**Year 1 - Development of Self**

MDR form B year 1 - **Personal Review**

Please complete this form and send it to your reviewer, along with an up-to-date ‘Overview of Context’ form, and collated replied from the External Feedback, at least one week before your meeting.

The purpose of this form is to enable you to reflect on your personal development both as an ordained minister and as a human being. Those things that you note here will form the foundation of your conversation with your reviewer.

You do not have to complete all sections. Fill in those sections which will help you to review your current situation, and that will facilitate a fruitful MDR encounter.

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| 1. Name: |
| 1. Role(s) / job title(s) of the ministry you are reviewing |
| **Review of the past year**  *‘I am the true vine, and my Father is the vine-grower.**He removes every branch in me that bears no fruit. Every branch that bears fruit he prunes to make it bear more fruit.’* ***Jesus*** |
| 1. What has been notably fruitful or encouraging in your ministry over the past year? |
| 1. What has been notably unfruitful or discouraging in your ministry over the past year? |
| **Focus questions** |
| 1. How has your physical wellbeing been over the past three years? |
| 1. How has your mental and emotional wellbeing been over the past three years? |
| 1. What, in your ministry and your life, excites or refreshes you? |
| 1. What, in your ministry and your life, tires or discourages you? |
| 1. What are the notable relationships that a) resource you in your ministry and b) impede or detract your ministry? |
| 1. **Focus question for the year:** Safeguarding – In your leadership, in what ways are you promoting and modelling a healthy, safe culture within your context? |
| **Resourcing your ministry** |
| 1. **Spiritual Accompaniment.** *All ministers are encouraged to establish and maintain a regular pattern of intentional meetings with an experienced individual who will be attentive to their needs in their ministry. This may be traditional Spiritual Direction, or a broader ministry consultant relationship. You are encouraged to shape a process that meets your needs.*   How frequently do you engage with intentional, individual support from an experienced and/or trained minister? |
| Monthly - - - - - - - - - - - - - Quarterly - - - - - - - - - - - - Twice a year - - - - - - - - - - - - Annually  *Draw ring or an X in the place that best expresses your pattern of meetings* |
| 1. **Retreat.** *All ministers are encouraged to set aside intentional ‘quality time’ with God, away from the patterns and pressures of normal ministry. It is recommended that those in full time ministry set aside a week for retreat each year. Those in a part-time or volunteer role are encouraged to set aside a similar proportion of their committed ministry time. Retreat may be taken in single week, in two or three parts, or as a series of day retreats, according to circumstances.* |
| How have you taken time for Retreat over the past year? |
| 1. **Study & Learning.** *All ministers are expected to continue to develop their knowledge and understanding in order to maintain the freshness of their ministry.*   What pattern do you have for intentional study and continued learning (in addition to time spent preparing for services and other meetings)? |
| Weekly - - - - - - - - fortnightly - - - - - - - - monthly - - - - - - - - termly - - - - - - - - annually  no intentional pattern other: \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_ \_  *Draw ring or an X in the place that best expresses your pattern of study/learning* |
| 1. **Pastoral Supervision.** *This is an intentional conversation which reviews your involvement in complex or delicate pastoral situations and relationships. It can take place either individually or in a group, with a trained supervisor or in a peer support arrangement. All clergy involved in pastoral leadership are strongly encouraged to engage with such a relationship, every one to four months (depending on the nature of their pastoral ministry). This need might be met through intentional conversation with a Spiritual Director/Ministry Consultant, in a cell group, supervision triangle or other mutual support group.*   What is your method and pattern for engaging in regular Pastoral Supervision? |
| How well does your pattern of Pastoral Supervision reflect the nature of your pastoral ministry? |
| 1. **Mentoring.** *Mentoring as a short-term, intentional relationship with an experienced colleague that is focussed on helping you develop your confidence and competence in a particular aspect of ministry.*   Is there an area of your ministry for which you would appreciate a mentor? |
| 1. **Coaching.** *Coaching is a meeting, or series of meetings, with an independent facilitator to help you work through particular opportunities or challenges*.   Is there an aspect of your ministry for which you might benefit from some coaching? |
| 1. **Continuing Ministerial Development (CMD).** *Coventry Diocese provides a termly programme of CMD events from which stipended clergy are required to attend at least two events each year. Other licensed clergy are encouraged to engage with the programme as their circumstances allow.*   Which area(s) of ministry would it be most helpful to prioritise in your CMD choices for the coming year? |
| |  |  |  | | --- | --- | --- | | Community engagement | Leadership & administration | New worshipping communities & evangelism | | Nurturing Lay Ministry & vocation | Pastoral care | Relationship with God | | Theological exploration | Worship & preaching | Youth & children’s engagement | |
| Which of the following forms of engagement is likely to best meet your need in these areas of development? |
| |  |  |  | | --- | --- | --- | | Exploring fresh ideas | Deepening your understanding | Developing practical skills | |
| 1. **Objectives.** Briefly review your progress on the objectives identified in your last review. You will find these in the Summary of Review form from your last review.  |  |  | | --- | --- | | Objective: |  | | Objective: |  | | Objective: |  | | Objective: |  | |
| 1. Propose between two and four personal and/or ministry development objectives for the coming year, that are specific, achievable and relevant in the light of this review exercise. These will be discussed and, possibly, revised during the MDR meeting.  |  | | --- | | Objective: | | Objective: | | Objective: | | Objective: | |