

Personal Development Plan - Areas of Development

In this PDP, we draw on guidance from Starr (2021) to capture the development opportunities and the behaviors and actions needed to achieve them.

1. Area of Development:

Identify the specific skill or competence to be improved.

2. Development Objectives or Goals:

Clearly state what you want to achieve—for example, reducing stress levels, improving diet, and managing work/life balance.

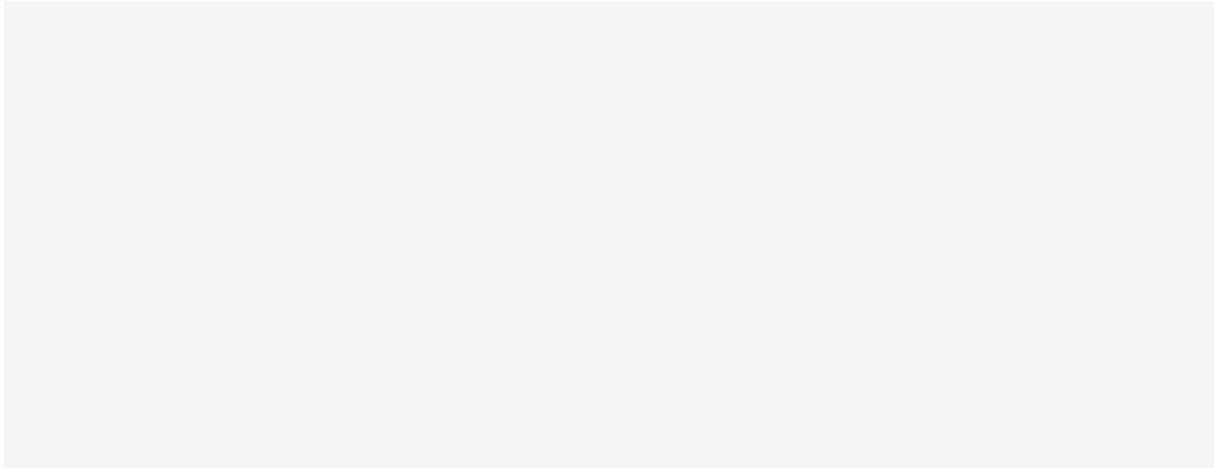
3. Behaviors to Develop:

Describe the behaviors you want to adopt to meet your objectives. They could include practicing better coping mechanisms, eating more healthily, and managing a daily schedule.

4. Actions to Create Progress:

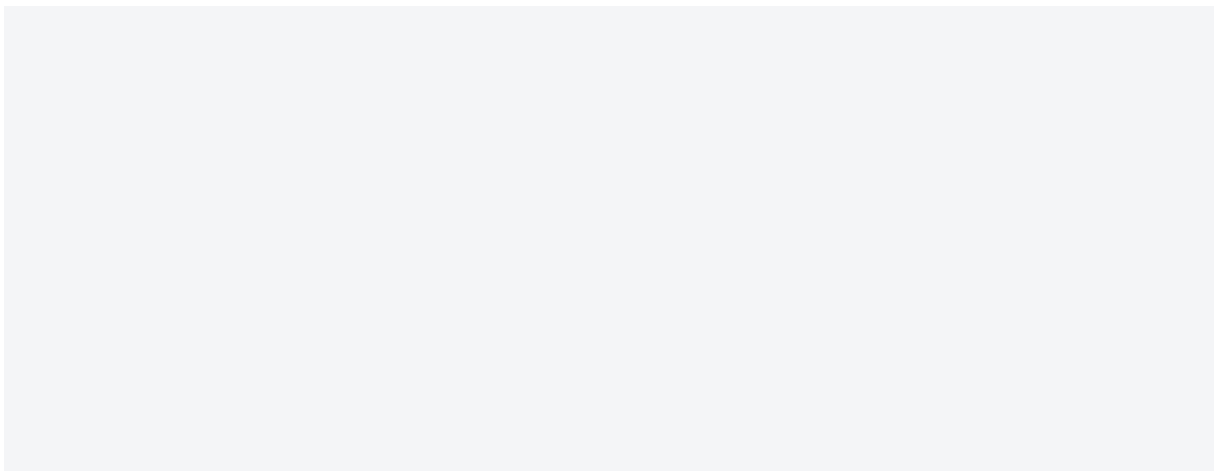
Outline the concrete actions you will take to work towards your objectives.

For example, arranging a meeting with your manager, signing up for a fitness class, or consulting with a nutritionist.



5. Date to Complete or Review the Objective:

Specify the deadlines and review dates for completing actions, meeting objectives, or assessing progress.



Adapted from:

- Starr, J. (2021). *The coaching manual: The definitive guide to the process, principles and skills of personal coaching*. Harlow: Pearson Education.

Dr. Jeremy Sutton