

## Pre-Course Workbook Example Page

---

### Preparing for the Workshop

Your attendance on this course will, no doubt, be associated with development needs identified and recorded in your Personal Development Plan (PDP). If not, revisit your PDP and consider your strengths and development needs as they relate to this course.

The course will further help you to identify and build on your strengths and to recognise and address your development needs. At this stage, however, please note your responses to the following (you may find it useful to refer to the competency description on page 5):

#### Strengths

What do you consider to be your key strengths in dealing sensitively with others?

- 1.
- 2.
- 3.

How would you like this course to help you further develop these strengths?

#### Development Areas

What do you consider to be the key areas you need to develop in order to be more sensitive in your communication with others?

- 1.
- 2.
- 3.

What will be different if you address these needs (proposed impact)?