



# PERSONAL DEVELOPMENT PLAN



# INTRODUCTION

Welcome to your Personal Development Plan.

It is our aim that every jockey has the opportunity to develop and implement a Personal Development Plan. This plan will run alongside your career as a professional jockey, helping you set out and achieve performance goals and address the personal issues and challenging aspects of life as a jockey.

This document serves to help you recognise any personal development you have already undertaken and offer you the opportunity to determine and start your personal development plan for the future.

The support network available to jockeys ranks among the best in the world. We are here to support you in through this process, guide you and introduce you to the many options available to develop yourself as a jockey and as a person.

Plan your career and your future, today!

Name:

Date:

# PERSONAL DETAILS

In this section we would like you to introduce yourself and your background.

**Name:**

**Address:**

**Known as:**

**Mobile:**

**Email:**

**Twitter handle:**

**Age:**

**Date of birth:**

**Preferred method of contact:**

**Currently studying:**

**Education background:  
Qualifications  
(NVQ, GCSE, A-Level, degree etc.)**

**Path into racing:**

**Career rides/wins:**

**Length of time in racing:**

# MY SUPPORT TEAM

Employer:

Jockey coach:

Agent:

S & C coach/Fitness trainer:

Physio:

Family:

Peers (colleagues):

Partner:



# WELL-BEING

The rating scale of: red, amber, green will be used below:

**Green** means that this area could be left alone for the time being

**Amber** means this area needs some attention although not drastic

**Red** means this area needs immediate attention.

|               | Green | Amber | Red | Comments<br>(If you would like help or have issues in this area) |
|---------------|-------|-------|-----|--|
| Confidence    |       |       |     |  |
| Physical      |       |       |     |  |
| Social        |       |       |     |  |
| Concentration |       |       |     |  |
| Relaxation    |       |       |     |  |

**Discussed/Notes/Actions**

# CAREER

In this section we would like you to concentrate on the factors that will help you achieve your aims of being a jockey. We will consider goal setting, planning, decision making, energy, time management, and your interpersonal skills.

**What are your immediate needs that might have an impact on your sporting performance?**

Weight

Confidence

Strength and Fitness

Race Preparation (horse knowledge/  
reading form/racecourse knowledge)

Other

Diet and Nutrition

If other, please state your immediate priorities:

**My long term goal in sport is:**

# NUTRITION

|                           | Green              | Amber | Red | Comments<br>(If you would like help or have issues in this area) |
|---------------------------|--------------------|-------|-----|--|
| Balanced/<br>healthy diet |                    |       |     |  |
| Following a<br>diet plan  |                    |       |     |  |
| Making<br>weight          |                    |       |     |  |
| Food label<br>reading     |                    |       |     |  |
|                           | Tick if completed: |       |     |  |
| Food diary                |                    |       |     |  |
| Cooking<br>classes        |                    |       |     |  |
| 1 : 1                     |                    |       |     |  |
| Alcohol<br>education      |                    |       |     |  |

**Discussed/Notes/Actions**

# PHYSICAL – STRENGTH AND CONDITIONING

**Formal** – Are you attending any formally organised fitness/strength/conditioning sessions?

Who runs these, what do they entail, where are they held and how often do you attend?

**Informal** – What fitness/strength/condition sessions do you participate in on your own or with friends?

Who, what, where, how often?

**Discussed/Notes/Actions**





# COMMUNICATION AND MEDIA

|                       | Green              | Amber | Red | Comments<br>(If you would like help or have issues in this area) |
|-----------------------|--------------------|-------|-----|--|
| Interview skills      |                    |       |     |  |
| Communication skills  |                    |       |     |  |
| Social media          |                    |       |     |  |
|                       | Tick if completed: |       |     |  |
| Media training        |                    |       |     |  |
| Social media training |                    |       |     |  |

**Discussed/Notes/Actions**



# PERSONAL WELL-BEING

In this section you should concentrate on your personality and the traits that identifies you as a person.

My long term goal in *life* is:

|           | Green | Amber | Red | <b>Comments</b><br>(If you would like help or have issues in this area) |
|-----------|-------|-------|-----|---|
| Career    |       |       |     |   |
| Social    |       |       |     |   |
| Financial |       |       |     |   |
| Physical  |       |       |     |   |
| Community |       |       |     |   |

**Discussed/Notes/Actions**

# MANAGING FINANCES

|                               | Green                               | Amber | Red   | Comments<br>(If you would like help or have issues in this area) |
|-------------------------------|-------------------------------------|-------|---|--|
| Budgeting                     |                                     |       |   |  |
| Sponsorship                   |                                     |       |   |  |
| Accountant & Tax              |                                     |       |   |  |
| Savings (PJASP)               |                                     |       |   |  |
| Independent Financial Advisor | <input type="checkbox"/> I have one |       | <input type="checkbox"/> In the process of organising | <input type="checkbox"/> I don't have one                        |
| Pension (PJAPS)               | <input type="checkbox"/> I have one |       | <input type="checkbox"/> In the process of organising | <input type="checkbox"/> I don't have one                        |
| Renting/ Home owner           | <input type="checkbox"/> Renting    |       | <input type="checkbox"/> Home owner                   | <input type="checkbox"/> Other                                   |

**Discussed/Notes/Actions**



# SPORTS PSYCHOLOGY

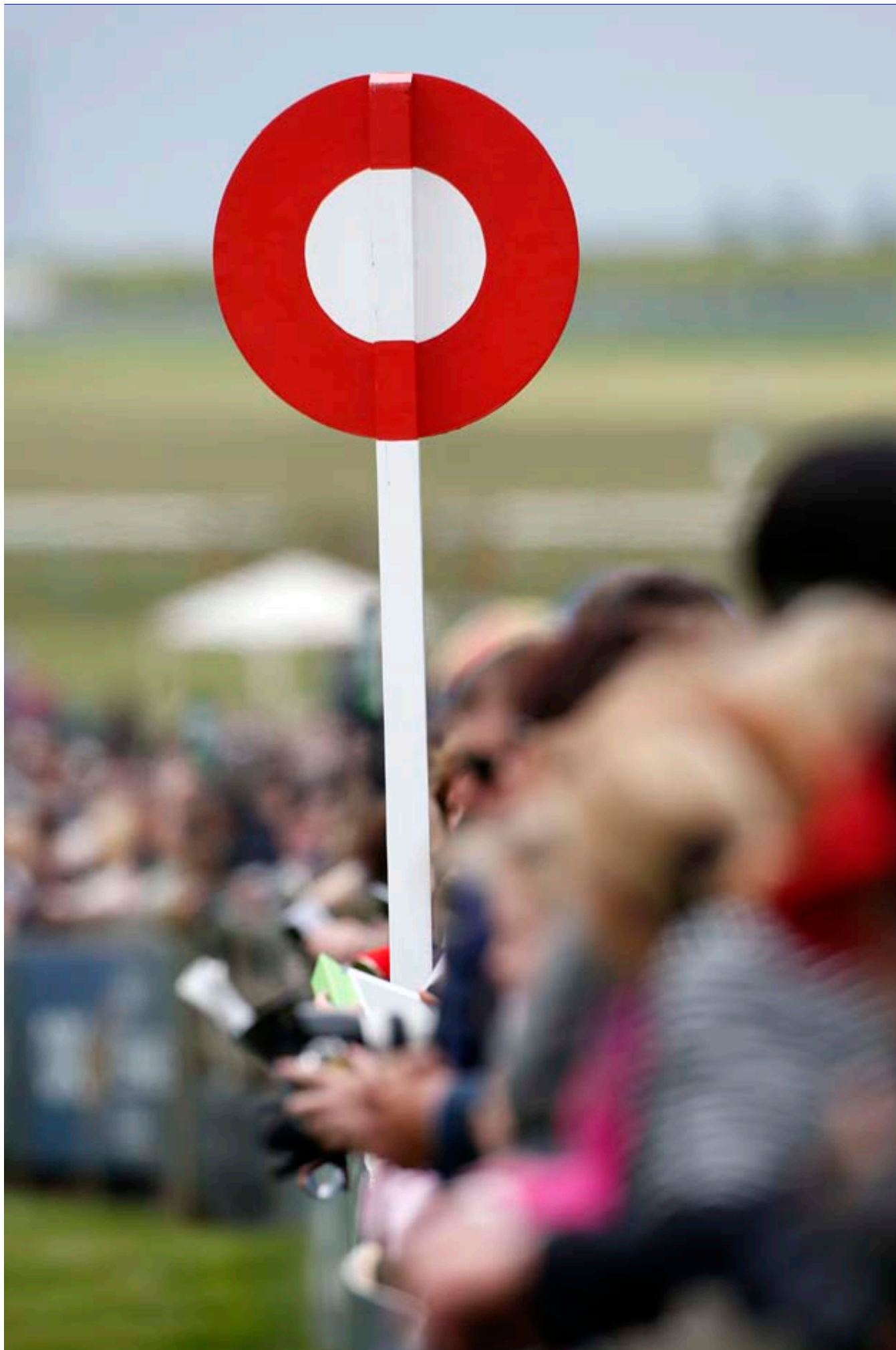
|                   | Green | Amber | Red | Comments<br>(If you would like help or have issues in this area) |
|-------------------|-------|-------|-----|--|
| Positive Attitude |       |       |     |  |
| Goal setting      |       |       |     |  |
| Resilience        |       |       |     |  |

Discussed/Notes/Actions



# INTERESTS/HOBBIES

What interests or hobbies do you have either outside or alongside that of riding as a jockey?  
(E.g. cookery, nature, health, fitness, sports, DIY, photography, travel, history, media, business, art)





# MY PERFORMANCE GOALS

When thinking about setting your personal and sporting goals, try and make them **SMART**:

**S**pecific **M**easurable **A**chievable **R**ealistic **T**ime bound

|   |   |  |       |          |
|---|---|--|-------|----------|
| <b>Next 3 months:</b>                   | 1 |  | ..... | Achieved |
|   | 2 |  | ..... |          |
|   | 3 |  | ..... |          |
| <b>Next 6 months:</b>                   | 1 |  | ..... |          |
|   | 2 |  | ..... |          |
|   | 3 |  | ..... |          |
| <b>Next 12 months:</b>                  | 1 |  | ..... |          |
|   | 2 |  | ..... |          |
|   | 3 |  | ..... |          |
| <b>Next 2 years:</b>                    |   |  | ..... |          |
| <b>Top 3 GOALS for the coming year:</b> |   |  | ..... |          |
|   |   |  | ..... |          |
|   |   |  | ..... |          |

# ACTIONS

| Your Actions:                         | Target date | Completed (Tick) |
|---------------------------------------|-------------|------------------|
|                                       |             |                  |
| Personal Development Manager Actions: | Target date | Completed (Tick) |
|                                       |             |                  |
| Support Team Actions                  | Target date | Completed (Tick) |
|                                       |             |                  |

**Agreed length of plan:**

**Date of action/follow up:**



# PERSONALITY/ TRAITS

Choose ten words that you feel best describe you. Don't spend too much time thinking about each one; go with your first reaction.

|                 |   |              |   |                |   |                   |   |
|-----------------|---|--------------|---|----------------|---|-------------------|---|
| Adventurous     | 6 | Ambitious    | 1 | Calm           | 2 | Caring            | 2 |
| Considerate     | 2 | Constructive | 4 | Cooperative    | 3 | Copes with change | 3 |
| Determined      | 1 | Disciplined  | 5 | Imaginative    | 6 | Enthusiastic      | 3 |
| Finishes things | 5 | Focused      | 1 | Friendly       | 2 | Hard working      | 1 |
| Sociable        | 2 | Helpful      | 3 | Optimistic     | 2 | Neat and tidy     | 5 |
| Methodical      | 5 | Persistent   | 4 | Self-confident | 3 | Practical         | 4 |
| Realistic       | 5 | Reliable     | 1 | Resourceful    | 6 | Self-disciplined  | 5 |
| Motivated       | 5 | Inventive    | 6 | Idealistic     | 6 |                   |   |

Count up how many words of your chosen 10 belong in each category:

| Category 1<br>Goal-orientated | Category 2<br>People person | Category 3<br>Team worker | Category 4<br>Problem solving | Category 5<br>Organised | Category 6<br>Creative |
|-------------------------------|-----------------------------|---------------------------|-------------------------------|-------------------------|------------------------|
|                               |                             |                           |                               |                         |                        |

Observe where the highest numbers are and consider this alongside the definitions below. Does this match your own opinion and how you would describe yourself?

- Goal orientated** work hard to achieve good results in the tasks that they have been given and the things they hope to achieve.
- People person** particularly good at interacting with others and enjoy company
- Team worker** willingness to achieve a common goal within a group of people
- Problem solving** overcome challenges and life experiences, explore options and gather information
- Organised** work within a structure and plan efficiently and effectively
- Creative** grow opportunity and display an open mind, sensitivity and imagination

Take a moment to consider the above in relation to possible future or dual career development.

# Personality

Discussed/Notes/Actions

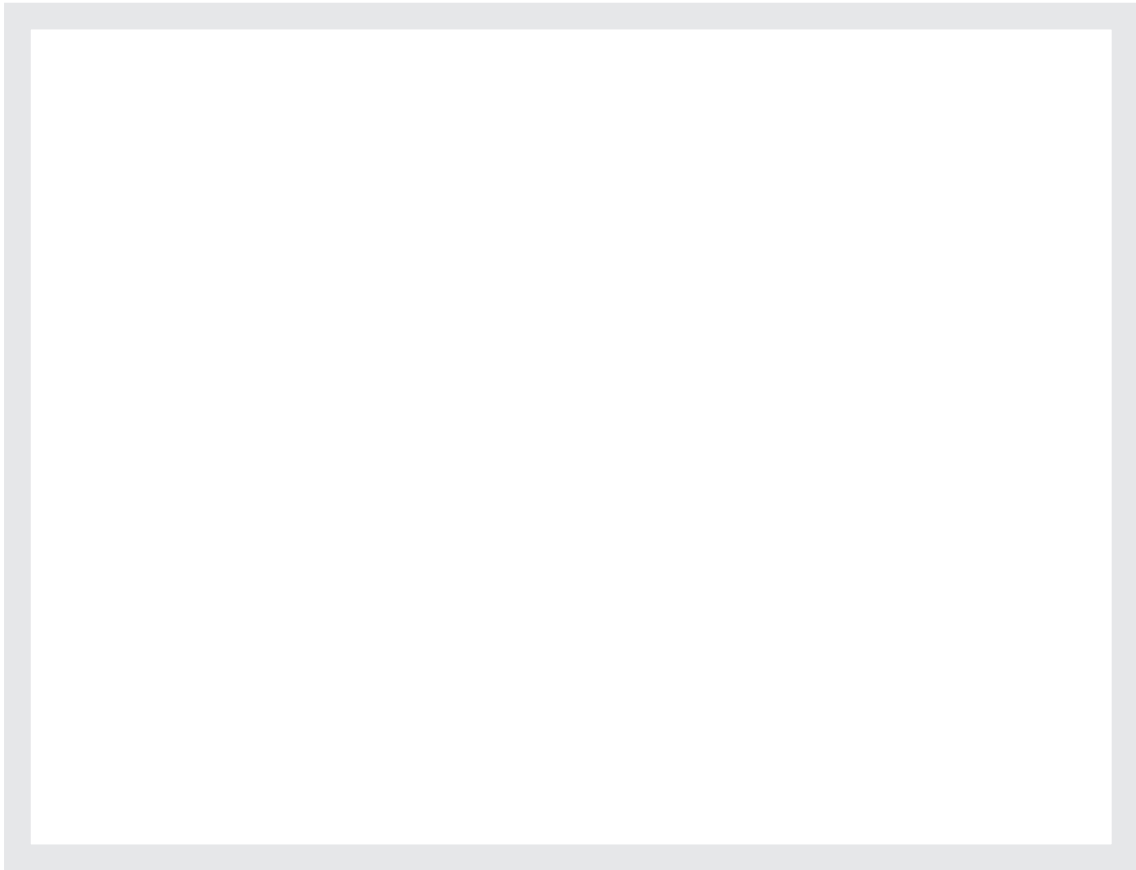


# PAY IT FORWARD

Many elite athletes have links within the community, providing support to areas of interest, or to those who have supported. Would you like to give back to the community of your support network in any way?

Who?

How you want to be involved or give back to others?



We want to evaluate the effectiveness of the personal development planning process to make sure it works as well as possible. **To help us do this, are you prepared to be contacted to discuss your experience?**

You will be contacted by phone or post and it will take no more than a few minutes of your time. You will be contacted by our independent evaluator, Public Perspectives, who are conducting the evaluation on our behalf).

Please tick the box if you agree to take part in this project evaluation process

# SUPPORT NETWORK



PJA Confidential Helpline  
0844 800 6873





JETS  
39b Kingfisher Court  
Hambridge Road  
Newbury  
RG14 5SJ

General enquiries:  
Tel: 01635-230 410  
Email: [info@jets-uk.org](mailto:info@jets-uk.org)  
Website: [jets-uk.org](http://jets-uk.org)



92285 Designed and produced by Coachwise Creative  
Cover image © racingphotos.com. All other images © JETS unless otherwise stated

