

## Shaping a Learning Plan for Professional Development

First, take some time and reflect on the state of your practice, your comfort zones, your areas of discomfort, and your evolving interests. How does the reality compare to how you would like it to be?

Next, research upcoming learning opportunities, for instance advanced trainings, workshops, study groups, supervision, mentoring. Be specific about choosing opportunities that can help you shift your practice toward your goals.

Then, shape a plan for learning this year. Identify and allocate the required resources (e.g. time, money, teachers) **WRITE IT DOWN** on this form!

Apply yourself to the learning plan. Integrate the new knowledge into your Feldenkrais practice.

Finally, reflect on the outcomes of your plan. **WRITE IT DOWN** on this form. Repeat next year. Keep these records for three years.

THE PLAN FOR YEAR \_\_\_\_\_

Goal: Specifically what would you like to know or be able to do at the end of this year?	Plan: When, where, and how will you study?	Resources: How many hours will this require? How much financial investment?

REFLECTION ON THE OUTCOMES

DATE OF REFLECTION \_\_\_\_\_

Goal: Did you meet your goal? Did you reformulate the goal? Was the goal truly attainable?	How did this affect your satisfaction and or the direction of your practice?	Can you give a brief, concrete example from your practice?