

Professional Development Plan

Name: Nicole De Leonardis

Year: 2026

Measurable goal	Plan to Achieve it- what will I do?	Review date- by when?
Participate in at least one continuing education course relating to OT	Sign up through AOTA online website for the Participation, Resilience, and Wellness Micro Credential	Spring 2026
Create and deliver one educational presentation for colleagues about the value of OT in promoting daily functioning, participation, and well being	Present needs assessment about service learning trip to Guatemala for my capstone presentation and poster	Fall 2025
Identify two areas for professional growth to develop a professional development plan for	Complete a structured self-assessment using the AOTA Continuing Competence Self-Assessment Tool to identify what two areas I should focus on	Spring 2026

Lead a small-scale initiative in my workplace to promote the value of OT	Complete the "Mindful Path to Leadership Level I" Foundations Badge offered by AOTA and apply what I learned to developing an initiative	Fall 2026
Implement at least two strategies from a AOTA foundations badge into my daily work routine to enhance personal well-being and prevent burnout	Complete the “Self Care and Resilience” Foundations Badge offered by AOTA	Fall 2026
Attend a virtual OT fair	Explore LinkedIn and AOTA for opportunities to participate and sign up for an online event	Spring 2026
Update my resume and cover letter	Document completed updates in my professional and community based agenda	Fall 2025
Research 4 different OT settings	Reach out to the OT in the facility regarding information about the environment and required skills	Spring 2026
Complete a study plan for the NBCOT	Collect at least 5 practice exams and conduct weekly study sessions equaling out to at least 12hr/week	Spring 2026
