Coaching Assistant CPD Plan (Task 1c)

Continuing Professional Development (CPD) is critical to the success of a coach and in order to progress up the coaching ladder. Using the template below, create a realistic CPD Plan for your own coaching development. You should review and update this plan regularly to monitor and log any progress you have made and to add/amend/remove targets as circumstances change. Targets may be formal (qualifications/training based) or informal (changes you want to introduce into your coaching practice).

CPD Activity	Benefits to Coaching Practice	Target achievement date
Example *Shadow a Level 2 Coach*	*Develop new coaching techniques* *Share good practice*	*Within first two months of achieving L1 Coaching Assistant qualification*