Description

As an introduction –   
What is the importance of a professional development plan and MW competencies?   
A planned sequence of formal and informal competences to assist you in achieving your goals that reflects career awareness, career exploration and career preparation   
Details of your work experience to date   
Your employability skills/ Mental Wealth competencies   
Analyse and evaluate your current level of skills   
Consider your career goals for the next 5 years (in 2 stages that includes short term and long term using SMART objectives – e.g. where and for who would you like to work? By when and how will you achieve this? Etc.   
Determine what skills you need to acquire and/or develop to achieve your career goals

For this work I'm sure you will need some information, so I will wait for your questions.