**THE HR PROFESSIONAL**

**Learning Outcome 5: ACTIVITY 5**

**PAIRED ACTIVITY**

**Personal self-awareness**

**Aim:**

**The aim of this activity is to reflect on your own personal approaches and identify how this impact on your approach to personal professional development.**

**Objectives:**

* To reflect on self and consider the implications of this for personal professional development
* To support a study partner through coaching and assist them to identify the impact that own beliefs and personality have on their development approach.

**Task brief**

**Part 1 – Preparation**

Reflecting on the various activities in the study guide and in this module, complete the following template, summarising your own personal insights.

|  |  |
| --- | --- |
| **What are my core values?** | **How do these influence…**  My career goals?  My behaviour at work? |
| **What do I know about my personality?** | **How do these influence…**  The way I interact with others?  The way I think?  The skills and activity that I prefer (am good at)?  The skills and activity I try to avoid (are not my natural strength)?  The way I plan and organise my time and activity?  The way I conduct myself professionally at work? |
| **What do I know about my preferred learning style?** | **How does/will this influence…**  The way I will manage my personal professional development?  The way I manage my learning in my workplace? |

**Part two:**

Working with a study partner, coach each other drawing out the key development needs and how these can be met?

How do these insights inform the approach you may take?

**Outcomes:** You will have considered how you, yourself, impact on your own personal professional development.

**Time:** 45 minutes in total (15 minutes part one, 30 minutes part two)