**CAPABILITIES - PERSONAL AND SOCIAL DEVELOPMENT**

The Personal and Social Capability relates to my Research Project through both the development of my personal skills and attributes, and the development of my social skills through interviews and building relationships with others in relation to my topic. Personal development centres around becoming the best I can be through the use of my talents, skills and interests, as well gaining a better understanding of the world around me. Personal development also offers an insight into the essence of what I am, my knowledge and abilities. This differs to social development as this focuses upon the development of creating contacts and developing my skills in relation to social interactions.

Through the Research Project, I have become more open-minded. This means that I have developed the way I consider new ideas and perspectives. From being an injured athlete personally, I have found it easier to understand the perspectives of other injured athletes. In addition, through the research I have conducted, many other people’s perspectives of psychological rehabilitation have emerged, mainly from coaches and psychologists. By analysing sources which contain these views, I have developed a greater understanding of how other people view the rehabilitation process. Through this process I have discovered an interest in the field of Sport Psychology, launching a new possibility in career choice for my future.

During this process, I also have developed my skills in time management by creating an Assessment Timeline (presented with my journal) containing goals, deadlines and work I have completed which I update, and reflect, upon weekly. Through my study of psychological rehabilitation techniques, I have learnt how to set goals effectively to ensure they are obtainable and practical which has allowed me to stay up-to-date with all work.

By using a variety of sources, I have established many contacts through both Question & Answer Emails and interviews. For example, I have established contact with Dr. Alan Goldberg who recommended a source, which may be useful for my research, and also Carrie Cheadle. Using this range of sources, I have increased my confidence in conducting and conversing with experts in the field of knowledge by helping me to step out of my comfort zone. Before the Research Project began, I struggled with the idea of having to put myself out there to talk to people I didn’t know personally. To combat this, I needed to take a ‘leap of faith’, which I did by firstly organising questions to ask for my Question and Answer emails. After I sent these out, I received a reply from Carrie who said she would love to talk to me over Skype. Another example of this was calling Geof Boyland-Marsh to follow up on an email response although he wasn’t available. Reflecting on the Research Project, I feel that by pushing myself to both call Geof and speak to Carrie, contacting people has become a lot easier for me as I have now had experience with the type of language and presentation that needs to be used.

The relationship which has developed the most has been one with Carrie Cheadle, author of mental toughness book ‘*On Top of Your Game*’. Through an article she wrote, I was able to obtain her email address and obtain a Skype interview on the 8th March. Following this interview, Carrie obtained a source which she believed would be helpful to further my research. The relationship I have built and formed with Carrie will be highly useful for me if I wish to study Sports Psychology as she may write a reference for me following my study via keeping in contact with her. I found it really interesting and beneficial to talk to someone who shared the same interest as me because it allowed me to gain a better perspective into the field of sports psychology.

I believe that, through this topic, I have also become more empathetic toward athletes who have become injured. By looking at different perspectives surrounding injury, such as that of the coach, player and sport psychologists I have better understood the methods of psychological rehabilitation. As this topic also relates to me personally due to my recent ATL injury, I have better understood what steps can ensure the athlete is mentally prepared to overcome any boundaries they may encounter.

The decision to change my research question based upon where my research was directed helped me to progress in my skills of topic refinement, editing and manipulating the question to best suit the key findings of my study.

By working closely with my teacher to further refine and discuss the direction of my question, I developed many skills including the development of active listening and application skills.

I believe I also developed my initiative skills by following up in regards to Question and Answer Emails I had not received confirmed answers too, although the contact was unavailable.

Throughout the Research Project, I believe I have developed personal skills, particularly being more aware and open minded about the opinions and perspectives of others. I have also developed social skills by putting myself outside of my comfort zone, which means I have particularly developed my conversational skills as well as forming and maintaining relationships with important contacts.