



Personal Development 2

PRESENTATION GUIDANCE 21ST APRIL

Today's Schedule: 21st April 2020

- ▶ **Tuesday 21st April** Recorded Presentation (Panopto) & Virtual Tutorial Session (TEAMS) 2-3pm - I am available for your benefit.
- ▶ Audio Recording with this presentation will be available the w/c April 6th
- ▶ Assessment Date is 28th April 23:59pm

Assessment Preparation

Practical Presentation – 20 minutes - PowerPoint Presentation

‘Critically assess your own professional strengths and limitations and reflect on **themes of personal support and self-care in your development as a trainee counsellor**’

Additional Guidance and Further Support

This assessment is an opportunity to reflect on the various theme (s) that have shaped your personal and professional development over this past year (Level 5). Perhaps, it may include reflecting on the following:

You may want to consider personal development learnings from - PD Group & Modules, peers, supervision placement, personal therapy, or others. Perhaps reflecting on:

- ▶ New insights and new awareness - You may want to create Johari Window
- ▶ Challenges, growth and opportunities during this past year
- ▶ Next steps – What else would like to discover about yourself...
- ▶ The role of self- care and support within your journey
- ▶ Authors/reference that provide and assist with critical reflection within the process
- ▶ Other learnings

Considerations for your Presentation

You possibly could introduce your theme (s) of your presentation with a metaphor or an image. I encourage you to be creative. This is your presentation on your own journey and personal development; so therefore, it is how you wish to engage with this process. I offer the following reflective models as a way to shape or support a design for your process. .

- ▶ Gibbs Framework (1988)
- ▶ Relational Skills Model (Midwinter & Dickson)
- ▶ Johari's Window - Joseph Luft and Harry Ingham (1955) – Helpful tool you may want to explore for yourself.
- ▶ Narrative reflection/Reflexive Practice – Gillie Bolton
- ▶ Others

Structure and Framework

- ▶ The PowerPoint slides provide a template/guide for structuring your process/journey. They also serve as a point of reference for the audience. As this is an assess piece of work for your academic programme you will also include any references of authors/images you have engaged within in your process and learnings. This will include references within the slides as well providing a reference list.
- ▶ This is not to **hinder** you from your own creative perspectives of your journey, but are rather a trusted guide.
- ▶ Your PowerPoint slide structure could include the following: **(Number of slides will vary on what you are sharing, but perhaps 7-15)**
 - ▶ Introduction - overview
 - ▶ Theme(s) and Learnings – with examples
 - ▶ New challenges for future growth
 - ▶ Conclusion
 - ▶ Reference

Presentation Guidance & Recording

- ▶ Presentation is due by 28th April 2020 audio/video (send in Link) to me & Turnitin Submission PPT