

New England MIRECC Peer Education Center

Edith Nourse Rogers Memorial Veterans Hospital

200 Springs Road, Bedford, MA 01730

Promoting Growth and Leadership in VHA Peer Specialist Professional Development: Continuing Education & Participation in Organizational Activities

Practice Exercise: Write a Draft Professional Development Learning Plan

I. What do I need to do within the next year to grow as a peer specialist?

II. Self-Assessment:

a. What are my strengths?

b. What do I need to be successful in what I want to achieve (ex. resource needs)?

c. What are my current abilities?

d. What are my preferences about how to approach what I want to learn and do?

III. List one specific goal to work on for the next year.

IV. Write down specific objectives that need to be accomplished in order to successfully meet the goal you listed in III.

1.	_____
2.	_____
3.	_____
4.	_____

V. List the names of 2-3 potential mentors who you can ask to assist you with your professional development learning plan.

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VI. Do it!!