

Olivia Sarpong Self-Awareness Individual Presentation

by Olivia Sarpong

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Self-Awareness Individual Presentation

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Module: Professional Development within Health and Social Care

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Module Lead: Olubukola Adegbite

Assignment Title: Self-Awareness Individual Presentation



INTRODUCTION

- This presentation is a personal SWOT analysis of myself, focusing on my own professional development. It describes my strengths, weaknesses, opportunities, and threats. It also explains how I can leverage my strengths to overcome my weaknesses and minimize threats, and highlights the opportunities available to me and how to use them with my strengths.



STRENGTHS

- **Strong clinical skills:** Comprehensive understanding of disease management, medical procedures, and patient assessment.
- **Empathy and Compassion:** Ability to create rapport and trust with patients as well as their families to make them feel cared for and supported.
- **Exceptional communication skills:** Skilled in both written and verbal communication with patients and other healthcare practitioners in an effective and clear manner.
- **Adaptability:** Ability to work in a fast-paced setting and comfortably adapt to changing conditions.
- **Continuous learning:** Committed to professional development and continuous learning to stay up-to-date with latest advancements in the medical field (Darvill et al., 2021).



WEAKNESSES

- **Time management:** I tend to struggle with effectively managing my time and prioritizing my tasks, which can lead to delayed patient care.
 - **Stress management:** I sometimes find it difficult to manage my stress, especially in tensed and high-pressure situations.
 - **Limited experience in some specialties:** I possess a limited experience in some areas of nursing, for instance, mental health and paediatrics.
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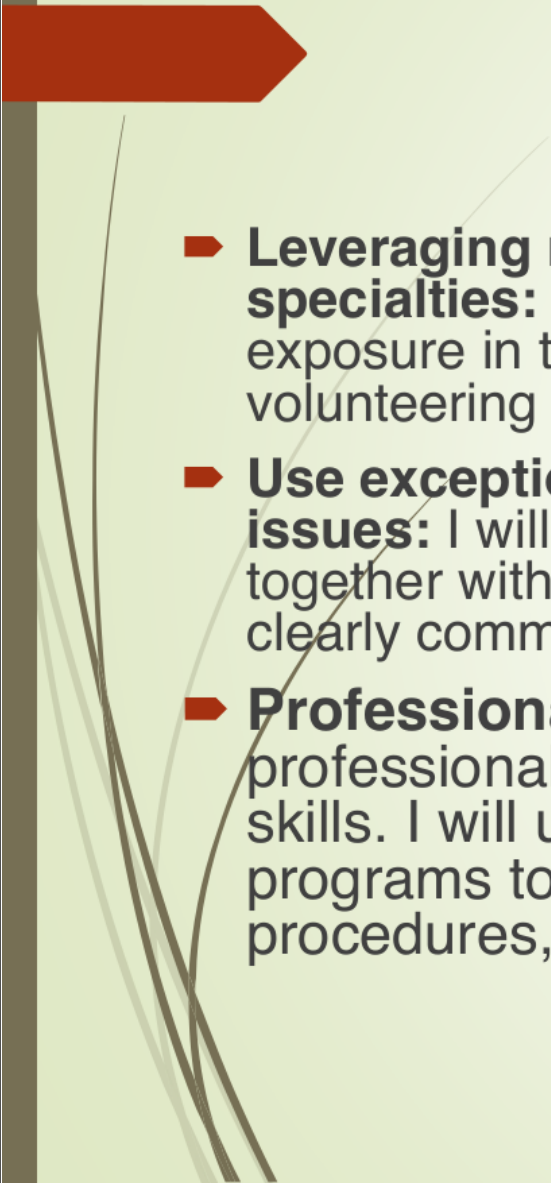
OPPORTUNITIES

- **Professional development:** I can engage in seminars, continuing education courses, and conferences, which can improve my knowledge and skills in nursing (Darvill et al., 2021).
- **Specialization:** I can pursue a particular area of nursing and specialize in that area to widen my career opportunities and expertise.
- **Leadership roles:** I can explore and assume leadership roles in my organization, for instance, nurse manager, which can help to further improve my leadership and management skills.



THREATS

- **Technological advancements:** The rapid improvement in technology in the nursing sector threaten staying up-to-date and maintaining competency (Davis and Morrow, 2020).
- **Staffing shortages:** Shortage in staffing, coupled with high demand for care among patients can put strain on the available nursing resources and limit my ability to offer quality patient care (Davis and Morrow, 2020).
- **Changing healthcare policies:** The changes in health-related policies can affect nursing practices and necessitate that I adapt to the new standards of care (Davis and Morrow, 2020).

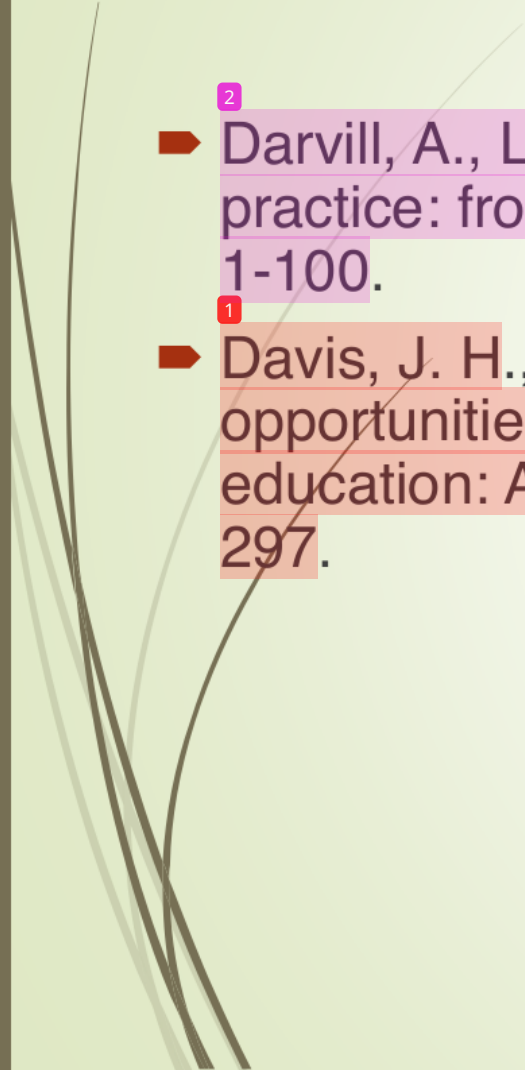


LEVERAGING MY STRENGTHS TO OVERCOME MY WEAKNESSES AND MINIMIZE THREATS AND TO MAKE THE MOST OF MY OPPORTUNITIES.

- **Leveraging robust clinical skills to overcome limited experience in some specialties:** I will proactively seek opportunities to gain experience and exposure in the areas where I have limited expertise, for instance, by volunteering my services in such departments.
- **Use exceptional communication skills to improve time management issues:** I will use my communication skills to effectively delegate tasks and work together with colleagues. I will seek assistance and support by assertively and clearly communicating my priorities and workloads.
- **Professional development opportunities:** I will exploit available professional development opportunities to improve my knowledge and skills. I will use my strong clinical skills by taking part in clinical training programs to boost my understanding of disease management, medical procedures, and patient assessment.



Reference List

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-  ² Darvill, A., Leigh, J., and Stephens, M. (2021). Transition to nursing practice: from student to registered nurse. *Transition to Nursing Practice*, 1-100.
 -  ¹ Davis, J. H., and Morrow, M. R. (2020). Using strengths, weaknesses, opportunities, and threats analysis to pursue a doctor of nursing practice education: A descriptive case study. *Clinical Nurse Specialist*, 34(6), 295-297.

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