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## 1. Introduction

This report highlights my accomplishments and my future goals, and the Skills I need to develop. Development Planning is a process that enables us to identify our goals for ourselves and the steps necessary to achieve them. The depth of that process and the course it takes are up to each of us, depending on what we each put into it. knowledge of oneself It will be easier to develop a future vision, set goals, sustain motivation, and adapt to changing circumstances if we build a solid foundation from the outset. That comes through gaining a fundamental understanding of who we are, not just the quick, obvious things that come to mind, but the deeper realizations that come from routine focused self-reflection, self-questioning, and increasing our awareness of others.

I migrated to England from Jamaica in order to pursue opportunities that I never achieved as a young person, I returned to college in 2003. I was awarded a General National Vocational Qualification in Health and Social Care Foundation; however, having my son in 2004 prevented me from moving on to the course's next level. During this time, I had been working in the kitchen for an agency for more than five years. I love being in the kitchen, so I made the decision to pursue a professional cooking qualification. In 2014, I went back to college for three years, and I graduated with a level 2 NVQ Diploma in Hospitality Service and a City & Guilds level 3 NVQ Diploma in Professional Cookery.

### 1.1 Development Awareness

I am adamant about pursuing my dream of starting my own business. I currently reside in London and enjoy being there, but if my goals weren't met, I wouldn't be forced to stay there.

As I write this report, I am thinking about the skills I already have and the ones I still need to acquire. I have training and work experience in both hard and soft skills, but I still need to hone my professional intellectual abilities.

working in the culinary department for over 15 years, I am always doing something positive to broaden my knowledge and boost my self-assurance. I see myself getting better over the next five years by running a restaurant and developing my brand. All these attributes, in my opinion, will positively affect how I intend to pursue my career plans. I see myself working 40 or more hours a week in the next five years because operating a restaurant takes a lot of time and work

to be successful. I imagine myself in a leadership role because I can motivate, inspire, and inspire others. However, I have no problem accepting a job that has nothing to do with administration or leadership. I work in a field where multitasking is necessary.

I am a person who thinks independently and is driven by optimism, especially when it comes to the future. clear objectives and focus My brain and skull are getting bigger as I learn. University is a fantastic opportunity for me because I meet new people, get involved in activities, assume leadership roles, and broaden my outlook. Most of these choices now offer programmes that will increase both professional and personal development. that provided me with the motivation I needed to embrace a comprehensive strategy for using my time constructively.

As I am in the last term of my one year of studying to gain the Level 4 Diploma in Higher Education Skills for the Workplace. I've made the decision to continue my education and work toward a BA in leadership and management because I have a strong sense of aspiration. I would love to run my own business as a sole trader, which is what I intend to do, I have confidence in myself, and developing my education and talents would be the perfect fit to thrive in my future career. I have just registered to launch a catering service currently I am doing it from the convenience of my own home, having control over my schedule, and being able to set my hours until I complete my studies. My goal is to open my restaurant. My objectives are to increase my business management knowledge and expertise and to continue moving up the career ladder. By expanding my knowledge and being more aware of the competencies I need, my aim is to graduate from university within the next two years with my BA Certificate which I think I can succeed

I think of myself as artistic since I can put my ideas into action using my skills. Being aware of how to behave in everyday situations makes me believe that I am realistic. Being aware of the importance of demonstrating consideration for others makes me believe that I am also caring. Along with being considerate and amiable, my favourite activities are eating out, shopping, and socialising.

The majority of these options now include courses designed to enhance professional and personal growth as well as employability and job preparation. that gave me the motivation I needed to embrace a multidimensional plan for making creative use of my time.

## **2. Personal development planning**

Self-awareness and self-confidence. When our goals truly thrill us, when they align with our ambitions, values, and interests, and when we are being true to ourselves, achieving them is easy. individual performance Understanding the various aspects that affect our performance puts us in a better position to set up the optimal environment for success in the most effective manner and with the least amount of stress, whether for academic, professional, or personal goals.

**Spiritual;** The term "spiritual" refers to personal development and/or the capacity to be moved by things outside of oneself, such as the beauty of the natural world, the goodness of other people, or a duty to the next generation. It can support a sense of self, belonging, community, values, purpose, and well-being. we may become motivated and energised as a result, accomplishing more than we previously imagined.

**Emotional;** Every existence requires emotional fortitude. It's crucial to be able to react to situations in a way that respects feelings without allowing emotions to rule. There are many ways to develop emotionally, such as participating in activities that allow us to express ourselves, becoming more conscious of how we feel and react emotionally to situations, taking the time to reflect on and discuss our emotions, learning more about the factors that influence both our own and other people's emotional responses, building personal resilience, controlling our stress levels, and seeking out opportunities to feel good. Intellectual As a student, we grow mentally and intellectually as we learn. It is beneficial to increase our knowledge and experience if our degree is specialised so that we can

**Social;** and professional environments, give us fresh perspectives from which to analyse our academic research, and otherwise improve our life. Social development is crucial because social interaction is significant in various facets of life. Getting to know a wider variety of people, travelling, improving one's cultural competency, learning more about issues that affect particular groups of people, comprehending the needs of various social groups, participating in community-based activities, volunteering, and giving back to others are all beneficial routes.

## **2.2 Self-motivation**

Work is required to stay motivated. It has to do with my desire to take the initiative to set difficult goals because I'm confident that I can accomplish them and because I'm convinced that, with enough effort, I can succeed. For self-motivation to be at its highest degree, the following four factors must be present: autonomy and self-assurance. Having an optimistic outlook, especially

for the future. goals and attention that are strong. Right away, it ought to make the atmosphere more friendly and motivate people more. Having great self-confidence and developing resilience in the face of setbacks are traits that are demonstrated by setting tough goals for oneself. This role plays technical skills was my first-time challenge of being an interviewer

If we lack self-assurance, we are much more likely to tell ourselves, "I knew I couldn't do this," as opposed to, "This one setback isn't going to stop me." To finish this process successfully, effort and time are required. In this case, the process can be sped up using a self-awareness diagnostic tool, for instance. To help individuals reach their full potential, it is essential to understand what drives them. one must have the ability to boost their self-esteem and bring out the best in them. As much as they can, they should endeavour to take use of their advantages. Self-awareness is the key. Employers prize soft skills, and our unique diagnostic assists people in identifying and honing these abilities.

It might immediately provide the individual with knowledge on soft skills, job preferences, enterprise skills, and—possibly most importantly—how to get the most out of their staff members, including how they learn best. It could also swiftly reveal our own and another person's soft abilities.

Self-efficacy is the notion that one has confidence in one's capacity to succeed and achieve goals, according to ( Stanford University psychologist Albert Bandura). This idea significantly influences how a person set objectives and what they do to achieve them.

The ability to regard oneself as making every effort to accomplish a single goal and, in the event of a setback, work even harder is a sign of high self-efficacy. I routinely make goals and objectives to help me realise my life's vision. having the best of intentions.

### **3. professional and personal expectations**

A professional personal growth global initiative phrónêtic development can now be understood as a significant motivational issue thanks to recent knowledge of the strong relationships between values, emotions, and motives. Professional phrónêtic development can be understood as requiring a dedication to increased expertise, motivated by the quest for personal understanding (growth) that offers eudaimonic fulfilment (high-level satisfaction). The morally essential values are those that promote intrinsic motivations for personal development. By taking bold action and making a commitment to sensible practice, they provide personal dedication direction. This necessitates a consideration of one's own motivations specifically, the

self-actualization motive, as defined by (Maslow1943)—personal motivations that support this commitment.

I also began to ask myself the identical question, to bring my practice into my thoughts, seek to name the implicit and comprehend the unsaid, and learn just as much from my responses as from my positive or negative evaluations of my learning

Working independently and completing tasks with little guidance are examples of utilising initiative in the workplace. Being creative and proactive are examples of using ambition. Proactively questioning how to help rather than waiting to be asked or told is an example of using initiative. Thinking outside of the immediate work to evaluate how the entire result or process could be better, and then advancing your proposal through the appropriate channels for the organisation, is what is meant by "searching for improvements and replacements." Understanding when to act requires acquiring a keen sense of when it is permissible to use our own ideas and methods of accomplishing tasks and when it is rather crucial to adhere to the regulation grasping the moment

### **3.3 Conclusion**

This report outlines the physical aspects of practice awareness. It draws attention to the covert character of physical practice knowledge, how this interacts with established professional practice traditions, and how this makes it challenging to consider and cultivate wise practice.

Being self-employed requires excellent self-management. Being a person, with a strong personality I have concluded that the biggest contribution I can make to my own practical wisdom is through learning from others and my surroundings. In order to accomplish this, I must approach my perceptions and understandings with a heightened state of awareness and mindfulness. This awareness of my surroundings, of myself, and of the goals, modes of conduct, and environments of my fellow students. I must listen with an open mind, one that is responsive to what I hear, eager to learn, and actively engaged in self-reflection.

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#### 4.4 APPENDIX



Assignment Title Professional career development

Role play (Interviewer and interviewee )

Interviewer:

Hello, good morning, and how are you? My name is Paulette Canegan I work as a recruitment manager for MAMA P TASTE OF COMFORT Caribbean Catering Company. I am meeting with you for this interview for the open position: for assistant chef, that can work with our head chef and is able to cover for him or her when needed.

- 1 Q; can you tell me about yourself and your work experience?
2. How did you hear about this position?
3. Why do you want to work as an assistant chef
4. How do you deal with pressure and stressful situations?
5. Why should we hire you?

Answer

Interviewee: Yes, I believe I am the right person for the position

I am a responsible, passionate, understanding calm individual who constantly pushes myself to learn more about the culinary industry. I have been working in the catering business for over 5. My goal is to become a successful business owner

I knew about this position because I was doing a job search on the Indeed website.

Working as an assistant chef is a terrific way to improve my ability and skill and gain more experience in the culinary industry.

Keep calm and focus with a positive attitude and seek help and support

I am passionate about cooking and love working in the culinary industry

