

FIRST THOUGHT TRAINING

PROFESSIONAL - MOTIVATIONAL - DELIVERY

Will deliver the following course as detailed below:

Personal Development Planning and Progression

Date:	**3rd December 2026**
Location:	**Virtual Delivery Via Zoom**
CPD Points:	**6**
Times:	**9am-4pm**
Facilitator:	**Dr Oliver Prince**

CPD MEMBER
The CPD Certification Service

A personal development plan (PDP) will help guide all doctors in their career, whatever grade they are at and whatever setting (acute/community). PDPs help doctors understand how to improve their performance and develop new skills through being self-aware & identifying development priorities. All doctors should engage in this process, as it is now a key component of appraisals and revalidation.

Measurable Aims: At the end of this programme, the delegate can:

- Describe what is a Personal Development Plan (PDP) and why is it important
- Explain the General Medical Council (GMC) Perspective
- Understand and Explain the PDP Cycle
- Give 3 examples of qualitative feedback
- Explain what career development options exist for SAS
- List the supporting services and named roles available to SAS

The Programme Includes:

- **Module 1: Personal Development**
  - ✓ What is a Personal Development Plan (PDP)
  - ✓ Why a PDP is important?
  - ✓ How it can benefit your career
  - ✓ General Medical Council (GMC) Perspective
  - ✓ An Overview of creating & applying a PDP looking at
    - The PDP Cycle

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- Planning Goals
- The importance of Qualitative Feedback

✓ Objective Examples
✓ Self-Awareness and SMART Planning

➢ **Module 2: Career Routes**
- ✓ Specific Career routes and support available
- ✓ Moving into a Specialist role
- ✓ Specialty Training
- ✓ Support from your employer
- ✓ Resources available

➢ **Module 3: Job Planning and Contracts**
- ✓ Describe the differences between 2008 and 2021 contracts
- ✓ Explain your contractual rights
- ✓ Understand and explain pay remuneration for on call work
- ✓ List the individuals who can facilitate progression
- ✓ Describe the funding available to SAS

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