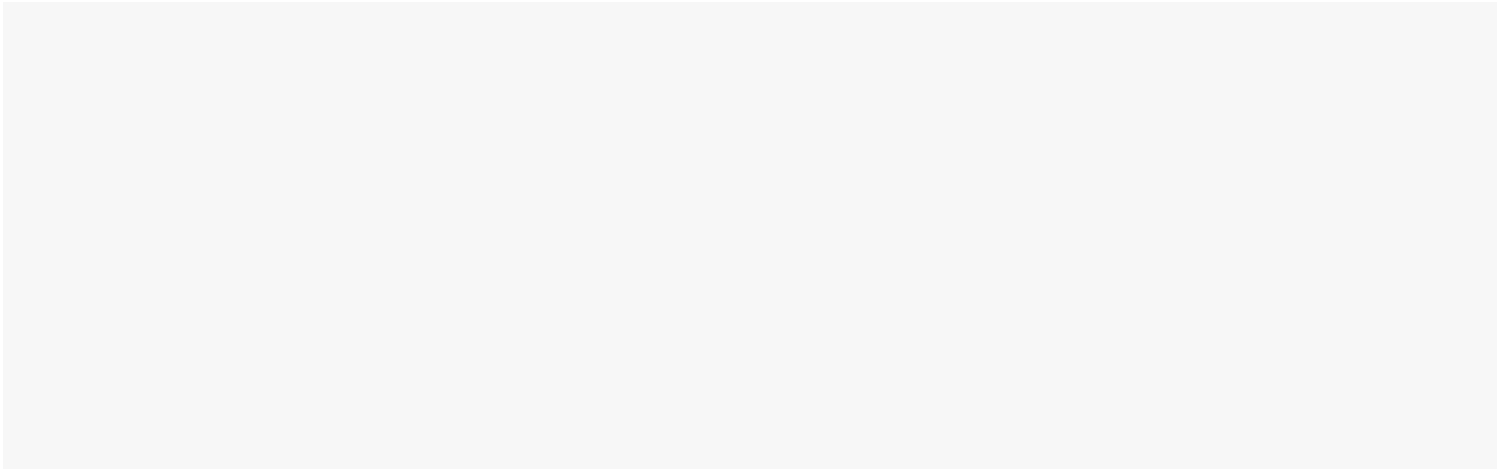
What professional development challenges are you facing?



Where do you want to be in 2-5 years?

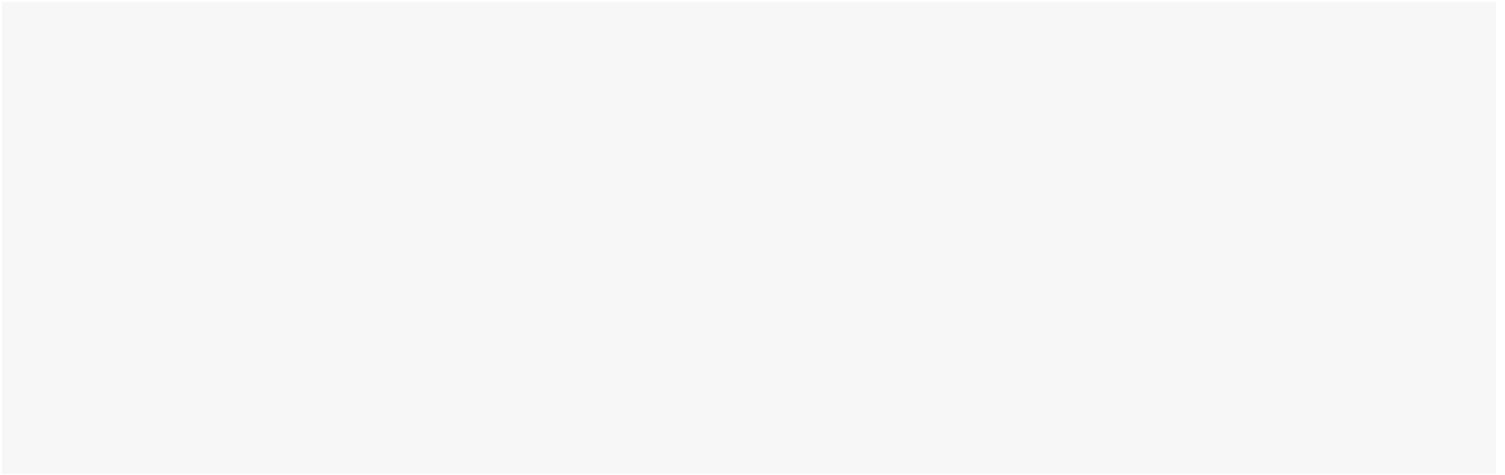


Considering all your previous answers, what are the most important things you plan to learn about or improve this next year ?

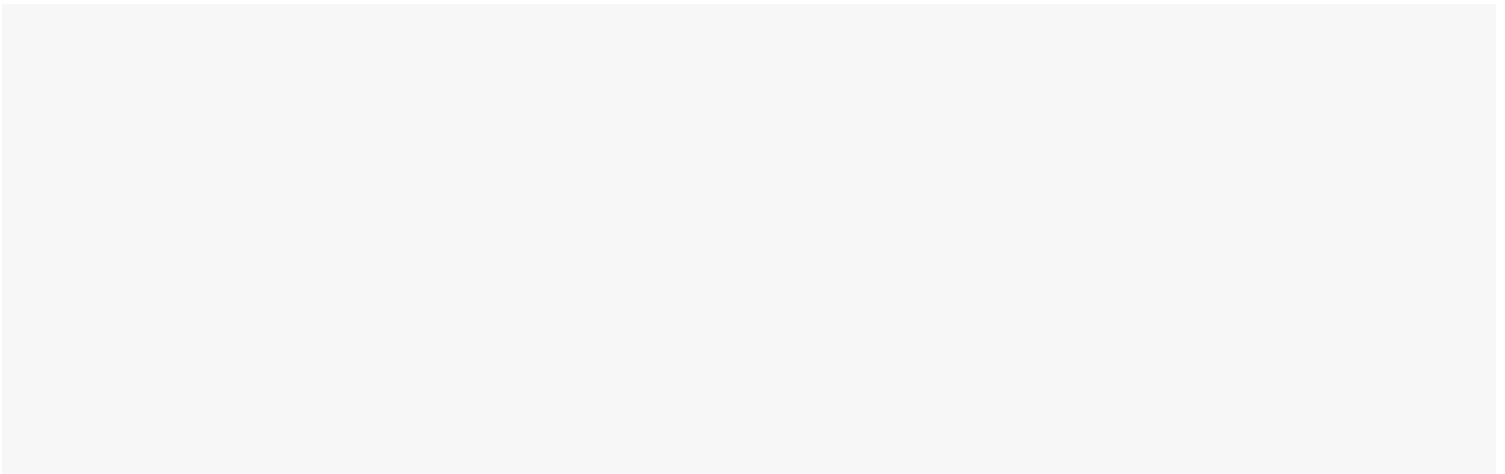


Scanning your environment...

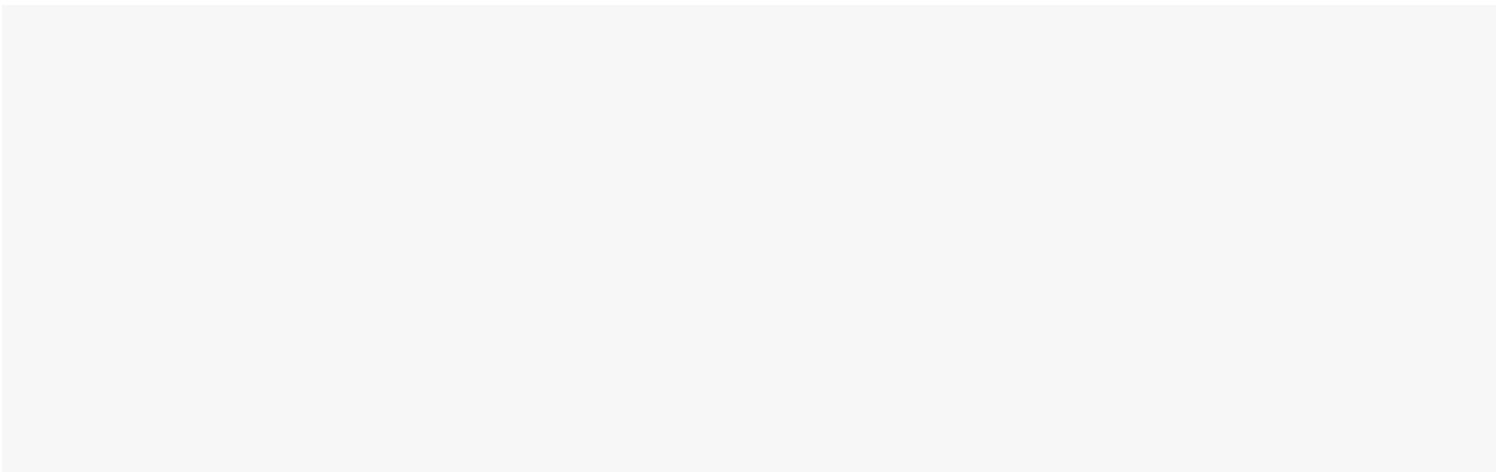
What changes are taking place in your workplace and how might these affect you?



What changes are taking place in your industry and how might these affect you?



Are you clear about the direction of your profession and the skills you need to stay relevant?



Use the PESTLE model to think about changes that may affect you:

POLITICAL
ECONOMIC
SOCIAL
TECHNOLOGICAL
LEGAL
ENVIRONMENTAL

Next steps...

'Learning is not attained by chance, it must be sought for with ardour and attended to with diligence'

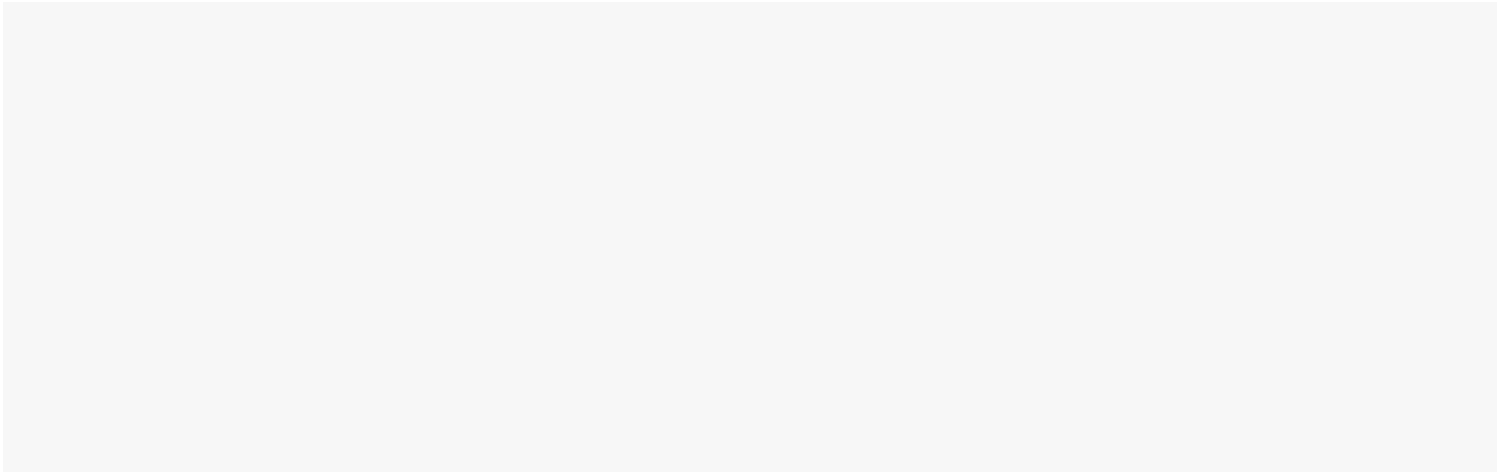
Abigail Adams

List all of your development needs from the insights captured on the previous pages. Rank them in order of priority.

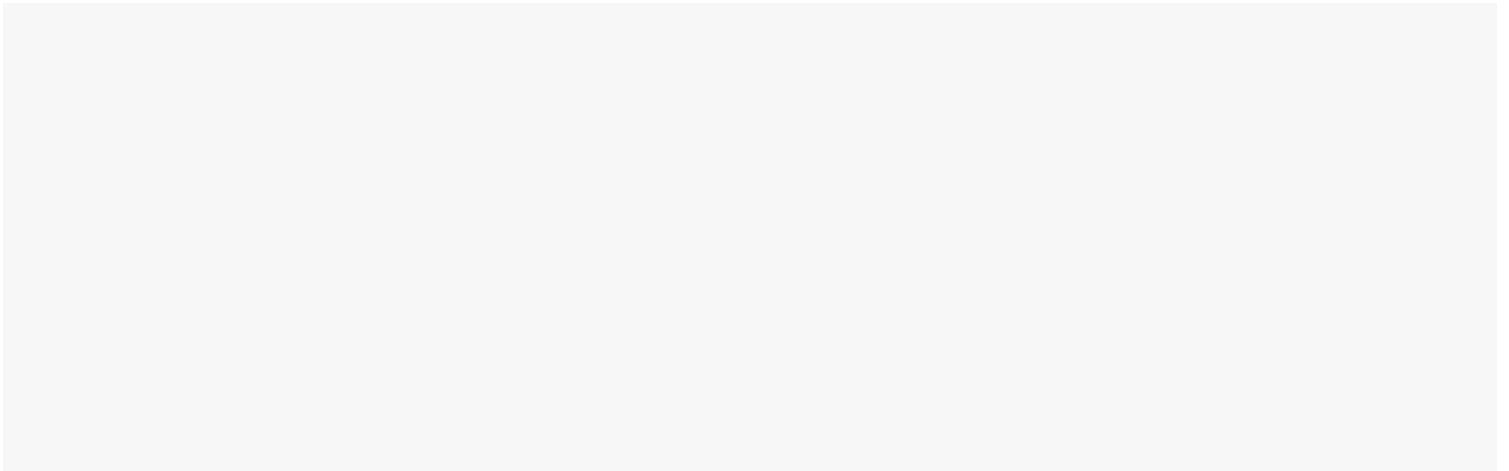
What are your top 3 development goals?



How will you achieve them?



How will you know when you have succeeded?



TALENTSTORM™



developing people and organisations

Want to continue the conversation?

Need help with your
learning goals and methods?

We'd love to help.

Contact us
enquiries@talentstorm.co.uk