

At first, I began with researching job roles within the clinical field using official and reliable sources. I focused particularly on the "Associate Practitioner" role in biochemistry and serology, as these areas align with my interests and skills. During my research, I explored various websites to gain a better understanding of current job opportunities, the required qualifications, and the potential career progression associated with this role. One of the main platforms I used was NHS Jobs, which I found to be a highly trustworthy and authoritative source. The information provided on this website gave me confidence in the role, as it clearly outlined job responsibilities, expectations, and development pathways within the healthcare sector. Through this research, I developed a clearer understanding of the career prospects available and the steps I need to take to achieve this position. So, this process has increased my confidence in pursuing a career as an Associate Practitioner, and it has motivated me to continue exploring suitable opportunities in the clinical field.

Before my presentation, I reviewed several academic articles using platforms such as Google Scholar and PubMed to improve my academic vocabulary and understanding of the subject. This helped me become more familiar with appropriate terminology and enhance the quality of my preparation.

To prepare effectively, I practised my presentation by speaking in front of my family members and treating them as an audience. When they were unavailable, I continued practising independently by presenting in front of a mirror. This approach allowed me to build confidence, improve my delivery, and identify areas for improvement in my communication style.

During my presentation, I realised that my preparation was not sufficient, as I experienced performance anxiety at the beginning. This included symptoms such as an increased heart rate, trembling hands, and difficulty recalling some of my ideas while presenting. I had intended to elaborate further on my previous work responsibilities; however, due to presentation nerves, I was unable to recall all the details I wished to share.

I will continue to improve my presentation skills through regular practice, with a focus on increasing audience engagement, building confidence, and contributing to my overall professional development. In future presentations, I will ensure that I am better organised and fully prepared on my topic.

As John Ford once said, "You can speak well if your tongue can deliver the message of your heart." This highlights the importance of clear, confident, and sincere communication.

Moving forward, I will continue researching the Associate Practitioner role and explore other positions that may be suitable for me. I will remain open to feedback and actively seek opportunities to improve, which will strengthen my chances of success.

Overall, strong presentation skills are essential. By developing these skills further, I will be better prepared for future interviews and career opportunities.