

# Personal Development Session Notes

<b>Key Theme</b>	<b>Personal Development (PD)</b>
<b>Learning Objectives</b> To understand:	<b>1. WHY</b> personal development is beneficial
	<b>2. HOW</b> personal development happens
	<b>3. WHAT</b> personal development opportunities are available

Activity	Time	Description	Resources
<b>Introduction</b>	2 mins	<ul style="list-style-type: none"> <li>Ensure learners have internet access via mobile, tablet or computer device</li> <li>Direct learners to <a href="https://pd.lfe.org.uk/">https://pd.lfe.org.uk/</a></li> <li>Explain this module will provide an awareness of PD and then the opportunity to create an individualised 'PD Plan'.</li> </ul>	Ask learners to remain at the pace of the group to allow opportunity for Q&A.
<b>1. WHY?</b>	5 mins	<ul style="list-style-type: none"> <li>Allow learners to explore the 'WHY' section and read through: <b>Performance - Well-Being - Transition</b></li> </ul>	This is the hook for engaging learners with PD. <b>Question:</b> "How may these three areas support a footballer?"
<b>2. HOW?</b>	5 mins	<ul style="list-style-type: none"> <li>Allow learners to click each of the characteristics/skills/behaviours and read the definitions.</li> <li>It is important that learners understand the improvement of these attributes is 'how' a person develops i.e. personal development</li> </ul>	These are important in football but also in life. <b>Question:</b> "What are the most important characteristics to you?"
<b>3. WHAT?</b>	5 mins	<ul style="list-style-type: none"> <li>Allow learners to discover the three categories of opportunities: <b>LFE - YOU - CLUB</b></li> <li>Each category displays activities which are available to learners, explanations/images/links provide further information on what the opportunity is.</li> </ul>	It is these activities which provide the opportunity to develop the skills within the 'How' section. <b>Question:</b> "What activities will allow you to develop this characteristic?"
<b>4. PLAN</b>	10 mins	<ul style="list-style-type: none"> <li>'Click here to complete your Personal Development Plan'</li> <li>Guide learners through completing the form</li> <li>Choose three characteristics for development (HOW)</li> <li>Choose three activities (WHAT) to provide development opportunities and detail below the steps required to make it happen</li> <li>Click 'Create your Personal Development Plan'</li> <li>Choose 'By email' and/or 'Download'</li> <li>Learners can send via an email of choice LFE will receive a copy of each submitted plan</li> </ul>	This is the opportunity to commit to personal development. <b>Question:</b> "This is personal and will remain private but would anyone like to share their Personal Development Plan with the group?"
<b>3. WHAT?</b>	30 mins	<p>'Skill Build' – Two groups race against time to remove Jenga blocks displaying characteristics, before matching each one to an area of personal interest relevant for developing the given characteristic (for the block to count as one point)</p> <ul style="list-style-type: none"> <li>Provide Rules/Resources/Definitions</li> <li>Example</li> <li>Group Task</li> <li>Mentor Q&amp;A (Assessment) &amp; reinforcement of transferability between on/off-the-field</li> </ul>	Jenga Towers Characteristic Definitions Personal Interest Cards
<b>Extension</b>	10 mins	Learners to review their Personal Development Plan once target dates have passed and if necessary create an up-to-date plan.	An example of a review can be found in faint text on the plan.

<b>Keywords</b>	Personal Development, Performance, Well-Being, Transition, Characteristics, Skills, Behaviours, Activities, Opportunities, Plan, Review
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