

Development of personal action plans for crisis situations

Based on your previous experiences choose one important work related crisis/problem case scenario. Reflect on what happened and utilise the following criteria to prepare your own action plan:

Presentation of the case:

What happened?

Feelings:

What were your first reactions and emotions?

Evaluation:

What were the positive and negative aspects of this experience?

Analysis:

What could have been the meaning of this situation? What actually happened?

Conclusion (general):

What can be concluded in general about this experience and about your analysis of the case?

Conclusions (specific):

What can be concluded about your specific situation and the manner in which you conduct your work?

Personal action plan:

What will you do differently in a similar situation? What are your next steps based on what you have learned here?

Source:

Gibbs G. (1988): *Learning by Doing: A Guide to Teaching and Learning Methods*. Oxford Further Education Unit, Oxford Polytechnic, Retrieved from <https://thoughtsmostlyaboutlearning.files.wordpress.com/2015/12/learning-by-doing-graham-gibbs.pdf> on 18.07.2016