



Student name: Ana Claudia Delfino

Student ID:2325193

Module name: Changemakers

Module code:BMHP5015

Lecturer name: Brian Mashumba

Programme: BSc (Hons) Health and Social Care

Introduction

This assignment is a reflective report on my learning in Changemakers, module based on major themes of personal branding, global awareness, professional development, and wellbeing in health and social care. All the units helped me to develop my knowledge of the skills, behaviours, and mindsets that would help me to succeed in an ever-evolving field. The reflections are based on my experience of online learning activities, such as weekly Moodle forum discussions, during which I discussed the issues of personal identity, networking, cultural awareness, intrinsic and extrinsic motivators, and the definition of serendipity in professional development. This is backed by scholarly sources to show critical thinking of theory and its applicability to my future profession. Screenshots of my online submissions are also part of the assignment to demonstrate the participation and learning during the module. In total, this reflective portfolio shows that the knowledge acquired throughout the units will shape my future growth and make me better prepared to practice in the field of health and social care.

Task 1 – Reflection on Unit 1: Brand You

Unit 1 focused on the concept of personal branding and the importance of understanding one's identity, values, and skills in shaping a distinctive professional presence. The online activities and discussions helped me to learn about the role of personal branding in enhancing employability and how I should be competitive in workplace, (Cote, 2024). Among the central concepts presented was that of self-awareness, which entails the knowledge of strengths, weaknesses, emotions, and motivations. Antonopoulou (2024), asserts that emotional intelligence is based on self-awareness and helps people make wise decisions on career paths. This directly correlated to my personal thoughts in the Week 2 forum when I wrote about how

recognizing the strengths, including honesty, responsibility, and teamwork, are the strengths that I can bring to the workplace.

Transferable skills were another concept of significance. These are communication, teamwork, and problem-solving, which are indispensable in health and social care positions. In my Week 2 post on Develop Your Skills, I have considered the distinction between hard and soft skills and the need to know job descriptions, discuss with others their jobs, and identify skills that I can be acquired in everyday life (Abdullah, Muhammad, and Md Nasir, 2021). The academic literature supports the idea that transferable skills have become more and more important to employers in complex and multidisciplinary settings (Abuselidze and Zoidze, 2023); (Olesen, Christensen, and O'Neill, 2021);(Lamri and Lubart, 2023).

The third idea that shaped my thinking was that of career identity, which entails matching personal values and aspirations with future career aspirations. Health and social care professionals need to have a strong sense of identity in order to cope with various roles and duties. This was evidenced in my Week 1 post on Plan Your Future Career, where I outlined the roles I want to work in, which I mentioned as healthcare assistance or social work, and the necessity of goal-setting to help me move forward. This is in line with the literature that career identity increases motivation, decision-making, and flexibility (Gamage, Dehideniya, and Ekanayake, 2021).

Screenshots that support this section include:

Screenshot A – Week 2 Forum “Develop your Skills”

BMHP5015_LON / WEEK 2 / Week 2 Forum / Develop your Skills.

Week 2 Forum

Forum RSS feed of posts

Develop your Skills.

◀ 1) Boundaryless careers mean? 2) What mean GIG Economy in health social care? 3) Soft Skills and why they are crucial? 4) Why emotional intelligence is important in health social care? 5) Why self-awareness is essential in health social care? ▶

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Dashboard My modules Moodle archives Useful links

Display replies in nested form Settings

Develop your Skills.
by Ana Claudia Delfino - Tuesday, 21 October 2025, 8:53 PM

Types of skills

Employers look for a mix of:

- hard skills or specific skills like knowing how to write or send an email
- soft skills, which include transferable skills like teamwork, communication and problem solving

Understand the skills you have

To learn what soft skills and hard skills you'll need for jobs you're interested in, you can:

- check the job description
- take a look at our job profiles
- talk to people you know about their job

To identify your skills and decide what skills to develop, you could:

- think about what you do in your current or most recent job
- reflect on your past education and work experiences
- think about the skills you've gained in daily life
- talk to people who know you well outside of work, for a different perspective
- write down a list of strengths and areas you'd like to improve
- take our skills assessment to see what strengths you have

Permalink Reply Export to portfolio

◀ 1) Boundaryless careers mean? 2) What mean GIG Economy in health social care? 3) Soft Skills and why they are crucial? 4) Why emotional intelligence is important in health social care? 5) Why self-awareness is essential in health social care? ▶

Key Features of a Boundary less Career ▶

◀ Week 1 - CBP - Lecture slides Jump to... Week 2 - CBP - Lecture slides ▶

Shows your reflection on hard vs soft skills; your own strengths, and how you identify and improve on the skills relevant to the health and social care.

Screenshot B – Week 1 Forum “Plan Future Career”

BMHP5015_LON / WEEK 1 / Week 1 Forum / 1)Plan future career. 2) Setting goal in your future career. 3) Meaning of Autonomy. 4) Meaning of Self-Determination.

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Dashboard My modules Moodle archives Useful links

Forum RSS feed of posts

1)Plan future career. 2) Setting goal in your future career. 3) Meaning of Autonomy. 4) Meaning of Self-Determination.

← A Boundaryless carer Plan future career ►

Display replies in nested form Settings ▼

1)Plan future career. 2) Setting goal in your future career. 3) Meaning of Autonomy. 4) Meaning of Self-Determination.
by Ana Claudia Delfino - Tuesday, 21 October 2025, 7:52 PM

- 1) Plan future career: a), After finish my course HSc in Health and Social Care I would like to be and I should apply for Health care assistance in hospitals. b), Support worker in social worker assistant or Physician Associate.
- 2) Setting Goal in your Future Career: Archive your goal be ambitious about your goals. Must put your ideals into practice. Goals setting is not static it needs to be ongoing if it is to be successful.
- 3) Meaning of Autonomy: autonomy means having the freedom to govern yourself and make your own choices without being controlled by others.
- 4) Meaning of Self-Determination: Self-determination in health social care means an individuals rights to make their own informed choices and control their own life.

Permalink Reply Export to portfolio

← A Boundaryless carer Plan future career ►

← CBP_Assessment 2_suggested structure Jump to... Week 1 - CBP - Lecture slides ►

Provides examples of what you want to do as a professional, such as a healthcare assistant or a social worker, and the importance of having future goals.

Screenshot C – Week 2 Forum “Boundaryless Careers and Skills”

BMHP5015_LON / WEEK 2 / Week 2 Forum

/ 1) Boundaryless careers mean? 2) What mean GIG Economy in health social care? 3) Soft Skills and why they are crucial? 4) Why emotional intelligence is important in health social care? 5) Why self-awareness is essential in health social care?

Week 2 Forum

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AD

1) Boundaryless careers mean? 2) What mean GIG Economy in health social care? 3) Soft Skills and why they are crucial? 4) Why emotional intelligence is important in health social care? 5) Why self-awareness is essential in health social care?

Understanding and develop your skills. Develop your Skills.

Display replies in nested form Settings

 1) Boundaryless careers mean? 2) What mean GIG Economy in health social care? 3) Soft Skills and why they are crucial? 4) Why emotional intelligence is important in health social care? 5) Why self-awareness is essential in health social care?
by Ana Claudia Delfino - Tuesday, 21 October 2025, 8:51 PM

- 1) Boundaryless career mean? General meaning describe something without limits or restrictions.
- 2) What mean GIG economy in health social care? It's refer to a workforce of temporary, freelance, or agency workers who take an short-term, often flexible jobs.
- 3) Soft skills and why they are crucial? they improve workforce performance ,enhance career growth, and are increasingly valued by employers as essential for success in a collaborative environment.
- 4) Why emotional intelligence is important in health social care? It's improve patients care, fosters stronger team work, reduces staff stress, and enhances leadership effectiveness.
- 5) Why awareness is essential in health social care? It's enables practitioner to deliver better patient care , improves patients relationship reduces clinical errors , and helps prevent burnout.

Permalink Reply Export to portfolio

Understanding and develop your skills. Develop your Skills.

Week 1 - CBP - Lecture slides Jump to... Week 2 - CBP - Lecture slides

Demonstrates your explanation of boundaryless careers, gig economy, soft skills, emotional intelligence, and self-awareness.

Collectively, these thoughts demonstrate that Unit 1 made me realise that I should focus on creating a strong personal brand based on self-awareness, transferable skills, and career identity.

These lessons will keep on influencing my career growth as I gear towards health and social care positions.

Task 2 – Reflection on Unit 2: It is a Small World

Unit 2 covered the topics of globalisation, cultural diversity, and the connectedness of health and social care systems all over the world. This unit further enriched my knowledge of the role of cultural values, beliefs, and practices in communication, service delivery, and teamwork. Among the tools that informed my learning was the Cultural Dimensions Theory by Hofstede, which compares the cultural inclinations of countries on the basis of power distance, individualism, and uncertainty avoidance (Ali, 2021). I backed up this learning by using the Hofstede graph that I have uploaded, comparing Brazil, India, and the United Kingdom. This analogy allowed me to realize the influence of cultural differences on workplace expectations, decision-making, and staff-staff and staff-service user interactions(Piotrowska and Piotrowski, 2023).

The other important issue covered in Unit 2 was global workforce mobility, which highlights the increased mobility of professionals across borders. The UK health and social care industries are dependent on foreign workers, and learning the cultural differences is the key to working in an inclusive team. Considering my personal experience of entering the UK setting, I realised that cultural awareness can help people communicate more effectively and minimise misunderstandings (Elaheh Behraves, Hamed Rezapouraghdam, and Nasser, 2019). The literature emphasizes the fact that culturally competent practice enhances patient outcomes and professional collaboration (Stubbe, 2020).

Additionally, the unit was dedicated to cross-cultural communication, such as active listening, respect, and the need to avoid assumptions. This was a direct correlation of my Week 3 and 4

forum postings on networking, where I defined networking as the exchange of information with other people to establish professional or social relationships(Mutheu, 2023). These thoughts depicted my increased understanding of the fact that global connections broaden opportunities, enabling people to learn through different perspectives and grow professionally.

Screenshots for this section:

S

BMHP5015_LON / WEEK 2 / Week 2 Forum / Geert Hofstede screenshot comparisons countries.

Week 2 Forum

Forum RSS feed of posts

Geert Hofstede screenshot comparisons countries.

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Dashboard My modules Moodle archives Useful links

Display replies in nested form

Geert Hofstede screenshot comparisons countries.
by Ana Claudia Delfino - Friday, 21 November 2025, 6:49 PM

This picture help me to compare the social statistics between my country and others who has a big power in the world.

Add country: Country [Select countries from globe](#)

Country	Power Distance	Individualism	Masculinity	Uncertainty Avoidance	Long Term Orientation	Indulgence
Brazil	70	38	50	75	45	60
United Kingdom	35	90	65	35	52	70
India	78	48	55	40	52	25

CONTACT SITEMAP

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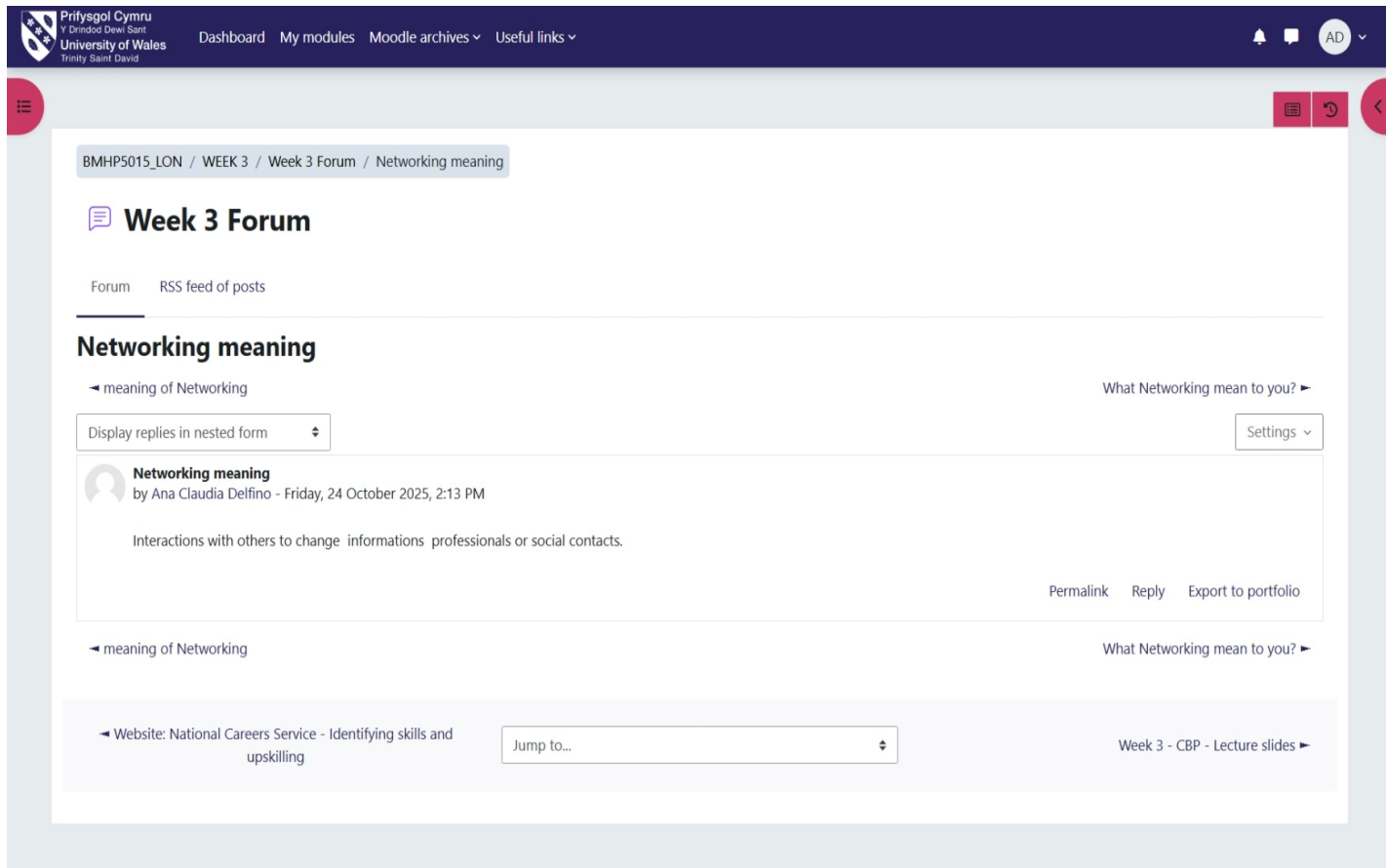
◀ Hofstede Model What does Boundryless career mean? ▶

◀ Week 1 - CBP - Lecture slides Jump to... Week 2 - CBP - Lecture slides ▶

screenshot D – Hofstede Cultural Dimensions Chart (Brazil, UK, India)

Shows a comparison between Brazil, the UK, and India in terms of culture; supports your learning about global communication and cultural differences.

Screenshot E – Week 3 Forum “Networking Meaning”



Shows your definition of networking as the sharing of information with others in order to establish relationships and professional contacts.

Screenshot F – Week 4 Forum “What is Networking?”

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Dashboard My modules Moodle archives Useful links

BMHP5015_LON / WEEK 4 / Week 4 Forum / what do you think is Networking?

Week 4 Forum

Forum RSS feed of posts

what do you think is Networking?

← The meaning of: Bureaucratic / Hierarchy what is networking? →

Display replies in nested form Settings

what do you think is Networking?
by Ana Claudia Delfino - Friday, 31 October 2025, 2:12 PM

The action or process of interacting with others to exchange information and develop professional or social contacts.

Permalink Reply Export to portfolio

← The meaning of: Bureaucratic / Hierarchy what is networking? →

← UWTSD Careers platform: Self-assessment questionnaire 'Career Pulse' Jump to... Week 4 - CBP - Lecture slides →

Shows your description of networking as dealing with others to make professional or social connections.

Unit 2 ultimately made me understand that health and social care are practiced in a global context. Awareness of the cultural differences, enhancement of communication, and participation in international networks are all critical in ensuring equality, respect, and efficient teamwork in multicultural environments.

Task 3 – Reflection on Unit 3: Opportunity Knocks

Unit 3 discussed the way I identify, access, and maximise opportunities in my careers. It underlined the importance of identifying opportunities in both formal and informal contexts, as well as in day-to-day interactions, networking, and unforeseen situations. One of the key concepts of this unit was the value of networking as a type of relationship-building that provides

opportunities to learn, cooperate, and develop. This was evident in my Week 3 forum posts as I wrote that networking is about communicating with other people to exchange ideas and develop professionally. Health and social care require networking, and collaboration and interprofessional relationships are vital in the practice (Isabirye, Moloi, and Lebelo, 2024).

Unit 3 also emphasised serendipity, which is associated with the identification of unforeseen opportunities. The post on Week 5 on Serendipity Mindset explained how a positive attitude towards unexpected events and seeing them as opportunities leads to an open and curious attitude towards personal growth. This opinion is justified by academic literature, which states that serendipity stimulates innovation and exploration, which are essential in dynamic fields like health and social care (Busch, 2022).

The other theme was the relationship between intrinsic and extrinsic motivators, which I talked about in my Week 5 posts. I stressed the need to be financially stable, independent at work, respected, and have a work-life balance. Personal fulfilment and meaningful work are also intrinsic motivation, which is important in maintaining career satisfaction, whereas extrinsic motivation, like salary and career advancement, is also important (Morris et al., 2022).

Screenshots supporting this section:

Screenshot G – Week 3 Forum “Brainstorm: Networking Communication”

The screenshot shows a Moodle forum interface. At the top, the header includes the University of Wales logo and navigation links: Dashboard, My modules, Moodle archives, and Useful links. The breadcrumb trail reads: BMHP5015_LON / WEEK 3 / Week 3 Forum / Brainstorm. The forum title is 'Week 3 Forum' with a sub-section 'Brainstorm'. Below the title, there are links for 'Forum' and 'RSS feed of posts'. The 'Brainstorm' section has a dropdown menu set to 'Display replies in nested form' and a 'Settings' button. A post by Ana Claudia Delfino, dated Friday, 24 October 2025, 5:13 PM, is visible. The post content is: 'For while I only have limited professional communication with my landlord/agency. I will improve my skills to learn more about networking communication.' Below the post, there are links for 'Permalink', 'Reply', and 'Export to portfolio'. At the bottom of the forum, there is a 'Jump to...' dropdown menu and a link to 'Week 3 - CBP - Lecture slides'.

Demonstrates your appreciation of the lack of professional communication experience and your desire to develop networking and communication skills.

Screenshot H – Week 5 Forum “Serendipity Mindset Meaning”

The screenshot shows a Moodle forum page for the University of Wales. The header includes the university logo and navigation links: Dashboard, My modules, Moodle archives, and Useful links. The breadcrumb trail indicates the location: BMHP5015_LON / WEEK 5 / Week 5 Forum / Serendipity mindset meaning.

Week 5 Forum

Forum RSS feed of posts

Serendipity mindset meaning.

◀ Success in health and social care profession. Individual task: skills, interested and market. ▶

Display replies in nested form Settings ▾

Serendipity mindset meaning.
by Ana Claudia Delfino - Sunday, 9 November 2025, 11:19 AM

The serendipity mindset involves embracing unexpected moments and openness to delightful surprises. This approach transforms ordinary experiences into extraordinary adventure. A serendipity mindset centers on seeking and appreciating happy accidents. It encourages individuals to recognize opportunities that arise from unplanned events. Embracing this mindset means viewing life through a lens that values spontaneity. This perspective fosters a stronger connection to creativity and curiosity. Individuals adopting this mindset often find joy in the unexpected and cultivate a sense of wonder.

Permalink Reply Export to portfolio

◀ Success in health and social care profession. Individual task: skills, interested and market. ▶

◀ Week 4 - CBP - Lecture slides Jump to... Week 5 - CBP - Lecture Slides ▶

Shows your explanation of embracing unexpected opportunities, being open to positive surprises, and seeing unplanned events as being useful.

Screenshot I – Week 5 Forum “Intrinsic, Extrinsic and Lifestyle”

The screenshot shows a Moodle forum interface. At the top, the header includes the Prifysgol Cymru / University of Wales logo and navigation links: Dashboard, My modules, Moodle archives, and Useful links. The breadcrumb trail indicates the location: BMHP5015_LON / WEEK 5 / Week 5 Forum / Individual tasks: intrinsic, extrinsic, and lifestyle. The forum title is 'Week 5 Forum'. Below the title, there are links for 'Forum' and 'RSS feed of posts'. The main heading of the forum post is 'Individual tasks: intrinsic, extrinsic, and lifestyle.' The post is by Ana Claudia Delfino, dated Sunday, 9 November 2025, 1:30 PM. The content of the post discusses the importance of the workplace environment for job performance, mentioning factors like respect, autonomy, salary, and work-life balance. The post includes a 'Permalink' link, a 'Reply' button, and an 'Export to portfolio' button. At the bottom of the forum view, there are navigation links for 'Week 4 - CBP - Lecture slides' and 'Week 5 - CBP - Lecture Slides', along with a 'Jump to...' dropdown menu.

Shows your reflection about how intrinsic motivation (values, autonomy) and extrinsic factors (salary, respect, work-life balance) affect job satisfaction.

Unit 3 allowed me to learn more about how opportunities are created both through deliberate efforts like networking and unforeseen occurrences. Being able to identify my personal motivators and aspirations has helped me to plan better in the future regarding my professional growth in the health and social care field.

Task 4 – Reflection on Unit 4: The Pursuit of Happiness

Unit 4 discussed wellbeing, happiness, and personal fulfilment in health and social care careers. It made me realize how the emotional wellbeing and satisfaction at work affect performance, resilience, and sustainability of a career in the long term. The concepts of positive psychology, focusing on strengths, optimism, and personal development, were one of the essential concepts of this unit. Jarden et al. (2023) claim that well-being is a result of engagement, relationships, and meaning, which are very pertinent to people working in emotionally demanding settings.

The Week 6 forum discussion on the topic of Open Doors for Jobs also helped me to understand the importance of remaining proactive by keeping skills current and having good networks. Accepting responsibility in personal development leads to confidence, motivation, and general happiness. Additionally, my previous thoughts on workplace autonomy, respect, and finding a balance between work and personal life demonstrate that happiness is associated with both emotional and practical aspects.

Another aspect that was pointed out in the unit is the importance of perceiving change as a positive factor to professional resilience. In my post of Week 5 on Perspectives and the Importance of Changing It, I considered the fact that the sector is under severe pressure due to increasing demand and workforce pressures. Being flexible and having a positive attitude to change improves well-being and professional efficacy. This is in line with the studies that indicate that the professionals who establish coping mechanisms have better job satisfaction and emotional well-being (Hendry, 2022).

Screenshots for this section:

Screenshot J – Week 6 Forum “Open Doors for Jobs”

The screenshot shows a Moodle forum interface. At the top, the breadcrumb trail reads 'BMHP5015 LON / WEEK 6 / Week 6 Forum'. The header includes the University of Wales Trinity Saint David logo and navigation links: 'Dashboard', 'My modules', 'Moodle archives', and 'Useful links'. A notification bell icon and a user profile icon labeled 'AD' are also present.

The forum post is titled 'Open doors for jobs.' and is categorized under 'Open doors for job opportunities'. The post content reads: 'keeping update work on networking. Updating my skills studying, learning.' The post was made by 'Ana Claudia Dellino' on 'Friday, 14 November 2025, 2:21 PM'. Below the post, there are action links: 'Permalink', 'Edit', 'Delete', 'Reply', and 'Export to portfolio'. A 'Settings' button is located in the top right corner of the post area.

At the bottom of the forum view, there is a 'Jump to...' dropdown menu with options for 'Week 5 - CBP - Lecture Slides' and 'Week 6 - CBP - Lecture slides'.

Demonstrates that you know developing skills, ongoing learning, and networking help create job opportunities.

Screenshot K – Week 5 Forum “Perspectives and the Importance of Changing It”

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Dashboard My modules Moodle archives Useful links

BMHP5015_LON / WEEK 5 / Week 5 Forum / Perspectives and the importance of changing it.

Week 5 Forum

Forum RSS feed of posts

Perspectives and the importance of changing it.

◀ Sweet spot (Interest, skills and Market) Success in health and social care profession. ▶

Display replies in nested form Settings

Perspectives and the importance of changing it.
by Ana Claudia Delfino - Sunday, 9 November 2025, 11:00 AM

We need to respond to the scale of challenges and opportunities. Health and care face many stark challenges: rising demand, workforce pressures, health inequalities and financial constraints. The sheer level of change needed to positively transform care is set out.

Permalink Reply Export to portfolio

◀ Sweet spot (Interest, skills and Market) Success in health and social care profession. ▶

◀ Week 4 - CBP - Lecture slides Jump to... Week 5 - CBP - Lecture Slides ▶

Demonstrates your recognition of challenges faced in health and social care (workforce pressure, inequalities) and the need to have a positive response to change.

Screenshot L – Week 5 Forum “Success in Health and Social Care Profession”

The screenshot shows a Moodle forum interface. At the top, the header includes the University of Wales Trinity Saint David logo and navigation links: Dashboard, My modules, Moodle archives, and Useful links. The breadcrumb trail reads: BMHP5015_LON / WEEK 5 / Week 5 Forum / Success in health and social care profession. The forum title is 'Week 5 Forum'. Below the title, there are links for 'Forum' and 'RSS feed of posts'. The main post title is 'Success in health and social care profession.' with a sub-header 'Perspectives and the importance of changing it.' and a 'Serendipity mindset meaning.' link. The post is by Ana Claudia Delfino, dated Sunday, 9 November 2025, 11:11 AM. The content reads: 'Achieving career success in health and social care requires a combination of setting clear goals, continuously updating your skills, seeking mentorship and networking opportunities, embracing leadership roles, and staying informed about industry trends.' There are links for 'Permalink', 'Reply', and 'Export to portfolio'. At the bottom, there is a 'Jump to...' dropdown menu with options for 'Week 4 - CBP - Lecture slides' and 'Week 5 - CBP - Lecture Slides'.

Serves as a reflection that career success comes from goals, mentorship, updating skills, and being mindful of professional trends.

Unit 4 allowed me to reflect on happiness as an important component of career development.

The knowledge of wellbeing, motivation, and work meaning will help me become a more assertive and more empathetic health and social care practitioner.

Conclusion

Overall, this module has dramatically enhanced my knowledge of personal branding, cultural competence, opportunity development, and well-being in the context of health and social care.

Through the lectures, academic literature, and internet activities, I have gained a better understanding of my professional identity and the skills that I should improve in order to achieve success. Considering my strengths, motivations, and goals has made me gain confidence in my

career orientation, whereas the exploration of global perspectives and networking has increased my understanding of the broader context within which health and social care occur. The wellbeing unit supported the need to be emotionally resilient and pursue positive development in my career. The studies in Units 1-4 have combined to provide me with a solid base for future study and practice. These thoughts will inform my future actions as I keep advancing my career and make a positive impact on the health and social care industry.

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