

40638 Implement self-care and professional development plans to enhance own youth work practice

Kaupae Level	5
Whiwhinga Credit	15
Whāinga Purpose	<p>This skill standard is for people who want to work autonomously under professional supervision in youth work practice in a range of youth work settings.</p> <p>People credited with this skill standard are able to, in a youth work setting, recognise own strengths and challenges, and create, implement and evaluate self-care and professional development plans in own youth work practice.</p> <p>This standard aligns with the New Zealand Certificate in Youth Work (Level 5) [Ref: 4795].</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 strengths and challenges in own youth work practice.	a. Summarise strengths in own youth work practice.
	b. Outline challenges in own youth work practice.
2. Create self-care and professional development plans to enhance own youth work practice.	a. Develop a self-care plan aligned with own needs.
	b. Prepare a professional development plan that includes actions and timeframes.
3. Implement and evaluate self-care and professional development plans to enhance own youth work practice.	a. Implement self-care and professional development plans.
	b. Assess feedback from supervisors, peers, or mentors, to gain insights.
	c. Assess own development journey to ascertain how well the plans are being met.
	d. Evaluate self-care and professional development plans to identify future goals and actions.

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.
- This skill standard may require the disclosure of personal information. This information must be treated according to relevant statutes, regulations, codes of practice, and workplace policies and procedures.

Definition:

- *Youth work practice* is a mana-centric 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 taiohi that contribute to themselves, their whānau, community and world.

Ngā momo whiwhinga | Grades available

Achieved.

Ihirangi waitohu | Indicative content

- Personal youth work practice.
- Self-care and professional boundaries.
- Self-care and professional growth plan: purpose, strategies, resources and timelines.
- Reflective practice: models of reflection.

Rauemi | Resources

- 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/history-of-the-code-of-ethics/>.
- Ara Taiohi. (2021). *Mana Taiohi Principles*. Available at <https://arataiohi.org.nz//mana-taiohi/>.
- Baxter, R. and Eriksen, T. (2022). *Supervision scrapbook* (3rd ed.). Wellington, New Zealand: Ara Taiohi. Available at <https://arataiohi.org.nz/publications/supervision-scrapbook-3/>.
- Wayne Francis Charitable Trust. (2021). *Positive Youth Development Aotearoa: Weaving Connections*. Available at <https://static1.squarespace.com/static/5f31c6553f71df0f909845ce/t/61789ee225addd66196f5f72/1635294967672/26.10.2021+'Weaving+connections+%28web%29.pdf>.

Pārongo Whakaū Kouna | 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.