

Personal development plan



THE COLLEGE OF
OPTOMETRISTS

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Name

GOC number

I am an optometrist

I am a therapeutic optometrist

SELF-ASSESSMENT

What are my career goals and aspirations?

- ⑦ Where do you want to be in three years? Are there any particular areas that you would like to specialise in? Make these SMART objectives: specific, measurable, attainable, relevant and time bound. For example, I want to specialise in glaucoma, with the aim to work part-time in a glaucoma clinic within the next three years.

What are my key strengths?

- ⑦ What achievements are you proud of? Think about your attributes, knowledge, skills, attitudes and behaviour.

Areas for improvement?

- ⑦ What skills do you find a challenge in your day-to-day role? For example, communication, time keeping, stress management. Is there anything you have found particularly challenging over the last twelve months? What development opportunities do you feel will help support these areas? Think about training, reading materials, workshops, mentoring opportunities.



DEVELOPMENT AREAS

Targets

? What do you want to achieve? What do you want to do better? What do you want to learn?

Date to achieve
target by:

| | |
|----|--|
| T1 | |
|----|--|

| | |
|----|--|
| T2 | |
|----|--|

| | |
|----|--|
| T3 | |
|----|--|

How will I achieve each target?

? What activities do you need to undertake to achieve your targets? For example, management training or group discussions to help work on communication.

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|----|
| T1 |
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|----|
| T2 |
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| T3 |
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What support do I need to achieve each target?

? How can your employer or professional body support you in achieving your development targets?

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|----|
| T1 |
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|----|
| T2 |
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| |
|----|
| T3 |
|----|



DEVELOPMENT AREAS

How will I know I've been successful?

? What will success look like? For example, attaining a qualification. How will you review and measure this target? Look back at your SMART objectives in the self-assessment.

T1

T2

T3

How will this impact my practice?

? What positive changes will these activities make?

T1

T2

T3

Notes

? Any other relevant information you want to include.