

Professional Career Development

BMSW4012

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Executive Summery

My communication abilities have improved greatly as a result of this practical experience in a number of ways.

Developing a logical and cohesive presentation style has become a defining characteristic of my enhanced communication abilities.

My ability to reflect on myself has allowed me to become more self-aware, which has enabled me to see the significant influence that good communication has on both interpersonal and professional relationships.

Having acquired theoretical knowledge and comprehension in leadership,

analytical reasoning, and creative problem-solving, I was excited to apply my newly acquired skills.

Conclusion To sum up, I have learned a lot from the Professional Career Development lectures and have improved my analytical, creative, leadership, and communication abilities.

Introduction

The experience of attending lectures on developing a professional career has been life changing.

I will highlight the communication, analytical, leadership, and creative skills I have acquired throughout the semester in this reflective essay by utilizing Kolbs Experiential Learning Model.

I have conducted SWOT analysis to gain a more comprehensive understanding of my development and identify areas for improvement Concrete experience, reflecting observation, abstract conceptualization, and active experimentation are the four phases that make up Kolbs model. As a result of its emphasis on action and reflection-based learning, it is an invaluable instrument for assessing my progress during the Professional Career Development courses.

SWOT ANALYSING

STRENGTHS Loyal Communication Reliable Flexible Independent Problem solving	WEAKNESS Stress Trusting Yes person Passive Confident Presentation
OPPORTUNITIES Carriera Further education Knowledge Writing skills professionally	THREAD Discrimination Job loss Depression Healt risks

Kolb's learning Cycle

Concrete Experience: According to the view of Wijnen-Meijer et al. (2022), the hands-on experience I had in the setting of the lectures on professional career development was crucial to my educational process. I was able to use my academic knowledge in a practical setting by actively participating in a range of activities and conversations. My communication abilities have improved greatly as a result of this practical experience in a number of ways. Above all, the lectures gave me a stage on which to practice clearly expressing my ideas. It was a challenge for me to communicate difficult concepts in a clear and concise way. This required dissecting complex theories and notions into more palatable, logical explanations. This made it easier for me to express myself clearly and made sure that more people could understand what I had to say.

In the view of Subekti (2020), another important aspect of my concrete experience was active listening. I was inspired by the lectures to listen carefully and intently during conversations. I had to pay attention to the speaker, comprehend their viewpoint, and, if needed, seek clarification. In addition to improving my comprehension of the subjects, active listening showed that I respected other people's opinions and promoted a welcoming and constructive communication atmosphere. In addition, the hands-on learning opportunities in the course improved my ability to successfully communicate my own views (Puscas et al., 2021). I gained knowledge on how to rationally organize my ideas, communicate them clearly, and bolster my claims with facts. I improved my capacity for persuasion through helpful criticism from peers and instructors, which made my speech more compelling overall.

Talking with people from different backgrounds in groups was one of the most enlightening

aspects of these real encounters. A wide range of people with various backgrounds, viewpoints, and communication styles attended the training. This exposure to many modes of thought and communication turned out to be quite beneficial. It gave me the ability to be flexible and diverse

in the way I communicate, which is essential in the globalized and linked world of today.

Reflecting Observation : In the view of Chiu (2019), I frequently found myself taking up complex and multidimensional themes during the training. My approach to communicating complicated ideas has become clearer and more methodical as a result of these problems. I started to see how important it was to dissect complex ideas into smaller, easier-to-understand parts. This helped me comprehend things better on my own and made it easier for me to communicate with my teachers and peers. I also improved my ability to match vocabulary and language to my audiences demands and

knowledge level. My capacity to modify my communication style enabled me to establish connections with a wide range of audiences, including both novices and experts in the field.

Developing a logical and cohesive presentation style has become a defining characteristic of my enhanced communication abilities (Watson et al., 2019). I discovered how to lead the listener through a thought process using frameworks and storytelling approaches, which made it simpler

for them to understand my logic. My ability to reflect on myself has allowed me to become more

self-aware, which has enabled me to see the significant influence that good communication has on both interpersonal and professional relationships. I discovered that having better communication with my family and friends helped me to connect with them on a deeper level.

Abstract contextualisation: I became familiar with a wide range of leadership theories and concepts through the Professional Career Development seminars. Among many other ideas, I came across transformational leadership, situational leadership, and servant leadership. Every one of these theories offered a different viewpoint on what makes a good leader. I was able to perceive leadership as a complex idea with a variety of techniques, each appropriate for a particular set of circumstances, after learning about these models.

The training introduced me to a variety of analytical tools and critical thinking strategies in the field of analytical thinking. These instruments comprised different problem-solving models, PESTEL analysis, and SWOT analysis. I gained knowledge on how to approach issues methodically, compile pertinent facts, and assess material from several perspectives. Gaining an

understanding of these frameworks allowed for an organised method of evaluating complicated

problems and coming to wise judgements.

Active experimentation:

In the opinion of Morris (2020), during the Professional Career Development courses, I experienced a turning point in my learning process as I moved from abstract thinking to active exploration. Having acquired theoretical knowledge and comprehension in leadership, analytical

reasoning, and creative problem-solving, I was excited to apply my newly acquired skills.

Equipped with my newly acquired expertise, I actively experimented with various leadership philosophies, analytical methodologies, and inventive methods to problem-solving. I took on leadership responsibilities in group projects, used analytical techniques to resolve challenging issues, and used creativity to generate original solutions. Through these real-world experiences, I

was able to strengthen my professional abilities and increase my effectiveness. In order to enhance my ability to solve problems creatively, I made a conscious effort to come up with unique answers to problems. To encourage creative thinking, I used methods like mind mapping,

brainstorming sessions, and the SCAMPER method. These techniques promoted unorthodox solution discovery and divergent thinking.

Conclusion

To sum up, I have learned a lot from the Professional Career Development lectures and have improved my analytical, creative, leadership, and communication abilities. I was able to

comprehend how I advanced through practical experiences, introspective observations, abstract conceptions, and active experimentation thanks to Kolb experiential learning model. The Johari Window showed the aspects of my skills that I and others are aware of, while the SWOT analysis gave me a thorough understanding of my strengths, weaknesses, opportunities, and threats.

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