

40636 Implement self-care strategies and a professional development plan in own youth work practice

Kaupae Level	4
Whiwhinga Credit	10
Whāinga Purpose	<p>This skill standard is for people who want to practise youth work under managerial supervision and guidance in range of youth work settings.</p> <p>People credited with this standard can implement self-care strategies and a professional development plan to strengthen own youth work practice.</p> <p>This standard aligns with the New Zealand Certificate in Youth Work (Level 4) [Ref: 2449].</p>

Hua o te ako me Paearu aromatawai | Learning outcomes and assessment criteria

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
1. Recognise overall wellbeing and self-care needs in own youth work practice.	a. Explain how overall wellbeing needs and its physical, emotional, social, and mental dimensions, could impact on own youth work practice.
	b. Describe self-care needs and factors that could contribute to stress, burnout, or emotional depletion, in own youth work practice.
2. Determine professional development needs in own youth work practice.	a. Summarise how own values, beliefs, biases, ethics, strengths, and opinions, may impact on youth work development practice.
	b. Outline current skills, knowledge, and competencies, relevant to own youth work development practice.
	c. Determine areas of strength, and areas that require improvement, in own youth work development practice.
3. Identify and implement self-care strategies for own youth work practice.	a. Identify self-care strategies relevant to challenges and demands faced in own youth work practice.
	b. Implement self-care strategies that promote mental health and wellbeing in own youth work practice.

Hua o te ako Learning outcomes	Paearu aromatawai Assessment criteria
4. Develop and implement a professional development plan for own youth work practice.	a. Develop a professional development plan with clear goals, specific actions, and a timeline, for own youth work practice.
	b. Implement a professional development plan for own youth work practice.
5. Reflect on the effectiveness of implementing self-care strategies and a professional development plan.	a. Reflect on implementation of self-care strategies to gain insights into areas for improvement and growth opportunities in own youth work practice.
	b. Summarise the outcomes and impacts of implementing a professional development plan in own youth work practice.

Pārongo aromatawai me te taumata paearu | Assessment information and grade criteria

For assessment purposes:

- Assessments should reflect the cultural context of Aotearoa New Zealand and Te Tiriti o Waitangi articles, contemporary overarching acts, positive youth development frameworks, including Mana Taiohi and Code of Ethics for Youth Work in Aotearoa New Zealand. Candidates must implement a self-care plan over a period of at least six weeks.
- Candidates must organise and attend at least four professional supervision sessions when developing and implementing a professional development plan.
- This skill standard requires the disclosure of personal information. This information must be treated according to relevant statutes, regulations, codes of practice, and workplace policies and procedures.

Definitions:

- *Professional development plan* outlines a youth worker's aspirations and intentions for enhancing their expertise, knowledge, and effectiveness in their role.
- *Professional supervision* is a structured and regular process where a qualified and experienced supervisor provides guidance, support, and feedback, to a youth worker.
- *Self-care strategies* refer to intentional and proactive practices that youth workers employ to support their physical, emotional, and mental well-being while fulfilling their professional responsibilities.
- *Taiohi* refers to young people between 12 and 24 years of age.
- *Youth work practice* is the development of a mana enhancing relationship between a youth worker and taiohi, where taiohi actively participate, discover their power, and choose to engage for as long as agreed; and that supports their holistic, positive development as young people that contribute to themselves, their whānau, community and world.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Reflection in a youth work context.
- Self-care for own youth work practice.
- Current youth work practice.
- Professional development in youth work.
- Youth work training and learning opportunities.

Rauemi | Resources

- ACT for Youth. (2025). *Self-Care for Youth Development Professionals*. Available at <https://actforyouth.org/pyd/professionals/self-care.cfm>.
- Ara Taiohi. (2020). *Code of Ethics for Youth Work in Aotearoa New Zealand* (3rd ed.). Available at <https://arataiohi.org.nz/career/code-of-ethics/>.
- Ara Taiohi. (2021). *Mana Taiohi Principles*. Available at <https://arataiohi.org.nz//mana-taiohi/>.
- Grise-Owens, E. and Miller, J. and Eves, M. (2016). *The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals*. The New World Press.
- Wayne Francis Charitable Trust (2021). *Positive Youth Development Aotearoa: Weaving Connections*. Available at <https://static1.squarespace.com/static/5f31c6553f71df0f909845ce/t/61789ee225add66196f5f72/1635294967672/26.10.2021+'Weaving+connections+%28web%29.pdf>.

Pārongo Whakaū Kounga | Quality assurance information

Ngā rōpū whakatau-paerewa Standard Setting Body	Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council
Whakaritenga Rārangi Paetae Aromatawai DASS classification	Community and Social Services > Social Services > Youth Development
Ko te tohutoro ki ngā Whakaritenga i te Whakamanatanga me te Whakaōritenga CMR	0024

Hātepe Process	Putanga Version	Rā whakaputa Review Date	Rā whakamutunga mō te aromatawai Last date for assessment
Rēhitatanga Registration	1	26 June 2025	N/A
Kōrero whakakapinga Replacement information	N/A		
Rā arotake Planned review date	31 December 2029		

Please contact Toitū te Waiora Community, Health, Education, and Social Services Workforce Development Council at qualifications@toitutewaiora.nz to suggest changes to the content of this skill standard.