**Personal Development Plan for postdocs**

Your postdoctoral period is a time of growth towards your independent career. Your relationship with your supervisor is a key aspect of that growth; maintaining the clear, open communication is important. The aim of the PDP is to stimulate postdocs to be proactive in their own career development and to catalyse the communication with your supervisor. It is a document which helps you to identify your goals and objectives, both for your research and personal development. You and your supervisor will actively participate in this process. Essentially, the PDP will help you to:

1. ****Identify your strengths, talents, passions, and values, and planning ways to use them in your job
2. Set goals to learn or improve competencies you will need now or in the future
3. Identify and pursue your personal goals for your career development
4. Facilitate the discussion with your supervisor

*More information on* [*Radboudumc PDP website*](https://www.radboudumc.nl/en/research/academic-and-scientific-training/level-of-experience/postdocs/postdoc-phases/start/postdoc-development-plan)

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| **Personal information**  |
| Initials |  |
| First name |  |
| Prefix |  |
| Last name |  |
| Personnel number |  |
| Work email |  |
| Private email |  |
| LinkedIn |  |
| Gender |  |
| Land of birth |  |
| Mobile number |  |
| Date of PhD defence |  |

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| --- |
| **Current contract** |
| Starting date postdoc |  |
| End date postdoc |  |
| MD | Yes/no |
| Department |  |
| Research Theme | Choose one of the 18 [Radboudumc Research Themes](https://www.radboudumc.nl/en/research/themes) |
| Research Institute | RIMLS/RIHS/DCMN |
| Supervisor |  |
| Mentor | Do you wish to have a mentor? Yes/no. If you have a mentor, please add name of the mentor |
| Finances  | Kind of grant (supervisor’s/ personal); Funder |

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| --- | --- | --- | --- | --- |
| Fte (total) | Research | Education | Patient care | Other (please specify) |
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| **Date of PDP meeting** |  |

**Self-assessment**

Which of my past accomplishments will contribute to the success of this postdoctoral period? What skills am I bringing?

**Research, Professional goals and mo~~t~~ivations**

What areas of learning I would like to develop? What are my professional growth and career aspirations? What professional skill I would like to develop/improve? How do I think these aspirations can be best met at Radboudumc?

**Talents and strengths to use more (3-5)**

What are my talents and strengths?

**Development opportunities (1-2)**

What skills or knowledge do I need to increase?

**What is my ultimate career goal?**

Academic Research position, Other, please specify

**What career goal does my supervisor advise me?**

Research position (at Radboudumc), (Research) position outside academia

**PDP objectives and action steps**

What development goals do I have for the next 12 months? And for the next 5 years?

What specific actions (courses, activities) can I take to achieve these goals?

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| Objective | Result | Development activities | Timeframe | Progress  |
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| **Next review meeting date** |  |

**Statement of agreement:**

|  |  |
| --- | --- |
| Name Postdoc:  | Name Supervisor:  |
| Date:  | Date:  |
| Signature:  | Signature:  |

Please send this form to: Postbus Postdoc Office