



**Prifysgol Cymru**  
Y Drindod Dewi Sant  
**University of Wales**  
Trinity Saint David

**Module Code:** LCHS4009

**Module Title:** Professional Development in Health and Social Care

**Assignment Title:** Component 2

**Lecturer's Name:** Olubukola Adegbite

**Student's Name:** Maria Ajadalu

**ID:** 2506380

## **TABLE OF CONTENT**

|                                                               |              |
|---------------------------------------------------------------|--------------|
| <b>Cover page.....</b>                                        | <b>1</b>     |
| <b>Content page.....</b>                                      | <b>2</b>     |
| <b>Job Advert.....</b>                                        | <b>3</b>     |
| <b>Curriculum vitae.....</b>                                  | <b>4-5</b>   |
| <b>Personal Statement.....</b>                                | <b>6-7</b>   |
| <b>Swot Analysis.....</b>                                     | <b>8</b>     |
| <b>Personal Development plan.....</b>                         | <b>9</b>     |
| <b>Critical Reflection using Gibbs' Reflective Cycle.....</b> | <b>10-11</b> |
| <b>References.....</b>                                        | <b>12</b>    |

## **CURRICULUM VITAE**

Maria Ajadalu

Mobile: 07459 431186  
Email: mariajadalu73@gmail.com  
Nottingham, United Kingdom

## **PROFESSIONAL PROFILE**

Compassionate, reliable, and dedicated Health Care Assistant with experience providing high-quality, person-centred care to vulnerable adults within residential, supported living, and domiciliary care settings. Skilled in assisting with personal care, promoting independence, monitoring wellbeing, maintaining accurate care records, and supporting individuals with dignity and respect, in line with NHS values.

## **KEY SKILLS**

- Person-centred care
- Personal care and hygiene support
- Effective verbal and written communication
- Safeguarding Adults
- Infection Prevention and Control
- Moving and Handling
- Health and Safety awareness
- Record keeping and documentation
- Teamwork and collaboration
- Compassion and empathy

## **EMPLOYMENT HISTORY**

Care Worker in Eden Features Care Home. 2022 – 2026

Glow Agency, Nottingham. 2021-2022

## **Responsibilities**

- Delivered person-centred care according to individual care plans.
- Assisted individuals with washing, dressing, toileting, feeding and mobility.
- Supported service users with eating, drinking and nutrition.
- Encouraged independence while promoting dignity, privacy and choice.
- Reported changes in physical health, behaviour and emotional wellbeing.
- Worked closely with senior carers, nurses and multidisciplinary teams.

- Followed safeguarding procedures to protect vulnerable adults from abuse and neglect. And assisted with moving and handling using safe techniques.

## **EDUCATION**

Student of Health and Social Care, University of Wales (UWTSD) Birmingham 2025 – 2026

Diploma in Nursing and Midwifery-2010

Care certificate and training 2021

Completed training in:

- Care Certificate
- Health and safety Awareness
- Moving and Handling
- Person-Centred Care

## **CORE COMPETENCIES**

I provide compassionate, person-centred care that promotes dignity, independence, and wellbeing.

- I communicate effectively with service users, families, and multidisciplinary teams.
- I maintain confidentiality and comply with professional and legal standards.
- I support vulnerable adults according to their individual care plans.
- I use observational skills to identify and report changes in health and wellbeing.
- I complete accurate documentation and maintain high-quality care records.

## **PERSONAL STATEMENT**

I am writing to express my strong interest in the Care Worker Level 1 position within your organisation. With several years of experience supporting vulnerable adults in residential, supported living, and domiciliary care settings, I have developed the knowledge, skills, and

compassion required to provide high-quality, person-centred care. I am passionate about promoting dignity, independence, choice, and wellbeing while ensuring that every individual receives safe, respectful, and compassionate support tailored to their unique needs.

I currently work as a Care Worker at Eden Futures in Nottingham, where I support individuals with a wide range of physical, emotional, and social care needs. My responsibilities include implementing person-centred care plans, assisting citizens with personal care, medication support where required, nutrition, mobility, and daily living activities while encouraging them to maintain as much independence as possible. I accurately complete care documentation, including running records, communication books, incident reports, and monitoring charts, ensuring clear communication among team members and continuity of care. I also observe and promptly report any changes in an individual's physical health, emotional wellbeing, or behaviour to senior staff, enabling timely intervention and appropriate support.

Previously, I worked as a Care Worker with Glow Agency, providing flexible care support across a variety of residential and domiciliary care settings. This role enhanced my ability to adapt quickly to different working environments while consistently delivering compassionate, high-quality care. I supported individuals with personal hygiene, mobility, meal preparation, emotional support, companionship, and daily routines while ensuring their dignity, privacy, and personal preferences were always respected. Working across different services strengthened my understanding of safeguarding, infection prevention and control, manual handling, and effective communication with both service users and healthcare professionals.

Throughout my career, I have developed excellent interpersonal and communication skills, enabling me to build trusting relationships with individuals, their families, colleagues, and multidisciplinary teams. I understand the importance of treating every person with kindness, empathy, patience, and respect regardless of their background, culture, or personal circumstances. I enjoy encouraging individuals to participate in meaningful activities, maintain social connections, and achieve the highest possible level of independence, thereby improving their overall quality of life.

In addition to my practical experience, I hold a Diploma in Nursing and Midwifery and have successfully completed the UK Care Certificate, including training in safeguarding adults, person-centred care, infection prevention and control, moving and handling, health and safety, equality and diversity, and duty of care. I am committed to maintaining high professional standards, following organisational policies and procedures, and continuously developing my knowledge through ongoing learning and reflective practice.

I am a reliable, hardworking, and compassionate individual who takes pride in delivering outstanding care. I am confident that my experience, qualifications, and genuine commitment

to improving the lives of vulnerable adults would enable me to make a valuable contribution to your organisation. I would be delighted to have the opportunity to discuss how my skills, experience, and enthusiasm align with your team's values and the excellent care services you provide.

Thank you for taking the time to consider my application. I look forward to the opportunity of discussing my application further and hope to contribute positively to your organisation.

#### SWOT ANALYSIS-HEALTH CARE ASSISTANT

| Strengths                                         |  | Weaknesses                                          |
|---------------------------------------------------|--|-----------------------------------------------------|
| Good communication skills (skills for care,2025). |  | Limited confidence in public speaking (Gibbs,1988). |
| Caring, compassionate, and empathetic             |  | Time management can be improved                     |
| Hardworking and committed to learning             |  | Sometimes overthink situations                      |

|                                                         |  |                                                    |
|---------------------------------------------------------|--|----------------------------------------------------|
| <b>Strengths</b>                                        |  | <b>Weaknesses</b>                                  |
| <b>Able to work well in a team</b>                      |  | Limited practical experience                       |
| <b>Good listening skills (NHS professionals, 2024).</b> |  | Easily stressed under pressure                     |
| <b>Opportunities</b>                                    |  | <b>Threats</b>                                     |
| <b>Clinical placements to gain experience</b>           |  | Heavy academic workload                            |
| <b>Training courses and workshops</b>                   |  | Financial challenges                               |
| <b>Support from lecturers and mentors</b>               |  | Competition for placements or jobs                 |
| <b>Networking with healthcare professionals</b>         |  | Balancing study, work, and family responsibilities |
| <b>Volunteering to develop new skills</b>               |  | Changes in healthcare policies or requirements     |

### Personal Development Plan (PDP) – 2-Year Plan

| Goal                                            | Action                                                                                                            | How to Monitor Progress                                                                                                    |
|-------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|
| Improve clinical observation skills             | Complete training in blood pressure monitoring, pulse measurement and temperature assessment.                     | Obtain training certificate and receive supervisor feedback on competence.<br><br>Within 1-6 months                        |
| Improve communication and record-keeping skills | Practise writing clear, accurate care notes and seek regular feedback from senior staff.                          | Monthly review of documentation and feedback during supervision sessions.<br><br>Within 6-12 months                        |
| Progress in Health Care Assistant (HCA) career  | Apply for NHS, HCA vacancies, attend interview preparation sessions, and continue developing professional skills. | Monitor the number of job applications submitted, interviews attended, and successful outcomes.<br><br>Within 12-24 months |

### Critical Reflection on LCHS4009 Component 1 Presentation (Gibbs' Reflective Cycle)

#### Description

On 25 June 2026, I delivered my LCHS4009 Component 1 presentation on the topic of Communication Skills in Health and Social Care. The presentation required me to explain the importance of effective communication in professional practice and answer questions from my lecturer afterwards. During the presentation, I maintained eye contact with the camera, spoke

clearly, and organised my ideas logically. At the end of the presentation, my lecturer provided verbal feedback. She commented that I had good communication skills, maintained appropriate eye contact with the camera, and answered the oral questions accurately. However, she also advised that I should improve my confidence when presenting.

### **Feelings**

Before the presentation, I felt nervous because I wanted to perform well and demonstrate my understanding of communication in health and social care. I was concerned that anxiety might affect my speech or cause me to forget important information. Once I began speaking, I gradually became more comfortable and focused on explaining my points clearly. When my lecturer asked questions after the presentation, I felt more confident because I understood the topic and was able to answer correctly. Receiving positive feedback made me feel proud of my preparation and knowledge. At the same time, the comment about improving my confidence made me realise that although I understood the subject, I still needed to develop my presentation skills further.

### **Evaluation**

Overall, I believe my presentation was successful. My lecturer's feedback confirmed that I communicated effectively, maintained good eye contact by facing the camera correctly, and demonstrated good subject knowledge through my answers to the oral questions. These strengths helped me engage with my audience and present my ideas professionally.

However, the presentation also highlighted an important area for development. Although my communication was effective, my lecturer observed that I lacked confidence. Looking back, I recognise that I spoke cautiously at certain points and could have projected greater confidence through my voice, body language and overall presentation style. While my knowledge was strong, my confidence did not always reflect this.

### **Analysis**

Gibbs' Reflective Cycle encourages critical reflection to improve future performance (Gibbs, 1988). My lecturer's feedback demonstrated that I possess the communication skills required for effective presentations, particularly maintaining eye contact and responding appropriately to questions. These are important professional skills in health and social care because practitioners must communicate confidently with patients, colleagues and other professionals.

However, confidence is equally important because it influences how effectively a message is delivered. My nervousness before presenting affected my confidence, despite being well

prepared. This experience has helped me understand that effective presentations require both subject knowledge and confident delivery. Schön (1983) explains that reflecting on experiences enables individuals to improve their professional practice. By reflecting on both my strengths and weaknesses, I can identify practical strategies for improvement

## **Conclusion**

This presentation was a valuable learning experience. It demonstrated that I have good communication skills and a sound understanding of the presentation topic. The positive feedback from my lecturer increased my motivation and confirmed that my preparation was effective. Nevertheless, I recognise that improving my confidence is essential if I want to become a more effective presenter and future health and social care professional. This reflection has shown me that confidence develops through regular practice, preparation and experience.

## **Action Plan**

To improve my confidence in future presentations, I will practise presenting more frequently in front of classmates, friends and family before assessment dates. I will also record myself presenting so I can evaluate my posture, eye contact, voice projection and body language. Additionally, I will participate more actively in classroom discussions and volunteer to answer questions during lectures to increase my confidence when speaking publicly. Finally, I will continue seeking constructive feedback from my lecturers and peers after presentations so that I can monitor my progress and make continuous improvements. By following these actions, I expect to become a more confident and effective communicator in both academic and professional health and social care settings.

## **References**

Department of Health and Social Care (2023) The NHS Constitution for England. Available at: GOV.UK.

Gibbs, G. (1988) Learning by Doing: A Guide to Teaching and Learning Methods. Oxford: Oxford Polytechnic.

NHS Professionals (2024) The 6Cs of care. Available at: NHS Professionals.

Schön, D.A. (1983) The Reflective Practitioner: How Professionals Think in Action. New York: Basic Books. Top of Form Bottom of Form

Department of Health and Social Care (2023) The NHS Constitution for England. Available at: GOV.UK.

Skills for Care (2025) Care Certificate Standards. Available at: Skills for Care.

Skills for Health (2025) The Care Certificate Overview. Available at: Skills for Health.

University of Edinburgh (2024) Gibbs' Reflective Cycle. Available at: University of Edinburgh.