GUMS PERSONAL DEVELOPMENT PLAN 2020

Personal Development Plans (PDP) are a helpful way of identifying personal goals and creating practical steps to meet these goals. A PDP helps to identify specific signs of burnout and plan ways to prevent burnout when these signs arise.

PART 1: PERSONAL DEVELOPMENT
This section is designed to identify personal reasons for why you chose to be get involved with GUMS.
Think about the following questions and write some dot points below:
- What are the main things you want to get out of your role?
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    -
    -
    -
- What makes doing this role worthwhile to you?
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    -
    -
    -

For example: *I wanted to be a part of the GUMS wellbeing committee in order to increase the availability of useful and relevant wellbeing resources for students. Medical student mental health is personally an important issue to me and promoting mental health amongst my peers is fulfilling for me.*

PART 2: PROFESSIONAL DEVELOPMENT
This section is designed as a dialogue between yourself and the GUMS executive member that is directly responsible for you and your wellbeing during your time with GUMS. This section gives you and the executive member something to refer back to throughout the year. Here you will create actionable steps for achieving your goals and can monitor your progress towards achieving your professional goals in the role over this year.

- What is your role as a GUMS volunteer this year?

- In this role I want to focus on developing the following professional skills:
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    -
    -

What steps will you take to upskill and achieve these goals?

Area Identified for upskilling	Method of upskilling

BURNOUT PLAN

GUMS aims to protect all GUMS Volunteers from burnout. To do this, discuss the following questions with the GUMS executive member you are meeting with and generate a Burnout Plan.

- What are the signs of stress and burnout for you?

- How will you prevent burnout?

- If you notice early signs of burnout, what is your plan?
    o Strategies for self-management

    o Contact person/s
        ▪ GUMS Support person

        ▪ Non-GUMS Support person

        ▪ Non-med support person

This document has been adapted from the AMSA PDP document with thanks.