



EMPLOYABILITY

WHAT WE WOULD LIKE FROM YOU

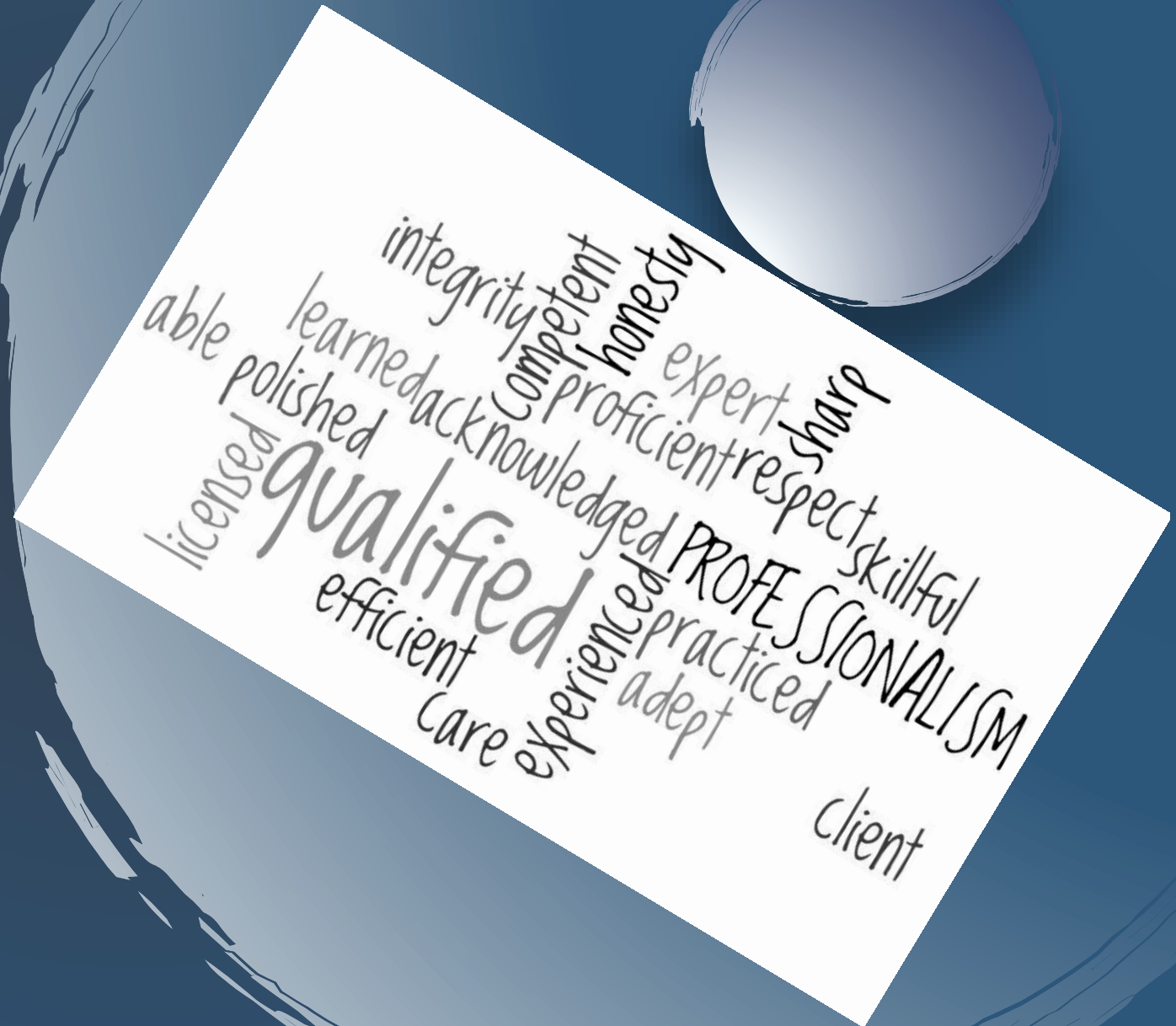
- Good written and verbal communication skills.
- The ability to provide support based on what matters to each person.
- The ability to support people who have active lifestyles.
- Empathy when supporting people with personal care.
- The ability to support people to make the most of their day/evenings.
- The ability to support people to run their own home and be part of the local community.
- Flexibility with working hours, to include weekends, sleep-ins/wake in where appropriate, and bank holidays.
- Provision of support to enable people to go on a holiday or short breaks.
- The ability to drive is essential.

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THE SKILLS I HAVE FOR THIS CAREER

- Empathetic.
- communicate effectively.
- Accountable and honest.
- Punctual.
- Approachable.



Communication Skills

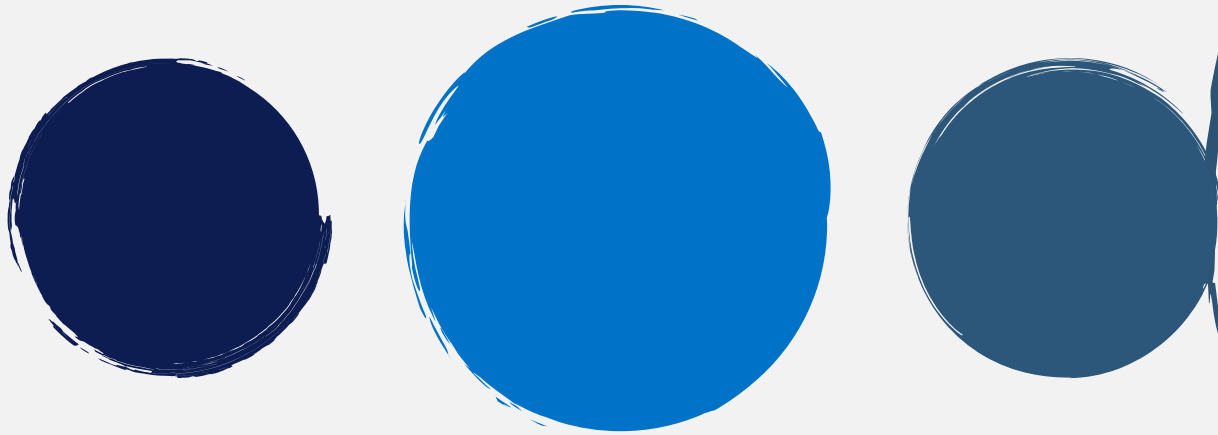
I feel that I can communicate effectively in professional settings. I am comfortable talking in 1 on 1 situations, and also confident to address multiple listeners and convey messages in an understandable way. I enjoy working in a team and feel that this is an essential part of support work, especially in this field of work where miscommunication can be detrimental to the support of individuals.



Proficient in technologies required for this post

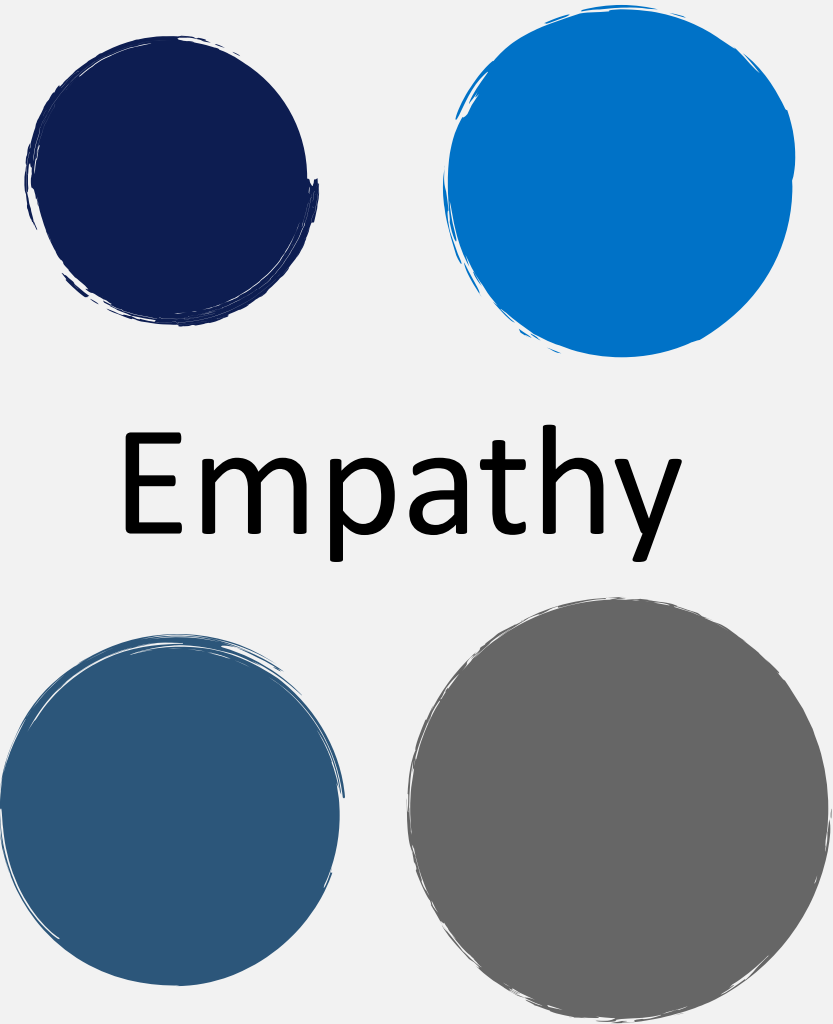
My University degree has led me to develop various technological skills. I am comfortable writing reports and presenting information through a variety of sources. I have experience in understanding and interpreting complex datasets.

Professional Resilience

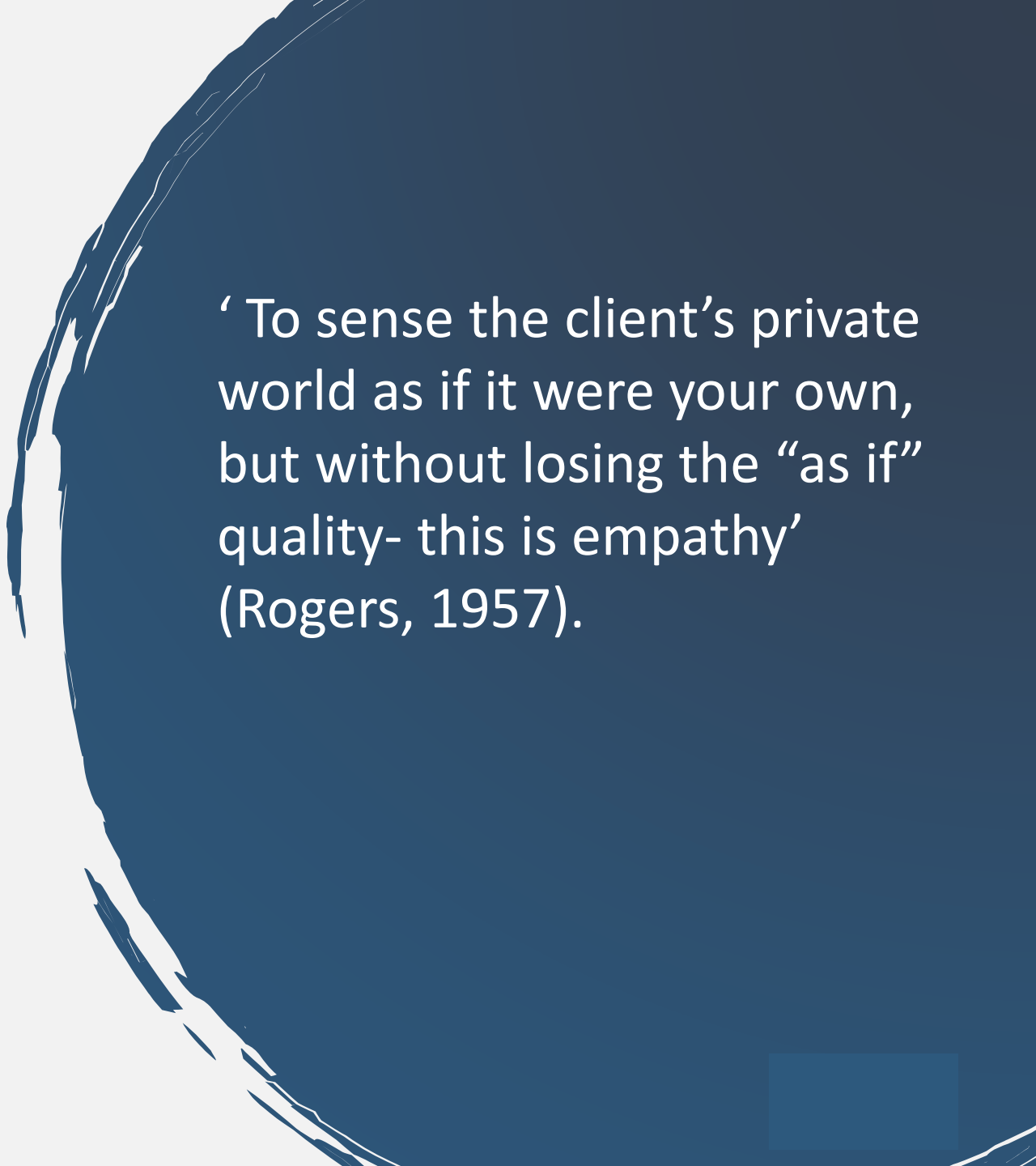


- Challenge
- Commitment
- Personal Control
- Permeance
- Pervasiveness
- Personalisation

(Kobasa and Seligman, N/D)



Empathy



‘ To sense the client’s private world as if it were your own, but without losing the “as if” quality- this is empathy’
(Rogers, 1957).

(Rogers, 1957)

Accountability and integrity.

- I feel as working in health and social sector an important skills to have are being to be accountable for my own actions and being honest at all times in order to work effectively. Working with vulnerable adults these two skills are crucial when safeguarding. By ensuring that no risk is to occur being able to take responsibility is needed.
- This module has allowed me to develop further knowledge into why both these skills are important to have when going into any job as it makes you to work in an effective manner allowing you to also grow from situations that were to appear.





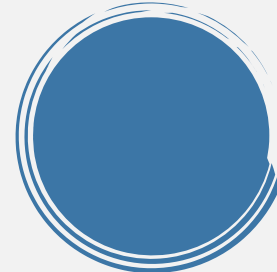
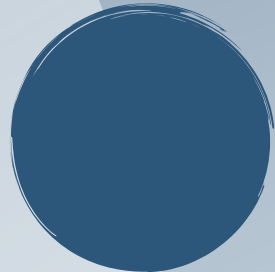
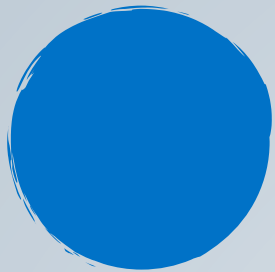
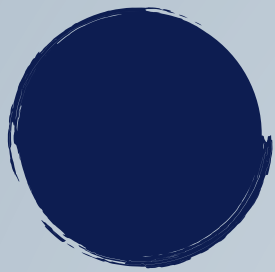
Punctuality

Punctuality is a professional behavior that should be demonstrated in every day life. This particular skills allows for employers to see who are reliable which also for trust to be built within any professional relationship.

(Mckay and Mckay, 2018).

Lifelong Learning

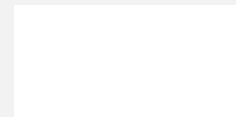
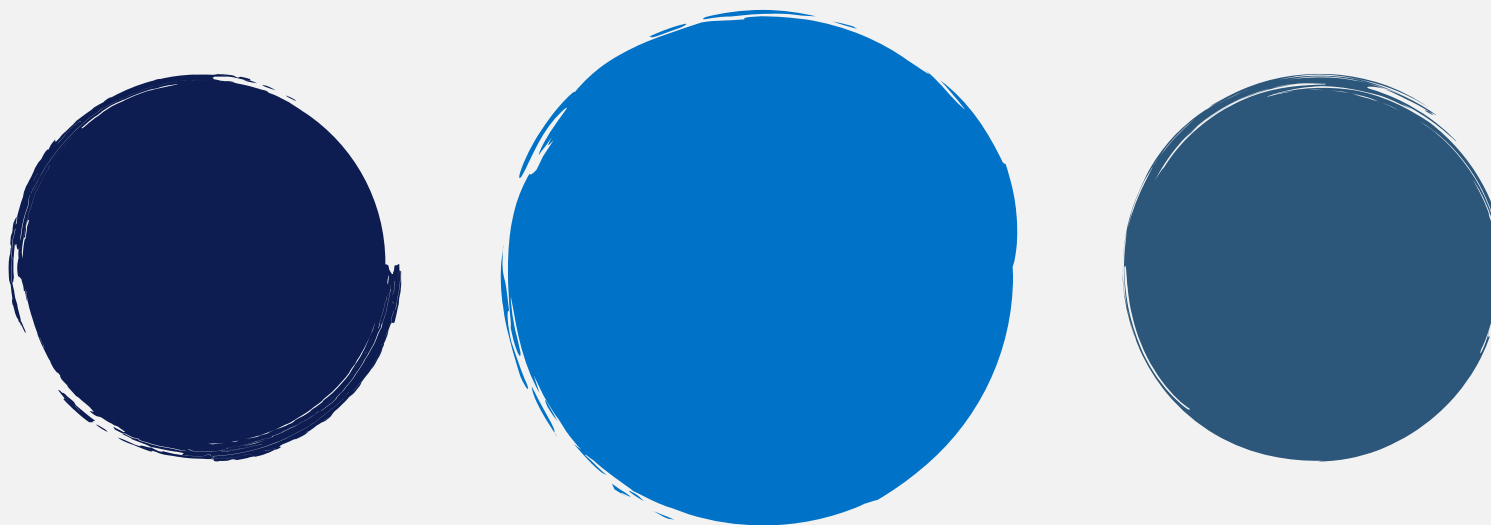
This module has identified the importance of professional development and the willingness to train and learn to conform with current knowledge and understanding. This is especially important in this career and can lead to working in a more effective and responsive way with the service users.



Continued Professional Development

Modern social care is subject to constant evaluation and streamlining through the added knowledge that this evaluation provides, meaning that workers need to be up to date with the various legislation and work practice guidelines in order to provide the most effective support available. I enjoy training opportunities as they often lead to unique insights and improve my knowledge base giving me more scope to be a progressive worker in this work environment. I feel strongly that professional development can give me the best opportunity to remain valid in a constantly changing work environment.

Conclusion



Reference List

Mckay, B & Mckay, K. (2018). *A Man Is Punctual: The Importance of Being on Time*. Available: <https://www.artofmanliness.com/articles/a-man-is-punctual-the-importance-of-being-on-time/>. (Accessed: 11th October 2019).

Rogers, C.R. (1957) 'the necessary and sufficient conditions of therapeutic personality change', *Journal of consulting psychology*, 21: 95-103.

University of Leicester. (N/D). *STAR Technique*. Available at: <https://www2.le.ac.uk/offices/careers-new/information-for-students/application-a-selection-process/stars-technique>. (Accessed: 15th October 2019)