

# FEEDBACK AND APPLICATION

Name .....

Date .....

Name of Program.....

Name of lesson .....

Your email .....

Mobile number .....

The focus of our eLearning is on the application side and not only the educational side. It is about Enter to Learn - Leave to Serve. So, the training and development without application is merely entertainment and we are not in that business.

For that reason, our process is not done in a few hours or a few days but over a period of a few weeks. During this time there is learning and then application and coaching of that learning. The focus is on application of an idea that will move one closer to the accomplishment of pre-determined and worthwhile professional and personal goals. Our facilitation process focuses on how the lesson material can apply to the goals of the participant.

We are the guide that facilitates each of our clients through a process that brings about measurable improvement in their performance and a return on their investment.

## Remember the following:

1. Download the Pdf file
2. Complete the practical assignment by typing in your personal details above
3. Complete the practical assignment by typing your response(s) below
4. Submit and forward the details to: Dr Mario Denton at [marden@mweb.co.za](mailto:marden@mweb.co.za)
5. Contact us via email [prstrongmessage@gmail.com](mailto:prstrongmessage@gmail.com) or [mariene@mweb.co.za](mailto:mariene@mweb.co.za)  
should you have any further questions

## ACTION PLANS

The steps you take towards achieving your goals will determine whether or not success is realised. Use this step-by-step activity plan to help guide you closer to your goals. Remember to use the SMART goal setting criteria for each goal.

Write down up to three skills or behaviours that you would like to further develop (e.g., “reflective listening” to build empathy, or “recognising how my body reacts to stress” to raise emotional self-awareness). The SMART goals that you outline in the template should help to strengthen these skills and behaviours.

- 1.
- 2.
- 3.

Write down up to three overall qualities that you would like to have (e.g., integrity, providing clear leadership, team player, clear communicator). In some way the goals you outline in this action plan should help you achieve the overall qualities you identified.

- 1.
- 2.
- 3.

Transfer your SMART goals into the action plan template below.

Specific  
 Measurable  
 Action-oriented  
 Realistic  
 Timely

<b>Goal</b>		
<b>Time Frame</b>		
<b>Benefits</b>		
<b>Measure of Success</b>		
<b>Support and Resources Needed</b>		
<b>Potential Barriers</b>		

## Development Commitment

A Development Commitment is a tool to help hold you accountable for accomplishing the goals outlined in your action plan. As we all too often know, our plans for personal growth and development often fall by the wayside when we get engrossed in work and our organisation’s demands win the competition for our time and attention. By outlining your objectives here and leaving a copy with your coach you are increasingly more accountable to reach your personal goals.

## My Personal Development Goals

	My action plan includes the following goals:	Due Date

I commit to this action plan

Signed:

\_\_\_\_\_

Participant

\_\_\_\_\_

Date

Signed:

\_\_\_\_\_

Coach

\_\_\_\_\_

Date