**Kick-off preparation: ACT Personal Development Plan**

In your ACT Personal Development Plan you describe what you would like to achieve in your career and how you get there. In the kick-off we will make a first start with your development plan. To prepare for this, we kindly ask you to think about two topics. Please take some notes on the questions and bring these to the session.

**1. Values**

* What are your values in life and at work?  
  For this you can use the list of values of Brené Brown. It works best if you limit yourself to choosing 3-5 values.
* Looking at the values you have chosen, do you find these sufficiently in your current role?
* If not, what can you do about it?

1. **Skills**

* Which skills that you need to perform your current and future tasks do you already possess?
* Which skills would you like to develop (further)?
* What actions will you take to develop these skills?