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Self-Motivation

Self-Motivation is pushing oneself, or the urge to go on. It is an internal drive to achieve, produce, develop and keep moving forward. I motivate myself everyday by praying for motivation and time management, look for inspiration, clearly define achievable goals, celebrate my accomplishments for example after each school term I take a short break, make list and prioritised, meeting deadline, goals and targets, mentoring/coaching others, learning new skills and being creative to new ideas for improvement.

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Introduction

The aim of this report is to express my acquired confidence and competence as an effective employee from professional career development Module, such as my personal achievements using a lifeline map chart, Reflection on role play, self-motivation, learning styles and SWOT/PDP analysis. I would also like to seize this opportunity to appreciate my Lecturer ANITA NAN whose demanding work has contributed to my confidence and competence for a well delivered Module.

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Taiwo's Lifeline map chart.

A lifeline map chart is reviewing the significance moments in your life story and reflecting on the highs and lows to gain insights that can influence your future career, it helps to start to think about the things you might want to consider developing. I am reviewing my lifeline achievement chart from birth to date below.

HIGH POINTS

Age17	Age21	Age 23	Age 24	Age 26	Age 28	Age 35	Age 46
Finished secondary school in 1993. Apprenticeship in hair dressing.	Attained a Diploma in business studies 1996	First paid job, Later Migrated to the U.K in 1999.	I had my first child in 1999	Employed fulltime job with South Western Railway in 2001 till date	I bought my first property in 2003. Did voluntary work with local charities.	married in 2010, had 2 more children, Won the National Rail Customer Service Award in 2010.	Attained a diploma in natural skin care, Customer service level 3 Currently studying at UWTSD to progress to a degree
BIRTH 23/4/1975	20'S	20's	20'S	20'S	20'S	30'S	40's
Now 46 years, own 2 properties, studying in the university to gain a degree to progress my career in my workplace as a station manager.							

LOW POINTS

Awaiting admission into higher education for 1 year. 1994	Age 25 separated from partner due to domestic abuse, I became confused and sad, especially being a new mother.	Age 25 Unemployment, job hunting
Age 18	20's	20's

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Reflection on Role Play

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Self-motivation

Self-motivation is what pushes us to achieve our goal, feel more fulfilled and improve our overall quality of life. It is an internal drive to tap your strengths to achieve, produce, develop, and keep moving forward. I am motivated by praying for motivation and Time management, it helps to ensure working on my weaknesses and do not hinder my plan, it encourages resilience, meeting deadlines, targets, goals, learning new skills, pushes me to register my interest on regular training, taking ownership of problems, going extra mile, look for inspirational quotes, books, articles, and magazines and celebrating my achievements for example at the end of each academic term I do take a short break with my family. Clearly defines goals, make list, prioritise, mentoring, coaching others, and being creative to ideas for improvements. I have learned about factors that can help me to build self-motivation such as self-confidence/self-efficacy, positive thinking about the future, focusing on strong goals and a motivating environment.

Locke, E (1960) put forward goal setting theory of motivation states that goal setting is linked to performance to that specific and challenging goals along with appropriate feedback contribute to higher and better task performance.

I am motivated by successful people for example Bill Gates, surrounds myself with positive minded people, make friends with people who I can trust to be supportive, at my workplace, I am highly motivated by satisfied and unsatisfied customers. I appreciate the positive comments of the satisfied customers which encourages me to do more, take critics on board and work on improvement for unsatisfied customers.

My coach in my current position Alan Hopgood, motivated me during my coaching in 2006 for my current position. He has an exceptional customer service and people's skills which I learned a lot of skills from him by watching, listening, and following instructions, in 2009 I was a runner up in the National Rail customer service week Award, I have received several THANK YOU cards from my managers and thankyou letters and emails from the customer service Department taking time to recognise the accolades I have earned.

Currently, I am studying certificate in higher education skills for the workplace level 4, with my new acquire knowledge, I am now motivated to progress to Leadership and management level 5&6 leading BA hons degree.

I found the Module clear, concise, and understanding, paying attention to details for future knowledge.

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Learning Styles

Learning style is an individual preferred means of acquiring knowledge and skills or best way to think, process, information and demonstrate learning. Pritchard, (2008) 'Different learners do not all learn the same way, everyone will adopt an approach to learning with which they are comfortable and in doing so leave behind the approaches with which they are less comfortable. I have learnt about the models of learning styles which are Kolb (1984), Honey & Mumford (1986), and VAK.

Kolb, A (1984) experiential learning cycle is a four-stage process of how we gain and absorb new knowledge. It embraces the ideas we change because of experience, reflection, conceptualisation, and experimentation and back to experience, for learning to be effective Kolb propose all four stages of learning styles must be incorporated which develops strengths.

Honey and Mumford (1986), learning styles are based on Kolb's model, the theory states that one or two individuals will prefer using one of these learning styles to learn something new such as Activist, Reflector, Theorist and Pragmatist, from the diagram the honey and Mumford are plotted in two axes, the horizontal is called the processing continuum referring to how we approach a task, that is if we learn something by watching or doing. The vertical axis is the Perception continuum refers to our emotions, how we feel carrying out a task. The activist learns best by doing and experience, Reflector learn by observing others, avoid jumping into conclusion and think about their observation, the Theorist learn by understanding the theory behind why something is the way it is by using models, concepts, and facts to learn effectively. The pragmatist learns best when they practice what they have learnt, they are humble and get things done.

VAK Learning style uses the three main sensory Vision, Auditory and kinesthetics to receive and learn latest information and experiences to discover a person's preferred learning style. Visual uses graphs, charts, pictures and reading information. Auditory retains learning through hearing, prefers being told how to do a task, differentiate speaking aspects, and usually has talents in music. Kinesthetics uses hands in learning new skills and would rather demonstrate tasks. I am a visual learner after the class quiz exercise, the result reveals my learning style which enables me to enjoy my learning process, inspires motivation for lifelong learning, and increases my confidence.

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SWOT Analysis

Swot stands for Strengths, Weaknesses, Opportunities and Threats. A personal swot can enable an individual to progress career and achieve goals, it provides an insight based on personal strengths and Weaknesses (internal) what challenges, see ahead what opportunities are present and in future, which are things I have control over and can change. Opportunities and threats are(external) are worrying and preventing me from achieving my goals. Below is an illustration of my personal SWOT.

STRENGTHS	WEAKNESSES	OPPORTUNITIES	THREATS
Currently studying at UWTSD. Won an award for national customer service in 2010. Exceptional customer service skills often impress customers. personal resources e.g., confidence, self-efficacy, resilience, motivation. Etc Communication/Questioning skills. In-depth railway knowledge and products. Reliable Team player, learning new skills/committed to success. Creative to innovative ideas for improvements and progress.	Urgency to get things done causes me stress when I have too many tasks. Fear of failure. I avoid heavy lifting. Scared of new Technology.	Covering station manager on secondment, gives a picture of position. Applying for management position. Training in relation to position. Studying to acquire qualification to become a Station manager.	Many applicants for position. Demand for station manager's position may be changing. Loss of job due to pandemic. Redundancy.

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Personal Development plan PDP

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Conclusion

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