



# 2020 RESOLUTIONS

## Invest in my own Professional Development

2020

**Look for courses, workshops that support my practice - OSOT's [Workshop/Event Listing](#) is a great resource.** Many [OSOT workshops/webinars](#) are free and a great value. I resolve to look through the [archived webinar listing](#) for PD that is accessible anytime.

2020

**Spend time reviewing the [Practice Resource pages](#) on the OSOT website** to find resources to support my practice. If I have suggestions for improvement or can identify something missing, I'll let OSOT know to help improve these pages.

2020

**Listen to an OT related podcast** to learn about the exciting journeys other OTs have taken. [Leadership in Motion](#) will help identify skills that can make me a leader at work and within my profession. [New OTs on the Block](#) offers great tips and info to new grads starting as OTs.

2020

**Help build OSOT's listing of other organizations' relevant workshops, courses, webinars, etc.** in the [Workshops and Courses listing](#). I will help other OTs find PD activities by posting events I know may be of interest. Posting is easy and free – directions on page!

2020

**Supervise at least one OT student this year.** I learn so much when I'm teaching and facilitating others' learning. It's a professional development opportunity for me and it helps out a student and our profession too! A real win/win situation!

2020

**Seek a mentor or professional network with whom I can discuss clinical questions, ways to enrich my practice knowledge, etc.** OSOT can help - I'll check out the online [Find-a-Mentor](#) and [Find-a-Colleague](#) tools and related resources on the OSOT website.

2020

**Contact the OSOT Office when I have a practice question or want to find resources I can use with clients.** The [Practice Resource Service](#) provides personalized info and resources that help me with challenging situations and provide me with evidence to guide my practice.

2020

**Take a coffee break/have lunch with colleagues regularly** because when we get together we TALK, SHARE IDEAS, INSPIRE...AND LEARN SO MUCH FROM EACH OTHER! And...taking a regular break keeps my brain sharp and my professional capacity renewed!