

# Focus on you



There are a lot of things we need to focus on to be successful at work, and yet one essential component to our success may not always get the attention it deserves. That crucial component is yourself and your personal development. We need to learn. No matter how experienced or successful we may be, each of us must strive to continually grow and develop, not only to increase our capabilities to perform our current job, but to prepare us for the next step in our career as well.

A strong development plan is a great way to stay focused and build the skills that will make a difference now and in the future. In this pathway you will learn:

- How to analyse your own performance and act to improve performance
- To self-reflect and coach others to do so
- How to highlight the consequences of not improving poor performance
- The importance of an action plan
- To understand motivation and recognise its importance and use

To help individuals and workplaces upskill and expand their capabilities to thrive in this environment, the Suncorp Learning Campus provides online access to thousands of training resources, sourced from the best content providers in the world.



Take the time to understand yourself, your strengths, your weaknesses and any areas that may benefit you investing in learning and acquiring new skills.

### Personal Skill Development Plan

by Vado  
(10 minutes)

**Course overview:** For this course you will follow a process to identify the skills and capabilities you need to develop to excel in your job and career. By completing this course, you will be able to create a personal skill development plan.

### Team Skill Development Plan

by Vado  
(10 minutes)

**Course overview:** This course will provide a process to help you meet with your team members to discuss and capture the skills and capabilities they would like to build over the next 12 to 18 months. These skills should be the key capabilities needed for the person's current job, or for a desired future position.

### Stress, Anxiousness and Anxiety

by Via Up  
(20 minutes)

**Course overview:** This course empowers your organisation to identify and address the causes and symptoms of anxiety by providing them with the tools they need to make meaningful and positive progress. With the right information, some kindness, empathy, and a little patience, they can make a dramatic difference in their own life and the lives of others.

### Developing an Attitude to Learn

by Vado  
(10 minutes)

**Course overview:** This course will help you discover if you're on the right development track, making sure you're doing the right things to display the attitude to learn so greatly valued and sought after by managers and companies alike. By completing this course, you will be able to determine if you display an attitude to learn.

### Pathways - Developing Performance - Improving Performance

by Jenison ELearning  
(30 minutes)

**Course overview:** This course explores the different ways that the you can improve or stretch poor, average and great performers, as well as ways to probe the reasons behind certain levels of performance.

### The Power of Self-Reflection

by Catalyst Education  
(1 hour)

**Course overview:** This professional development course is aimed at leaders however, the insights, information and ideas presented will benefit employees of all levels. After all, we're all leaders in one way or another!

### Developing Self-Awareness

by Mind Tools  
(6 minutes)

**Course overview:** In this eLearning course learn why you should become more self-aware and find out how to do it.

### Coaching to Develop Self-Awareness

by Mind Tools  
(6 minutes)

**Course overview:** With better self-awareness we can improve our relationships and reach our goals more effectively. Find out how you can use coaching to build self-awareness.

### Power up with Strengths

by Seven Dimensions  
(12 minutes)

**Course overview:** Kylie Bell talks with Eve Ash about strengths and the part they play in enhanced wellbeing. Knowing we have strengths makes us more engaged and motivated, resulting in less stress and depression and better health. New strengths can be discovered any time, especially through various strength finders and profilers which are available online.