

Task 2

Module: Professional Career Development

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Introduction

My name is Nicu Tiberiu Nastasa, I am Romanian, and I came to the UK in 2019. I enrolled in college to improve my English and learn how to run a business. My father lives in Romania and works as a forester and my brother has been stable in Spain for 17 years.

Professional career development refers to continued instruction and pedagogy of an individual regardless of his career. Professional development is to help me recognize current trends and acquire new abilities so that I may advance in my career area.

Lifeline

I was born on the coldest day of January in 1987, my grandparents telling me that I would be able to fight any severe weather. At the age of 11 I joined the county wrestling team and after 7 months of training I won the national silver medal. I attended high school with a bakery profile and from an early age of 15 I fell in love with the kitchen. At the age of 19 I had my own business with turkeys and after 1 year I decided to go to Spain, where I spent the next 7 years. After raising a sum of money, I returned to the country and made a small house on my grandparents' land. I came to the UK 1 year and 6 months ago and I want to stay here for good.

Interview Reflection

Last week I had a wonderful experience – the role play, an interview between the Interviewer and Employee, act played by me and my colleague Cosmin Stefan. In this task, we covered the process of interviewing and brainstorming. It was an online interview, but I was paying attention to his body language, a valuable tool in the hiring process. Being honest with me, relaxed and with a positive attitude, role play was a success, we combined the fun with professionalism. Positive thinking is closely related to self-motivation, it is important to look at things positively especially when things are not going as planned and you are ready to give up. During the interview, I learned from the interview how to become aware of thoughts and how to challenge the negative ones. The most important thing is to do research about you, the position you are looking for, and the industry where you want to work, it helps a lot. I can say that I learned how to behave, how to be tactical, how to respond to interview questions, and how to make a good impression. It is important also to ask questions at the end of the interview about the next steps and to say, for example: Thank you for your time!

Ussing Gibb's reflective model in writing

Description,

I am currently working in a laboratory, but my passion is to work in the kitchen. I am a technician at Specsavers. I started from zero never working in this field. In the laboratory I am working with 3 colleagues, and they are the ones who give me the training. It is very important to pay attention to detail, not to rush when assembling the glasses and cutting the lens. In the first week of my training an incident occurred, I damaged expensive frame glasses. I felt myself visibly shaking and I went outside to get some fresh air. It just gets in my head repeatedly and the only thing I wanted is to finish my shift and go home. I left the laboratory as soon as the shift was over and did not speak with anyone.

Feelings,

I was in such a bad mood at the time that I thought quitting my technician training position, this circumstance made me quite upset. Only when I reflected on the situation analyzing the facts, I realized that it is normal to make mistakes but very importantly to learn from it. I spoke with my manager about the incident, and he had

a friendly approach telling me he had done the same thing at the beginning, which caused me to feel less humiliated.

Evaluation,

At that point, I didn't feel that the circumstance had been settled. I left the laboratory without speaking with my colleagues or my manager. However, after speaking with the manager and with my co-worker Dean about the incident, I realized that everyone feels nervous in the first days of work.

Analysis,

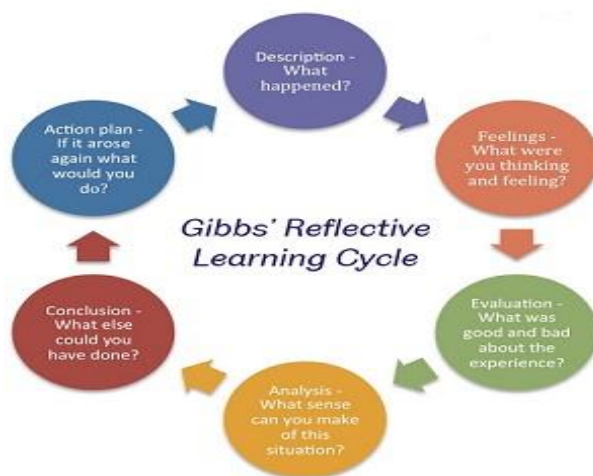
This incident was caused by me because of my lack of experience but also because my supervisor let me do it without his supervision. I did not see my supervisor for 2 days in the laboratory until the manager set up a meeting. However, after we spoke about the incident in the meeting, the supervisor admitted that he had to supervise my work and guide me but also, I had to stop and ask for help and advice.

Conclusion,

In retrospect, I would do several things differently. Firstly, I should stop immediately the task and go to the supervisor asking for help and guidance. Secondly, I should pay more attention not to rush. In the next few weeks, I developed a professional relationship with my supervisor, and we had the opportunity to discuss future problems that can show up.

Action plan,

In the future, I will build relationships with colleagues, and I will work alongside several different co-workers during my placement in the new job. I also need to ask more questions, asking for help when I do not know what to do or how to do it. The experience has caused me to understand that I need to acquire insight and certainty.



Source: Google,

What do employers want?

Starting a new job can be challenging, however, using proper tools can help us to have a good interview. Body language is especially important, it expresses what we did not say verbally. The first expression matters, have a clean outfit and must be a suit what to wear at any job interview. Focused but relaxed in the same way and at the same time to give honest answers to the interviewer, we can choose our personal life and recent facts to talk about our greatest achievements. Do not become a victim when we speak, just try to be positive. The reflections help, using the DIEP method is a useful tool. DIEP means Describe, Interpret, Evaluate, Plan. I strongly recommend watching and reading about Reflective writing, Gibbs reflective cycle.

All of this can help you with what employers are looking for in their staff and understanding the qualifications, what motivates you. According to Uk Higher Education Academy (HFA) an employer expects honesty and integrity from the employee, ability to integrate quickly, ability to present ideas, orally and in writing, working safely, demonstrate an enjoyable time management, good attention at detail, planning and management their time.

Based on my research, employers expect from their staff: dependability, teamwork, confidence, positivity, loyalty, flexibility, ambition, communication skills, problem solving skills, determination.

Self-motivation

Self-motivation is the force that keeps pushing us to go on, it is an internal determination to produce, develop, and keep moving forward. I can say that when I *must do* something that I am not passionate about but needs to be done, what motivates me is the feeling of obligation. When I want something to do, I am assigning myself the task not receiving the task from someone else and I am happy to put effort and time in it.

The main factors of Self-motivation are Self-confidence, self-efficacy, Positive thinking, Focus and strong goals, Motivating environment. Researching and working on all of this should quickly improve my self-motivation.

Career Plan

I am planning my personal development early to give me the best chance to achieve my goals in 2022. Writing about my career is quite simply, I love the kitchen and I will become a Head Chef working for Hillton restaurants by the end

of 2021. I have done special training and I have read and done so many dishes. I love what I am doing, and this is my passion.

Planning projects	What will this enable me to do	What will I look when I succeed	Formal learning 10%	Learn with and from others 20%	Putting things into practice
By 2022	•Deliver good services on time •Priorities task efficiently	•Working less • Feeling more confident in my skills	• Watch You tube tutorials about kitchen • Research cost for the course	•Ask persons for mentorship •Ask for feedback from current clients and employers	•Adjust future project plans with my progress

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SWOT analysis

Now is the time to write about my strengths, opportunities, weaknesses, and threats.

S

Starting with my strengths I can say that I am a very fast learner, motivated and organized. It helps me every time when I start a new job.

W

I am very shy by nature and this gave me tough time to speaking in public, but I work hard to improve this weakness. To be honest, this course online at UWTSD helped me a lot.

O

With each new job that I have, and I will have, opportunities show up. Educational classes and helps me to gain knowledge using the internet. At the time to get a new role or new job, I learned new skills such as communication and international relations.

T

Mario, one of my colleagues, is a much stronger speaker than me and he is competing with me for the Sous Chef position.

SMART analysis

Specific,

I want to be a Head Chef because it gives me the opportunity to gain more money working in top restaurants. I applied for Hilton and Black Pearl because a job here will change my financial life, let's be honest it matters a life without checking your bank account balance. By the end of 2021 I will register for the Majestique Culinar course and already I have two dishes with my signature, a main course- Whispers from Rice and a cake with the name Sea star.

Measurable,

The key to measurement is making sure that in whatever way the goal is measured it accurately reflects success. To do this I need to read culinary books, travel in different areas to see who a recipe is done, how it tastes, which ingredients to use. I am using a register where I add all the information, where I write notes, also all the information is written and stored in my Google Drive to have access wherever I need it.

Achievable,

A common issue we face is having too many goals at the same time or pursuing wrong goals. For this reason, I need a mechanism to monitor my goals to make sure that I prioritize the right one, to be in time and achieve the goal. My first goal is to finish this current term and to continue studying to achieve knowledge about management.

Relevant,

After this course I will continue studying business management because I want to have my own business and have a restaurant. Also, this course helped me a lot with my English, to speak and write it,, because the English language is an

international language and this can help me to provide content about recipe and all that I learned on my You Tube channel.

Timely,

I will get 85% or higher on my exams by competing homework in time, attending tutoring, and studying every day.

Johari Window

The Johari window model is utilized to upgrade the person's insight into others. This model depends on two thoughts. Trust can be procured by uncovering data about you to other people and taking yourselves in from their criticisms.

This model has 4 areas.

1. **Open Area** – This area is for anyone who knows me. Things people know about me: I am a fast learner, I am a quick to laugh, kind person.
2. **Blind Area** – Information about me that others know but me I am unaware about. This area helps me to know what people think about me, it helps me to grow. Friends and co-workers can help me if I am open to getting feedback from them.
3. **Hidden Area** or the *masked area* – Things that I know but others do not know: My fears, dreams, issues.
4. **Unknown area** – Information which is unaware to us as well to others. I will give my recent example: My friend Lucas asked me if I like watching baseball. I replied that I do not know, because I never watched baseball games. After reading about the game's rules and watching few games it turns out that I like watching baseball games.

Conclusion

In conclusion, I would like to specify how much the Personal Career Development course helped me, learning how important the first impression is at the interview, my own analysis using the different Johari Windows, SMART, DIEP methods. The efficiency of personal development planning is determined by the techniques employed. Personal communication skills are critical for personal growth and job advancement. There is a need to pay close attention to how to document facts, thoughts, and accomplishments from your activities, as well as your conversations with your tutors and action plans.

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