Personal Development Plan

Name: Natalie Bell

Qualifications: BSc Equine Sports Therapy
EEBW

Training: Currently studying for MSc Veterinary Physiotherapy
Caninology® Canine Body Worker student

Current Work: Run own equine therapy business
Part of Team Colosso show team (not employed)

Goal: To develop current equine therapy business to incorporate veterinary physiotherapy qualification, potentially open rehabilitation yard/work within veterinary practice

SWOT ANALYSIS

Strengths	Weaknesses	Opportunities	Threats
- Reliable/punctual - Good animal handling skills with a range of animals - Dedicated to education - Good knowledge of industry - Motivated - Good communication skills - Work well within a team & independently - Currently run own equine therapy business - Good network	- Injuries post car accident - Struggle with anxiety - Low self-belief/confidence - Lack clinical practice in canine field - Lack of research skills (statistical analysis) - Critical analysis/reading journals - Canine anatomy - Lack of confidence when driving post car accident - Public speaking/presentation skills	- Good professional relationship local vets - Opportunity to shadow during lameness clinics - Potential to set up rehabilitation yard - Good social media following & contacts - Relationship with brands – able to work with them at events - Introduction to competition riders - Current client base - CPD events	- Injuries may leave me unable to physically carry out tasks - Anxiety - Not progressing on MSc course - Lack of confidence driving - People setting up rehabilitation yards with no qualifications - Local area flooded with therapists

- Good professional relationship with local equine veterinary clinic - Passionate about rehabilitation of animals - Experience with national level competition horses - Professional - Hard working - Organised - Good social media/marketing strategy - Previous qualifications/knowledge - Kind, empathetic - Flexible with work so able to fit study in around		- Experienced within showing network - opportunity to work with top riders & their horses - Use conformation/in hand element of show classes for gait analysis practice - Network in industry via previous work with Equissage Pulse	

Plan

Goal/Objective	How will I achieve goal?	Actions required	Timescale	Support Needed	Progress as of March 2019
Complete 1st year of MSc Vet Phys course	- Work hard on all assignments - Consolidate knowledge acquired on course - Independent study	- Continue to spend appropriate time studying per week - Attend all lectures - Attend events outside lectures - Extra reading	September 2019	Family Friends University tutors	- Assignments handed in on time - Pathophysiology assignment – 68%
Complete Vet Phys qualification	Continue to progress into and through second year	- Make effort to develop skill when away from university - Attend CPD courses to gain knowledge	September 2020	Friends Family University tutors Paraprofessionals	
Complete MSc	Progress into 3rd year of course	Carry out research project for dissertation	September 2021	Family Friends University tutors	
Complete CCBW qualification	Complete externship	- Finish case studies - Consolidate work into portfolio - Complete anatomy task	Spring 2019	Family Friends Caninology/Equinenergy tutors	Majority of portfolio completed
Take part in further CPD	Attend conferences/tuition days	- Research relevant events - Book place	Long term		Booked onto dissection event at local veterinary clinic
Develop gait analysis skills further	Put in extra time to practice	- Watch as many horses/dogs trotting up as possible - Take/watch videos to analyse for gait defects - Attend clinic days with local vet	Long term	Family/friends with animals to borrow	Spent time at recent competition to watch in-hand classes
Improve fitness/rehabilitation post injury	- Improve strength & ROM of left shoulder - Improve strength of right leg	- Regular physiotherapy - Regular gym sessions	Long term – improvement needed by September 2019	Family Friends Physiotherapist	Slow progress but has improved

Continue to grow social media following/presence	Networking	- Regular posts - Post both personal and work posts - Use network to build following - Work with top riders/influencers - Attend conferences/workshops - Focus more attention on facebook	Long Term	Family Friends PR experts	- Attended Hiho Silver instameet - Posting regularly on Instagram - Following almost doubled in one year
Try to minimise anxiety (as much as possible)	Seek help where necessary	- Practice meditation & mindfulness - Get back in touch with psychiatrist - Keep record of panic attacks/episodes where anxiety flares up	Long term	Family Friends Psychiatrist	- Mindfulness is helping – notice when I don't practice for a few days - Unable to see psychiatrist until compensation case settled
Improve research skills	Carry out research project for biomechanics module	- Complete assignment - Attend seminars - Attend days where research being carried out at university	Short term – June 2019 Long term – September 2020	University tutors	- Research proposal for biomechanics assignment almost complete
Improve anatomy knowledge	Learn: - Name - Function - Origin/Insertion - Innervation of equine/canine muscles	- Continue to use drawing/apps/online tools/textbooks to revise anatomy – focus on canine - Attend dissections where appropriate	Short term – September 2019 Long term	Family Friends University tutors Paraprofessionals	- Use of apps/online software has become part of daily routine