



REFLECTION



Mohamed Turay

ID - 2018268

Lecturer - Diola Bijlhout

BMHP5014

**Change Makers: Creativity and Value
Creation**

BSc Health and Social Care

MAY

[COMPANY NAME]

[Company address]

Contents

Introduction.....	3
Unit 1 Topic 1.....	4
Unit 2 Topic 1.....	5
Unit 3 Topic 3.....	6
Unit 4 Topic1	7
Conclusion.....	8
References.....	9

Introduction

In this report, I will be writing on the following units:

How innovation changes the world, change-making as the act of creating value, telling my story, and the meaning of success.

I started my education journey to seek knowledge and for personal career development. My understanding of innovation before now was not clear or detailed enough for me to understand the importance or the impact of innovation in today's world.

All of us can make a change if we are willing to seek knowledge and gather resources to create value in whatever we do. Through my e-learning, I have also learned a lot about myself, what need to do for capacity building and the true meaning of success.

Unit 1 Topic 1

How Innovation Changes the World

Innovation is the application or introduction of new, useful ideas for doing something. The word innovation is being used a lot in the business world, when mentioned innovation, people usually associate it with digital tools or technology. But innovation has a broader meaning than that. Innovation has impacted every aspect of life, and the biggest gift of humans is to create and innovate to change the world around us. (Benedetta, 2020)

Innovation and Society

We depend on agriculture for safe, healthy, and nutritious food before now, we needed large plots of farmland and huge manpower for food production. It was that reason was slavery introduced centuries ago. Now we can do better with less farmland and manpower. Production techniques have improved substantially, for example, there are more efficient irrigation systems and high-yielding seeds.

Innovation has maximized care delivery in health and social care significantly by improving quality. Now, we have an electric wheelchair for the disabled to help them move around and feel independent. Before now, you need someone to be pushing them around. CCTV is one of the most useful innovations in care homes. It provides safety and security by monitoring both staff and residence activities. It also prevents intruders and criminals from infiltrating care homes. (Sanjay, 2019)

Personally, innovation has helped me a lot by making life much easier pursuing this course. I have been able to follow instructions from this module through the E-learning platform to be more creative. For example, upon the completion of this module, I have got a pretty good knowledge of how to create a blog, leaflet, or conference poster, and how to engage and interact with colleagues.

Creating the future

Innovation is no longer just creating value for an organization or individuals, but the main goal is a future that is smart and with new possibilities for society and stakeholders. I would love to create my own future as well by improving communication between colleagues and residents.

Creativity and society

I know graduating with the right skills and growth mindset, I will be contributing to utilizing and creating that are purposeful for the betterment of the world. Being creative will attract potential employers. The job market is very competitive, the only option for me to stand out is being creative and innovative.

Unit 2 Topic 1:

Change Making: The Act of Creating Value

A changemaker is a person who gathers knowledge because of his desire to make change happen. There are so many people in the world who have in various ways brought change to communities, countries, and to the world.

I have read a lot of stories about people who are the brain behind the wonderful technologies we enjoy today. You must have a creative mindset and special characteristics that set these people apart from us.

There are so many categories of people that we considered change-makers. For example, politicians in my opinion have the biggest opportunity to change that will benefit a country or even the world. They can make laws out of their imagination that could positively impact everyone. In some countries, politicians have managed to remove tuition from the education system encouraging more students to pursue higher education, which is change-making

Changemakers can also be activists who advocate for actions on climate change, or celebrities who use their fame to influence government decisions or organizations around the world to action on issues affecting society.

I am currently in Sierra Leone my home country pursuing my dream as a change maker. I am currently embarking on the journey to empower disabled people to find a place they would call home. Their situation is alarming and desperate, I have been saving money and asking a few friends for their support. Today, the first 3 disabled have got a place they would call home. I am not there yet, but my dream is big and hopefully, I will get support from government agencies and international bodies so that more of these people would get somewhere to sleep. For me, this type of venture is real, and I considered it to be a true change-making initiative.

Value Creation: Value creation is the goal of businesses that want to be successful. Adding value to your business makes it easy for you to sell your product. From a business point of view, value is created is when you earn a profit on your capital invested and customer satisfaction is guaranteed. I have personally learned the importance of value creation in this module. Before I used to buy and sell salvage cars without fixing them. Now that I know what creating value is all about, I have fixed all the cars I bought before selling which can easily increase my profit margin. (Stefan, 2022)

The practice of Change making: Change can never occur without active collaboration, to listen to colleagues will let us understand what they think and accept what the team values and work towards it for change to happen. Finding common ground is pivotal for change-making.

My take is that change-making is indeed a teamwork venture. For instance, as a self-employed, I have these change-making concepts to have my boss buy radios for staff after explaining to him the added value and efficiency it would bring to our service delivery.

(Valene and Kristina, 2022)

Unit 3: Topic 3

Story Telling as a persuasive communication tool

Storytelling in academic terms means telling your story about what you do, the ideas you have or working on, Your experience with your education career, and your knowledge. Storytelling as a persuasive communication tool is very useful to inspire people. They would love to learn from my life experience and use it as an example for their own personal or career development. Having an idea and communicating with others can change the world. It is beneficial if we can say the ideas or experiences, we have with others.

I came to this country about 7 years ago, I have worked in hotels for years where I learned a lot about customer service. The skills I got from that hotel have lived with me and I continue to use them in whatever employment I get. But was not satisfied with my job then, so I decided to switch to security where I have been working from 2019 to current. Even though I have switched jobs, I thought of enrolling in higher education since that was my dream before coming to this country. I have just completed my higher certificate in higher education in health and social care and currently doing my Bachelor of Science in health and social care. My determination to pursue a university education and do a part-time job is ongoing. This tells you that you should never keep your dreams inside you without doing something about it because my story might inspire someone else.

Self-confidence and authenticity: Based on your experience, the view that you are likely to accomplish a task or goal is self-confidence. For example, when practice playing football, your confidence in your ability will increase. Authenticity, on the other hand, is the quality of being genuine, trustworthy, and authentic or it can be described as true to your own values and personality regardless of if you are under pressure or otherwise. (Mel, 2019)

Most of the jobs I got hired for or got promotions for were because of the confidence level in my ability and how authentic I proved to be. Self-confidence and authenticity can enhance your performance and can contribute immensely to productivity.

Preparing a strong presentation: Before now, I used to be a very shy person and lack the required confidence to do a presentation. With this module, I now know what steps or preparation I need to take before my presentation. (Indeed, 2021)

Firstly, I will plan my presentation to ensure that I focus on the topic given. Secondly, I will rehearse in front of the mirror, in front of my girlfriend or family members. I found this useful because it could boost my confidence level. Thirdly, read and revise my presentation, and make some changes that were necessary to entice the audience. Stay on point and ensure that what you are saying is relevant to the topic. Fourthly, watch online videos of professional speakers to learn, and make sure your hand gestures and body language are right. Finally, arrive early, so that you could leave enough room to set up your equipment.

Unit 4 Topic 1

Measuring Success

There is no perfect definition of the word success. It cannot be defined in one sentence as it can be viewed differently from personal and social perspectives. Individuals and organizations have a different meanings of the word success.

Personally, I considered success as helping others fulfill their dreams or helping them get through difficult situations. Others believed acquiring wealth, fame, and promotions was a success.

My biggest success story which would stay with me forever was paying medical bills for an elderly man who was struggling with a chronic disease. He had no money and no support to take him for proper medical attention. I was contacted by a friend who told me about his story and was touched to help. After his operation, I was overwhelmed with happiness, to me, that was a massive success. (Missy, 2014)

The Pygmalion effect: The performance of students can be influenced by the expectation of the teacher. Generally, people do better when they are expected to do well. We are all in some way expected others to perform or deliver at work or school. I remember I was in secondary school, I was always having second-highest grades, my father once said that if I manage to get the highest grade, he will buy a bicycle for me and that he knew at the time I can do better. Because of his expectation of me, I was able to push myself to become the student in the class. The Pygmalion effect is relevant to our lives, be it at work, school, or at home.

Success and wellbeing: Having good health, prosperity, happiness, and good mental health can be considered well-being. Wellbeing can be categorized into 5 elements.

1. **Career wellbeing:** Being happy at what you do, be it work, education
2. **Social wellbeing:** Having a good relationship with family, friends, and your love life.
3. **Financial wellbeing:** Ensuring that your financial situation is right and the management of your economic life.
4. **Physical wellbeing:** Having health requires you to be physically active so that you do your day-to-day commitments.
5. **Community wellbeing:** Engaging with your neighbours or the community where you live is very important for wellbeing. (Tom and Jim, 2010)

This module has helped me to realize how important the 5 elements of well-being are.

Conclusion

We are all born with talent, but sometimes society discourages us from pursuing our talent. Creativity is part of human nature, if given the free hand to choose or practice our creativeness, we can be more productive in society. Innovation is defining we live today, without an innovative mindset, businesses, and organizations will find it difficult to achieve success. If we put more emphasis on helping people and cease being a selfish success can be spread and enjoyed by so many people.

References

1. Fadina B. (2020) What does Innovation Mean and how do you achieve it? Available at: <https://www.wearenci.com/en/insights/insights/global/what-does-innovation-mean-and-how-do-you-achieve-it> (Accessed 26 April 2022)
2. Indeed (2021) How to prepare for a presentation: 8 helpful tips. Available at: <https://www.indeed.com/career-advice/career-development/how-to-prepare-the-presentation> (Accessed 3 May 2022)
3. Jouany V. and Martic K. (2022) Change Management: Definition, Best Practices & Examples. Available at: <https://blog.smarp.com/change-management-definition-best-practices-examples> (Accessed 1 May 2022)
4. Mitzkus S. (2022) What is value creation? Available at: <https://digitalleadership.com/blog/value-creation/> (Accessed 1 May 2022)
5. Rath T. and Harter J. (2010) The five essential elements of well-being. Available at: <https://www.gallup.com/workplace/237020/five-essential-elements.aspx> (Accessed 2 May 2022)
6. Schwartz M. (2019) The power of authentic self-esteem. Available at: <https://www.psychologytoday.com/us/blog/shift-mind/201911/the-power-authentic-self-esteem> (Accessed 1 May 2022)
7. Sharma S. (2019) Innovation for society. Available at: <https://oxfordre.com/business/view/10.1093/acrefore/97> (Accessed 3 May 2022)
8. Yost M. (2014) 19 definitions of success you should never ignore. Available at: <https://www.lifehack.org/articles/communication/the-new-definitions-success.html> (Accessed 3 May 2022)