

Professional Career Development within Health and Social Care

Self Awareness Presentation- My Personal SWOT in Health & Social Care

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This slide introduces my presentation for assignment 1, focussing on professional development and SWOT analysis in the healthcare sector.

AI Acknowledgment

- **Proofreading and layout checked with AI support in line with UWTSD assignment guidance.**

All content, analysis, and reflection were completed independently.

AI acknowledgment

Overview

- This presentation provides an overview of my personal and professional development journey.
- I will cover the following areas:
- Introduction to my background and career goals
- Understanding SWOT analysis
- My personal SWOT reflection
- Using strengths to overcome challenges
- Opportunities for development
- Summary and Conclusion



This presentation provides an overview of my personal and professional development journey.

I'll start with a short introduction about myself and my career goals, then explain what SWOT analysis means.

After that, I'll share my personal SWOT and how I plan to use my strengths and opportunities for career growth.

This overview will help guide the audience through my self-awareness journey and the skills I've developed in health and social care.

Introduction

- My name is Sasha, I'm passionate about helping others and supporting wellbeing.
- I chose to study **Health and Social Care** to build skills for a caring profession.
- My career goal is to become a **Mental Health Nurse** and later specialise in **psychiatry**.
- This presentation shows how **self-awareness** and **SWOT analysis** support my personal and professional growth.



My name is **Sasha Mohammed**, and I am passionate about helping others through care and communication.

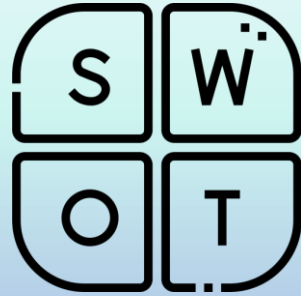
I chose to study **Health and Social Care** because I enjoy supporting people's wellbeing and want to make a positive difference in the community.

My career aspiration is to become a **Mental Health Nurse**, with a long-term goal of specialising in **psychiatry**.

This presentation focuses on how **self-awareness** and **SWOT analysis** support my personal and professional growth.

What is SWOT Analysis and Why is it Important?

- **SWOT** stands for Strengths, Weaknesses, Opportunities and Threats
- A tool for self-reflection and growth
- Shows what I do well and what I can improve
- Helps me set goals and stay confident
- Important for career development in **Health & Social Care**



Care Learning (2025)

Before looking at my own SWOT, this slide explains what it means. It's a reflection tool that helps me understand my strengths, weaknesses, and areas for growth. In Health and Social Care, reflection is important for improving care, teamwork, and personal development.

According to Care Learning (2025), SWOT helps health and social care professionals reflect systematically on strengths and development needs to plan realistic CPD.

My Personal SWOT Analysis

Strengths:

- ❖ Communication
- ❖ Empathy
- ❖ Admin & organisational skills
- ❖ Safeguarding & emotional intelligence
- ❖ Passion for mental wellbeing

Weaknesses:

- ❖ Time management under pressure
- ❖ Limited clinical experience
- ❖ Overcommitting to tasks

Opportunities:

- ❖ CPD & training for nursing/psychiatry
- ❖ Government support schemes
- ❖ Motivation & flexibility to learn

Threats:

- ❖ High workload & emotional stress
- ❖ Job competition
- ❖ Balancing study, work & family life

Now that I've explained what SWOT means, here's my own personal SWOT analysis. I used this analysis to look at where I'm currently at and where I want to be. It's helped me identify what I'm doing well, what needs work, and how I can use opportunities to keep progressing in the healthcare sector.

In my current role working with children in a school, I use empathy and clear communication to help anxious children settle and engage — this confirms these are reliable strengths I can build on.

Using Strengths to Overcome Weaknesses

- Communication and Empathy 💬 – Help me manage stressful situations calmly and build trust with others.
- Admin & Organisational Skills 📁 – Support my time management and planning when I feel overwhelmed.
- Safeguarding & Emotional Intelligence 🧠 – Allow me to stay professional and reflective when dealing with challenges.
- Passion for Mental Wellbeing ❤️ – Keeps me motivated to keep learning and improving despite pressures



Now that I've looked at my SWOT, this slide shows how I use my strengths to overcome challenges.

For example, my **communication and empathy** help me stay calm and supportive when service users are upset or anxious during activities.

My **organisational skills** help me manage my workload effectively, especially when I have assignments due or shift changes at work.

My **safeguarding awareness and emotional intelligence** help me stay professional and reflective when dealing with difficult situations.

These strengths keep me motivated and focused on my goal of supporting others in mental health care.

This process helps me build resilience and confidence, which are essential for future NHS roles where reflection supports continuous improvement.

Opportunities and Career Pathway

- CPD training opportunities for mental health nursing
- NHS and apprenticeship career routes
- Long-term goal: specialise in psychiatry
- Continuous learning and reflection for growth
- Flexibility to learn and grow through reflection



NHS Careers (2024)

This slide shows how I plan to use opportunities for professional growth. CPD and NHS career pathways offer excellent training and support.

My flexibility and motivation to learn will help me progress towards my long-term goal of becoming a Mental Health Nurse and specialising in Psychiatry.

Reflecting regularly will help me stay focused, adaptable, and confident in my journey.

As a realistic next step, I'm exploring NHS apprenticeship routes in mental health (e.g. East London NHS Foundation Trust) alongside short CPD modules to strengthen my readiness for future roles.

Conclusion

- Self- Awareness builds confidence and resilience
- Reflection improves care quality and wellbeing
- Recognising Challenges helps me plan positive coping Strategies
- I will continue developing towards my goal of becoming a Mental Health Nurse



💬 **“If we care for others every day — how often do we stop to care for ourselves?”**

Self-awareness has helped me understand my strengths and areas to develop. Reflection allows me to manage challenges, such as balancing study, work, and family life.

Supporting my own wellbeing is essential for providing safe and effective care — as highlighted by Mind (2024).

This journey has helped me grow in confidence, resilience, and awareness of how I can continue developing towards my goal of becoming a Mental Health Nurse.

“If we care for others every day, how often do we stop to care for ourselves?” — this reminds me to prioritise my own wellbeing while supporting others.

Thank you for listening. Overall, this reflection strengthens my confidence, professionalism, and readiness for future NHS roles.

Any questions?

References

- Care Learning (2025) SWOT analysis in Health and Social Care. Available at: <https://carelearning.org.uk> (Accessed: 26 October 2025).
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All sources are referenced in Harvard style (2024–2025). AI assistance was used only for proofreading and layout support in line with UWTSD assignment guidance. All reflection and analysis were completed independently.