



Assessment 2

Written assignment

Student name: Ferline Dos Santos Danqua

Student ID: 2030736

Module name: Changemakers: Building your Personal Brand for Sustainable Employment

Module code: BMHP5015

Lecturer name: Bianca Sanfilippo

Word count: 1926

Contents

Part 1: Reflection on the key learning.....	3
Part 2: Personal Development Plan (PDP).....	8
References	10

Part 1: Reflection on the key learning

This module required me to complete online activities on Moodle. Divided into 4 Units: *Brand you, It is a Small World, Opportunity Knocks, and The Pursuit of Happiness*. Each unit discussed different topics essential for personal and professional development.

In this task I focus on 4 specific learning points from each unit that supported me to reflect on my employability skills and knowledge and their importance for my career development. The learning aspects discussed in this task are: Ambition, Making Connections and Networking, Resilience, Emotional Intelligence and Autonomy.

❖ Ambition

It was discussed the concept of ambition and its importance for career development in Unit 1.

Ambition is defined as a strong goal to accomplish something, reach a personal goal, or do something. One of the few characteristics that people have is ambition. A person with ambition is motivated by the need for advancement, for certification, and for the greatest outcomes (Market Business News, 2022). Ambitious people are aware of everything that occurs in life, can spot failures, and successfully employ tactics to advance. When it comes to the career development, ambition is similar to motivation in that it tends to boost performance in pursuit of the objective we strongly want. Reflecting on my personal characteristics, I can say that I am ambitious because I want to reach my full potential. I have a plan for my professional progress. I started university with the goal of getting a degree in nursing, having a better professional career, and also achieving more of my personal objectives. My desire to always care for and assist others is what keeps me most inspired to pursue a career in healthcare. Being the ambitious person I am, giving up is not in my vocabulary. I know I must tackle the challenges that arise along the path, refusing to give in, refusing to give up, and refusing to wait for things to improve on their own. Ambition is vital to me because it keeps me motivated and encourages me to push beyond of my comfort zone, allowing me to discover new things and improve myself every day.

In this Unit 1, I learnt that ambition is closely linked to the desire for success, achievement, and growth. In other words, perseverance is a characteristic of someone who is ambitious and demonstrates the willingness to embrace obstacles and exert effort in the pursuit of every life

goal. I also learnt that in order to succeed, it is necessary attempt multiple times and, in certain cases, make mistakes. Furthermore, professional or personal development necessitates attitude changes, because without them, it is not possible to leave the place and get stuck in self-indulgence. To improve more in this area, I must always think positively in order to find solutions and solve difficulties in the best way possible. I also need to establish my priorities since they are necessary for me to achieve a particular goal, and it is therefore critical to consider them in the short, medium, and long term. Having goals makes it simpler to see the difficulty of each stage, as well as visualise the progress made during a certain period.

❖ **Making Connections and Networking**

In Unit 2 the concept of Making Connections and Networking, and its importance for career development was discussed.

According to Kagan (2019), networking is the informal social exchange of knowledge and ideas among those who share a profession or a particular interest. A single area of agreement is frequently the starting point for networking. It expands commercial options and increases professional awareness. It can also facilitate professional collaboration and career advancement. Networking is not only used for get a job or a promotion, is it also used to keeping a pulse on the job market, being up to date on industry trends, gaining access to the tools needed for career growth, knowing what it's like to work at a specific company or organisation, and meeting future clients, partners, and mentors (Indeed, 2021). Networking is essential to widen social networks, learn about employment openings in the industries, and be more informed about news and trends in the fields or the wider world. It assists a professional in keeping updated with networking events and fosters connections that may improve chances for future job or business opportunities. Data suggest that 85% of jobs are filled through networking (Apollo Technical LLC, 2021) and that networking is the most effective approach to build a great career and keep a job that people enjoy. Professional networking systems such as LinkedIn allow people to interact with other professionals, join groups, create blogs, and exchange knowledge online. They also provide a platform to upload a resume that prospective employers may view, search for opportunities, and locate job candidates. LinkedIn is the most popular professional network, but there are plenty more such as Twitter and Facebook (Kagan, 2019).

This concept was very significant to me and served as an excellent learning opportunity. This is due to the fact that I do not have a LinkedIn or Twitter account. Honestly, I do not feel comfortable creating my own professional page on the Internet, uploading my photo and CV online. Reflecting on this subject, I recognise that it is one of my major areas of development. I need to build the courage to create my own profile and connect with people in my field to share ideas, research, advice, and best practises. Without contacts, I believe I am risking losing possibilities to develop my own personal brand. I understand that online networking is critical for finding work and furthering my career. Therefore, I will start by making my own profile on LinkedIn account in order to improve in this area. I will use this profile to learn more and interact with people who share same interests as me.

❖ **Resilience**

In Unit 4, the meaning and the importance of Resilience was discussed.

Resilience is the emotional fortitude that allows people to cope with tragedy, adversity, and hardship. Resilient people use their resources, strengths, and skills to overcome obstacles and overcome setbacks. People who lack resilience are more prone to feel overwhelmed or helpless, and they are more likely to resort to harmful coping techniques such as avoidance and isolation (Hurley, 2022).

As stated American Psychological Association (2012), resilience can be define as the process and result of overcoming difficult or demanding life situations, particularly through mental, emotional, and behavioural flexibility and adaptation to internal and external challenges. It is also a vital ability to have in the workplace. Resilience is a skill that must be mastered. It will enable people in properly managing deadlines, professional relationships, and stress. It also allows people to process positive and negative results more efficiently, as well as bounce back and learn from unfavourable events in order to achieve positive outcomes (In Professional Development 2022). Resilience is essential to career development because employees that are resilient are better equipped to manage work-related stress, establish competitiveness in the job market, and approach any obstacles with an open mind (The Resiliency Solution, 2022). I consider myself a resilient individual who is capable of overcoming

adversity. Being resilient means being capable of controlling my emotions when necessary and being able to put myself in the shoes of others, which makes interactions simpler in general. Being resilient takes a lot of effort. It's a quality you develop with learning and practice, but for me to be a 100% resilient professional, I need to be secure and assured of who I am, as everything begins with self-awareness. Knowing my strengths and weaknesses is essential to improve both of them. I had an experience approximately a year ago in which I failed my driving test despite doing my best and working as hard as I could.

I experienced a mix of anger, sadness, and disappointment, but I quickly got myself back on track and kept moving forward. I scheduled and successfully passed the second test. Even though the process was challenging, I was proud of myself for persevering and obtaining my driving licence.

❖ Emotional intelligence

The capacity to effectively and constructively communicate with others through perception, interpretation, demonstration, control, and use of emotions is known as emotional intelligence (EI). The ability to understand, interpret, and respond to the emotions of others is just as important as this ability to express and control emotions (Cherry, 2022). This quality enables people to better understand their own emotions and how to deal with the feelings of the people with whom they live. It's a basic concept, yet it makes a significant difference in everyday life. Life is full of demands, conflicts, and difficulties; learning how to deal with all of this with calm and without being swept away by the emotions is a valuable skill to have. Emotional intelligence begins with self-awareness, self-control, and empathy to assist individuals in managing their relationships and obstacles in a healthier manner. Increasing social competency is an excellent method to improve not only personal life, but also work life, which will benefit both employees and the firm.

Emotional intelligence is very important for career development because the improvement in relationships and internal environment reduces stress for all professions since issues can be addressed more easily and efficiently without causing a snowball effect. Furthermore, a person with

high emotional intelligence is able to better manage their emotions, understanding how to deal with the stresses and hardships of daily life. All of this helps to reduce the negative impacts of stress on your mood and job; improve the productivity and decisions by having a deeper awareness of own feelings as well as the sentiments of those around is a method to stay calm even in the most difficult and demanding situations. This allows the professional to make better selections without allowing emotions to cloud their judgement. I need to work on my emotional intelligence. Aspects such as impulsiveness indicate that I lack emotional control, which necessitates the use of exercises such as breathing, meditation, walking, running, yoga, and the regular practise of physical activities in general. Understanding how others are feeling will allow me to communicate with them more effectively. I need also to practice self-awareness by being more aware of how I feel will allow me to better understand myself, and having self-control which is being conscious of my emotions will help me to improve my self-control. To be successful, I will need to practice stress management. Manage my emotions will allow me to exert better control in stressful or conflicting situations.

Part 2: Personal Development Plan (PDP)

	SKILLS	CURRENT ABILITY	TARGET ABILITY	DEVELOPMENT OPPORTUNITY	CRITERIA TO ASSESS SUCCESS	TIME-FRAME	EVIDENCE
1st PRIORITY	Academic skills	Good	Excellent	Book an appointment with London Library	Higher grades	3/02/2023	Assignments
2nd PRIORITY	Communication Skills	Good	Excellent	Self-learning, such as listening to Podcast, watching videos, reading Online training	Face-to-face presentations,	1/06/2023	Certificate
3rd PRIORITY	Emotional intelligence Skills	Good	Excellent	Self-learning such as practice exercises, meditation	Self-reporting and ability testing	4/05/2023	Reference both a mentoring relationship and a

							friendship that I formed with a colleague, MindTools Test
--	--	--	--	--	--	--	--

My personal development plan, I have selected three main skills that require improvement. These skills are academic skills, communication skills and emotional intelligence. My academic skills are now good, but I need to improve them by booking an appointment at the London university library. Examined, I will achieve my target with great marks by mid-February 2023. My second goal is to strengthen and improve my communications skills, which are currently good but should be excellent. Participating in online courses and self-learning will boost my confidence and determination to meet this objective by June 2023. I'll acquire the certificate as evidence. Finally, the emotional intelligence skill. It's one of the things I need to work on and better. Although it is fine, I would prefer it to be great. As a result, regular practise of exercises like meditation, yoga, and breathing will give me a little more control over my emotions. To reach this goal, I will take online tests such as the MindTools test, as well as have work/university colleagues, family, and friends evaluate me. I plan to achieve this goal by May 2023.

References

American Psychological Association (2012). *Building Your Resilience*. American Psychological Association. Available at: <https://www.apa.org/topics/resilience>. Accessed: 22 Dec 2022

Apollo Technical LLC. (2021). *Networking Statistics Everyone Should Know*. Available at: <https://www.apollotechnical.com/networking-statistics/>. Accessed: 23 Dec 2022

Cherry, K. (2022). *Overview of emotional intelligence*. Available at: <https://www.verywellmind.com/what-is-emotional-intelligence-2795423>. Accessed: 22 Dec 2022

Indeed (2021). *The Definitive Networking Tips for Jobseekers*. Available at: <https://uk.indeed.com/career-advice/finding-a-job/networking> Accessed: 22 Dec 2022

Hurley, K. (2022). *What is resilience? Definition, types, building resiliency, benefits and resources*. Available at: <https://www.everydayhealth.com/wellness/resilience/>. Accessed: 23 Dec 2022

In Professional Development (2022). *5 Key Benefits of Resilience in the Workplace*. Available at: <https://www.inpd.co.uk/blog/5-key-benefits-of-resilience-in-the-workplace> Accessed: 21 Dec 2022

Kagan, J. (2019). *Networking*. Investopedia. Available at: <https://www.investopedia.com/terms/n/networking.asp>. Accessed: 23 Dec 2022

Market Business News. (2022). *What is ambition? Definition and examples*. Available at: <https://marketbusinessnews.com/financial-glossary/ambition-definition/>. Accessed: 20 Dec 2022

The Resiliency Solution. (2022). *Why is Resilience Important at Work?* Available at: <https://theresiliencysolution.com/why-is-resilience-important-at-work/>. Accessed: 22 Dec 2022