

Personal Development – Change

WHAT IS PERSONAL DEVELOPMENT?






Personal development is a common phrase applied to a process that takes many forms, depending on the individual, their circumstances and crucially, the decisions they take for their own lives.

At n-compass we believe that most people have agency in their own lives: choices about the direction they want to take and the person that they want to become. People make decisions to bring about change, the result of positive decision making can improve emotional and mental wellbeing, as well as a better set of personal circumstances.

We aim to support you to grow and lead a happier, more productive and more enjoyable life, whilst recognising that individual circumstances and personal goals are different.

We aspire to give you information and practical techniques that you can use in your own life, perhaps with some support, to take steps to enrich your life and fulfil your potential.

Some of the interesting techniques for a growth mindset include:

-  Empowerment
-  The “GROW” model
-  Decision making
-  Change
-  Self-determination

There are many concepts, theories and techniques related to personal development. The five listed above, taken together, form a holistic methodology to effect personal development.

Change is the only constant in life

Heraclitus, a Greek philosopher, is quoted as saying “change is the only constant in life” but for many people change can be a challenge.

When things are changing around you, you may find it difficult to accept that the change is happening, you may struggle to adapt to the change, and you may not want to embed the change into your life. You might be tempted to try to resist and even resent the change.

Change is inevitable, it is intrinsic to life and we do not have to just passively receive changes. We can choose changes that we want to make in our own lives, not just to change our circumstances, but also to change ourselves and our relationship with the world. Believing in the benefits of change is a conscious decision that opens the path to growth and enables you to construct a happier, fulfilled life of your own design, as you make your own changes.

The challenge of change

As well as being an opportunity to grow, learn and self-develop, external changes are useful to learn about how you personally deal with change. People’s responses vary, some people feel very excited by a change, others might be fearful of the same change. Your response to change is a learned behaviour, with practice, you can learn and embed a different response to apply to future changes and personal growth.

If your fear of change is deep-seated, you might need support to deal with your fear. Your friends and family, or perhaps a therapist can help you identify the root causes of your fear, challenge your negative responses and help you to cope.

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How to change direction

Have a vision. Who do you want to be? That choice is yours to make: your future life is defined by how you respond to current circumstances; you decide your own future. Refine your future vision and imagine yourself being that person and living that life. What sort of personal qualities do you have, what do you do with your time, how do you interact with other people? How does it feel to be the new you? Keep refining your vision, it will draw you in.

Set some goals. Goals take you towards becoming the person you want to be. They are things you want to achieve, and they do not have to be just materially based. They can be about you, your personality, your attributes, about anything.

Set some tasks. Break down your goals into small tasks. If you want to be a more friendly person, a simple step could be “I will say hello to and smile at one stranger each day for the next week.”

Keep practicing being the new you. The best way to effect changes in your life is to do it gradually, starting with small changes and tasks that contribute to the bigger ones. Keep the vision of the new you in mind, bringing you towards the new you.

Be realistic. Set yourself achievable goals and try and anticipate challenges. Some people might not like to see the way you are growing and developing, we do not live in isolation and by changing yourself, you might be altering another person’s view of the world, which they might find difficult.

Try to embrace the changes. The person you become will look back and be proud of the person you are, for making an attempt to change. Consider the pros and cons, but focus on the positives of the change, how it will benefit you and others.

It is not impossible. Think of a time when you changed in the past. What did you do? How did that feel? What did you learn? You already have the skills, resources and ability to change, you might need to rediscover them inside yourself.

You are not alone. Friends, family and colleagues may have been through similar changes. Think of

someone you admire - share your thoughts, feelings and concerns with them, or imagine what they would do in your situation. It’s OK to ask for help and advice.

Try and be positive. A positive outlook helps overcome fear of change. Praise yourself for each success to boost your motivation and confidence. If things don’t go to plan, you can always try again. Your friends will still be supportive, and they will be proud of your effort.

Remember, you choose the picture. The past is a portrait, but the future is a blank canvas for you to complete. You can transform your life, one step at a time.

What do n-compass’ advocates do?




If an advocate has been appointed to support you, they can meet you in your own home, or at place that is more convenient or private for you.

Personal development support is free and confidential. It is consent-based, your advocate will only work on your behalf if you instruct them to do so.

Advocacy work undertaken is also free and confidential, there are several different types of advocacy work, including Self Advocacy, alongside n-compass’ personal development initiatives.

The only time that your advocate will speak about you or speak on your behalf without your permission is if you say you have been harmed, or were going to harm, yourself, or someone else.

In all cases, an advocate will

-  Listen carefully to what you tell them about your views and feelings.
-  Support you to speak up or speak up on your behalf if needed.
-  Make sure you are involved in decisions being made about you.

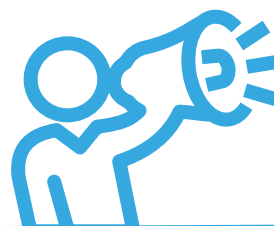
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How can I make a referral?

Health and social care professionals have a duty to refer clients to an advocacy service in some circumstances and a discretionary power to refer to advocacy in other circumstances.

If you are a health and social care professional and you are unsure whether to make a referral, please contact us.

If you are an individual who would like advocacy or self-development support, please contact us and we can direct you to suitable support options to assist you with your personal development journey.



TO LEARN HOW ADVOCACY
CAN HELP PLEASE GET IN TOUCH

The n-compass Digital Advocacy Hub provides free and impartial information on a range of common advocacy issues. n-compass delivers several advocacy services across the north of England.

To find out if we deliver in your locality

Website www.n-compass.org.uk/our-services/advocacy

Sign video ncompass.signvideo.net/