

## Personal Development Plans (PDPs)

### What is PDP?

PDP's are on going development plans which help you to identify where you are now, where you would like to be and how you are going to get there.

### Why have PDPs?

They help us lead our best lives. Imagine a ship which is docked in harbour; it serves no purpose if docked in harbour for long periods of time. It serves its best purpose when it is ferrying passengers or carrying cargo. Likewise, human beings are the same. If we feel as if we are not progressing or moving forward, we can feel demotivated, bored, uninterested and not using our true and full potential. When we are stimulated, we feel content, happy and feel that we are achieving and are getting closer to our goals.

### How can we create our own PDP plan?

(See goals fact sheet for further information)

Get a book or journal that you are going to enjoy writing in. In the book, spend up to an hour identifying all the things that you want to do, at this stage DONOT cross anything out. After this hour, then go about writing how you could actually turn those ideas into a reality. You can add to this list as and when you wish. Remember, this is YOUR list and it should work best for you! Make a list of the skills that you are going to need and if you don't have the skills needed, then set about identifying how you are going to go about acquiring them.

To help you create a great PDP, get in touch with Aim High Ltd TODAY by either emailing us at [contact@aimhighltd.com](mailto:contact@aimhighltd.com) or calling us on +44 207 241 3646 to book your FREE exploratory session TODAY