

The Individual Development Plan (IDP)– Department of Anesthesia

Purpose and Process

Purpose: An Individual Development Plan is an essential tool you will devise and use with your mentor to map your academic and professional development in order to realize both your short and long term goals. It is a document which you will revisit constantly, to update and refine, as your goals change and/or come into focus and to record your progress and success. Your IDP will be available on the intranet for you to track and update. Here are the steps to writing an IDP.

Overview of Steps of Writing an IDP

- 1** Self-Assessment
- 2** Write Individual Development Plan
- 3** Discuss with Mentor
- 4** Implement
- 5** Revise/update IDP