

Feedback from an Award Achiever

"This programme has definitely inspired me to push myself beyond boundaries and to realise that anything is possible once I believe in myself and surround myself with people who believe in me. I was once lost when I came here, the Edinburgh Award and the Student Development team provided a map and a compass. I would encourage future students to become a part of the journey."

The Edinburgh Award

For Professional Development

 <http://tinyurl.com/z2synvc>

 Student.Development@business-school.ed.ac.uk

About the Edinburgh Award for Professional Development

Employers want graduates who are self-aware; who capitalise on their strengths; who will have an impact wherever they work; and, who are committed to their personal development and the way it impacts other people.

By proactively working on your own development, you can gain official recognition through the Edinburgh Award for Professional Development. As well as receiving an official certificate from the University, the achievement will be recognised on your HEAR transcript.

Participants are offered individual coaching sessions; peer support networks; a 'buddy system' and masterclasses on topics such as leadership and advanced communication.

Working towards the Award will help you:

- Increase your self-awareness
- Make the most of your existing strengths and develop new skills/abilities
- Confidently demonstrate what you have to offer to others, including employers
- Achieve impact/ increase your impact in your areas of focus
- Develop your support network, working as part of a cross-programme community

"Sessions with the class, my buddy and coaching sessions helped me realize what I truly want in life and how to build the path to achieve these things. I highly recommend the Edinburgh Award for all students, as it helped me achieve my goals of becoming a more confident, determined and effective person."

To achieve the Edinburgh Award for Professional Development you need to complete these elements:

- 1. Select the skills you want to work on**
Choose three areas based on the Business School Graduate attributes where you'd like to make a positive behavioural change. Provide a self-rating of your ability in each area at three points during the year.
- 2. Participate in three group sessions**
Group Session 1 is about goal setting: identifying your ideal self, real self and the similarities and differences between them through completion of a Wheel of Development. Session 2 provides the opportunity to reflect on what you have been practising, check-in on progress and reassess your action plan. Finally, session 3 brings everything together, providing an opportunity to celebrate your progress with others.
- 3. Have two coaching sessions**
Participate in two individual coaching sessions with one of our accredited coaches. The first challenges and motivates you to turn your Wheel of Development into a learning agenda. The second starts to draw things together: encouraging reflections on activities to date; articulation of progress; and, what needs to happen to make any changes sustainable.
- 4. Attend skills sessions and workshops**
Throughout the year, the Student Development team run a programme of career and professional development skills sessions, workshops and treks. You are asked to participate in at least 5 of these activities.

5. Keep a journal

Reflection is a process of exploring and examining yourself, your perspectives, attributes, experiences and actions. It is a key element of the Award and you are asked to write a short piece after each group session (a minimum of two entries) to help gain insight and see how to move forward.

6. Demonstrate Impact

Whilst committing to your own development, we want you to be mindful of the impact on both yourself and others. For example, breaking a habit can have significant benefits in your daily life. And by going out of your own comfort zone, you can encourage others to do the same. This is something we ask all Award participants to consider as they work towards their goals.

7. Articulate your journey

In the final group session you are asked to share what you have learnt by working to achieve the Award. This encapsulates the experience you feel you have gained from working towards your goal (specifically the three skills you identified, what you did and the impact this has had on you and on others.) This final submission may take the form of a video, picture, PowerPoint/Prezi or written piece, which you present in a small group of other participants.



