

SKILLS FOR WORK



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INTRODUCTION

Healthcare assistants should be well-versed in a variety of healthcare and medical approaches. We must keep up with the most up-to-date care practises and constantly look for ways to improve our abilities and knowledge.



SWOT ANALYSIS

STRENGTHS

Honest Patience
Focused Self-motivation
Creativity
Integrity
Caring

WEAKNESS

Too critical of myself
Too detail oriented
Public speaking

OPPORTUNITIES

Improve online skills
To travel more
To read more and gain as much
knowledge as possible that will help
me in the future to become a Home
Manager

THREATS

Multi-tasking without sacrificing
quality of work



TIME MANAGEMENT TOOLS

- Organizing and sharing resources efficiently
- Goal setting is a great tool for imagining your ideal future and inspiring yourself to make it a reality.
- **Stress management**-I can stay motivated and perform at a high level if I can manage my stress levels.
- focusing on organizational goals and incorporating them into personal goals

PERSONAL DEVELOPMENT PLAN

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- demonstrating interest in peers' methodologies and skill sets
 - improving communication skills, including listening organisation skills, observational skills
 - keeping an open mind by avoiding assumptions and biases
 - maintain self-awareness
 - get out of comfort zone to work on improving
 - encouraging others to express their opinions and ideas
 - being considerate of needs and feelings
 - treating everyone with dignity at all times

EXAMPLE OF SKILLS NEED TO WOK AS A HEALTHCARE ASSISTANT

Caregiving is a highly rewarding, although at times difficult, vocation. In health and social care, looking after society's most vulnerable people is critical to maximising their quality of life in the face of disease and disability. As a result, the role necessitates a unique personality.

Employers of health-care workers look at more than just your clinical abilities on your resume. It's also critical that you hone your so-called "soft skills," often known as "personality skills."



Passion
Dedication
Communication
Positivity
Empathy
Organisation
Patience
Flexibility

RESOURCES

<https://uk.indeed.com/jobs?q=healthcare%20assistant&start=20&vjk=9097fca3c798a438>

[10 Common Time Management Mistakes - from Mind Tools.com](#)

<https://uk.indeed.com/jobs?q=healthcare%20assistant&start=20&vjk=92dc972c9bea6c46>

[Time-Management Skills: Definition, Examples and Tips for Improvement | Indeed.co.uk](#)

[18 Qualities That Make an Exceptional Care Worker - The Care Workers Charity](#)