

- 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 have **not used AI** in completing this work.

Overview

Introduction

Self-awareness is a requirement in health and social care practitioners, as it is the process of acknowledging our feelings, actions and the consequences they have on others.

Overview

- Self awareness: Understanding one's abilities, emotions and values
- SWOT analysis: Tool for identifying internal and external factors affecting development
- Helps plan careers goals and improve employability.

Conclusion

A SWOT analysis supports strategic self-reflect. It helps individual identify where they currently stand and how they can progress professionally.

Introduction

- My main strength is effective communication, which helps me build positive relationships with patients and colleagues. Empathy allows me to understand patient needs and deliver person-centred care.
- My professional goal is to use my gift in communicating and teamwork for mentorship and networking with other professionals around me.
- I will find ways to address my weaknesses by joining public speaking workshops and mastering stress management. With the available opportunities such as professional training and supervision I can continue to develop and grow. To mitigate threats, I will focus on self-care and keep myself up to date during reading and training.

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

- A SWOT analysis identifies strength, weakness, opportunities and threats.
- Its important for personal and professional development because it help you to understand yourself better and set a realistic goals, improve weakness and make informed career decision.
- One of the weaknesses is public speaking which affect my ability to present confidently in meetings or training sessions
- However, there are also external threats that may hinder development. The health and social care sector is competitive so I have to learn constantly.

Describe your own Strengths, Weaknesses, Opportunities, and Threats

STRENGTHS

- Strong Communication and empathy with patients
- Teamwork's and collaboration in multidisciplinary settings
- Organized and reliable in completing assigned duties.

WEAKNESSES

- Lack of confidence in public speaking and formal documentation
- Difficulty managing stress during high workloads
- Limited clinical experiences in complex care environments

OPPORTUNITIES

- Continuous professional development through NHS and skills for care training
- Mentorships and supervision opportunities in the workplace
- Expanding demand for skilled health and social care workers in the UK.

THREATS

- High competition for progression opportunities
- Emotional burnout and stress
- Constant changes in healthcare policies and regulations.

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

- Use Strengths: Communication and teamwork to seek mentorship and collaboration.
- Address Weaknesses: Attend communication workshops and stress management sessions.
- Leverage Opportunities: Enroll in CPD courses to gain new qualifications.
- Minimize Threats: Maintain work-life balance and stay informed about policy updates.

My professional goal is to use my gift in communicating and teamwork for mentorship and networking with other professionals around me. I will find ways to address my weaknesses by joining public speaking workshops and mastering stress management.

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

- There is a wide range of possibilities in the health and social care sector in the UK. NHS and Skills for Care courses will allow me to develop my skills.
- This will also expose me to mentorship so that I can receive direction and feedback from the experts.
- I am also inexperienced, even with my developing career and then narrow focused work such as say dementia or palliative. By acknowledging these weaknesses, allows me to be able to pinpoint, and thus work on improving them.

Conclusion

- SWOT analysis supports self reflection and growth
- Building on strengths to overcome weaknesses
- Awareness of opportunities and threats support career planning.
- By completing this SWOT analysis, I have been able to gain a deeper understanding of my self as a future health and social care professional. I believe that by trying to enhance my assets, addressing liabilities and taking advantage of the opportunities, I will be able to succeed and reach my career goals in it.

References List

- MindTools. (2024). *Personal SWOT Analysis: Making the Most of Your Talents and Opportunities*. Available at: <https://www.mindtools.com/aaiakpy/personal-swot-analysis>
- Skills for Care. (2023). *Developing your career in adult social care*. Available at: <https://www.skillsforcare.org.uk>