



**Digital
Advocacy Hub**

Understanding personal development



**Easy
Read**

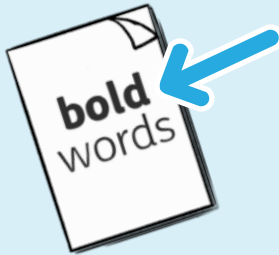
Easy Read



This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



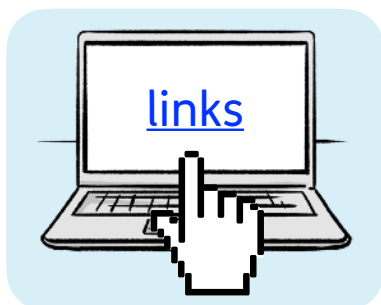
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

What is in this booklet

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About this booklet



This information is from the n-compass Digital Advocacy Hub.

At n-compass, we think everyone should have the chance to:



- Make choices and changes that will improve their life.



- Improve their **wellbeing**.

Wellbeing is the way you think and feel about life. Improving your wellbeing can help you to enjoy your life more.

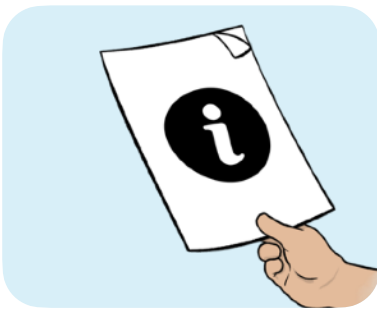


We call this **personal development**.

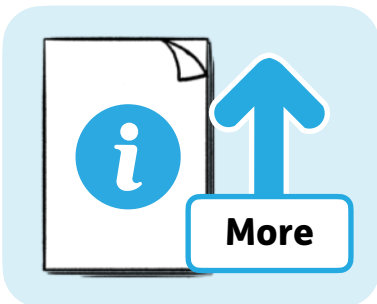


You can set and reach personal development goals by working on:

1. Being empowered.
2. Understanding and using the GROW model.
3. Making decisions.
4. Understanding change.
5. Being determined.



This booklet will give some information about each of these.



We have also written separate booklets about each of these, which have more information.

Being empowered



Being **empowered** means having the power to have control of your life.

Being empowered is about:



- Being strong and confident.



- Knowing your **rights** and making sure other people respect your rights.

Rights are things that every person should have by law. Like the right to be safe and the right to be respected.



- Making your own choices.



When people are empowered, they feel more confident about reaching their personal development goals.

Understanding and using the GROW model



GROW stands for **G**oal, **R**eality, **O**ptions and **W**ill.



The GROW model is a way of setting and reaching your personal development goals.

It has 4 steps:



1. **G**oals - work out what your personal development goals are.



2. **R**eality - think about what your life is like now.



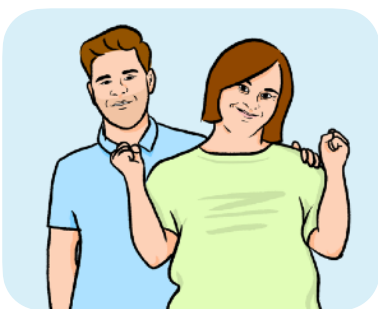
3. **Options** - find out the different ways you could reach your goals.



4. **Will** - decide how you are going to reach your goals and then work hard to do this.



You can use the GROW model to set and reach your personal development goals with the help of your **advocate**.



An **advocate** is someone who helps you to speak up or speaks up for you.

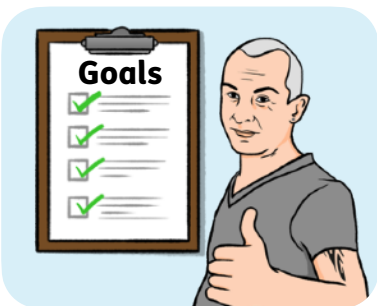
Making decisions



Sometimes, you will have to make decisions for yourself or even for other people.

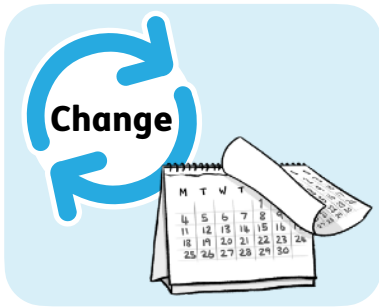


Making a decision for yourself is about being able to work out which decision is best for you.



Being able to make decisions is an important skill that you need to be able to reach your personal development goals.

Understanding change



Change is always going to happen in your life.



Change can be scary and you may try and stop it from happening.



But you could learn to see change as a good thing.



Change can be a good thing as it often gives you the chance to learn or improve your life.



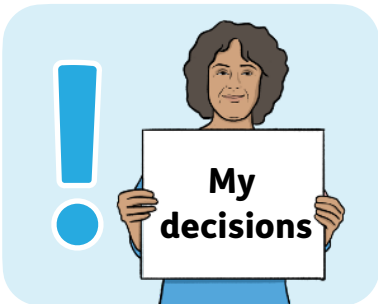
Learning to deal with change will help you reach your personal development goals.

Choosing your own future



We can choose our own future. This is called **self determination**.

You can use 3 skills to help you choose your own future:



1. Your **autonomy** - this means that the things you decide to do for yourself are the most important.



2. Your **competency** - this means being able to make things happen in your life.



3. Your **learning** - this means being able to get better at doing things by learning new skills and getting more information.



It is easier to reach your goals if you have other people who can support you.

You can also support them with their goals.

Relatedness

This is called relatedness



If you are **self-determined**, you are more likely to reach your personal development goals.

Find out more



The n-compass Digital **Advocacy** Hub gives free and fair information about lots of different parts of life.

Remember, **advocacy** is helping people to speak or speaking up for them.



n-compass runs advocacy services across the north of England.



You can find out if we run services near you on our website:
www.n-compass.org.uk/our-services/advocacy



Or you can speak to us using the Sign video website:
www.ncompass.signvideo.net

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