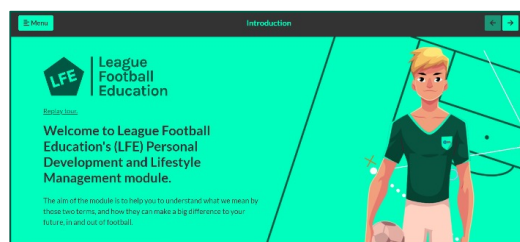
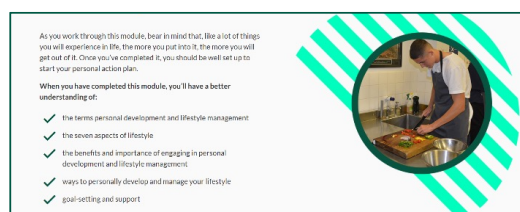


Personal Development and Lifestyle Management Module

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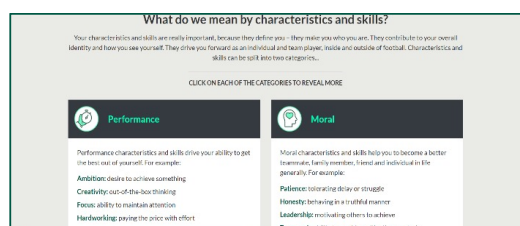


The beginning of the module introduces the learner to its aims and purpose, starting with the understanding of the terms; personal development and identity, before leading onto lifestyle, benefits and goal setting.

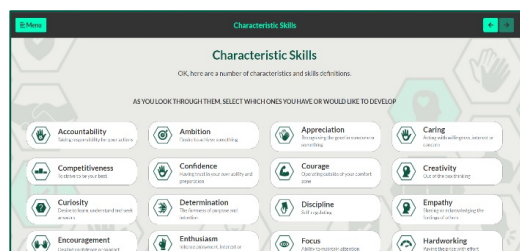
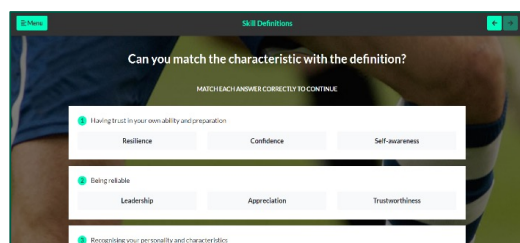


It is important to establish the definitions of personal development and lifestyle management.

This should be discussed so that there is a shared understanding amongst all and learners can explain these terms. This is then followed by describing what is meant by characteristics and skills i.e. they drive you forward as an individual and team player inside and outside of football.



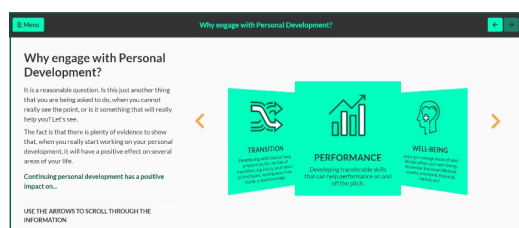
Learners are then shown a series of definitions and asked to match them up with the correct characteristic skill. If uncertain, it is important here to think about what behaviours might be displayed/associated to the listed characteristics. An example might be 'how would you think or act if you were being confident?'



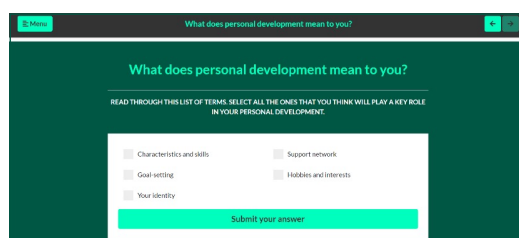
After matching the eight definitions, learners have the opportunity to look across a range of other characteristics and skills, and their definitions. If running through the module in groups, you may want to pause here and discuss where they might use certain skills in different settings.

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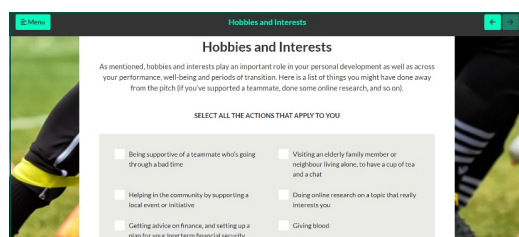
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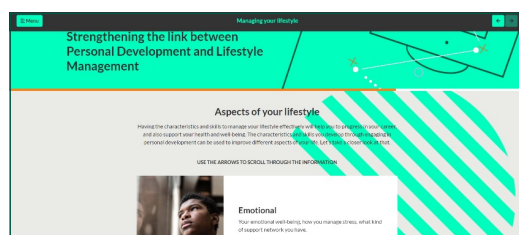
Following on from establishing definitions, the benefits of engaging in personal development are displayed. This slide looks at the link to not only performance benefits, but well-being and periods of transition too. When addressing the performance benefits, it is useful to discuss what skills transfer to helping learners perform on the pitch. There are no incorrect answers here, but it is key to acknowledge the transferability of skills that can be developed both on and off the pitch.



The question 'What does personal development mean to you?' is posed to highlight that personal development is not solely about characteristics and skills, but about the network around you, goal-setting, hobbies, interests and identity. Learner hobbies and interests are explored to aid understanding and start drawing connections between other activities and skills that can be developed as a result.

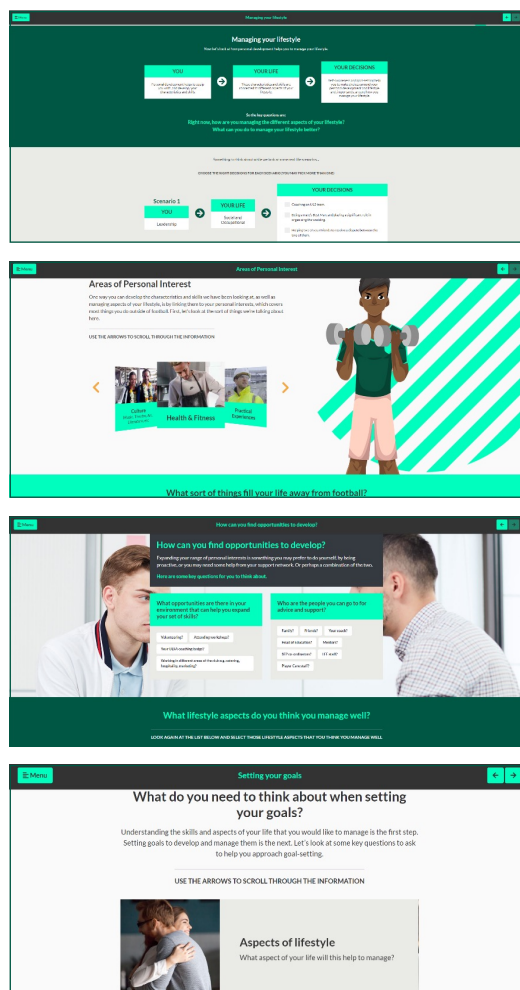


To support SEP content and learning, the module looks at lifestyle management and the well-being aspects that can be positively affected as a result of personal development. For example, increasing social awareness can have a positive impact on building and maintaining relationships (social well-being).



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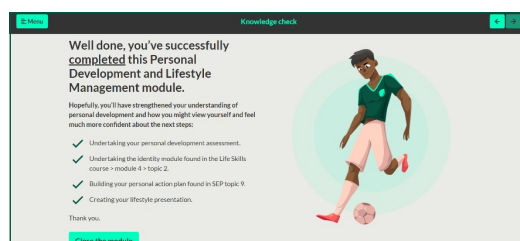
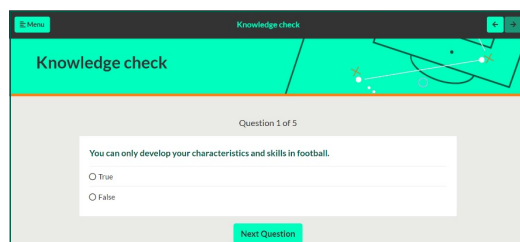
The scenarios activity has been designed to start demonstrating the link between developing a skill, how it can impact aspects of lifestyle and also the activities that can support this. The purpose of this activity is to also show that there are a number of skills that can be developed in any setting, and that there are multiple settings that can develop the same skill. It can generate discussion between learners about how they would choose to approach developing certain skills.

The 'Areas of Personal Interest' section is a great opportunity for learners to discuss different hobbies, interests and activities, as well as the skills that can be developed in the process. It also gives chance for learners to identify current areas of interest that they may already be engaging in.

The following two sections begin to look at what external support may be needed to facilitate personal development engagement. This may be in the form of specific activities such as volunteering or coaching, as well as highlighting specific support personnel. The next stage looks at how to set personal development goals and how individuals can prepare to take action.

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At the end, learners will be asked five knowledge check questions to check what they have understood from the module. Upon completing the knowledge check, they will also be signposted to other exercises that will support learning around personal development and lifestyle management e.g. the personal development assessment questions, the identity module, their personal action plan and their lifestyle presentation.