



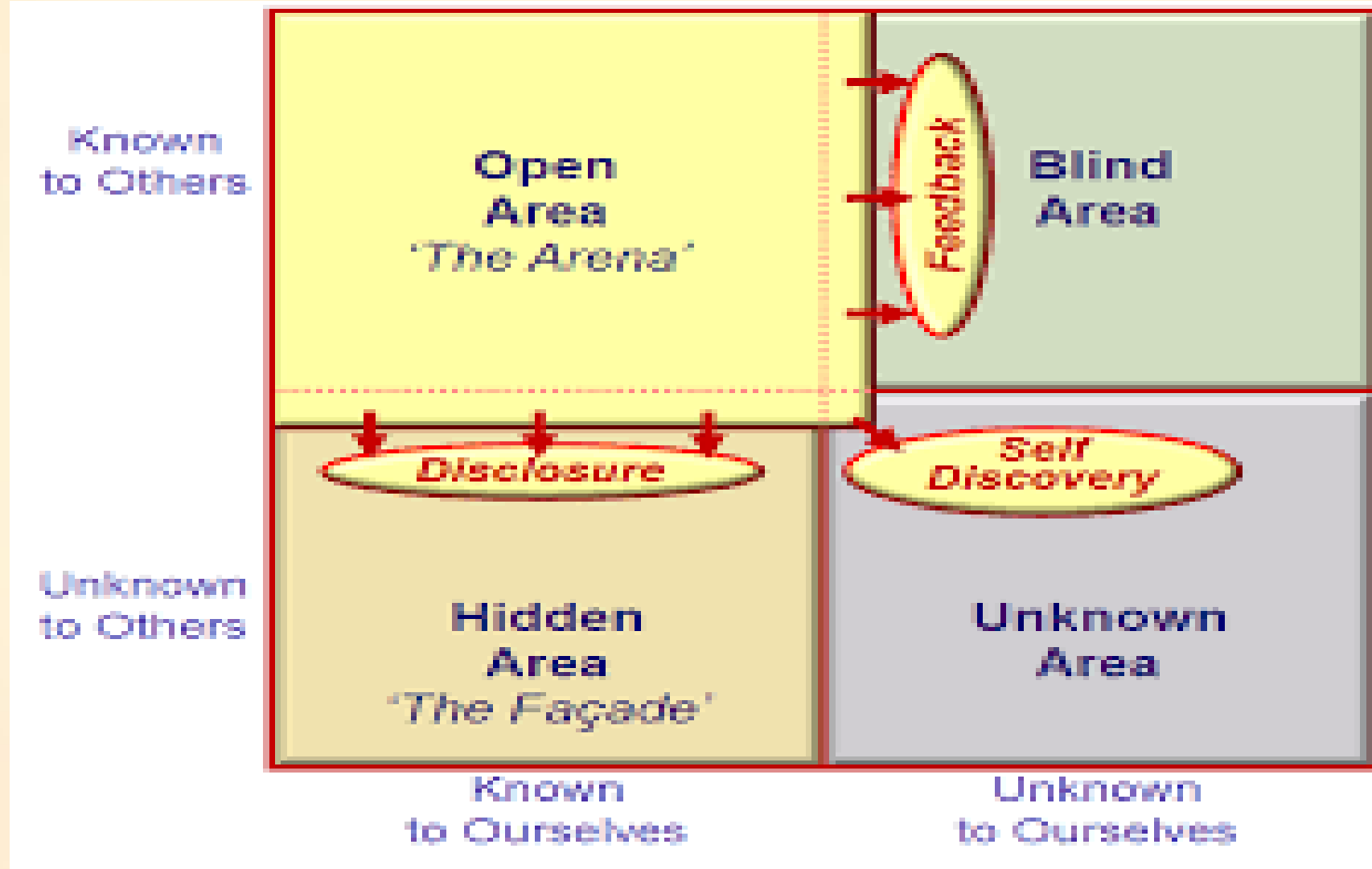
Personal Development and Professional Profile

Annette Evans 1809565

Content layout with list

- Introduction
- Themes -Johari's Window
 - Metaphor
 - Life's Transitions
 - Diversity
 - Self-care
- Conclusion

Johari's Window





Simon

It has been said

“What goes around comes around”



Life Transitions

A turning point

Levinson (1986)



I blow away the cobwebs the past year, it is a time to allow myself to personally reflect and make sense of the good and the bad learning experiences in both my personal and professional development.

We encourage our clients to personally reflect, allowing them to experience the benefits when incorporating it into their daily routine.





Diversity

Self-Care

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