



4. Professional Self Reflection Tool

What are my current employment areas and/or professional interests?

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Within my areas of employment/professional interest, what roles and responsibilities do I perform now?

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What external factors or trends (professional, societal, environmental) are affecting or will affect my employment or profession?

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What areas of my profession do I enjoy?

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New Zealand
Safety Council

What are my current leadership responsibilities?

What do I want my future employment area to be?

What are my professional strengths?

What are my professional areas for improvement?

What are my professional goals?

Short Term (1-3 Years)



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Long Term (3-5 Years)

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- Use this document as a basis for personal development discussions with your mentor / manager