

VA NETWORK FOR WOMEN IN HIGHER EDUCATION  
***SENIOR LEADERSHIP SEMINAR***

October 2017

PERSONAL LEADERSHIP DEVELOPMENT  
PLAN WORKBOOK

This plan belongs to: \_\_\_\_\_

# CREATING A COMPELLING VISION

1. DRAFT A PERSONAL VISION STATEMENT OF MY IDEAL PROFESSIONAL FUTURE THAT IS SLIGHTLY BEYOND WHAT I THINK IS POSSIBLE. (Limit to 50 words)
  - What about my vision is most meaningful to me?
  - What value will it bring to my life?
  - What's the attraction? What's inspiring about it?
  - *How strong is my motivation to pursue it? Scale of 1-10.*
  
2. CREATE A VIVID IMAGE OF MYSELF IN THIS IDEAL FUTURE.
  - What will I be doing?
  - Where will I be?
  - Who will I be with?
  - How will my life be different?
  - How strong is my confidence in this picture (scale 1 – 10)?
  
3. A strong vision provokes emotion and excitement. WHAT ONE WORD BEST DESCRIBES HOW I WANT TO FEEL IN MY IDEAL FUTURE?

# DESIGNING INTENTIONAL ACTS

What's already working/what are my strengths/what do I appreciate about myself? (Brainstorm)


What will it take to achieve my ideal vision? How might I...? Top 3 big items.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What's "One thing" I'll do in October that will make everything easier?

"I will \_\_\_\_\_  
\_\_\_\_\_."

"This will help me significantly by: \_\_\_\_\_  
\_\_\_\_\_"

Reflections – what worked, what didn't, what did you learn, etc.

## NETWORKING

The support I currently have in place to help pursue my vision includes the following individuals and groups:

The support I plan to put in place to help achieve my vision includes the following individuals and groups:

I will use the Senior Seminar program to support my vision in the following manner:

## January Personal Development Plan Homework

- Continue to fine-tune personal vision/actions – more specific, concrete
- Complete one significant action toward vision and reflect
- Coaching/mentoring session
- Complete VIA Character Strengths and bring the report to the January meeting:

<http://www.viacharacter.org/www/Character-Strengths-Survey>

Virginia Network Senior Leadership Seminar FY 18

## *Interest in Coaching/Mentoring*

Name:

Position:

University/College:

Contact email:

Contact phone number:

Are you interested in two 1 hour coaching/mentoring sessions during the Senior Leadership Seminar:      Yes      No

Do you prefer:      Coaching      Mentoring      (Please circle one.)

In order to provide a good match for you with a coach or mentor, please briefly describe the professional area(s) that you are interested in exploring related to your leadership/career development during the coaching/mentoring sessions?