

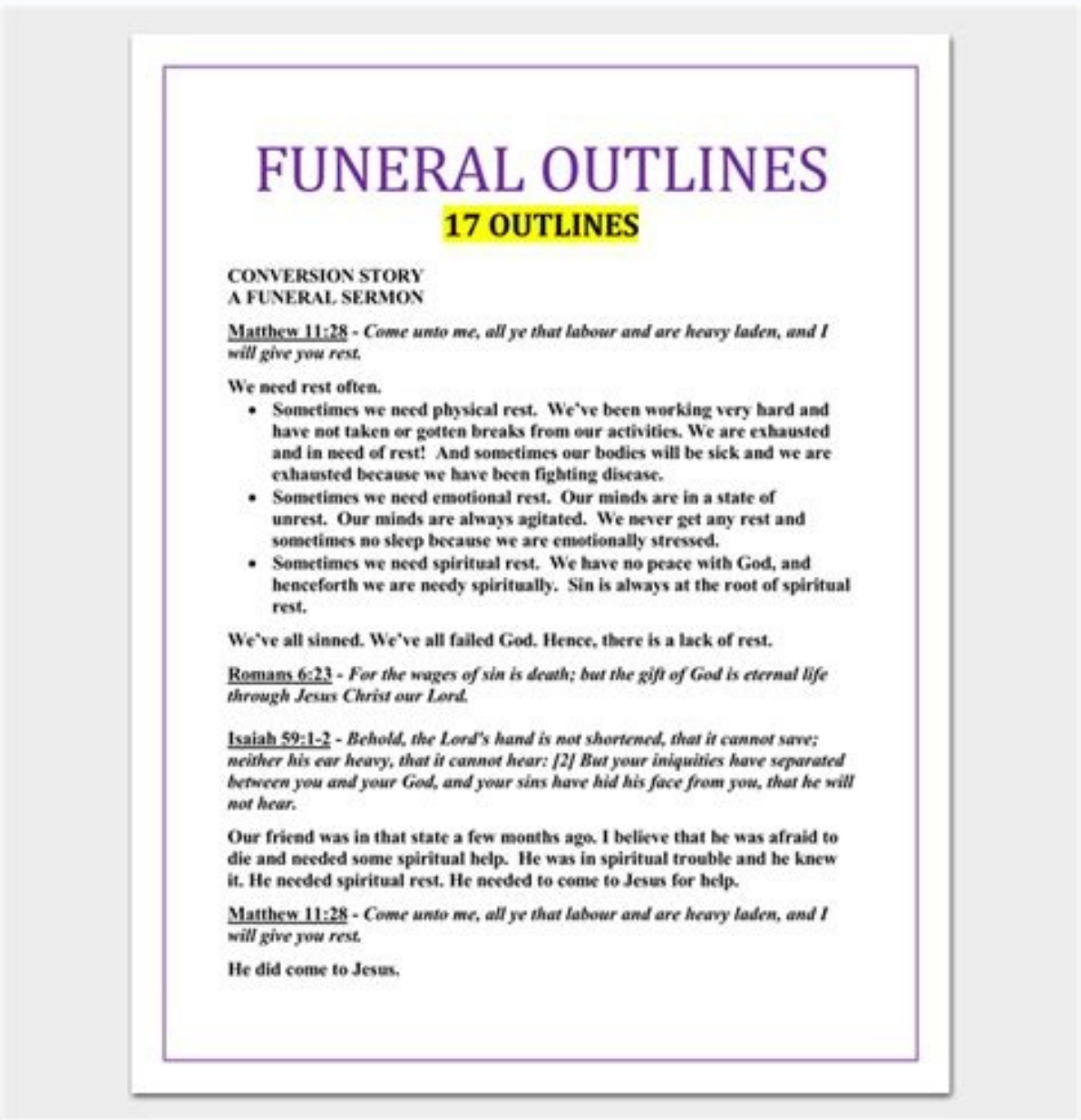
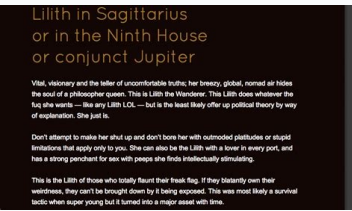
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Free Personal Development Plan (PDP) Example Template						
What are my big goals?	Which goals need to happen first?	When do I want to achieve this?	What obstacles might get in my way?	How can I improve my chances of meeting my goal?	Where can I go for support?	Review: How am I doing?
Saving a deposit:	1. Set aside 10% of my wage each month so I can't touch it. 2. Set a goal for how much I want to save and figure out how long it will take to get you there.	I want to have a £2000 deposit by the age of 27.	- Not putting money into a dedicated account - Unexpended bills such as my car breaking down. - Choosing an interest account that is unattractive.	- Get a bank account that I cannot access until 27. - Create a standing order that transfers money on payday. - Speak to an adviser at the bank to get best advice for saving a deposit.	- Bank. - Financial adviser. - Parents. - Friends who've gone through the process.	
Completing a PhD:	1. Learn about the PhD application process. 2. Find a suitable university and supervisor. 3. Look at funding routes. 4. Create and submit my PhD application. 5. Work on my academic CV by publishing a paper in my chosen field and attending conferences. 6. Networking with academics (online and at conferences).	I would like to have found a funded PhD place by the end of 2026.	- Missing out on PhD funding. - Lack of motivation. - Lack of knowledge on out of date knowledge. - Lack of CV or application.	- Set up RSS feed and email alerts to notify me about new PhDs. - Keep focused on goal and continue to read around subject to keep up to date. - Read guides on how to apply and get advice on academic CV.	- Lecturers. - Career advisors. - Website like Prospects.co.uk and jobs.ac.uk. - University staff.	

Medical Diagnostic Form for ALL Athletes with Physical Impairment

To be eligible for World Para Athletics an athlete must have an underlying medical diagnosis (Health Condition) that results in a Permanent and Eligible Impairment (article 7 in the World Para Athletics Classification Rules and Regulations). The measurement of impairment conducted during the classification process must correspond to the diagnosis indicated below.

Completed forms and relevant Medical Diagnostic Information must be uploaded to the athlete's SDMS profile upon registration of the athlete to the SDMS. World Para Athletics holds the right to request further information, if additional information is required. The athlete will not be able to undergo classification, until such time as the requested information is provided.

Please fill in the form electronically.

Athlete Information (to be completed by the NPC)

Family name:

Given name/s:

Gender:☐ Female☐ Male

Date of Birth: (dd/mm/yyyy)

NPC:

SDMS ID:

Medical Information – to be completed in **English** by a registered Medical Doctor, M.D.

Athlete's Medical Diagnosis (Health Condition):

Include description of body parts affected and limitations:

Primary Impairment/s arising from the Medical Diagnosis (Health Condition):

☐ Impaired muscle power

☐ Ataxia

☐ Leg length difference

☐ Impaired passive range of motion

☐ Athetosis

☐ Limb deficiency/loss (_____cm)

☐ Hypertonia

☐ Short stature (height: _____cm)

Medical condition is:☐ Permanent☐ Stable☐ Progressive☐ Fluctuating

Year of onset: (yyyy)☐ Congenital (birth)

Enneagram printable test.

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