

Personal SWOT Analysis: Healthcare support worker

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Professional development within health and
socialcare LCHS4009

Component 1 presentation

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Healthcare support worker

- [Care Assistant - Nights](#)
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- **Avery Healthcare Group Ltd.Lichfield WS13 6SP**
- Salary: **£12.72 an hour**
- Distance: **3.8 miles**
- Date posted: **16 October 2026**
- Contract type: **Permanent**
- Working pattern: **Full time**
- Closing date: **6 November 2026**



(NHS Jobs, 2026).

Strengths

- Caring and compassionate
- Understanding and patient
- Studying health and social care
- Able to recognise people have different needs

weaknesses

- Lack of confidence
- Public speaking
- Overthinkinglimited experience with difficult conversations and emotional situations

opportunities

- Health and social care studies
- Work experience and volunteering opportunities
- Workplace training and further qualifications
- Learning from experienced healthcare staff

Threats

- Competition for jobs
- Lack of experience
- Balancing responsibilities
- Stressful working environments
- Limited job opportunities

Action Plan

Area to improve	Action I will take	Expected outcome
Confidence	Practice speaking in groups and presentations	Improve my confidence and communication skills
Practical experience	Look for volunteering or work experience in care setting	Develop mpr4actical skills and improve my CV.
Qualifications	Complete my Health and social course and relevant training	Improve my knowledge and employment opportunities.
Managing stress	Develop time management skills and learn healthu coping strategies.	Become better prepared for the demands of healthcare work.
Job applications	Research vacancies and practice interview questions	Improve my chances of securing healthcare support worker role.

(Skills for care,2024).

references

- ▶ NHS Jobs (2026) Care assistant nights Available at: Recruitment@averyhealthcare.co.uk (Accessed: 25 October 2026).
- ▶ Skills for Care (2024) Available at: <https://www.skillsforcare.org.uk/> (Accessed: 25 October 2026)
- ▶ NHS Health Careers-information about the Healthcare Support Worker role, NHS Health Careers-healthcareers.nhs.uk