

- Module Title: ***Professional Career Development within H&SC***
- Module Number: ***LCHS 4009 (LON)***
- Assignment No: ***ASSIGNMENT 1***
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Acknowledge use of AI

I only used AI tools to help me organise and understand my ideas more clearly. All reflections, examples, and analysis in this presentation are based on my own experience and learning.

Overview

- Introduction
- What swot analysis means and how it supports reflection and professional growth
- My personal swot Analysis linked to my future career goal
- How to use self awareness to develop and improve skills
- Conclusion
- References

Introduction

- Good morning everyone, My name is Teresa Sansone
 - Student of Health and Social Care, UWTSD
- 3 Years plus experience as a Support Worker in mental health care
 - Passionate about teamwork, empathy and high-quality care
 - Interested in leadership and organisation in care homes
- SWOT analysis used to reflect on skills and areas for growth

Understanding SWOT Analysis and its value for my personal and professional development

- SWOT stands for Strengths, Weaknesses, Opportunities, Threats.
- It was first introduced in the 1960s by ALBERT Humphrey (Stanford Research Institute) as a planning tool.
- Helps workers and organisations improve planning and performance (Mind Tools, 2023).
- Used in health and social care to support reflection , confidence, and career growth
- Encourages continuous professional development and goal setting (Health Education England, 2023).

My personal SWOT Reflection: Strengths, Weaknesses, Opportunities, and Threats

STRENGTHS

- Caring and empathetic approach with residents.
- Strong communications and teamwork skills.
- Reliable and organised in daily care routines.
- Good understanding of residents' needs from experience.

WEAKNESSES

- Limited management experience.
- Need confidence in decision making.
- Can sometimes take too much responsibility.
- Gaps in budget and policy knowledge.

OPPORTUNITIES

- Leadership training and qualification.
- Rising demand for care home managers.
- Support from Skills Care programmes and CPS opportunities.

THREATS

- High workloads and staff shortages in care homes.
- Policy or funding changes affecting the care sector.
- Competition for management positions.

How I use my strengths to tackle challenges and improve Professionally

- **Empathy and Communication:**

Help me build trust and good teamwork with staff and residents (NHS leadership Academy, 2023).

- **Organisation:**

Supports me in managing time well and keeping care standards high (Health Education England, 2023).

- **Leadership confidence:**

I plan to grow through mentoring and training courses (Skills for Care ,2023).

- **Level 5 Diploma in Leadership and management:**

Will help me improve supervision and decision-making skills (Skills for Care, 2023).

- **Lifelong learning**

I aim to keep reflecting and improving my role (Health Education England, 2023).

Future Opportunities and how I Plan to Build on my own strengths

- **Strengths used:**

Empathy, teamwork, problem-solving ,and organisation.

- **Training:**

Completing level 5 Diploma in leadership and management for Adult Care.

- **Focus:**

Gain more confidence and developing leadership skills.

- **Future Career Progression:**

Move into care management and support staff grow in their roles.

Conclusion

- Swot analysis reflection helped me recognise my strengths and areas to improve.
- I identified clear goal for my career growth in adult care.
- Ongoing training and team-work will support my development.
- Staying focussed and confident will help me reach my management goal.

References List

Health Education England (2023) *Leadership and management in adult social care.*

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Skills for Care (2023) *Continuous learning and professional development in adult care.*

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Mind Tools (2023) *SWOT Analysis: How to develop a personal and professional plan.*

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