

I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes and other resources I used before. After the use of AI tools, I may be asked to provide evidence.

Name: Chanelle Heron	Start Date: 2024 – 2030.		
Objectives: Get physically well and fit. Future goal: Become a community childminding-youth learning play centre coach, who specialises in mental health care and support.			Achievement/3-month review.
Actions to complete:		• Complete early years education and childcare degree, including youth work. • Complete enhanced DBS check through UWTSD. • Complete a business leadership and management course. Available at: Saïd Business School, University of Oxford Oxford Executive Leadership Programme (getsarter.com) • Complete a first aid training course including mental health first aid. Available at: Youth Mental Health First Aid - 1 Day St John Ambulance (sja.org.uk) • Continue to build relationships with new people. • Continue to prioritise my physical and mental wellness. • Continue to liaise with health care professionals to get a physical diagnosis of what is causing body pain aches and fatigue. • Continue to take time and not rush to achieve goals and build confidence.	1. Long term
			2. Short term
			3. Long term
			4. Long term
			5. Short term prolonged
			6. Short term prolonged
			7. Short term prolonged, GP appointment upcoming.
			8. Short term prolonged.

Obstacles that may arise:	• Funding for courses, CPD • Limited course places available • Not having the correct identification documents. • Limited Resources • Sickness • Family emergency	
Criteria - How will I know I have achieved my goals:	Create a plan and ensure to review, reflect and take feedback from support. Use template of goal setting plan from the positive psychology website. 17 Motivation & Goal Achievement Exercises - PositivePsychology.com	
Resources:	1:1 mentoring, professionals, the library, learning material, networking, workshops, courses.	
Support:	Support is available through UWTSD whether it be with my studying and skills or wellness support with a lecturer or practitioner. Support with funding courses to complete new training or a training refresher can be available through Cardiff's into work services which is available at the local community Hub's as well as The Kings Trust, previously known as The Princes Trust. This is available to the residents of Wales age between 16-30 year's old. In my personal life I continue to have a good support network of family and friends and can reach out to them if I require support or assistance.	

Reference List:

Our 5 favourite goal setting worksheets, Available at: [PositivePsychology.com](https://www.positivepsychology.com) Accessed on 17/10/2024.

Oxford Executive Leadership Programme, Available at: [Saïd Business School, University of Oxford Oxford Executive Leadership Programme \(getsmarter.com\)](https://www.sbs.ox.ac.uk/oxford-executive-leadership-programme) Accessed on 17/10/2024.

St John's Ambulance Youth mental health first aid, Available at: [Youth Mental Health First Aid - 1 Day | St John Ambulance \(sja.org.uk\)](https://www.sja.org.uk/youth-mental-health-first-aid) Accessed on 17/10/2024.

The Kings Trust, previously known as The Princes Trust, Available at: [The King's Trust | Confidence, courses, careers \(kingstrust.org.uk\)](https://www.kingstrust.org.uk/confidence/courses/careers) Accessed on 17/10/2024.

Professional Association for Childcare and Early Years, (2009) Available at: www.pacey.org.uk Accessed on 17/10/2024