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Reflection and Personal Development Plan

Personal development (PDP) can be defined as "enabling people to fulfil their potential, to expand their talents and to progress at work and through life with meaning and satisfaction. " (Guirdham, 1995:116). PDP is likely to be an essential tool for development, and helps in the planning of basic strategies require to evaluate and enhance own capabilities.

Evaluating personal capability entails reviewing personal qualities like the strengths and weaknesses in various areas of learning. The PDP will help me tackle the areas where weakness was seen in the learning process and ensure the areas of strength are maintained at high levels.

The aim of this essay is to give a reflective account of my experience of personal development. I chose to critically reflect on 'teamwork' and 'leadership' skills, as not only were these skills some of the essential skills I undertook in my previous job, but these skills are also required for my future development and career prospect.

In order to examine the factors that enhance or impede the achievement of my chosen skills, I undertook a SWOT analysis to examine the strengths, weaknesses, opportunities, threats that affect me, the work environment and I also consider the wider influencing factors.

Though we learn from experience, PDP enables us to get into the habit of frequently recording that learning as well as thinking about how it could be applied in the future. Personal development (PDP) can be defined as "enabling people to fulfil their potential, to expand their talents and to progress at work and through life with meaning and satisfaction. " (Guirdham, 1995:116). PDP is likely to be an essential tool for development, and helps in the planning of basic strategies require to evaluate and enhance own capabilities.

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In order to examine the factors that enhance or impede the achievement of my chosen skills,

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Lingjun Ying

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