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Module Code: LCHS 4001

Module: Academic and Employability Skills

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Submitted on: 21/11/2025

Section	Your response (Use your own words!)
1. Research	During my preparation, I realized that while I have strong practical experience as a massage therapist, especially with pregnant clients, I rely less on academic sources. In daily work, I focus more on hands-on techniques and client interaction than on theory. Reviewing scientific studies on massage benefits—such as stress reduction, improved mobility, and emotional support—can strengthen the credibility of my presentations. Using academic evidence also builds my confidence when explaining massage effectiveness to colleagues and clients
2. Presenting	While preparing, I felt both confident and nervous. My confidence came from practical experience, especially in helping pregnant clients manage back pain, swelling, and stress. Presenting in English made me anxious at times, as finding the right words was challenging. During the presentation, I aimed to speak clearly and simply, using examples from practice to help the audience understand the benefits of massage.
3. Challenges you faced	I faced challenges in managing anxiety, keeping a steady pace and explaining complex ideas in English. I also relied more on personal experience than academic studies. Sometimes finding relevant scientific sources was time consuming, and the presentation structure could have been more systematic.
4. Actions to improve	I will practice controlling my pace breathing and emotions. I will expand my academic vocabulary and strengthen research skills. Practicing presentation in English with peers or recording myself will increase fluency. I will also review articles on massage benefits to integrate theory into
5. Further steps needed to Prepare for Task 3	I will use more academic evidence improve referencing and plan my work earlier. Continuing to practice spoken English and reflecting on feedback will help me make presentation more structured and professional combining practical examples with research findings.

