

COURSE TITLE:

PERSONAL DEVELOPMENT

MODULE	MODULE NAME	OBJECTIVE
1	Understanding Personal Development	To explain what personal development means in care work and how identifying learning needs, building confidence, & continuous growth help improve the quality of care.
2	Self-Reflection and Personal Development	To describe the purpose of self-reflection and show how reflecting on actions helps care workers learn from experiences and improve their practice
3	Key Areas of Personal Development	To outline the main areas of personal development, including skill building, communication, emotional intelligence, resilience, and adaptability, and how these support effective care.
4	Personal Development Plan (PDP)	To explain what a Personal Development Plan is and how self-analysis, goal setting, & reviewing progress support growth in care roles.
5	Creating a Personal Development Plan	To guide learners in creating a PDP by setting SMART goals, identifying actions, selecting resources, & using timelines to track progress.
6	Resources for Personal & Professional Development	To identify different sources of support such as online learning, supervision, training, CPD, and workplace guidance that help care workers develop skills and improve practice.