

Life isn't about  
finding yourself  
**IT'S ABOUT  
CREATING  
YOURSELF**

George Bernard Shaw

**ACCELERATED  
OUTCOMES**

Personal  
Development  
Plan



**THE STRESS MASTER**  
WWW.THESTRESSMASTER.COM

## **Introduction**

Life is demanding! We must spend a portion of our life preparing for the rest of our life. There is plenty of opportunity, but preparation and implementation is vital. We must obtain a skill set fit for the purpose of propelling us forward, safe in the knowledge we will attain our goals while increasing the quality of our life. It starts with personal development and making measurable progress.

Life is about creating skills and value and using those skills and value to provide an enhanced quality of life and seeing what it will return for us.

Personal development is an opportunity to challenge yourself and develop our skills, to realise the creation of value in our life.

New habits and methods are sometimes difficult to attain, but they can be developed. It isn't easy, but it's possible when we achieve momentum in one direction.

Thomas Edison said, "Success is 10 percent inspiration and 90 percent perspiration." Inspiration is necessary, but it must lead to discipline. It's great to be motivated, but it's another thing to be motivated sufficiently, to continuously apply resources required for successful completion.

Therein lies the challenge. The challenge that if you develop and grow, and win, that's what determines your place, your equity, the worth you get from the investment you make in yourself.

### **Why do I need a Personal Development Plan?**

No matter what your age or experience, or how much wisdom you possess, or even what stage of life or your career you are at, to achieve all that you wish on a personal and professional level, having a plan for your future, and implementing it, is central to achieving the success you seek.

Individuals who are successful either in business, sport or for personal aspirations all identify what they wish to achieve, believe they can achieve it, formulate a plan so they know how they are going to achieve it and who they will achieve it, and then set the details of that plan into action.

Although you may already have goals, desires, or aspirations, they can often be lacking a clearly defined strategy on implementation for successful outcomes. So, you may be asking, "*How do I translate my ideas into a clear plan of action?*" This is when your own individual Personal Development Plan (PDP) becomes essential.

### **What is a Personal Development Plan?**

A PDP is a structured process that reflects on your current learning and performance which is then developed into a plan for your future personal, educational and career development. By undertaking your own PDP, you will naturally consider your strengths, weaknesses, opportunities, obstacles, and threats, and enable you to create a plan that identifies how best to meet your development needs through planned formal and informal activities.

### **Benefits of a Personal Development Plan**

Once you have gone through the process you will probably find the PDP benefits you in more ways than you expect, both in your professional life and your personal relationships, such as having clearer ideas about the kind of life and work you want, greater confidence and a more positive attitude in the skills, qualities and attributes you bring to your position and the choices you make and be in a better position to compete.

# Personal Development Plan

## The Road Map

Where am I now

Where am I going

How will I get there

## Developing My Plan

My personal mission statement

My personal vision statement

What does success look like

## Measuring Success

My goal setting worksheet

My life harmony survey

My biography

## 1 Day Personal Development Workshop

### Imagine just for a few moments, what it would be like to:

- have clarity about exactly what you want and what's important to you in your life
- know the 7 Principles for Success
- learn how to have and maintain the mindset for success/excellence
- learn the best way to remove beliefs that may be stopping you from creating what you truly want
- spend 1 day to have all this, and more, and with a money-back guarantee

**We GUARANTEE your satisfaction or we will refund you in full.**

### Some questions you may have:

#### 1. What will we cover?

- taking stock of where you are in your life right now, and identifying what you are happy with and what you would like to change
- the 7 principles for success, giving you the foundations for avoiding the mistakes most people make while leading to life-long success (However you define it)
- taking a thorough look of a minimum of three key areas of your life so that you know what you truly want, and setting goals so that you can achieve it
- identifying and challenging beliefs that prevent you from achieving your goals
- how to create the life you're inspired to live

#### 2. How will I learn all this?

With over 25 successful years in personal development training, Ches Moulton will be using various proven methods to help you get the most from the day.

### What can I expect from the day?

- to learn more about yourself and have some of your ideas challenged; this is an essential part of all growth, development and progress
- to meet some great people, and possibly to contribute to their growth and development
- to see yourself and your world differently after the course
- to create a personal development plan and leave with an action plan designed to create the life you want
- to leave the course inspired, energised and ready to take action on your goals

**Remember, we GUARANTEE your satisfaction or we will refund you in full.**

Ches Moulton, The Stress Master, is the UK's leading authority on stress management.

His career has spanned more than 25 years, during which time he has been a much sought-after executive coach, psychotherapist, and trainer. His most recent work has focused on helping those with elevated levels of stress overcome their problems and enjoy productive lives, free from both the physical and mental consequences of chronic stress.

During his time as a business performance consultant, Ches has served as an advisor to both private businesses and government in Canada, the Caribbean, United Kingdom, Africa and the Middle East.

He is the author of 'How to get control of your stress instead of stress controlling you', and the international best-seller 'Choice and Change - How to have a healthy relationship with ourself and others'. He is also a contributor to 'Fit For Leadership #3'.

Since 1994, Ches has designed, developed and delivered training programmes for business leaders... resulting in less stress, more confidence, and increased clarity and creativity.

He designed *Accelerated Outcomes - Personal Development Plan* as a vehicle to provide direction and guidance in your personal and professional life as a means of managing stress.

This is not a training course. This is a full Done-With-You day, where you spend the whole day focused on YOU to build (or finish) your Personal Development Plan. It's all about getting stuff done.



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Ches Moulton is the consummate executive coach and psychologist, self-motivated, reliable and loyal. He is an effective communicator with a high degree of inter-personal and relationship building skills. His ambition and enthusiasm has made an enormous contribution to our organisation.

Paul Whitnell

President

British and Irish Trading Alliance

If you need direction, focus, help with sorting out the spaghetti in your head, I couldn't recommend anyone more highly. Over a number of sessions, Ches helped me identify the roadblocks in my business in terms of the ways I was thinking about both problems and solutions, inspiring me to think outside the box and challenging my excuses.

Ches has a unique tool box of strategies and skills that I have taken on board to rethink what is possible in my business and set goals to drive the business forward. Life changing!

*Sarah Parkes*

*TEDx Speaker, Coach*

Ches is one person who has made a big difference to my outlook on life and my effectiveness in business. I have sought help from other advisors but Ches was the first person who was able to help me change my behaviour.

He is a great coach, mentor and communicator. His non-judgemental and positive approach has transformed my attitude towards goal setting and life.

John Legg

Director

The DeBugStore.com