

Student ID: 2431100

Professional development within
Health & Social care

Self Awareness Presentation

LCHS4009

Presented by
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Good day to everyone



- An aspiring nurse
- A current student & healthcare assistant
- Purpose to analyse strengths weaknesses opportunities and threats to support career and educational planning in the uk

JEMIMA ADAMS

SWOT Analysis





STRENGTHS

TEAMWORK & RELIABILITY

Strong contributor in teams.
As well as being
independent

Learner

Constantly adapting and
learning new things and
methods
e.g recently completing a
diabetes training course

Empathy and communication skills

Ability to build trust with
patients and colleagues e.g
working in a care home has
improved my
communciation

WEAKNESSES

LIMITED EXPIRENCE

Limited clinical expiarence still
in the process of developing
skills

PUBLIC SPEAKING

Presenting in professional
settings cause nervousness

Time management

under pressure time
management has been
deemed not to be great
the pressures of balancing
both life, work & school

Improvements

Seek guidance with
mentionship and possible
shadowing opportunitites to
gain experience

Use gibbs reflective cycle and
scheduling tools

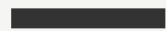


OPPORTUNITIES

Higher education

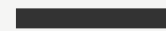


Education pathways and
different methods of learning
Opportunity to pursue a degree
in nursing, h&s care, social work
and much more



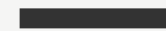
Apprenticeships

Apprenticeships offer another
method of learning
Along side gaining hands on
experience



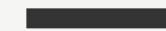
Professional development

Room for professional
development engaging in
professional settings to be able
to form connections including
mentoring and attending career
events

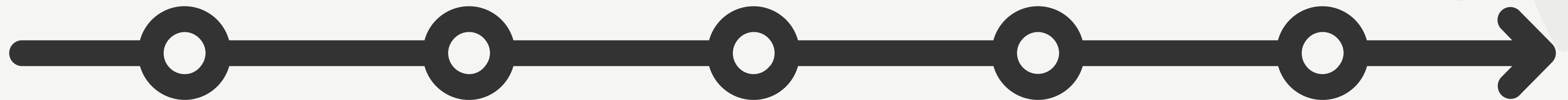


Schemes and investments

Creating more openings and
opportunities for young people
like myself to be able to
things like the NHS workforce
plan are designed to help



FISHBONE METHOD



**Develop better
skill/enhance
knowledge**

Tail

External factors

BONES

Personal factors

BONES

**Knowledge &
skill**

BONES

**Barriers limiting
achievement**

HEAD

THREATS

According to unison surveys

31%



of NHS workers take
time off due to mental
health

Burnout

The high workload and constant staff shortages lead to employees facing constant burn out

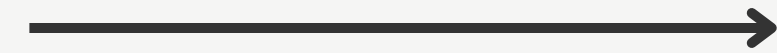
Funding

It is no secret that there are constant changes in government rules this can poorly affect the nhs affecting things like job roles and so forth

Digitalisation

Rapid digital changes can come as a threat Finding the means to stay on top of it is also something that comes at a cost

Leveraging my strengths



Communication and empathy

To build relationships in the work place leading to work/learning opportunities

Learning

My eagerness to learn allows me to be able to easily adapt to new technology

Teamwork and reliability

Can potentially allow access to clinical experience addressing my limited clinical experience

Personal Action Plan

GOALS	ACTIONS	TIMELINE
IMPROVE PUBLIC SPEAKING	PRESENT IN STUDY GROUPS, ATTEND WORKSHOPS	WITHIN 4 MONTHS
PROFESSIONAL NETWORK EXPANSION	ATTEND NETWORKING EVENTS	CONTINUOUS
STRENGTHEN TIME MANAGEMENT	Actively structure and plan in advance, use reflective practice during this time	CONTINUOUS
CLINCIAL EXPERIENCE INCREASE	SHADOW HEALTHCARE PROFESSIONALS	6 to 8 MONTHS

Conclusion

- Throughout this SWOT analysis I've identified where I am now and where I want to be in the future and the steps in order to get there
- By leveraging my strengths and opportunities and working on my weaknesses I can use these to build a strong career in health and social care
- Ultimately my goal is to make a meaningful impact in others lives whilst developing personally and professionally

Thank You

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References

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