



Reflection on My Career Path and Future Aspirations, and the Roleplay Experience in Class

Student: Kristian Nash

Student ID: 2130196

Lecturer's Name: Dr Husam Helelmi

Module Name: Professional Career Development

Module Code: BMSW4005

Submission Date: 20/04/2023

Table of Contents

Introduction: 4

Reflection on Roleplay:.....4

Self-evaluation: 5

Personal Development: 6

Review of Understanding:.....6

Career Aspirations: 7

Personal Development: 7

Conclusion: 8

References.....9

Introduction:

My journey in the cooking world began as a chef, where I developed my skills across multiple different kinds of dishes and restaurants. After years of hard work and dedication, I became a head chef, where I developed the importance of leadership, time management, and customer service. I realised and became interested in improving the overall restaurant experience. This led me to pursue a career in restaurant consultancy, where I can use my cooking expertise and business skills to help restaurants.

As a chef, I had the opportunity to work in various kitchens, from small independent restaurants to large ones. Each kitchen had its own challenges, but I quickly learn the importance of being adaptable and having a positive attitude. I learned to work well under pressure, maintain focus, and deliver high-quality meals in a fast-paced environment. These skills helped me to progress in my career and eventually become a head chef, where I oversaw a team of chefs and kitchen staff.

Working as a head chef gave me deeper understanding of the restaurant industry, where I learned to manage budgets, maintain inventory and communicate effectively with customers and staff. I also gained valuable leadership skills where I had to motivate and train my team and make sure that the kitchen was running smoothly. I enjoyed the challenge of managing a team and found it rewarding to see my team members grow and develop in their careers.

My passion lay in improving the overall restaurant experience, not just the kitchen. I wanted to use my skills and expertise to help restaurants thrive and succeed in a highly competitive industry. This led me to pursue a career in restaurant consultancy, where I can help restaurants with menu development, staff training, and overall restaurant operations. I believe that with my experience and skills, I can make a meaningful impact on the restaurant industry and help businesses achieve their goals.

Reflection on Roleplay:

I had the opportunity to participate in a roleplay exercise with a partner. The purpose of this exercise was to do a practise job interview for a role, where my partner acted as the interviewer and I was the role of a candidate. The roleplay lasted for about 10 minutes where my partner asked me lots of questions.

I prepared for the roleplay by researching the job requirements and company culture at the company. I also reviewed common interview questions and practiced my responses to ensure that I was prepared. During the roleplay I was nervous at the start but I quickly felt more confident as the exercise went on.

I answered the questions asked by my partner in a clear way using examples from my previous experience to support my responses. I also tried to make a connection between my skills and experience and how they would be good for the role. When asked about my qualifications for the job, I spoke about my experience in customer service and my ability to motivate and lead others, which I believed would be important for success in the role.

Overall I felt that the roleplay was a valuable exercise that helped me to develop my interview skills and gain confidence in my abilities. The exercise also allowed me to see the types of questions that I might encounter during a job interview, which would help me prepare for future interviews.

One area that I could improve on is my body language and nonverbal communication. I plan to work on improving my body language by practicing more in front of a mirror or recording myself during future mock interviews.

In conclusion, the roleplay exercise was an good opportunity for me to practice my interview skills and gain confidence in my abilities. I believe that the skills I developed during this exercise will be beneficial in my future job search and help me to achieve my career aspirations in restaurant consultancy.

Self-evaluation:

Throughout my career I have always been self-motivated and focused on achieving my goals. I believe that my positive attitude and willingness to learn have helped me to overcome challenges and develop new skills.

One of my strongest qualities is my work ethic. I am dedicated to my job and always strive to give my best effort. I believe that this has helped me to progress in my career and earn the respect of my colleagues and supervisors.

I am also a good listener and have strong communication skills. I am able to listen to others' ideas and provide constructive feedback. I believe that this has helped me to build strong relationships with my colleagues and clients and has enabled me to work effectively in a team environment.

Another positive trait that I possess is adaptability. I am comfortable with change and am willing to try new approaches to problem-solving. I believe that this has helped me to be successful in different roles and industries and has enabled me to learn new skills quickly.

However, I know that there is always room for improvement, and I am committed to self-development. One area that I would like to work on is my time management skills. While I am organised and efficient, I would like to improve my ability to prioritise tasks and manage my workload more effectively. I plan to work on this by setting goals and getting a routine to help me manage my time more efficiently.

In addition, I would like to continue to develop my leadership skills. While I have experience in managing teams, I believe that there is always room for improvement. I plan to work on this by seeking out leadership opportunities and attending leadership training courses. I am proud of the positive traits that I possess and am committed to self-development to become an even more effective and successful professional.

Personal Development:

To identify areas for personal development, I have done a SWOT analysis which stands for Strengths, Weaknesses, Opportunities, and Threats. This analysis has helped me to identify my areas of strength and weakness and identify opportunities for growth.

Strengths: One of my strengths is my ability to work well under pressure. I am calm and focused, even in high pressure situations, which has helped me to succeed in my career. Another strength is my communication skills which have helped me to build strong relationships with colleagues and clients.

Weaknesses: One of my weaknesses is my time management skills. While I am organised, I struggle with prioritising tasks and managing my workload effectively.

Opportunities: One opportunity for personal development is to improve my time management skills. I plan to do this by setting SMART objectives, which are Specific, Measurable, Achievable, Relevant, and Time-bound. For example, I plan to set specific goals for completing tasks and tracking my progress to ensure that I am meeting my objectives.

Threats: One threat to my personal development is the highly competitive nature of the restaurant industry. To overcome this threat, I plan to continue to develop my skills and knowledge through attending conferences and workshops and seeking out mentorship opportunities.

My SWOT analysis has helped me to identify areas for personal development and establish SMART objectives to achieve my goals. By focusing on my areas of weakness and taking advantage of opportunities for growth, I believe that I can continue to develop as a professional and achieve success in my career.

Review of Understanding:

As someone who has worked in the restaurant industry and is now pursuing a career in restaurant consultancy, I have gained an idea into the world of work. I have learned that success in any industry requires hard work, dedication and a willingness to learn and adapt to changing environments.

At university, I also gained valuable skills and knowledge that have helped me in my professional life. I learned how to think critically, solve difficult problems, and communicate effectively with others. These skills have been very valuable in my work, as I have had to use them to manage teams, develop strategies and communicate with clients.

I also learned the importance of networking and building relationships with others. At university I am able to connect with professors, fellow students, and industry professionals

who provided me with valuable insights and opportunities. This taught me the importance of building a strong professional network and staying connected with others in my industry.

Career Aspirations:

My ultimate career aspiration is to become a successful restaurant consultant. I am passionate about the restaurant industry and believe that my skills and experience can help businesses thrive in a competitive market.

As a restaurant consultant I would work with restaurant owners and managers to help them improve their menu offerings, customer service, and overall business. I would use my expertise and business skills to develop practical solutions to complex problems and help businesses achieve their goals.

I am particularly interested in helping independent restaurants and small businesses succeed. I believe that there is a significant opportunity in this market, and I would like to use my skills and experience to help these businesses thrive. By providing personalised service and practical solutions, I believe that I can make a meaningful impact on the restaurant industry and help businesses succeed.

In the future I would also like to expand my consulting services to include restaurant design and concept development. By offering a full range of services, I believe that I can help businesses develop a unique and compelling brand that stands out in a big market. I am excited about the possibilities that a career in restaurant consultancy offers, and I am committed to working hard to achieve my career aspirations.

Personal Development:

To achieve my career aspirations of becoming a successful restaurant consultant, I have developed a plan for personal development. This plan includes specific actions that I will take to develop my skills and achieve my goals.

Build a professional network: I plan to attend industry events and talks to connect with other professionals in the restaurant industry. I will also seek out mentorship opportunities to learn from experienced consultants and business leaders.

Develop my leadership skills: I will seek out leadership training courses and volunteer for leadership opportunities in my current job. I will also seek out feedback from colleagues and supervisors to identify areas for improvement.

Stay up-to-date with industry trends: I will read industry publications and follow thought leaders on social media to stay current with industry trends and changes. I will also attend webinars and training sessions to learn about new technologies and best practices.

Develop my marketing skills: I will take courses in marketing and branding to develop my skills in these areas. I will also work on developing a unique brand for my consulting business.

By following this plan I am confident that I can continue to develop my skills and achieve my career aspirations. I will review my progress regularly to ensure that I am on track to achieve my goals and make adjustments as necessary. With hard work and dedication I believe that I can become a successful restaurant consultant and make a meaningful impact on the restaurant industry.

Conclusion:

In conclusion I am grateful for the opportunities that I have had to develop my skills and gain experience in the restaurant industry. Through hard work and dedication, I have progressed from being a chef to starting a career in restaurant consultancy. I have identified my strengths, weaknesses, opportunities, and threats through a SWOT analysis and developed SMART objectives to guide my personal and professional development. I am committed to continuing to learn and grow and am excited about the possibilities that the future holds.

References

- Social Tables. (2019). Hotel Industry Success: Tips from the Pros. [online] Available at: <https://www.socialtables.com/blog/hotel-sales/hotel-industry-success/>

- WordStream. (2017). How to Conduct a SWOT Analysis for Your Business. [online] Available at: <https://www.wordstream.com/blog/ws/2017/12/20/swot-analysis>
- CIO. (2011). Careers/Staffing: 10 Tips for Making Self-Evaluations Meaningful. [online] Available at: <https://www.cio.com/article/289180/careers-staffing-10-tips-for-making-self-evaluations-meaningful.html>
- Kiddy123. (2022). Classroom Roleplay: Why and How Do I Do It?. [online] Available at: <https://www.kiddy123.com/article/classroom-roleplay-why-and-how-do-i-do-it.html>
- The Arcadia Online. (2021). How to Understand Yourself Even Better and Grow Further through Self-Analysis. [online] Available at: <https://www.thearcadiaonline.com/how-to-understand-yourself-even-better-and-grow-further-through-self-analysis/>
- OwlCation. (2021). How to Write a Reflective Essay with Sample Essays. [online] Available at: <https://owlcation.com/humanities/How-to-Write-a-Reflective-Essay-with-Sample-Essays>