



## **Module Specification**

### **Developing Personal Effectiveness and Resilience**

Version: 2023-24, v2.0, 14 Jun 2023

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## Part 1: Information

**Module title:** Developing Personal Effectiveness and Resilience

**Module code:** UMCDBW-60-2

**Level:** Level 5

**For implementation from:** 2023-24

**UWE credit rating:** 60

**ECTS credit rating:** 30

**Faculty:** Faculty of Business & Law

**Department:** FBL Dept of Business & Management

**Partner institutions:** None

**Delivery locations:** Not in use for Modules

**Field:** Business and Management Cross-Disciplinary

**Module type:** Module

**Pre-requisites:** None

**Excluded combinations:** None

**Co-requisites:** None

**Continuing professional development:** No

**Professional, statutory or regulatory body requirements:** None

## Part 2: Description

**Overview:** The learning on this module is experiential and enquiry-based; is guided through team coaching (see learning and teaching methods below for fuller explanation) and within Learning Sets; and does not follow a set syllabus.

**Features:** Not applicable

**Educational aims:** See Learning Outcomes

**Outline syllabus:** The learning on this module is experiential and enquiry-based; is guided through team coaching (see learning and teaching methods below for fuller explanation) and within Learning Sets; and does not follow a set syllabus. Instead team coaching sessions and Learning Sets work with experience gained on projects and the learning taken from readings and from reflecting on these projects. As such the precise content will be tailored to meet the needs of individual students, their project groups and their team company.

To meet the learning outcomes, there will be particular emphasis in this module on providing students with guidance, readings and coaching in the following areas:

Principles of learning and development

Ethics in practice

Sustainable practice and personal social responsibility

Authentic management

Developing capacities for critical personal enquiry and values-in-action

Readings and guided reflections on the nature of organisations, work and management

Readings and guided reflections on managing and leading self

Diagnostics and activities for exploring personal learning styles and organisational learning cultures

### **Part 3: Teaching and learning methods**

**Teaching and learning methods:** 'Classroom' learning on this module is based around team coaching sessions, supplemented by coach support and giving and

receiving peer feedback, together with engagement in small Learning Sets supported by a Tutor. During this learning block there will be two x 3-hour team coaching sessions per week, shared with the other Level 1 modules. Students will also work with the Team Coach and their peers to develop and refine their Learning Contract as projects and the module unfold.

Students will undertake projects for clients; all projects will provide learning and many will generate income. Students will select appropriate texts that support and deepen their learning on these projects. On this module, students will also undertake a 'personal enquiry' project that explores their values-in-use and implications for their leadership and management. They will be guided in selecting appropriate reading material from the programme reading handbook by their Learning Set Tutor, their Team Coach and their peers.

The study time on this module for a typical student will be:

Team coaching 144 hours

Team meetings 36 hours

360 feedback sessions 40 hours

Reading 100 hours

Project related 80 hours

Personal enquiry project 60 hours

Learning contract 20 hours

Reflective logs 40 hours

Assessment 80 hours

Scheduled learning on this module is through participation in team coaching sessions and through Learning Sets.

Independent learning includes hours engaged with essential reading, identifying and approaching potential clients, undertaking projects and recording learning, assignment preparation and completion etc. These sessions constitute an average time per level as indicated in the table below.

Formal contact hours with staff will take the form of team coaching sessions, comprising 144 hours during the course of the 36 week learning block (in total there will be 288 hours of team coaching across the 120 credits studied in this teaching block). There is an expectation that students will attend all team coaching sessions. In addition, students may have access to support from an 'Assistant Coach' – a recent graduate of a similar programme.

Students on this module will also work within small Learning Sets supported by a Tutor. Students will attend 6 x 1.5 hour Learning Set meetings where they will gain support during this module.

Students on the programme will typically spend more time on campus, working in their team companies than would typically be the case and each team company will have its own dedicated space within the 'Team Entrepreneurship' suite. At least one of the Team Coaches will typically be present during normal working hours in the suite. The programme is supported by the Blackboard virtual learning environment and makes extensive use of this technology to support discussion groups, share project reports, etc.

Taken together, a student will typically receive 90-98 contact hours on this module.

**Module Learning outcomes:** On successful completion of this module students will achieve the following learning outcomes.

**MO1** Demonstrate an understanding of self, organisations, work and entrepreneurship

**MO2** Demonstrate knowledge and understanding of managing and leading self

**MO3** Demonstrate a critical appreciation of sustainability and sustainable practice

**MO4** Show insight into personal values, ethics and motivations

**MO5** Identify and analyse complex business problems in a range of contexts using appropriate concepts and frameworks

**MO6** Scope, plan and conduct a personal enquiry project

**MO7** Show competency in critical self-reflection and self-awareness, including personal impact

**MO8** Communicate clearly ideas and findings to a diverse audience

**Hours to be allocated:** 600

**Contact hours:**

Independent study/self-guided study = 376 hours

Placement = 80 hours

Face-to-face learning = 144 hours

Total = 600

**Reading list:** The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/umcdbw-60-2.html) via the following link <https://uwe.rl.talis.com/modules/umcdbw-60-2.html>

## **Part 4: Assessment**

**Assessment strategy:** In keeping with the learning strategy for the module, the assessment strategy has been developed to encourage students to reflect deeply on their experience and their learning and to make strong connections between theory, ideas and concepts and their application in practice.

Summative assessment will require the student to review and update their personal Learning Contract which will include a review of key learning and development goals (Where do I want to get to?) and activities to meet these goals (How will I get

there?). Students will also be required to undertake a guided research undertaking related to the topic of personal effectiveness and resilience. These activities will help the students to define the scope of a Personal Enquiry project. They will undertake short self-managed research undertakings related to their Personal Enquiry Project or on other topics related to their personal learning goals.

As reflective practitioners, students receive formative feedback and assessment throughout the module from, for example, the Team Coach, their peers and, where appropriate and available, clients.

### **Assessment components:**

#### **Set Exercise (First Sit)**

Description: Learning contract review

Weighting: 10 %

Final assessment: No

Group work: No

Learning outcomes tested: MO3, MO8

#### **Primary Source Exercise (First Sit)**

Description: Research undertaking (guided)

Weighting: 10 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO7, MO8

#### **Primary Source Exercise (First Sit)**

Description: Research undertakings (self managed)

Weighting: 20 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7, MO8

#### **Written Assignment (First Sit)**

Description: Personal enquiry project (5000 words)

Weighting: 60 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO3, MO8

**Set Exercise (Resit)**

Description: Learning contract review

Weighting: 10 %

Final assessment: No

Group work: No

Learning outcomes tested: MO3, MO8

**Primary Source Exercise (Resit)**

Description: Research undertaking (guided)

Weighting: 10 %

Final assessment: No

Group work: No

Learning outcomes tested: MO2, MO3, MO4, MO7, MO8

**Primary Source Exercise (Resit)**

Description: Research undertakings (self managed)

Weighting: 20 %

Final assessment: No

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4, MO5, MO6, MO7, MO8

**Written Assignment (Resit)**

Description: Personal enquiry project (5000 words)

Weighting: 60 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO3, MO8



## **Part 5: Contributes towards**

This module contributes towards the following programmes of study:

Business (Team Entrepreneurship) {Foundation} [Sep][FT][Frenchay][4yrs] BA  
(Hons) 2021-22