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| Goal: | In a working landscape where remote working is becoming more commonplace, I would like to improve my comfort level with remote working and communication with others. I would like to address this more particularly in the context of teamworking, as these skills are directly applicable to a clinical environment.  I would also like to explore the differences between sympathetic and empathetic communication styles, which is more appropriate in a therapeutic context, and how to improve my quality of communication with service users. |
| S | What specifically am I trying to achieve?  I want to improve my ability to communicate in a team remotely. I would like to find an efficient way to co-ordinate workload in a group project that does not rely heavily on spoken communication, and plan to use this by researching different project management tools.  I would like to be able to identify sympathetic vs empathetic communication styles, critically analyse which may be more appropriate in certain situations, and develop techniques and phrases that I can use to make my own communication style more empathetic. |
| M | How will I measure success?  I will measure success by critically analysing which tool would be most appropriate to use for our CSP Long Covid student engagement placement, then implement it during the course of our project work.  I will measure my success by being able to identify sympathetic vs empathic communication styles when observing the practice of others and be able to analyse the pros and cons in the context of observed appointments. |
| A | What steps do I need to take to reach the goal?  I need to research the goals of a project management tool, learn about different types of tool and their pros and cons, choose the best one to use in the context of our project, then implement it and reflect on its benefits and drawbacks.  I will complete an e-Learning for Health course on empathic communication, and apply what I have learned to observed appointments on placement. |
| R | Is this relevant for my long term objective?  Absolutely. Learning different methods of project planning and management is applicable to both remote and face to face work, and also in both clinical and informatic based projects  By being able to identify sympathetic vs empathetic communication styles, and understand their benefits and drawbacks in context, I will be able to develop my own techniques for improving empathetic communication in future practice. |
| T | What is the time frame for the goal?  I would live to achieve this within the first 2 weeks of my first placement, ready for the halfway assessment on 6th August 2021  With regards to the e-Learning course, I would like to complete this by the end of my second week of my second placement, by 16th September. |