

Professional Career Development

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Introduction

You can have a hard time choosing a career path if you don't know what you want to do in life. It is possible to discover more about yourself and what you like doing in a variety of ways, which will help you determine what career path you would like to follow in the future and what career path suits you the best. Using theories such as Honey and Mumford, Neil Fleming and Kolb can be very helpful in finding out things about yourself. You can also use models like Johari Window or even the Personality test which is a very good tool.

Know yourself

One of the things which helped me find more information about myself was a personality test which I took online. The result that came out was that my personality type was an adventurer.

Despite not necessarily being artists in the conventional sense, adventurers are true artists. A person with this personality type sees life as a canvas where he or she can express themselves. As individuals, Adventurers act in ways that vividly reflect their unique personalities, from the clothes they wear to their leisure activities.

Having a job is not enough for Adventurers when it comes to their career. There is only one thing that Adventurer personalities seek above all else: creative freedom. Power, wealth, structure, advancement, and security are all secondary goals. For adventurers, the chance to express themselves artistically is a tangible outlet for their imagination.

" I change during the course of a day. I wake and I'm one person, and when I go to sleep I know for certain I'm somebody else." (Bob Dylan)

Another thing which helped me find out more information about myself is the SWOT analysis. The acronym SWOT stands for Strengths, Weaknesses, Opportunities, and Threats. Business organizations use SWOT analyses to measure and evaluate their overall performance, as well as the performance of their competitors. It's important to take all these factors into consideration when purchasing a new business venture or rebranding a company. It helps business owners make smarter decisions for their company.

Strengths	Weaknesses	Opportunities	Threats
Creativity	Shyness	Making new friends	Lack of support
Patience	Lack of confidence	Moving into a new city	Competition
Respectfulness	Public speaking	Learning new skills	Weather
Honesty	Insecure	Networking	Prices

Identify the career options available to you

I have 3 career options which I would like to do in the future:

For my first choice, I would like to be a selling agent because I like the idea of having my own business and selling my own products.

For my second choice, I would like to be a graphic designer because I am creative and I like the idea of freedom. The idea of being able to create new things.

For my third choice, I would like to be a librarian because even though I am a very creative person, I am a bit shy when it comes to talking to new people. Working in the library is a very good place to work when you need a relaxing work place.

Selling agent is the career which I would say it is my first choice because I am currently working in a business which sells perfumes and other cosmetics and I really enjoy working there. I have been working in this business for quite a while now, so I could say that I have enough experience in this domain. The strengths that describe me the best are patience, creativity, honesty and respectfulness. These are very important when working in this domain because this job requires working with different types of people and when you work with other people you need to make sure that you are being patient, respectful and also honest with every single one of them.

Research your options

There are many ways in which people can find jobs. One of them is online websites such as Indeed, Target jobs, Prospect, etc. Online websites are a very quick and easy way in which someone can find any jobs they would like to do because it is very easy to apply for jobs.

My strategy for getting the job that I like would be this: I would make an account on the websites I enumerated above and then I will start searching the job that I like to see if there are any available. The most important thing will be to look at the job description because that will tell me exactly what I will have to be doing if I will ever get the job. It is very important to read the description very clearly because it is also telling what qualifications and skills are needed. In case I don't have the qualifications/skills required, I need to make sure I will get them if I really want that job. After this, the place where the job is located will be very important as well because I need to make a plan on how I will travel from home to the work place. Payment is an important factor as well because even though I would apply for a similar type of jobs, the payment might be different, so I would have to think about which of the payments would be more convenient for myself regarding to my financial status.

As the world of work is changing be observant of the emerging trends

In order to thrive in your role, you should leverage your strengths at work. You can take advantage of your best skills in your daily tasks, set goals for career advancement, and become more satisfied in your job once you know what they are.

Benefits of leverage:

- Build wealth - Through leverage, you can build sustainable wealth by increasing the returns on your financial investments.
- Grow your business - You can save time and money by leveraging your business, gain new insight, find new efficiencies, and expand your business.
- Increase productivity - You can achieve your goals faster by leveraging your time, connections, and more.

The best ways to leverage your strengths:

- Focus on you - It's not always effective to compare yourself to others. Make use of your unique talents and gifts by self-reflecting.
- Soft and hard skills - Remember that soft skills are equally important to hard skills when determining your strengths. Analyse your abilities for a mix of both.

- Identify and fill in your weaknesses - Make friends who have strengths different from yours. Leaders should remember this especially if they lead a team. In order to lead effectively, leaders must identify their own shortcomings and hire people with the appropriate abilities to fill those gaps.
- Establish your core values - In order to build your strengths, you will need to reflect on your deeply held beliefs.

Setting goals and objectives (SMART)

As a set of objectives and goals, SMART Objectives are structured and tractable and are defined by parameters. A SMART goal setting process creates a clear timeline and milestones for reaching a certain objective.

The acronym SMART stands for:

S – Specific -

M – Measurable

A – Achievable

R – Relevant

T- Time-based

Due to its high efficiency and objectivity, this word is widely used in various industries. It is also a practical resource that can be a lifesaver for people working in competitive industries like marketing, sales, advertising, market research and so on.

This can be very useful when you are planning to do something big because if you set objectives and goals for yourself, then you will follow then plan and you will make sure that the things you have planned will actually take place.

SMART helped me develop because now I understand how important setting goals and objectives are because once you understand why you need those things and start using them, that is when you know that you can do anything you want.

UK Employment law and career development

Employment law - It encompasses all workplace-related matters, encompassing all aspects of employment law. In addition to serving global organizations, charities, and clients in the public and private sectors, employment lawyers advise individuals as well. A lawyer working in employment law can be divided into two distinct categories - those concerned with the rights and obligations of employees and those concerning employers. Firms that specialize in representing claimants are limited. High street firms often act for both employers and

employees, whereas City firms and large regional firms typically act exclusively on the employer side.

Career development - You shape your career by gaining self-knowledge, exploring, and making decisions. Choosing and training for jobs that suit your personality, skills, and interests requires successfully navigating your occupational options.

Those things very useful because you need to have a knowledge about the laws you have as an employer so you can make sure that you are treated right by the company you will work for. You also need those things to make sure that you choose the right job for you when it comes to the skills and interests you have.

Learning theories

Theoretical answers arise from the questions researchers ask. Learning theories are defined as the study of, description of, explanation of, and guidance of how people learn.

Here are some learning theories:

1. Behaviour learning theory - An individual's response to stimuli depends on the environment in which he or she is. It is possible to explain learning by observing behavior and context. Experimental psychology is used to study behavioural theory. B.F Skinner, John Watson, and Iván Pavlov are some behaviourists.
2. Cognitive theory - Information is stored in memory by the mind. Learning occurs in childhood, suggesting that children process information orderly. The learning process is active for individuals. Jerome Brunner, David Ausubel, and Jean Piaget developed this theory.
3. Constructivist theory - Learning is not passive, but active. Knowledge is, therefore, a construct of the human being in relationship to its environment, to its capabilities, and to its past. Lev Vygotsky, Jean Piaget, David Ausubel, and Jerome Bruner are some of the theorists who contributed to this theory.

This is very useful because if you manage to determine the type of theory suits you the best when you learn, then you can apply the theory and make things easier for you.

Self-awareness methods

An individual who is self-aware understands their traits, behaviours, and feelings. As a psychological state, it consists of focusing attention on oneself.

Developing a self-concept begins with self-awareness. You are acutely aware of yourself every moment of every day, but you are not acutely aware of it at every moment. As your personality and situation change, self-awareness emerges at different points in your life.

Self-awareness does not come naturally to everyone. However, infants do exhibit a rudimentary sense of self-awareness, according to research.

A rooting reflex is evidence of an infant's awareness that he or she is separate from others, as is the search for the nipple when something touches their face. New-borns can also differentiate between self- and non-self-touches, according to researchers.

This is really important because this allows you have a better understanding about who you really are, your strongest and weakest points.

Mock interview and open book experience

In mock interviews, candidates are trained through replica interviews. Recruiters manage mock interviews to provide practical experience to candidates, the same way mock calls are used by new sales executives to prepare them for real clients. Candidates or freshers conduct mock interviews to simulate real interviews. Stress levels are reduced, strange questions are answered, communication skills are improved, and interview strategies are developed by practicing.

This is very useful because it prepares you for when you will go to a real interview. It helps you understand how everything works and it will be easier for you when you will go and do a real interview because you will know exactly what will happen and you will not feel stressed or scared.

Conclusion

In this report, we have discussed about getting to know ourselves better because this will really help us have more knowledge about us as people and also about the things that we enjoy doing. This is very helpful when you are looking to find a perfect job for you. A job that you will stick to for a long time because it is very important to enjoy what you are doing.

We have also discussed about the things that we have learned in this module; how they can help us as a professional and how we understand them.

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