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Personal development is a process concerned with specific aspects of the individual: the development of ‘ what ’ , and the ways this can be planned, achieved and evaluated. Personal growth, on the other hand, is a more generic process having to do with the totality of the individual; it is always judged in terms of values.

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Working on your personal development plan can seem like a daunting task. Three experts talk to Abi Rimmer about the best way to tackle it Fiona Tasker, a dermatology registrar in London, says, “ Any route to success must start with a plan. Making a personal development plan (PDP) will help you to recognise educational needs as well as personal aspirations and it will allow you to map out how ...

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The personal development goals discussed in this article are all dependent on your ability to retrain your brain to think (and therefore act) in new ways. Your brain is flexible and can quickly adapt to reaching your new goals when you use the right approach and become more goal-oriented .

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