

# Personal Planning and Personal Effectiveness

Personal Planning is planning from a young person's perspective on his or her own life.

Students will explore, set, and review, Personal Goals and be supported in identifying personal strengths and areas of learning which they wish to focus on.

Family members, and other potential supportive network members will be included in the process, with a view to developing a Circle of Support. It will involve visualising the student's lifestyle post –Graduation and exploring what Networks of Support may be available.

Students will be assisted in developing a Personal Plan, which they can use for progression to other Services, further education, employment, family or brokerage supports.

**Students will gain a QQI level 3 in Personal Effectiveness**

