

**Professional  
Development  
Plan  
Workshop**

# Identifying Your Core Values

- Consider the characteristics of 3 people that you respect; OR
- Imagine what you would like people to say about you when you win an award or retire; OR
- Think of a peak experience you have had, and consider what made it so

Start with 10-15 words, then narrow it down to 3-5.

See the reverse of this page for a list of core values to give you some ideas. For a more comprehensive list, see: [www.threadsculture.com/core-values-examples](http://www.threadsculture.com/core-values-examples)

For a Short List

## Core Value Groups and Examples

### Accuracy

Thorough  
Meticulous  
Consistency

### Adventure

Challenge  
Exploration  
Risk-taking

### Awareness

Attentiveness  
Responsiveness

### Capable

Competency  
Quality  
Wisdom

### Change

Adaptability  
Flexibility

### Commitment

Dedication  
Responsibility  
Dependability

### Compassion

Service  
Altruism  
Caring

### Competition

Assertiveness  
Decisiveness

### Creative

Curiosity  
Discovery  
Innovation

### Determination

Perseverance  
Resilience  
Focus

### Excellence

Exceed expectations  
Achievement

### Friendly

Communication  
Approachability  
Accessibility

### Initiative

Self-motivation  
Empowering  
Drive

### Insightful

Self-awareness  
Perceptive

### Integrity

Ethical  
Honesty  
Trust

### Irreverent

Informal  
Anti-bureaucratic

### Learning

Personal growth  
Engagement  
Development

### Patient-centred

Patient satisfaction

### Results

Accomplishment  
Impact  
Effectiveness

### Safety

Confidentiality  
Security

### Sincerity

Encouragement  
Active listening

### Strategic

Decisive  
Thoughtful

### Structure

Order  
Stability

### Teamwork

Collaboration  
Connection  
Relationships

## Alignment of Activities

Action	Personal	Professional Activities				
		Clinical	Admin/Leadership	Research	Education	Creative Professional Activity
Retain						
Reduce						
Relinquish						

\*Based on "Scholar Map" concept in Can Fam Prac 2020;66(May):374-6

Long Term (5 – 10 year) Goals

**Professional**

Clinical

Admin/Leadership

Research

Education

Creative Professional  
Activity

**Personal**

Short Term (1-2 year) Goals

**Professional**

Clinical

Admin/Leadership

Research

Education

Creative  
Professional  
Activity

**Personal**

List of Development Objectives (Task or Skill) for Short Term Goals

Professional

Personal

Action Plan				
Development Objective: _____				
Action Steps	Resource Needs*	Career Support Needs**	Completion Evidence	Target Date

\* Materials, funding, skills, training, etc.

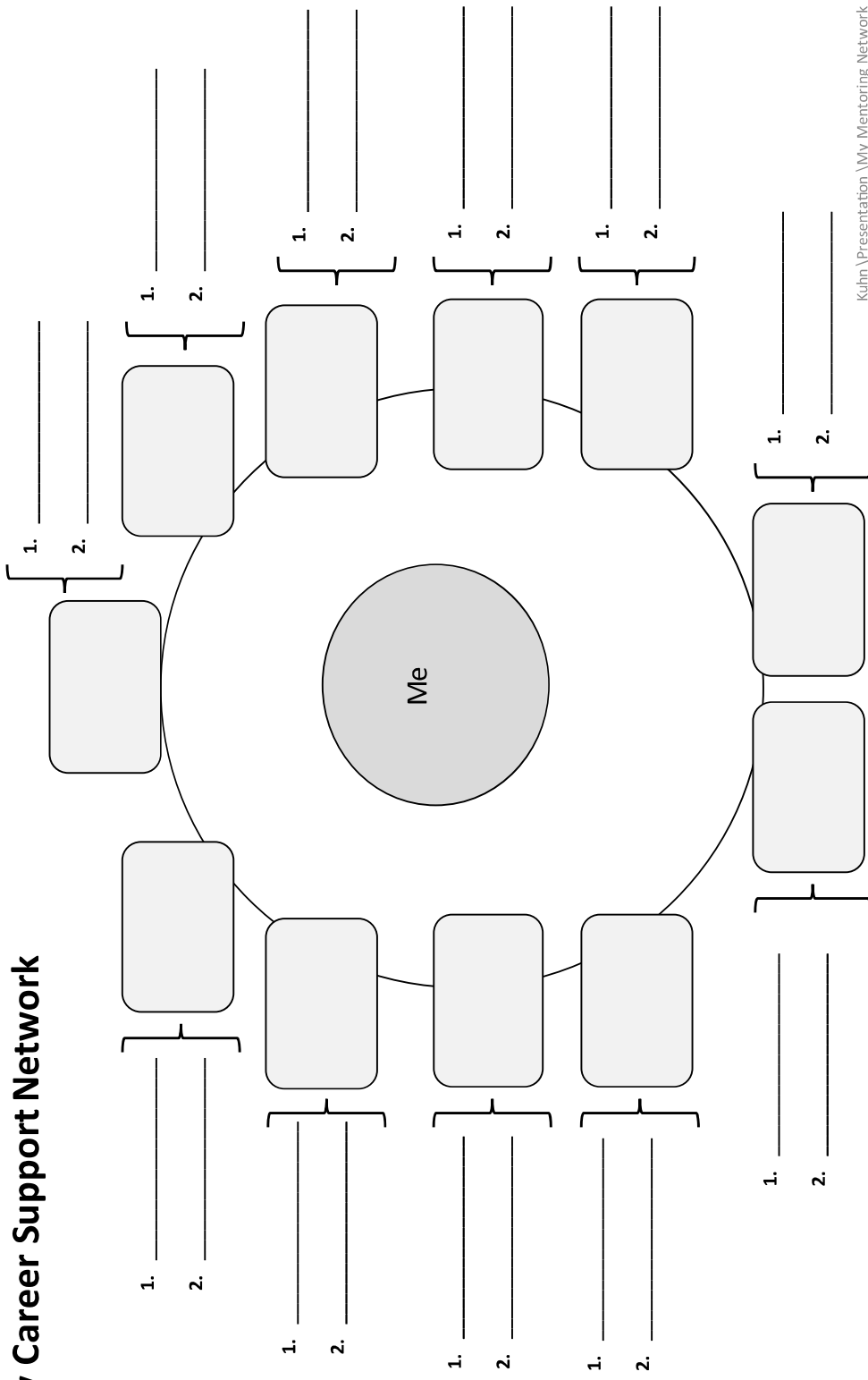
\*\* Mentoring, coaching, sponsorship, other support

**Career Development Support Network**

<b>Purpose</b> career advice, skill, knowledge, etc	<b>Type</b> mentor, coach, sponsor, other	<b>Duration</b> short vs long term	<b>Name(s)</b>	
			individual	group



# My Career Support Network



# My Mentoring Network

