

# ACDA ANNUAL CONFERENCE

**Coming Together to Nourish the Nation**



**April 21 - 24, 2024**  
**Marriott St. Louis Grand**  
**St. Louis, Missouri**



# Empowering Professionals:

## Navigating Continuous Learning with SMART Goals and Action Plans

# Today's Speakers



Dr. Danielle Barrett, EdD, RDN



Shannon FitzGerald, MS, RDN



# Institute of Child Nutrition





# Institute of Child Nutrition (ICN)



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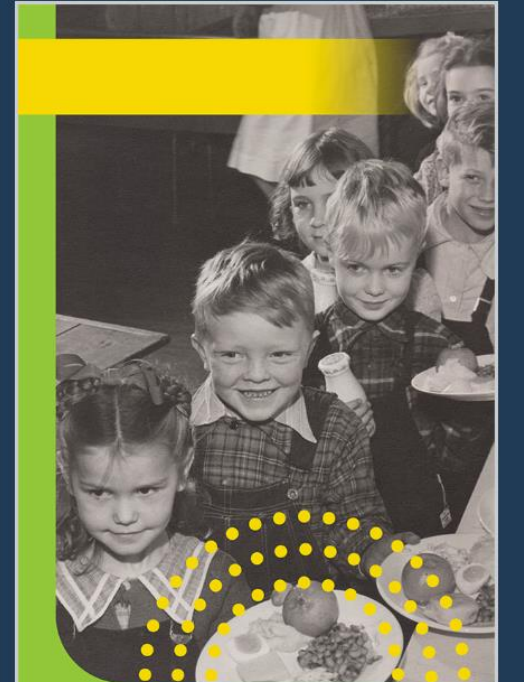
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# Objectives



Discuss the importance of professional development and continuous learning.



Review the components of a SMART Goal.



Review the components of an Action Plan.



Draft an Action Plan using SMART Goals for your professional development.



# Mentimeter for PowerPoint

# What is one skill you believe is crucial for your role and you want to improve on?

Waiting for responses ...







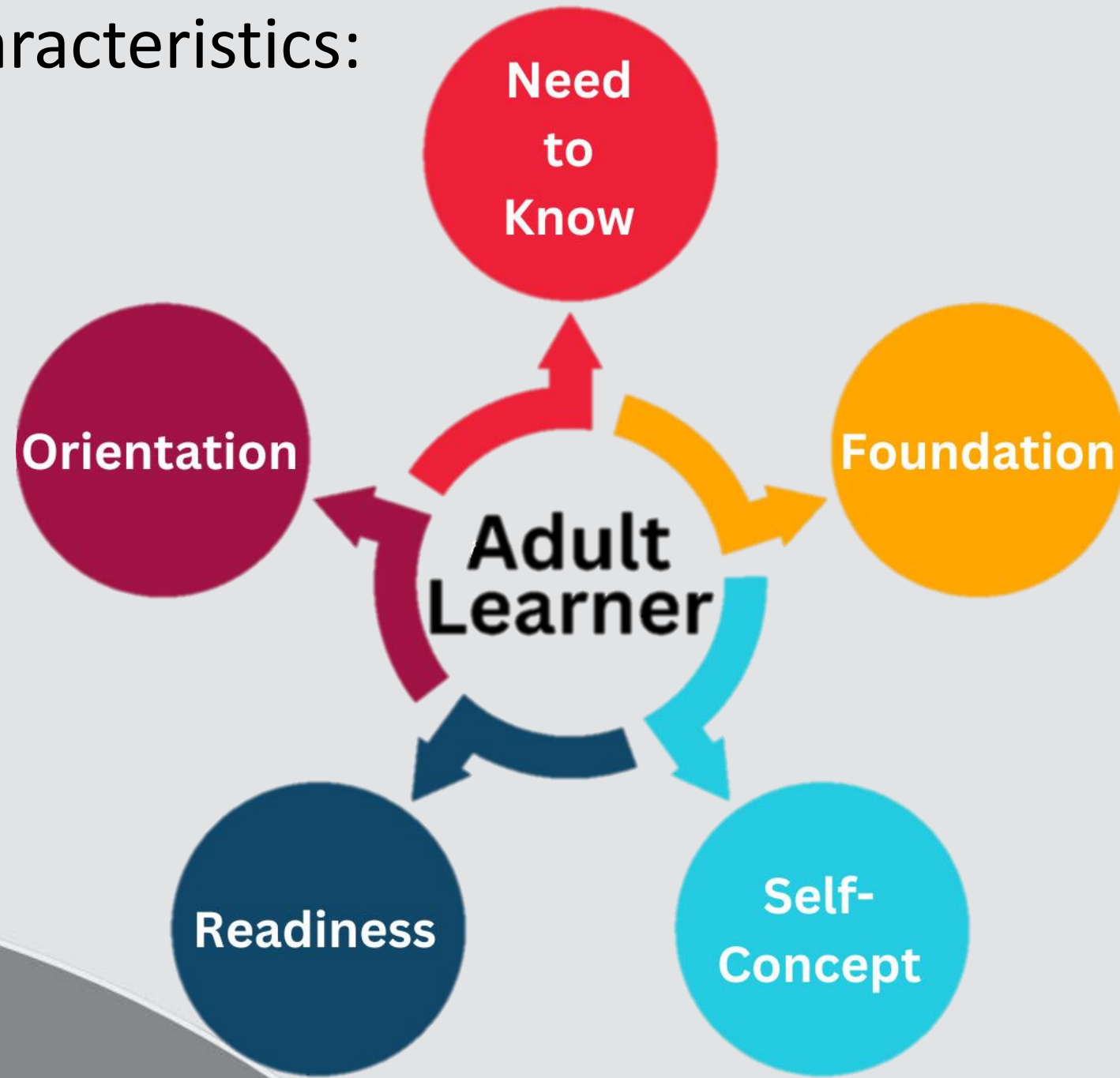




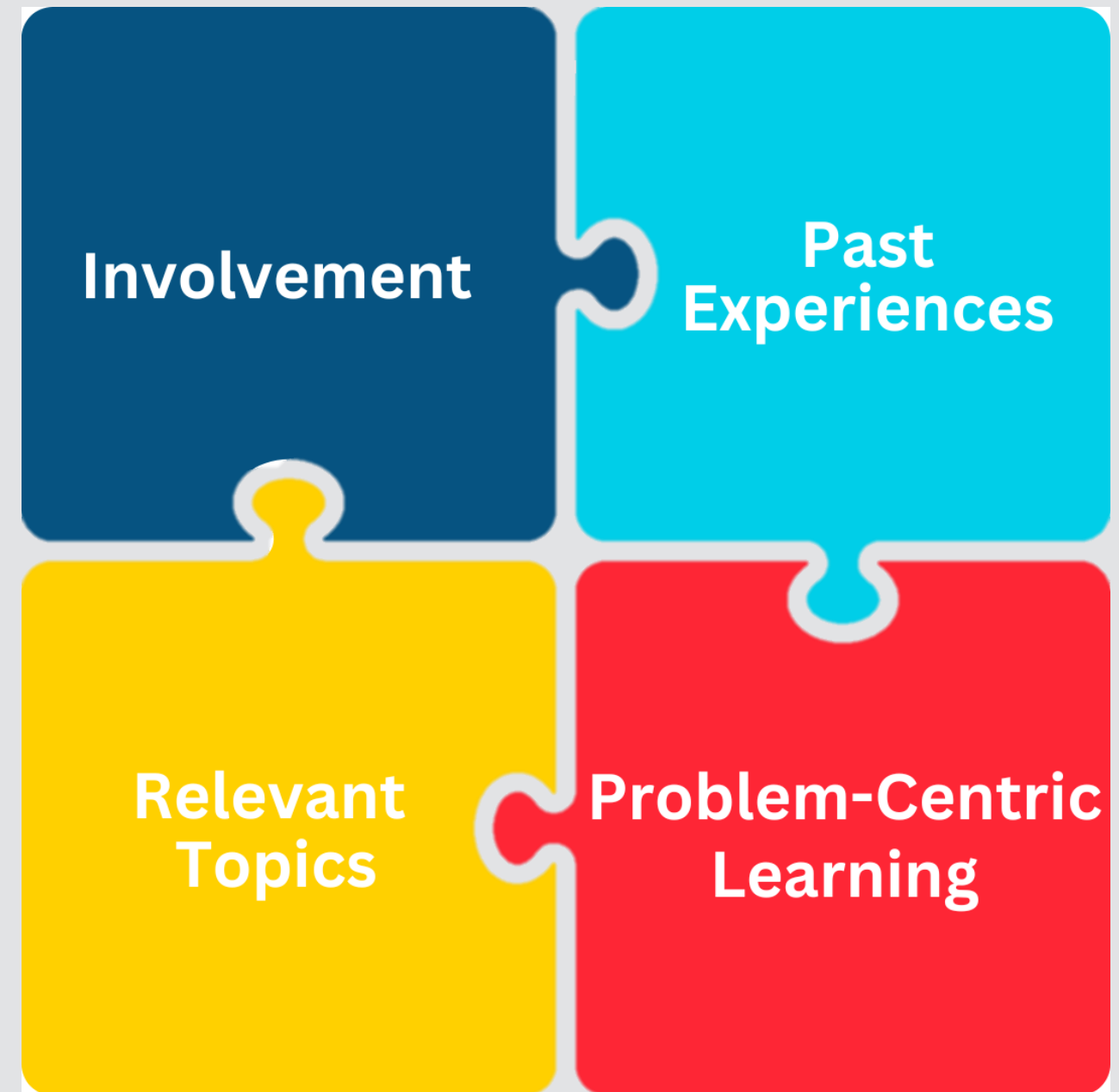


# Adult Learning Theory

## Characteristics:



## Principles of Andragogy:





# Importance of Professional Development

- Definition
- Why it's Important
- Enhancing Skills, Industry Changes
- Career Advancement, Job Satisfaction



# Continuous Learning

- Lifelong Learning
- Benefits: Adaptability, Innovation
- Personal Growth





# SMART Goals - An Overview

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound



# SMART Goals - Specific

- Clearly list the action
- Examples and Practice: Creating Specific Goals





# SMART Goals - Measurable

- Importance of Quantifiable Outcomes
- Examples and Practice: Measuring Goals



# SMART Goals - Achievable

- Realistic Expectations
- Setting Goals Within Reach
- Examples and Practice: Achievable Goals



# SMART Goals - Relevant

- Aligning Goals with Career and Organizational Objectives
- Examples and Practice: Relevant Goals





# SMART Goals - Time-bound

- Significance of Deadlines
- Examples and Practice: Time-bound Goals





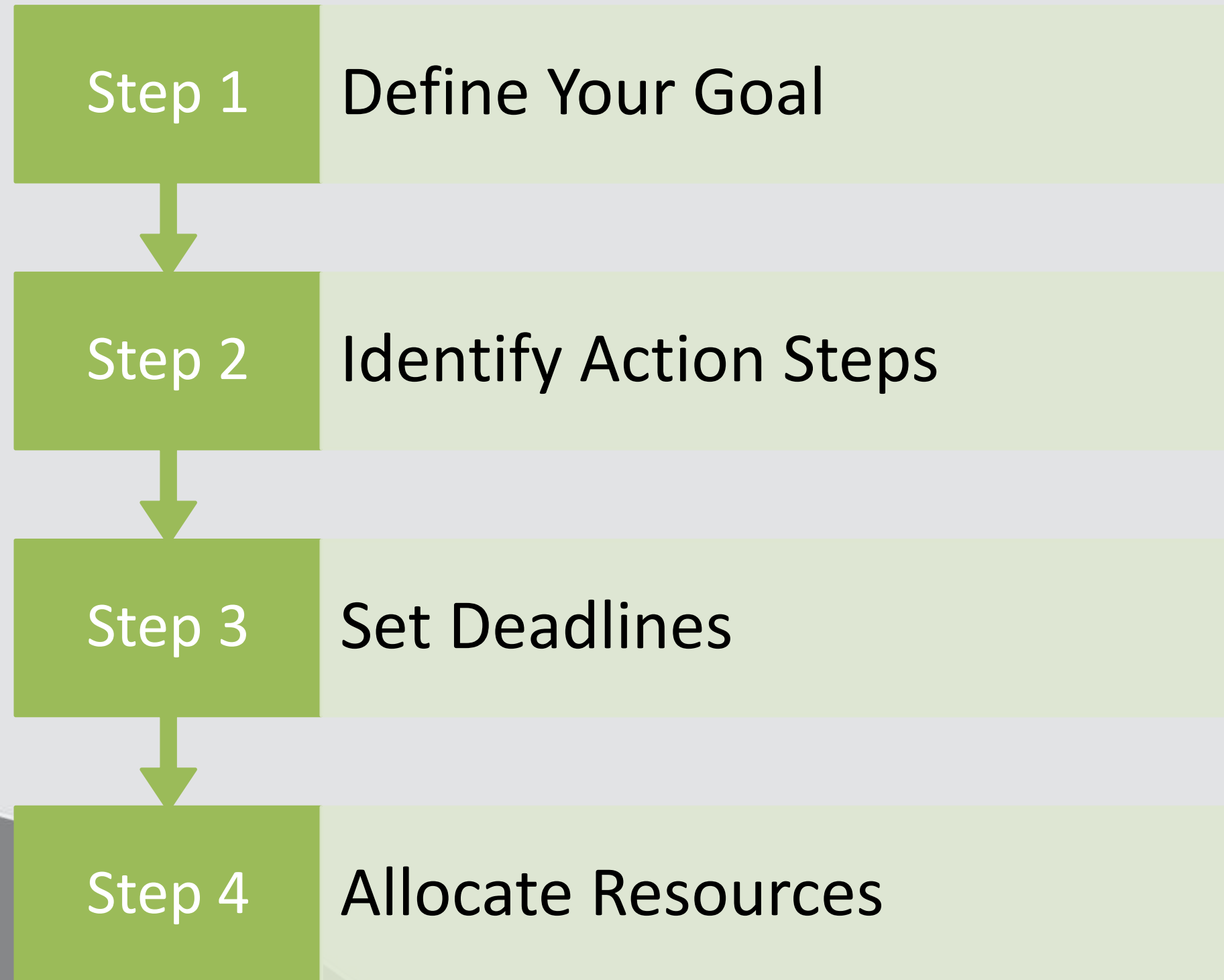
# Action Plans - An Overview

- Definition of Action Plans
- The Link Between SMART Goals and Action Plans
- Key Components of an Action Plan





# Creating an Action Plan



# Drafting Your Professional Development Action Plan



## 1. Define Your Goal

- Activity: Participants write down their professional development goal.

## 2. Identify Action Steps

- Activity: Participants list down the tasks needed to achieve their goal.

## 3. Set Deadlines

- Activity: Participants assign a timeline for each task.

## 4. Allocate Resources

- Activity: Participants identify the resources needed for each task.





# Wrap-Up

- Adult Learning Theory
- Professional Development
- Continuous Learning
- SMART Goals
- Action Plans



# QUESTIONS?



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