

Personal Development Plan – Midwifery

What is needed to achieve and what do I want to learn?	▪ Gain more knowledge on women's mental health and try to discover techniques on how to overcome the struggles during postpartum pregnancy ▪ Learn to control my emotions ▪ Master clinical skills
What are my strengths?	▪ Great communication ▪ Confident ▪ Able to remain calm under pressure
Weaknesses?	▪ Find it difficult to multitask ▪ Handle my emotions when letting parents know about stillborn ▪ Leadership skills
Where do I want to be in the next 5 years?	Once I achieve my goals, I would like to help other women as much as possible during pregnancy, labor and postpartum. I want to give them the correct advice to make them stronger mentally, emotionally and physically because I understand how difficult it can be to go back to normal after birth and I want to take leadership and be able to teach other midwife students to do the same.
What actions do I need to plan?	▪ Multitasking – avoid distractions, create schedules, lists and follow up with them. ▪ Handling emotions – practice meditation and mindfulness, seek advice from experienced midwives ▪ Leadership – learn from a mentor, try to help other midwives in need
How long might it take to achieve?	▪ About a year as it takes time, patience and practice to be able to overcome my weaknesses.
What challenges could I face?	▪ Difficult families (life troubles) ▪ Every woman having a different pain experience ▪ Managing sad emotions ▪ Health problems from working long hours on feet