

Personal Development Plan (PDP)

Business Psychology Course

Below are some ideas that will help in building your PDP for Business Psychology. We have a saying at Fastforward, **"Question & Discover!"** The list is by no means exhaustive.

Complete the points which are applicable to you

Name:-

1. Score yourself out of 10, on your knowledge and understanding based on your current personal perception
2. Score where you would like to be in one year's time, out of 10
3. Score your level of commitment, professionally and personally to each course of action

THOUGHTS → WORDS → ACTIONS → RESULTS

Development Criteria	1	2	3
	Now	In 1 year	Committed
<i>Example:- Effectiveness of myself in business</i>	3	5	8
Effectiveness of myself in business			
My professional mission			
The company mission			
Reading body language			
Eye pattern contexts			
Buying styles and strategies			
Creative business thinking			
Accelerated learning			
Business leverage through language patterns			
Negotiation and language			
Dealing with conflict and stress			
Business meeting effectiveness			
Business meeting presentations			
Business conflict resolution			
Developing group rapport			
Use of metaphor in business			
Relaxing while working			
Using personal development plans			
Please add your own training needs:-			

Remember - our primary commitment is developing results in business using our effective business psychology model.