

Unit 5, Assignment 4

Understand impact of personal development on others

4.1 Evaluate own self-awareness and how it has evolved

4.2 Explain impact of own personal development on others

4.1 - 4.2 Students should complete a reflective essay in which they first evaluate their own self-awareness and how it has evolved, and then explain the impact of their own personal development on others.

Word count: 600 minimum.

4.1

My own self-awareness has evolved through different avenues - my academic studies, my professional experiences and my own personal development.

My academic experience studying a Fine Art degree at the university of Leeds was largely directed by 'group criticisms'. These were timetabled periods during which a group of 10 students, accompanied by 1 staff member, would join together to peer-review each other's work. This enabled me to become more self-aware through my skills in receiving and giving constructive feedback.

My self-awareness has also developed through my professional experiences. Most challengingly for me, I have recently become more self-aware of my own limitations. Previously, I have been saying 'yes' to increased workloads and trying to support lots of people beyond what my time at work will allow. Now I am currently learning strategies around saying 'no' to increased workload in an appropriate, positive and productive way.

Personally, I have become more self-aware of my own ambitions and the need to be in strategic in planning to achieve my own goals. For instance, I have a long term goal to build my own house. This has led me to book a Natural House Building course at the Centre for Alternative Technology in Wales.

Within my personal sphere, I have also become more self-aware of my own impact on the environment; this has been an ongoing development and ever-increases as more advice is made available to reduce one's impact upon the planet.

4.2

My personal development directly impacts others in a myriad of ways, all through my daily interactions and interdependent networks with other people. In order to work effectively within any team - professionally, academically or personally - I recognise that my personal development can impact upon the efficacy of a strategy or approach.

My self-awareness in giving and receiving feedback impacted other people through my tact of ameliorating criticism to make it the most constructive it could be during university. This helped me to propel other student's work forward by giving relevant and constructive feedback, and also assisted me in developing my own work; this culminated in a 1st class degree.

My increased awareness of my own limitations will impact others as I will be able to work more efficiently and productively by being more honest with my colleagues about my current workload. This will also impact the children at school who I work to support. Due to mounding administrative work which directly related to special educational provision for students, I have had less quality time to work productively to establish the appropriate support for students on an individualised basis.

My increased self-awareness of my own ambitions has allowed me to make long-term plans and set achievable goals. This kind of self-awareness has also developed my communication skills within my relationship with my partner who shares the same vision of a low impact self-built home and one planet living. I understand that previously - prior to this significance personal development - it was difficult for the pair of us to remain motivated and inspired within a daily basis. My self-awareness of my own ambitions has helped my partner to realise his own and has given the two of us a drive which keeps propelling us forward.

My fourth significant personal development is my self-awareness on my own impact upon the environment. It is difficult to quantify or measure how this self-awareness impacts upon other people. Closer to home, this impacts upon my partner as I have changed aspects of my diet which take into the environmental impact of different foods. This also impacts upon my partner in that we buy our fruit and vegetables from the local market in order to consume less plastic. In more abstract terms, this increased self-awareness (which can be observed as a larger national trend towards low impact living) may impact upon the climate in a finitely small way.