

# MDM09 Personal Development

## Overview

The aims are for the student to reflect on his/her professional and personal journey, to gain deeper insight into the 'self' and to put in place achievable and adaptable plans for the future. Students will explore the role of self, models of illness, uncertainty in practice and strategies of coping, and motivation to develop a more flexible approach to practice whilst still allowing individuality.

### Module Leader

Dr Jim Price, Programme Leader for Professional Development and Senior Lecturer in Primary Care.

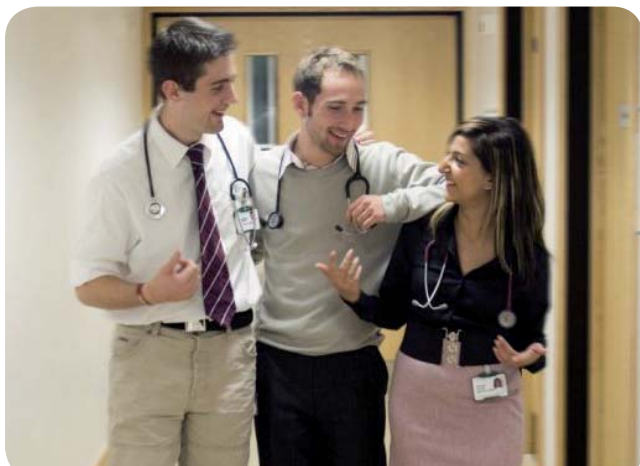
### Time and Place

20 October 2009  
10, 24 November 2009  
15 December 2009  
7 January 2010

University of Brighton's Falmer Campus

## Topics

- Increased self-knowledge and awareness
- Ethics & values
- Communication
- Skills and tools for personal and professional development
- The role of art and creativity in personal development
- The role of uncertainty in practice
- Coping and motivation strategies
- Decision making skills
- Understanding and using feedback
- Small group interaction and support



## Application form

For further information and/or an application form, please contact the programme administrator, Claire Martin, on:

Tel: **01273 643917**

Email: [ipgm@bsms.ac.uk](mailto:ipgm@bsms.ac.uk)

Website: [www.bsms.ac.uk/postgraduate](http://www.bsms.ac.uk/postgraduate)

**For information on fees, please email: [fees@brighton.ac.uk](mailto:fees@brighton.ac.uk)**