

Personal and Professional development Plan

Sample Essay

Activities Done

Personal Development involves holistic advancement of various attributes of an individual. There are several components involved in this that ensure the holistic developments. This helps in the achievement of social, emotional and mental maturity (DeCenzo & Silhanek, 2002, p. 144). In order to enhance the holistic development of a person, there are certain activities that can be undertaken towards the promotion of efficient development. These activities should be done continuously to ensure progressive growth of the individual. On the other hand, a lot of expertise should also be involved in order to develop the desirable characteristics that will result into object and autonomous life decisions. Several organizations have adopted training programs in an attempt to enhance individuals' performance. These programs are believed to enhance mental development. However, they also involve various components that enhance the holistic development of the people undergoing training (DeCenzo & Silhanek, 2002, p. 149).

At the places of work, training programs have been widely used because they are designed to enhance professional development professional advancement in various fields. If certain skills are lacking, the program will be tailored to cover the gap that is experienced. As a result of this, effectiveness and efficiency can be achieved in the organization. The training programs will help in the achievement of various short term goals. Initially, the achievement of certain professional expertise is the desire of most professionals. This will be attained through the training programs in the required areas. In the same way, organizations always have the desire for increasing the quality of the production and also competitively positioned in the

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