## Developing my presentation skills

Invest some time to consider your intention for this training and what you will gain from it

The reason I sought out a course on Resilience and Mental Fitness is:

The positive impact to (answer all that are relevant to you):

1. Me, will be
2. My career, will be
3. My team, will be
4. My organisation, will be

What will be the impact of no change in the above areas?

Summarise how this course is important to you:

Now that you have set your intention and documented the positive impact of developing your skills, give some time to consider how you will commit yourself to your development

What are you prepared to do to develop your skills?

What will get in your way? (you can add to this as you go through the program and identify how your Saboteurs may hinder you).

How to continue your learning and skill development:

How will you measure your progress?

Who can support and encourage you as you build your resilience and mental fitness?