



This first step in creating your Professional Development Portfolio begins with reflection on your professional interests. It is designed to assist you in developing professional goals and evaluating learning needs regardless of your area of practice. At the conclusion of the reflection process, you will identify several short-term and long-term goals.

What are my current practice area(s) and/or professional interests? (e.g., pediatric nutrition, public health, management, sales/marketing, performance improvement, wellness)

Public Health

Within my area(s) of practice and/or professional interests, what roles or responsibilities do I perform now? (e.g., consult, negotiate contracts, develop educational materials, conduct training sessions, write care plans, conduct research, develop budgets, keep current on issues, volunteer)

Care coordination for a variety of clients needing diet modifications

- Community education classes

- Community assessment & development of a community nutrition plan

- Consultation to health agency care providers

- Counseling provided to medically high-risk clients in agency clinic

Step 1: Professional Self-Reflection

What external factors or trends (professional, societal, environmental) are affecting or will affect my professional practice? (e.g., changes taking place in health care, community outreach efforts, payor demands for documented outcomes, lifestyle changes, family demands)

Funding
Perception of Need, workforce issues
Managed care
Government devolution
Need for population-based education
Quality assurance role of public health
Improved, rapid data analysis
Changing demographics of the population
Community acceptance & demand for health promotion programs

What areas of my profession do I enjoy? (e.g., personal interests related to professional growth, public speaking, writing, working with people)

Working with diverse communities
Public speaking
Peer networking
Program development
Problem resolution
Client intervention & outcomes

Step 1: Professional Self-Reflection

What are my current leadership responsibilities? (e.g., planning a continuing professional education seminar, chairing National Nutrition Month activities, leading a hospital team, managing a statewide public relations program, communicating current nutrition developments as a media spokesperson, serving as an elected officer or appointed committee chair)

Management, program planning and delivery of public health nutrition services

What do I want my future practice area to be? (e.g., pediatric nutrition, public health, management, sales/marketing, performance improvement)

- Public health
- Expand into diabetes management

What are my professional strengths?

(may be based on feedback from peers, results of peer review, performance evaluation, customer feedback)

- Knowledge of clinical information, Creative/positive
- Ability to work with diverse communities
- Public speaking

What are my professional areas for improvement?

(may be based on feedback from peers, results of peer review, performance evaluation, customer feedback)

- Diabetes self-management training
- Marketing services
- Foreign language skills

Step 1: Professional Self-Reflection

When determining your goals, review the information about yourself and your practice that you recorded on pages 1-3.

What are my professional goals? (e.g., stay abreast of current developments in nutrition, maintain expertise in nutrition support, consult for long term care, write for consumer publications, establish Quality Improvement policies and programs, obtain Masters in Public Health Degree)

Short Term: (1 - 3 years)

- Implement county newsletter on nutrition & wellness
- Develop local news media nutrition column
- Conduct community nutrition assessment

Long Term: (3 - 5 years)

- Develop quality assurance policies & programs for public health agencies
- Develop second language skills