

- Module Title: ***Professional Career Development within H&SC***
- Module Number: ***LCHS 4009 (LON)***
- Assignment No: ***ASSIGNMENT 1***
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Acknowledge use of AI

I only used AI (co-pilot) to help me understand ideas about the topic I am doing.

Overview

- Introduction
- What is a SWOT analysis and why is it important in personal and professional development?
- SWOT analysis for future career
- Using strengths to overcome weaknesses and minimise threats
- Available opportunities and how I will utilise them with my strengths
- Conclusion
- References

Introduction

- My name is Corazon Gallardo Parayno
- Current student on BSc Health and Social Care Programme/Degree.
- My goal for a career is to be a Social Worker .
- ***Particular in SWOT*** analysis that will link to my future career goals.

Using examples: *Explain how you could leverage your strengths to overcome your weaknesses and minimise threats*

Communication skills:

- Communication skills help build trust and understanding. Enhancing collaboration that will help workflow .

Knowledge in Health and Social Care:

- upholds professional standards and perform job correctly.

Emotional Intelligence:

- Enhancing self awareness ,
- Improving self regulations (like managing negative emotions).

Reflective Skills :

- Threat can be reduced by personal development brought about by learning from the past.

What is a SWOT Analysis and why is it important to your personal and professional development?

SWOT analysis stands for (Strengths, Weaknesses, Opportunities, Threats):

- Evaluation of strengths & weaknesses and identifying opportunities & threat determinants.
- Strategic Planning and Essential tool for individuals and organizations.
- Example and personal applications promoting self development.

Prebensen P.(2023)

- SWOT analysis is important because it helps organizations understand their competitive position by identifying internal strengths and weaknesses and external opportunities and threats , as it allows for building on strengths, addressing weaknesses, seizing opportunities for growth.
- Improves performance and leverage opportunities.
- It provides a structured self-assessment framework for identifying professional position and a roadmap for future growth.

Women, I. in. (2024).

Describe your own Strengths, Weaknesses, Opportunities, and Threats

STRENGTHS:

Communication skills
Health and Social Care student
Emotional Intelligence

WEAKNESSES:

Inability to say no
Self criticism
Technology Innovation

OPPORTUNITIES:

Training programs
Volunteering to gain experience
Skill building

THREATS:

Economic downturns
Changes in policy
Role competitions

What opportunities are available to you, and how do you utilise them with your strengths?

Training programs:

- Short online courses and specialist training schemes .
- Exploring CPD to develop new skills.

Work shadowing or Volunteering:

- Volunteering provides valuable experience for social work training and building skills and knowledge.

Royal College of Nursing.(2025)

Conclusion

- Addressing SWOT analysis provides a clear path to gain a strategic advantage by having **strengths** like communication skills, patience and education can keep up courage and perseverance.
- Identifying **weakness and threats** by implementing strategies.
- Continuous learning and self contemplation are the pathway to be in my chosen career as a social care worker.

References List

- Prebensen, P. (2023). SWOT analysis: Meaning, examples and personal applications. <https://www.iienstitu.com/en/blog/comprehensive-understanding-of-swot-analysis-meaning-examples-and-personal-applic>
- *Women, I. in. (2024). Why is SWOT Analysis Important? Investing in Women. <https://investinginwomen.co.uk/why-is-swot-analysis-important/>*
- *The Royal College of Nursing.(2025).<https://www.rcn.org.uk/Professional-Development/Your-career/Volunteering>*